

## TRACKING ...

## NEWS



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# The Fort Jackson *Leader*



Thursday, September 1, 2011

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# A life saver

## Resilience at center of suicide prevention

By CURSHA PIERCE-LUNDERMAN  
*Fort Jackson Leader*

As the Army nears its 10th year in the War on Terrorism, Soldier suicide rates have reached a historic high. As Suicide Prevention Month begins, the Army, and Fort Jackson, are working to find better ways to reach Soldiers before they result to taking their own lives.

This year's theme, "Shoulder to Shoulder: Bringing Resilience to the Army Family," reflects the proactive approach the Army is taking to keep Soldiers alive and families resilient despite various triggers that lead to

self-destructive behavior.

Fort Jackson Army Substance Abuse Program has a specific Suicide Prevention Program to help service members, family members and civilians deal with suicidal thoughts.

"We know that suicidal thoughts occur when something else is already going on," said Sandra Barnes of ASAP. "(People) may already be abusing drugs or have some mental issues that are clouding their thinking and convincing them that suicide is the way. Here, we bring the awareness and education element to people so they know there is another way. We refer them to

chaplains or certified counselors so they can get the professional help they need also."

This year, Barnes and her colleagues have found a different way to address the issue of suicidal behavior in the Fort Jackson community.

"Last year we had someone come in and share about the pain of her son committing suicide. This year we decided to flip it a little bit and talk about the triggers and self-defeating behaviors that lead up to suicide," Barnes said. "We will have Dr. Robert Ackerman, a relationship expert, come to

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### Soldier's strength



Photo by JAMES ARROWOOD, command photographer

Pvt. Saw Blut balances the platoon streamers on his shoulders while executing pushups in front of his formation. Blut, who graduates Basic Combat Training today with the 2nd Battalion, 60th Infantry Regiment, sought asylum in the U.S. after fleeing his home country of Myanmar. See story, photos on Page 8.

# Standards, discipline don't get days off

**W**e celebrate Labor Day weekend beginning tomorrow. Labor Day honors the American worker and the unofficial end to summer, and as such, there will be no shortage of social gatherings and well deserved get-togethers.

Typically, at most of these events alcohol will be available. I sincerely hope that Soldiers, Fort Jackson family members and our civilian employees have a great fun-filled weekend, but at the same time I hope all exercise the judgment and discipline required to bring us all back to work on Tuesday alive and well.

As we celebrate, we can count on a couple of things: heavy traffic on South Carolina's roads, and most of those drivers being in a hurry (If I'm wrong about that, please let me know!). You can also count on law enforcement throughout the state and county stepping up their efforts to monitor our streets and highways. South Carolina ranks third in the nation in annual number of traffic fatalities, a statistic the law enforcement leadership is looking to improve upon.

Our standards and discipline do not take days off. That same discipline that keeps us alive on distant battlefields keeps us alive on the interstates that connect our friends and families. You could save a life by not overindulging or by preventing someone who has been drinking from operating

**MAJ. GEN.  
JAMES M. MILANO**  
*Fort Jackson  
Commanding  
General*



a motor vehicle. As we all know, irresponsible drinking is a primary concern of all leadership; its abuse can trigger catastrophic consequences that can change peoples' lives forever. You cannot take it back; you cannot undo it or make up for it. Bad decisions tend to compound themselves, with one poor decision leading to another. This advice not only applies to irresponsible drinking and reckless driving, but also to sports, the waterways, or any other event that you may participate in. Consider the risks associated with any activity and implement effective control measures to help you mitigate or eliminate the hazard. Composite risk management applies to all our activities — on and off duty.

Additionally, if you are going to take part in any festivities where alcohol is consumed, have a rock-solid plan go-

ing in. The non-negotiable part of that plan is that you will never get behind the wheel of a vehicle after you have been drinking or never allow another to do the same. Take care of each other.

Finally, motorcycle riders need to exercise extreme caution, as well. It is tragic when we lose a Soldier in an accident, particularly one that could have been avoided. There are too many instances when a Soldier is killed or seriously injured because a motorcycle went out of control due to a high rate of speed, or the rider was not wearing a helmet and protective gear, or sadly he or she was an inexperienced rider and had not received the necessary motorcycle training.

We have a magnificent team at Fort Jackson. Each of you is extremely valuable to our mission, and I thank you for your hard work and dedication to our Army and to Fort Jackson. I ask you to enjoy your hard-earned time off, but do so maturely and in a manner that's consistent with our values and the conduct of behavior we expect of each other as professionals. Please remember — the life you save by acting responsibly could be your own, your son's, your daughter's, a friend's or your spouse's. Have a great and safe Labor Day weekend! Take some well deserved, responsible time off — you deserve it!

Army Strong and Victory Starts Here!

## Fort Jackson talks back:

*Leader editor Crystal Lewis Brown asks members of the community: 'Why is it important to contribute to the Combined Federal Campaign?'*



**Col. Ken Braddock**  
1st Army Division East

"The CFC makes it easy to support a number of organizations that support our Soldiers, our family members and the general public."



**Adrienne Griffin**  
Child, Youth and School Services

"It's very significant because it's a way of giving back to the community. Any one of us could be less fortunate."



**Brenda Tucker**  
Retiree family member

"It's always good to support charities and people in need."



**Christopher Kauffman**  
Moncrief Army Community Hospital

"It helps promote the concept of giving back. Soldiers are already ... serving and giving. This takes it a step further."



**Staff Sgt. Mahtehwho King**  
1st Battalion, 34th Infantry Regiment

"By donating to the CFC you are ... ensuring somebody, somewhere is taken care of."



**Staff Sgt. Karla Patterson**  
3rd Battalion, 13th Infantry Regiment

"I contribute to (Army Emergency Relief). I do that because we get so much through our country. I think it's important for us as Soldiers to be that example in giving back."

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Commanding General.....Maj. Gen. James M. Milano  
Garrison Commander.....Col. James J. Love  
Public Affairs Officer.....Karen Soule  
Command Information Officer.....Joseph Monchecourt  
Editor.....Crystal Lewis Brown  
News editor/Staff writer.....Susanne Kappler  
Staff writer.....Cursha Pierce-Lunderman

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# Combined Federal campaign under way

By **SUSANNE KAPPLER**  
Fort Jackson Leader

The Fort Jackson Combined Federal Campaign got under way Monday with an opening event at the Officers' Club that brought together CFC partner organizations, CFC coordinators and installation leadership. The CFC, which celebrates its 50th anniversary this year, runs through December and allows military personnel, federal and postal employees to donate to local, national and international charities of their choice.

Maj. Gen. James Milano, Fort Jackson's commanding general and a co-chair of the 2011 CFC, encouraged community members to give generously in keeping with the installation's tradition of selfless service.

"This whole notion of caring and being committed than something bigger than ourselves is something that we take for granted here at Fort Jackson, because we've been doing that for a long time," Milano said. "I really think we ought to put that legacy front and center by blowing the top off our Combined Federal Campaign donations this year."

Throughout the past few years, Fort Jackson contributions have dropped from \$1.1 million in 2007 to \$600,000 last year — a trend Milano seeks to reverse.

"We've gone steadily down ... I'm not happy about that," he said. "In fact, I've established a goal for this year of \$750,000. We're going to beat that."

Milano encouraged everyone to give, even as little as \$1 per month. He said he started giving as a second lieutenant and has increased his monthly donation with every promotion.

"I still look at it, frankly, ... as a little 'tax' that I owe based on the good fortune I have for living in the United States of America and be part of the United States Army," he said. "I just ask you to look locally, nationally, internationally and really ask yourself, 'Is there some cause ... that I can (support with) maybe a buck or two a month?'"

Some of the organizations participating in the campaign were present and provided information to community members. Dennis Coker, executive director of the Free Medical Clinic in Columbia, said the organizations in the campaign represent a broad



Photo by *SUSANNE KAPPLER*, command photographer

**Staff Sgt. Kamishia Stanfield, U.S. Army Chaplain Center and School, speaks with Sally Chardos, co-founder and director of Birthright of Columbia, at Monday's Combined Federal Campaign kick-off event at the Officers' Club.**

range of community causes.

"The CFC partner agencies and the local United Way of the Midlands folks work to cover the spectrum of health and human services," Coker said. "While we take care of that piece that does health care, the other partner agencies take care of the rest of the spectrum. So that when people drop into deep, dark holes, they can get a little bit of help and a whole lot of hope. The challenge is, in these troubling times the resources available to these organizations are less and less and less."

Coker pleaded with everyone in attendance to get involved by either giving, advocating or volunteering.

"It doesn't matter what you give, it matters that you give," he said. "Because when

everybody comes together, it's a powerful force. And if you're blessed, my advice is, 'Give back.' Because you never know when you may be the person ... needing that help. ... Everybody here is a crisis away from needing a CFC partner agency. It can happen that fast."

First Lt. Lydia Berry, CFC installation project officer, said she has experienced the help provided by organizations represented.

"It's important to me because my father was diagnosed with diabetes. I've seen a lot of these organizations out in the community," Berry said.

Berry echoed the sentiments expressed by Milano and Coker that people should contribute, even if only a small amount.

"There are so many various agencies

that you can give to. Take the time to look through the brochure and give," she said. "Your \$1 really does count, and it goes a long way."

She said the campaign goal is to reach 100 percent of the community. Milano used a sports analogy to describe the effort he expects the community to put into the CFC.

"Today is tip-off and we're at full-court press in this thing until the end of December," he said. "In the greatest fashion of Jimmy Valvano or John Wooden or whatever basketball coach you want to come up with; full-court press for the entire game. ... We live in a great country. We're part of a great Army. Let's show our appreciation and our gratitude for how good we have it."

*Susanne.Kappler1@us.army.mil*

## NEC Signals

Fort Jackson's timeline for Enterprise Email migration has now moved to Sept. 13-22.

Using EE will be no different than using the Microsoft Exchange Outlook email you utilize today. EE will provide improvements including larger mailboxes, collaboration tools, calendaring, access to DoD's large contact list and access to user email from any DoD computer with a Common Access Card. The main focus points for completing pre-migration actions prior to EE implementation are:

- ☐ Reducing user mail boxes to less than 50 Mega-

bytes;

- ☐ Finding alternative locations for unit/user Outlook public folders.

G6(s)/IMO(s)/IASO(s)/SA(s) are now able to access unit folders each Wednesday that contain current mailbox sizes of unit members. They can access this folder at \\jack011a7000fs2\ORG\_REPOSITORY.

The DoD EE Migration User Manual is located and Fort Jackson OPORD is located at \\Jack-fs1-a7\common\VICTORY\_DISTRO\NEC. This user manual will guide you through some processes, such as reducing user email mailbox size to less than 50 MB and less

than 2000 items, creating Personal Storage Table (.pst) files, creating a .pst for distribution lists and contacts within Outlook, forwarding AKO email, and guidance for synchronization of Blackberry devices during post-migration.

You can also find DoD EE Migration "Pre-Migration Actions" at [www.jackson.army.mil/NEC](http://www.jackson.army.mil/NEC). Look under the projects menu. Scan the QR Code with your smart phone to visit the online migration manual.

For more information on EE Migration, contact the NEC Customer Management Branch at 751-4298 or [Lashanda.Howard@us.army.mil](mailto:Lashanda.Howard@us.army.mil).

## Housing Happenings

### COMMUNITY UPDATES

- ❑ Catherine Jordan, the barracks manager at 2463 Bragg St., will be out of the office until Oct. 30. Anyone who needs to in-/outprocess, submit a maintenance concern or has other questions regarding the barracks should contact Lincoln Thurman at 2447 Bragg St. or by calling 751-5446 or 315-6118.
- ❑ A Single Soldier town hall meeting is scheduled for 5:30 p.m., Sept. 20 at the Single Soldiers Complex Community Center at 2447 Bragg St. Installation representatives will be present to disseminate information, answer questions and resolve issues. Soldiers who would like to have specific topics addressed should contact the barracks manager at 751-5446 or the RCI housing office at 751-9339.
- ❑ All housing offices will be closed Monday in observance of Labor Day.
- ❑ Residents are urged to properly store trash cans and recycling bins after pickup.
- ❑ An administrative charge of \$25 applies to rental payments not received by the fifth of the month as well as to returned checks. This does not apply to residents paying rent via allotment.
- ❑ Recreational vehicles (boats, jet skis, campers, etc.) must be stored in the RV storage lot on Essayons Way. To reserve a space, call 751-7567/9339. The RV lot is for the use of on-post residents only.

### CONSTRUCTION UPDATES

- ❑ To date, 453 homes have been completed.
- ❑ A total of 916 homes have been demolished to date.
- ❑ Families residing in the vicinity of Legge Court and Mcleod Court may now enter and exit via Lee Road.
- ❑ New construction activity continues on Parker Lane.
- ❑ Drywall installation and electrical work is under way in homes on Hunt, Harley and Thomas courts.



<b>Sept. 2 — 7 p.m.</b>	
Friends with Benefits	R
<b>Sept. 3 — 4 p.m.</b>	
Friends with Benefits	R
<b>Sept. 4 — 2 p.m.</b>	
Winnie the Pooh	G
<b>Sept. 7 — 2 p.m.</b>	
Zookeeper	PG
<b>Sept. 7 — 5 p.m.</b>	
Friends with Benefits	R

Adults: \$4.50  
Children (12 and younger): \$2.25

Visit [www.aafes.com](http://www.aafes.com) for listings.



Photo by CURSHA PIERCE-LUNDERMAN

**Jesus RosaVelez, director of Fort Jackson's Network Enterprise Center, discusses ways to address the needs of the NEC's customers with Aretha Williams (front) and Danielle Dailey, both IT specialists. RosaVelez was recognized Thursday by the Columbia Chamber of Commerce for his leadership in technology.**

# Post director receives honor

By CURSHA PIERCE-LUNDERMAN  
*Fort Jackson Leader*

Jesus RosaVelez, director of the Fort Jackson's Network Enterprise Center, was recognized Thursday by the Columbia Chamber of Commerce with the Palmetto Pillar Award for his outstanding leadership in the field of technology. The NEC provides Internet and communications services for nearly 100,000 Fort Jackson users.

Scott Nahrwold, deputy garrison commander, said RosaVelez and his team have drastically improved the network capabilities of Fort Jackson and allowed the post to take advantage of new opportunities.

"The fact that we have much greater bandwidth is what stands out the most as the greatest improvement. It allows us to leverage our social media outreach resources here," Nahrwold said.

The Palmetto Pillar Awards were created in 2000 by the Columbia Information Technology Council to create awareness and recognize achievements of people and organizations in the IT community. RosaVelez, who has been directing the NEC since 2007, said he was not expecting to receive the award. "I was surprised to see a camera crew come here to film me one day. I knew that I had submitted my team for an award nomination but didn't know anything else," RosaVelez said. "I was told that I was being filmed because I was finalist in one of the award categories. This is really an award for all of my people. If I could divide it up into 48 pieces for each of them, I would."

When RosaVelez arrived at Fort Jackson, the communications systems were old and outdated. He quickly set goals to bring the installation up to date.

"Our main priorities were a strong partnership with people on the installation, customer service focus, and network security updates, to make sure that things could run smoothly," RosaVelez

said. "There was old technology at the enterprise and user levels that had to be replaced because we had a lot of old machines."

One of RosaVelez' responsibilities is to find the resources to make changes in the network.

"There are programs that exist to help us get new equipment so we had to find those resources and work with what we had to improve this network and provide the best service to our customers. If the customers are not happy then we have serious problems," RosaVelez said.

The NEC manages to address customer needs with a limited staff. RosaVelez has discovered ways to keep people happy while working hard.

"This is a great working environment and a great learning environment," said Aretha Williams, an IT specialist at the NEC. "There is such great camaraderie here, I really enjoy it."

RosaVelez gained his networking and team building experience during 20 years of Army service and retired as a warrant officer 13 years ago. He says that each member of his staff works well together and performs multiple duties.

"It's like one person does the work of 10 people around here, and they have such passion," RosaVelez said. "They are truly committed to what they do."

Even though the NEC has created new opportunities in communications for the installation, RosaVelez said there is still work to be done.

"In the future we are looking toward enterprising email to make it all seamless and getting cellular towers on the installation," RosaVelez said. "My people understand the future needs of the customer, and they are the ones who make things happen here. I'm just here to give some directional guidance."

*Cursha.Pierce@us.army.mil*

**Editor's note:** The front-page photo of RosaVelez is courtesy of Moore Photography.

## News and Notes

## MP HONORED



LaFRAMBOISE

Sgt. Andrew LaFramboise, traffic investigation non-commissioned officer-in-charge with the 17th Military Police Detachment, was honored by the South Carolina Criminal Justice Academy during an awards ceremony Aug. 24. LaFramboise was recognized for numerous hours training and assisting at the SCCJA.

## MAUDE LECTURE SCHEDULED

The next Lieutenant General Timothy J. Maude Leadership Lecture is scheduled for 2 p.m., Sept. 13 at the Solomon Center. The guest speaker will be Lt. Gen. David Hutton Jr., superintendent of the U.S. Military Academy at West Point.

## AFAP FOCUS GROUP SCHEDULED

An Army Family Action Plan focus group is scheduled from 8 a.m. to noon, Thursday. The group allows community members to share their ideas, concerns and suggestions about Army programs and services. The group is open to Soldiers, civilian employees, retirees and family members. For more information and to register, call 751-6315.

## CONSTRUCTION ONGOING

The installation of a new storm drain is causing road closures in the vicinity of Moncrief Army Community Hospital. The closures affect parts of Stuart and Hill streets. Access to the lower level parking area will be limited. Employees should use the overflow parking area along Stuart Street.

## 9/11 MEMORIAL DINNER

Members of the Fort Jackson community are invited to participate in a 9/11 memorial dinner, today at the Columbia Metropolitan Convention Center. The guest speaker is University of South Carolina baseball coach Ray Tanner. For more information, visit [www.scremembers911.com](http://www.scremembers911.com).



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## Taking religion to the battlefield

## Center provides global training for Chaplain Corps

By JULIA SIMPKINS  
*U.S. Army Chaplain Center and School*

At the U.S. Army Chaplain Center and School, next to the director for the Center for Spiritual Leadership resides Chaplain (Col.) Dan Ames, the director of the Center for World Religions.

The center, birthed in 2008 under the direction of the chief of chaplains, offers the Chaplain Corps resources for learning cultural norms and behaviors based on regional religious practices and beliefs. They use that information to support military operations by providing analysis and understanding at a basic level in order to help U.S. forces avoid potentially disastrous misunderstandings between American Soldiers and religious adherents worldwide.

"We educate, equip and encourage Unit Military Teams to advise their commanders on how religion impacts military operations," Ames said. "Helping UMTs learn how to do this type of religious ad-

visement is becoming increasingly important. In fact, the CWR was asked to train the entire Army Chaplaincy in the subject, 'Religious Advisement in Full Spectrum Operations,' as one of the two mandatory training sessions at this year's Chaplain Annual Sustainment Training."

Ames' staff provides instruction and education at all levels of the Chaplain Corps, he said, as well as supporting requests for information from overseas and in training environments.

The staff members come into their roles with experience. In addition to Ames' own experience organizing meetings with Iraqi religious and political leaders during his Iraq deployment, the center's deputy director led a strategic religious advisement mission during his own Iraq deployment.

Chaplain (Lt. Col.) Ira Houck, the center's deputy director, suggested the center's mission is best explained by the Army's new chief of chaplains, Chaplain (Maj. Gen.) Donald Rutherford, who said, "We will provide our commanders with sound advice on the impact of religion on our operations."

"Chaplain Rutherford pointed to two distinct chaplaincy capabilities that re-emerge from traditional chaplain tasks and capabilities of providing commanders with

relevant analysis of religion's impact. The first task of the Unit Ministry Team is to advise the command on the religious and spiritual needs of our own Soldiers and family members.

"The second task — the one CWR has been directed to focus on — is to expand the advisory capabilities of the Army Chaplaincy by understanding how the religious factors of indigenous people in the operational environment affect military operations. This is called religious advisement," Houck said.

Those two tasks, Houck said, are based on the principles every member of the chaplain corps adheres to: nurturing the living, caring for the wounded and honoring the fallen.

"Army chaplains and chaplain assistants must now think and act in more integrative ways that cut across traditional boundaries — such as between official and unofficial religious actors — and in diverse missions such as assisting with diplomatic relationships and advising other national leaders regarding their military chaplaincies," he said.

"With command guidance, UMTs are capable of promoting greater coordination among the myriad of influential leaders in a given conflict situation."

## Congressional visit



Photo by JAMES ARROWOOD, command photographer

U.S. Sen. Jim DeMint takes a break from a postwide tour to eat lunch with Soldiers from the 2nd Battalion, 13th Infantry Regiment in the battalion's dining facility Monday. DeMint also met with senior leaders.

# Suicide Prevention Month events scheduled

Continued from Page 1

speak at one of our events and encourage healthy relationships, because relationship issues are one of the triggers for suicidal behavior.”

The Army has also decided not to focus on the tragedy of suicide in the campaign this year, but is using this as a chance to concentrate on resiliency.

The Comprehensive Soldier Fitness Program is one way in which the Army is giving Soldiers tools to cope with life, relationships and adversity for better mental and emotional health.

In addition, resilience training courses created in 2009 for Soldiers and civilians encourages people to think differently about their lives before harmful behavior like drug abuse becomes an issue.

Fort Jackson is home to the Master Resiliency Training Course that trains Soldiers and civilians on competencies such as: self-awareness, optimism and mental agility.

“We teach people to hunt for the good because we can easily fall into the trap of negative thinking,” said Sgt. Maj. Brian Washington, the course sergeant major. “A Soldier might not even realize it, but just starting and ending the day thinking on the good things in your life helps train you to look at your world differently. That’s some of what we teach here.”

## IN THE KNOW

### National Suicide Prevention Lifeline

☐ 1-800-273-TALK (8255) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Veteran Crisis Line

☐ 1-800-273-8255

### Suicide Prevention Month Events

☐ Sept. 6. — The Army Substance Abuse Program will hand out ACE cards 7 to 9 a.m. at Gates 1 and 2.

☐ Sept. 14 — The Army Substance Abuse Program will have a Suicide Prevention Booth with suicide prevention items and free giveaways at the Main Exchange.

☐ Sept. 26 — Army Substance Abuse Program will sponsor a guest speaker for

Suicide Prevention Month. Dr. Robert Ackerman will speak on relationships. The event will be held at the NCO club 8:30 a.m. to 4 p.m. To register, call 751-5007.

### ACS Resilience Classes

☐ Sept. 30 — SELF Symposium at the Solomon Center, 9 a.m. to 4 p.m. Call 751-5444 for registration information

☐ Oct. 18 — Resiliency Training for Families Phase I, 9 a.m. to 2 p.m., Family Life and Resiliency Center

☐ Nov. 8 — Resiliency Training for Families Phase II, 9 a.m. to 2 p.m., Family Life and Resiliency Center

☐ Dec. 13 — Resiliency Training for Families Phase III, 9 a.m. to 2 p.m., Family Life and Resiliency Center

Call 751-5444 for more information.

Throughout the 10-day course, students are taught the basics of resiliency and how to teach the information to others. Soldiers also become trained teachers and receive an additional skill identifier, 8R, that they keep the rest of their Army careers.

“The goal is for each unit to have an 8R to help implement the resilience training at some level in the unit, whether it is company, battalion, or brigade,” said

course director, Alvin Shrum. “We teach the student when to use the competencies, but we also teach them to know when MRT is not enough and a referral is needed. We don’t deal with suicide prevention and that is not what this class is for; this is a proactive way to positively deal with what happens in your life each day.”

Williams added that MRT is a life skill training that supervisors can use in formal

and informal counselings with their Soldiers that also translates to their personal lives.

This resiliency training is so important to Soldier fitness that the Army has established training sites all over the world to reach Soldiers stationed overseas and serving on deployments,” Williams said.

“We have MRT courses being taught in Bagram (Afghanistan), Korea, Hawaii and all over,” Williams said. “The Comprehensive Soldier Fitness program can send out a mobile training team to sites where it just isn’t possible for everyone to come to Jackson for training.”

Spouses are also able to learn about resiliency through ACS courses. Providing resilience training for both Soldiers and family members coincides with this month’s theme of resiliency for the entire family.

“We teach resiliency in three phases over about three days of training through Fort Jackson ACS. They are the same modules the Soldiers learn at Victory University and it is designed to offer family members resiliency skills in adversity,” said Marilynn Bailey of ACS. “The resiliency courses are just awesome training and it is all about building better and stronger relationships. If both the Soldiers and spouses and trained, they should have a great relationship and that is our main goal.”

*Cursha.Pierce@us.army.mil*

## Retiring from service



Photo by JAMES ARROWOOD, command photographer

Retiring Soldiers are honored during a ceremony Tuesday at Post Headquarters. From left, Sgt. Maj. Deborah McDaniels, Lt. Col. Thomas Bukawski, Master Sgt. Tiffany Howard, Command Sgt. Maj. Yolanda Lomax, Sgt. 1st Class Ilda Hammett, Sgt. 1st Class Kevin Mitchell, Sgt. 1st Class John Goodnite and Sgt. 1st Class Alan Simmons.



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# One-time refugee finds home in U.S., Army

By **CAPT. LATISHA BALLANCE**  
Leader contributing writer

In 2007, a then 16-year-old Saw Blut was a refugee in Malaysia, having fled his home in Myanmar (also known as Burma) — a country in Southeast Asia.

Today, the Army private will carry his platoon's streamers in Company E, 2nd Battalion, 60th Infantry Regiment as he officially graduates Basic Combat Training here, becoming an American Soldier.

As a Christian in the mostly Buddhist country, and as a member of the Karen tribe, one of the country's minority groups, Blut and his family found themselves among the thousands being persecuted. The government, Blut said, sought to overtake his tribe and six others in the country. The government was also trying to force him to join the military, he said.

"I thank God every day for freedom and the strength he gives me to carry on in order to help my family and others," said the now 20-year-old Blut, who became a U.S. citizen during a family day swearing-in ceremony Wednesday.

After taking refuge in Malaysia, Blut was eventually granted asylum in the United States through the United Nations High Commissioner on Refugees. In 2008, he settled in Grand Rapids, Mich., where he later enlisted in the Michigan National Guard.

Blut, who left behind his parents and siblings, said his journey was not without fear.

"I was a bit scared of being caught but I was more determined to seek freedom," he said.

For Blut, becoming a Soldier is an outward expression of his gratitude.

"It's my way of giving back to the country that has given so much to me," he said.

His fellow Soldiers and cadre members say his positive and grateful attitude is evident in their interactions.

"He is a genuine and positive individual and will contribute to our Army because of it," said Staff Sgt. Jamar Mabry, one of Blut's drill sergeants. "Because of him, we start every training event with a small prayer. He brings positive energy wherever he goes."

Likewise, Blut has learned from them.

"I have gained so much from this experience; discipline and an appreciation for others, especially my drill sergeants."

Blut's performance in BCT has resonated with his battle buddies, as well.

"He is one of the hardest workers in our bay and always has something positive to say. I believe that the troubles he has gone through make him who he is today," said Pfc. David Macedo. "Hearing about what Pfc. Blut has gone through makes me feel bad about my complaining. It makes me more appreciative of the life we have here in the States."

The word, "troubles," does little to capture the depths of the hardship and persecution Blut and his family had to endure.

"My family farms; they grow and tend rice fields," Blut said. "Often times they would have to give up their profits and crops to the Burma government or they would burn the villages. I even recall some people being beat and even killed."

Despite his struggles, Blut makes it clear that he does not share his story with others to gain sympathy.

"I want others to know that because of my trust in God for everything, I am able to take part in the training and opportunities the Army has given me. I thank God, my drill sergeants and my battle buddies for what they have instilled in me."

Blut will attend Advanced Individual Training here with the 187th Ordnance Battalion.

*Editor's note: Although both Burma and Myanmar are acceptable, the Leader follows Associated Press style guidelines by referring to the Southeast Asian country as Myanmar. Pvt. Saw Blut refers to his native country as Burma.*

**At right, Pvt. Saw Blut stands in front of his platoon in a formation. Blut, who was once a refugee from his home country of Myanmar, became an American citizen Wednesday. Below, Blut and other members of his platoon raise the base of their platoon streamers at the end of formation. The platoon, along with the rest of the Company E, 2nd Battalion, 60th Infantry Regiment, graduates today.**



Photos by JAMES ARROWOOD, command photographer



# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Leon McCargo**  
Company D  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Jordan Fleming

**SOLDIER OF THE CYCLE**  
Pvt. Tyler McKinney

**HIGH APFT SCORE**  
Pvt. Tyler McKinney

**HIGH BRM**  
Pvt. Justin Dean  
Pvt. Garrett Connell



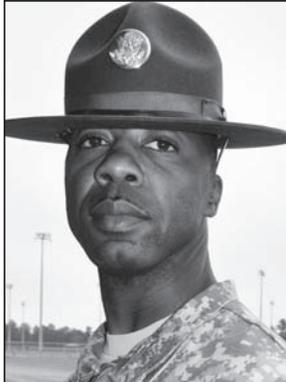
**Staff Sgt. Rashied Tolson**  
Company E  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Ronald Nation Jr.

**SOLDIER OF THE CYCLE**  
Pvt. Joaquin Santos

**HIGH APFT SCORE**  
Pvt. Jena Allred

**HIGH BRM**  
Pfc. Gregory Hadsell



**Sgt. 1st Class William Kendall**  
Company F  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Tiffany Olson

**SOLDIER OF THE CYCLE**  
Pvt. Michael Tur

**HIGH APFT SCORE**  
Pvt. Nicole Van De Wetering

**HIGH BRM**  
Pvt. Nicolas Doffing

## SUPPORT AWARDS OF THE CYCLE

**STAFF SUPPORT**  
Spc. Justin Cox

**TRAINING SUPPORT**  
Staff Sgt. Damian Patterson

**SERVICE SUPPORT**  
Margie Brooks

**DFAC SUPPORT**  
James Mobley

**FAMILY SUPPORT**  
Tamika Williams

## Training honors



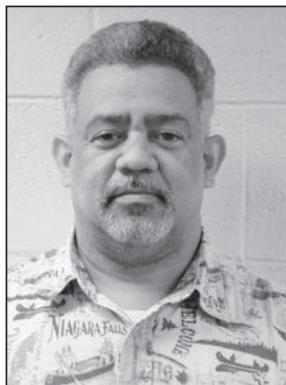
**Staff Sgt. David Martinez**  
Drill sergeant leader  
Drill Sergeant School



**Staff Sgt. Nicole Kimble**  
Distinguished honor graduate  
Physical fitness award  
Drill Sergeant School



**Staff Sgt. Heather Helkowski**  
Leadership award  
Drill Sergeant School



## 187TH ORDNANCE BATTALION HONORS

**INSTRUCTOR OF THE CYCLE**  
Manny Sotopadilla (left)

**CADRE OF THE CYCLE**  
Staff Sgt. Sylvester Jenkins

**DISTINGUISHED HONOR GRADUATE**  
Pfc. Melissa Thomas

Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.



## ACS Calendar of Events — September

### THURSDAY, SEPT. 1

- ☐ **AFAP community focus group** — 8 a.m. to noon, Family Readiness Center
- ☐ **Introduction to MS Word, Excel, PowerPoint** — 9 to 11:30 a.m., Call 751-4862 for location
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222; every Thursday except holidays

### TUESDAY, SEPT. 6

- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library; every Tuesday and Wednesday except holidays
- ☐ **EFMP family night out** — 5 p.m.; Chick-fil-A, Decker Boulevard

### WEDNESDAY, SEPT. 7

- ☐ **AFTB Army 101 course (Day 1)** — 8:30 a.m. to 3 p.m.; Family Readiness Center
- ☐ **Post newcomers' orientation/tour** — 9 to 11:30 a.m.; Post Conference Room
- ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location; every Wednesday
- ☐ **Child abuse/safety class** — noon to 2 p.m.; Main Post Chapel
- ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library; every Tuesday and Wednesday except holidays

### THURSDAY, SEPT. 8

- ☐ **AFTB Army 101 course (Day 2)** — 8:30 a.m. to 3 p.m.; Family Readiness Center
- ☐ **Job searching skills through social networking** — 9 to 10:30 a.m.; call 751-4862 for location
- ☐ **Stress management class** — 11 a.m. to noon; 5614 Hood St., Room 10
- ☐ **EFMP support group (butterfly effects)** — 5 to 6:30 p.m.; Family Readiness Center
- ☐ **AFAP teen focus group (ages 13 to 19)** — 5:30 to 8 p.m.; Youth Activities Center

### SATURDAY, SEPT. 10

- ☐ **The marketable military spouse seminar** — 10 a.m. to noon, Main Post Chapel

### MONDAY, SEPT. 12

- ☐ **English as a second language conversational** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222;

every Monday except holidays

### TUESDAY, SEPT. 13

- ☐ **Resume writing/interviewing skills workshop** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **EdVenture outing** — 5 p.m.; 211 Gervais St.; cost is \$1 per person; open to the public; call 751-5256

### WEDNESDAY, SEPT. 14

- ☐ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222

### THURSDAY, SEPT. 15

- ☐ **Financial/relocation planning for initial PCS move** — 9 to 10:30 a.m.; Education Center
- ☐ **Intermediate MS Excel** — 9 to 11:30 a.m.; call 751-4862 for location
- ☐ **Immigration workshop** — 10 a.m. to noon; call 751-1124 for location
- ☐ **Anger management class** — 11 a.m. to noon; 5614 Hood St., Room 10
- ☐ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

### FRIDAY, SEPT. 16

- ☐ **Job prep 101 (using Internet and interview techniques)** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

### TUESDAY, SEPT. 20

- ☐ **AFTB grow personal skills course (Day 1)** — 8:30 a.m. to 3:30 p.m.; Family Readiness Center
- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **Fort Jackson Education Fair** — 10 a.m. to 1 p.m.; Officers' Club
- ☐ **EFMP bowling** — 3:30 to 5 p.m.; Century Lanes; participants must be enrolled in EFMP; call 751-5256 to register
- ☐ **Evening breastfeeding support group** — 5:15 to 6:30 p.m.; 5615 Hood St., Room 8

### WEDNESDAY, SEPT. 21

- ☐ **AFTB grow personal skills course (Day 2)** — 8:30 a.m. to 3:30 p.m.; Family Readiness Center
- ☐ **Financial readiness for first term junior enlisted Soldiers** — 8:30 a.m. to 4:30 p.m.; Education Center
- ☐ **Steps to federal employment** — 9 a.m. to noon;

Strom Thurmond Building, Room 222

- ☐ **Phase II Levy brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

### THURSDAY, SEPT. 22

- ☐ **Intermediate MS PowerPoint** — 9 to 11:30 a.m.; call 751-4862 for location

### FRIDAY, SEPT. 23

- ☐ **Explore careers in information technology** — 9 to 11 a.m.; Strom Thurmond Building, Room 222
- ☐ **AFAP steering committee meeting** — 10 to 11:30 a.m.; Post Conference Room

### SATURDAY, SEPT. 24

- ☐ **Hearts Apart bowling extravaganza** — noon to 2 p.m.; Century Lanes; \$1 per game and \$1 shoes with Hearts Apart discount card

### TUESDAY, SEPT. 27

- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **Baby basics workshop** — 10 a.m. to 3 p.m.; call 751-6304/1071/6868 for location
- ☐ **Parent power — totally wired (free dinner)** — 5 to 6:30 p.m.; Youth Services Center

### WEDNESDAY, SEPT. 28

- ☐ **Phase II Levy brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

### THURSDAY, SEPT. 29

- ☐ **Intermediate MS Word** — 9 to 11:30 a.m.; call 751-4862 for location
- ☐ **Budgeting and checkbook maintenance** — 11:30 a.m. to 12:45 p.m.; Education Center
- ☐ **EFMP talent/fashion show rehearsal** — 5 to 6:30 p.m.; Joe E. Mann Center, ballroom

### FRIDAY, SEPT. 30

- ☐ **Spouses Embracing Life Fully symposium** — 9 a.m. to 6 p.m.; Solomon Center; for more information, call 751-5444
- ☐ **EFMP talent/fashion show** — 6 to 8:30 p.m.; Joe E. Mann Center, ballroom

*All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.*

## Calendar

### Today

#### Tobacco cessation orientation

3 to 4 p.m., Moncrief Army Community Hospital, third floor staff conference room  
For more information, call 751-5035.

### Saturday, Sept. 10

#### 9/11 Memorial Run

7 a.m., Hilton Field Softball Complex  
Registration is \$15 for the 5K run/walk and the 10K run. Registration begins at 6 a.m. For more information, call 429-4934.

#### Patriot Day concert with Kellie Pickler

7 p.m., Hilton Field  
Gates open at 5 p.m.

### Tuesday, Sept. 13

#### Lt. Gen. Timothy J. Maude leadership lecture

2 p.m., Solomon Center  
The guest speaker is Lt. Gen. David Huntoon Jr., superintendent of the United States Military Academy.

### Friday, Sept. 16 and Saturday, Sept. 17

#### Case lot sale

9 a.m. to 6 p.m., Commissary

### Tuesday, Oct. 11

#### Domestic abuse community connectivity rally

8:30 a.m. to 1 p.m., Joe E. Mann Center

## Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

### Tuesday, Sept. 6

#### A pirate's life

3 p.m.

Paint treasure boxes, fill them with "gold" and make pirate hats. To RSVP, contact Alana at 738-8275 or by email at [ayoungblood@bgcgrp.com](mailto:ayoungblood@bgcgrp.com).

### Friday, Sept. 16

#### Red Cross blood drive

9 a.m. to 2 p.m.

To make an appointment, contact Alana at 738-8275 or by email at [ayoungblood@bgcgrp.com](mailto:ayoungblood@bgcgrp.com).

## Announcements

### ASAP EVENTS

The Army Substance Abuse Program has scheduled the following events in observance of Suicide Prevention Month.

— Tuesday, ACE cards will be handed out at Gate 1 and Gate 2 from 7 to 9 a.m.

— Sept. 14, suicide prevention booth at the Main Exchange

— Sept. 26, workshop at the NCO Club from 8:30 a.m. to 4 p.m. For more information and to register, call 751-5007.

### DPW RELOCATION

Directorate of Public Works service order/work order reception operations have moved to Building 2562, Room 113.

### QUALITY OF LIFE ISSUES SOUGHT

Quality of life issues are being collected for the upcoming Army Family Action Plan Conference. Submissions are accepted until Sept. 9. For more information, call 751-6315 or visit [www.fortjacksonmwr.com/acs\\_afap](http://www.fortjacksonmwr.com/acs_afap).

### UPI BASEBALL CLINIC

The 165th Infantry Brigade, in partnership with Unlimited Potential International, Inc., will host a baseball clinic for players 8-18 from 8 a.m. to 1 p.m., Saturday at Hilton Field Softball Complex. For

more information, contact your battalion chaplain.

### CIF TESTS APPOINTMENT SYSTEM

Starting today, appointments are necessary for in- and out-processing services at the Central Issue Facility. The facility will test using appointments for 90 days before determining whether to adopt that system on a permanent basis. Soldiers are encouraged to schedule appointments as far ahead of time as possible. To schedule an appointment, call 751-6524.

### VETERANS DAY BALL

The 171st Infantry Brigade will host its fifth annual Veterans Day ball at 6 p.m., Nov. 4 at the Medallion Center. Tickets cost \$25. For more information, call 751-3311/7110/6253.

### LEGAL OFFICE RELOCATES

The Fort Jackson Legal office is now located at 2600 Lee Road, at the corner of Lee and Washington. Normal business hours for legal assistance are 9 a.m. to 4 p.m., Monday through Friday. The office is closed for federal and training holidays. Call 751-4287 for general information or to make an appointment.

### THRIFT SHOP NEWS

Starting today, Thrift Shop consignment tickets will feature two prices, the original price and a 25 percent discount price that goes into effect 30 days after the item is first put up for sale.

### AFAP VOLUNTEERS NEEDED

Volunteers are needed for the Fort Jackson Army Family Action Plan conference scheduled for Nov. 3 and 4. Volunteers will assist with facilitating, recording, transcribing, etc. Free training, child care and meals will be provided. No experience is necessary. For more information, call 751-6315.

### DISASTER PREPAREDNESS

Are you prepared in the event of a natural disaster? Take a few minutes to put together an emergency preparedness kit and be sure to include water, non-perishable foods, flashlights, battery-powered or hand-crank radio (NOAA Weather Radio if possible), extra batteries, a first-aid kit with medications & medical items, multi-purpose tool (i.e. Gerber), sanitation and personal hygiene items, copies of personal documents, cell phone with charger, family and emergency contact information, extra cash and anything else you might deem necessary.

For more information on disaster and emergency preparedness, visit [www.red-cross.org](http://www.red-cross.org) or call 1-866-GET-INFO.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.

Community announcements may be edited to comply with Leader style and Public Affairs regulations.

### SUBMISSION GUIDELINES

Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil). For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157.

Classified ads may also be faxed to 432-7609.

For information about display advertising, contact Kathy at 786-5681.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

# September Promotions

Name	Rank	Name	Rank	Name	Rank
HATER, Davod A.	COL	OLSEN, Erik W.	MAJ	CRAWFORD, Devonya L.	SFC
BENSON, Garrick B.	LTC	PEOPLES, Ahlon K.	MAJ	DANOS, Kenneth W.	SFC
LLAMAS, Walter	LTC	SHACKELFORD, Jon H.	MAJ	FAVREAU, Lester W.	SFC
MADDALONI, Gabrielle M.	LTC	TWEED, Brad A.	MAJ	HARRIS, Michael A.	SFC
ROSENBERG, Carl W.	LTC	WHITTINGTON, Kemau A.	MAJ	HOLCOMB, Jerry W.	SFC
WALKER, Frank E.	LTC	ANIMASAUN, Taliat A.	CPT	NELSON, Sean C.	SFC
BORST, James A.	MAJ	HUNTER, Derrick D.	CPT	ROBINSON, Desomond T.	SFC
CHANEY, Andrus W.	MAJ	KIRKLAND, Andrew T.	CPT	STANFIELD, Kamishia D.	SFC
DAKE, David W.	MAJ	McGUINNESS, James P.	CPT	YCO, James Patrick A.	SFC
DANARAJ, Ranjini T.	MAJ	MULCH, Christopher M.	CPT	CHENNAULT, Tuesdae	SSG
EDENS, Sharon M.	MAJ	NARSESIAN, Christopher J.	CPT	TARRATS, Joseph R.	SSG
ESTES, Raymond L.	MAJ	NULPH, Lindsay A.	CPT	BARRY, Conor M.	SGT
FRAZIER, Walter J.	MAJ	PARKER, Ashley P.	CPT	BERBERICK, John W.	SGT
GARCIA, Jose M.	MAJ	REED, Michael R.	CPT	DELAY, Gidget	SGT
HELLRUNG, Bernard T.	MAJ	THOMAS, Barry J.	CPT	GAINES, Cedrick K.	SGT
HORVATH, Melissa A.	MAJ	TYNER, Brandon C.	CPT	GARCIA, Jamie	SGT
KNUTZEN, Christian D.	MAJ	WHITFIELD, William A.	CPT	SAVINI, Boggs M.	SGT
LINSEY, Maria A.	MAJ	AANAM, Ndu Ndifreke E.	SFC	STEVENSON, Kelly	SGT
MORMAN, Tiffany A.	MAJ	BANKS, Rebecca S.	SFC	VAUGHN, Cyrus C.	SGT
NORRIS, Tamisha R.	MAJ	CASTLE, Stephanie J.	SFC	WILLIAMS, Lamar D.	SGT

# Kellie Pickler to headline on-post Patriot Day concert

By **THERESA O'HAGAN**  
Fort Jackson FMWR

Country artist Kellie Pickler will headline this year's Salute to the Troops concert scheduled for 7 p.m., Sept. 10 at Hilton Field.

The event, which is sponsored by the Fort Jackson Family and Morale, Welfare and Recreation, and Operation Home Front of South Carolina also features an opening performance by up-and-coming Nashville recording country music male vocalist and entertainer Barry Michael. This event is free to all Soldiers, their families and other DoD ID cardholders and their guests. Gates open at 5 p.m.

Born and raised in Albemarle, N.C., Pickler followed her small-town dream to the heart of the front porch of the country music world. Her first two albums quickly established her as both a singer and songwriter to be reckoned with, co-writing her hits "Red High Heels," "I Wonder" and the Top 10 hit, "Best Days of Your Life," which sold more than 1 million single downloads.

"Tough," her first new single in more than a year, was written specifically for Pickler by songwriter Leslie Satcher. Satcher penned a song about Pickler's life from conversations and direct quotes from her.

Currently Pickler is putting the finishing touches on her third album with producer Frank Liddell who has also produced albums for Miranda Lambert and Lee Ann Womack. The album is slated for a late fall release.

"I write what my soul tells me to write," Pickler said in an official press release. "I realized the key to writing is just being true and writing what is real. It's why country music has such an impact. It's music people relate to because it's about telling true stories."

A huge supporter of our nation's troops, Pickler stated, "The USO tours I've been part of have definitely been the highlight of my career and my life. It has been the most impactful, life-changing thing I've been able to do." Pickler's first tour, to Iraq, became a GAC special, "My USO Diary," and she followed that with a trip to Germany, Afghanistan, Iraq, Kosovo and England. "The greatest way to learn is to travel," she said. "There are so many amazing people



*Special to the Leader*

**Kellie Pickler is scheduled to headline Fort Jackson's second Patriot Day concert Sept. 10 at Hilton Field. The gates open at 5 p.m.**

I've met that have changed my life for the better. It's something that can help us not be so judgmental and close-minded."

Michael's debut album, "Ripped Blue Jeans and ATVs," was released with high acclaim in 2009. Barry has performed for more than 15,000 troops in Singapore, headlining a show at the Alamo in San Antonio, TX, the National Veterans Summer and Winter Sports Clinics for handicapped and disabled veterans, and the 159th Aviation Combat Brigade Send-Off Party, in Fort Campbell, Ky., among many others.

Michael's "Heroes and Angels," which premiered at the WWII Veterans fund-

raiser, quickly gained national recognition. Earlier this year Michael also did a PSA with Billy Ray Cyrus for the Blue Star Families.

Michael is an unwavering supporter of TAPS (Tragedy Assistance Program for Survivors), Blue Star Families, Gold Star Wives, and the Thunder Eagles of the 159th Aviation Brigade.

For more information on how non-DoD ID cardholders can obtain tickets, call Operation Home Front at 608-2242 or 960-2501. Military and DoD ID cardholders need only to show their identification cards at the gate.

## FMWR calendar

### THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

### FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Friday Dollar Daze at **Century Lanes**, 6 p.m. Call 751-6138 for more information.
- ☐ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

### SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

### SUNDAY

- ☐ Enjoy a traditional Sunday brunch buffet at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

### WEDNESDAY

- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

### ONGOING OFFERS

- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old.



Watch Fort Jackson video news stories  
and Victory Updates  
at <http://www.vimeo.com/user3022628>



# Tips make exercising more effective

By MAJ. VANCIL MCNULTY  
U.S. Army Center for Health  
Promotion and Preventive Medicine

Physical fitness is a very important part of your health. Not only does your level of physical fitness have a direct impact on your combat readiness, physically fit Soldiers are much less likely to get physical injuries and more likely to have enjoyable, productive lives.

At a minimum, Soldiers must meet Army Physical Fitness Test standards by the end of Advanced Individual Training, which is a reasonable goal. Your unit training program is designed to help you reach that goal. After AIT, you should continue a program of regular vigorous exercise that balances strength, mobility and endurance and allows for proper rest and recovery. Your exercise program should:

❑ **Be progressive.** Your exercise session must be gradually increased to safely and effectively improve your physical performance. Remember, there are many times throughout life that you may have to modify your training and begin slowly again, like after an illness or when recovering from an injury, returning from deployment or the field, or moving to a new unit, etc.

❑ **Be regular.** Regular exercise sessions (three to five times per week) improve performance and reduce your chances of the "weekend warrior syndrome" (getting a sports injury on the weekends because of little activity during the week).

❑ **Provide overload.** In order to improve, you must gradually push yourself beyond the normal demands placed upon your body.

❑ **Provide variety.** Spread the stress of exercise over the entire body by varying the types of exercises you



do throughout the week. This also keeps you from getting bored and keeps your motivation up.

❑ **Allow recovery.** Your body is actually strengthened during periods of rest. Regular periods of rest between activities, sleep and proper nutrition help the body rebuild itself. For example, a hard day of running should be followed by a day of resistance training to give the muscles you used during running some time to

recover.

❑ **Be balanced.** Your exercise program should include low-intensity endurance activities (such as running, biking, swimming or stair climbing), high-intensity endurance activities (such as sprints or intervals while running, cycling, swimming, or climbing), muscular strength and endurance (resistance exercises such as lifting weights or your own body weight), and mobility training (activities that develop agility, balance, coordination, flexibility, posture, stability, speed and power, such as agility drills, individual movement techniques, and stretching after activity).

❑ **Be specific.** The activities you perform during your exercise sessions should be specific to your goals.

❑ **Be precise.** Perform all muscle strength and mobility exercises slowly and with correct posture. The quality of your training may be more important than the quantity. For example, performing any activity sloppily or hurried is much less effective and may cause injury.

## WARMING UP

Before exercising or playing a sport, do a three to five minute warm-up that has the same movements as the exercise or sport. Start slowly then increase the pace. For example, if you are going for a run, you might start out by walking, increase the pace to a fast walk, break into a slow jog and then slowly increase up to training speed.

To get ready to play basketball, you can practice shooting, dribbling and running sideways slowly at first, then more actively. (Note: Specific stretching is not required during warm-up if adequate active preparation is carried out.)

## PERFORMING ACTIVITY

To improve your low-intensity endurance, you should exercise for 20 to 30 minutes at a moderate pace without stopping, two or three times per week. You should be working hard enough that you can talk but you can't sing. To improve your high-intensity endurance, do running, cycling, swimming or climbing sprints (intervals) for 30 seconds and rest for 90 seconds (gradually increase repetitions from five to 10, then decrease your rest time to 60 seconds) once or twice a week. Improve your muscular strength and endurance by performing two or three sets of three to 12 repetitions (less repetitions for strength, more repetitions for endurance) to temporary muscle failure, two or three times a week. Improve your mobility by performing agility drills once or twice a week.

## COOLING DOWN

Always cool down after every exercise session. A cool-down is basically the reverse of a warm-up and gives your heart rate a chance to come down to a normal level. Cooling down also helps reduce muscle stiffness. Stretches to improve flexibility during cool-down should be held for at least 30 seconds.

## MACH WELCOMES



**Lt. Col. Kevin Bonds**  
Deputy commander for administration

Not pictured, Lt. Col. Neil Page is the new deputy commander for clinical services.



**Maj. Jacob Gin**  
Chief of human resources, MACH troop commander

## Children's health



Photo by CRYSTAL LEWIS BROWN

Staff Sgt. Marquita Odum, DENTAC, hands out health-related materials to Master Sgt. Carla Clark-Pitchford, with the Soldier Support Institute, and 4-year-old son, Cedric, Friday at the Scales Child Development Center. The mini-health fair was coordinated by the Toddler 2 class.

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# FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Maj. Raymond Simons**

*Director,  
Emergency Services/Provost Marshal*

**Master Sgt. Keith Williams**

*Provost Sergeant*

**Bill Forrester**

*Fire Chief*

**CASES OF THE WEEK**

☐ A civilian was charged with shoplifting in connection with the theft of a pair of



gloves and a watch from the Main Exchange, Military Police said. The value of the items was \$82. The civilian was also issued a three-year post bar letter.

☐ A civilian was denied access to post after attempting to enter the installation with a restricted license, MPs said. The civilian was also ticketed for violating a route-restricted license.

☐ A Soldier was ticketed for failure to control a pet after MPs received reports that the Soldier's dog was running loose in the housing area, MPs said. The Soldier was also warned that another violation could lead to the dog's removal from housing.



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## Understand the Threat

**Guidance and Focus**

*Situational Understanding*

**OPERATIONS PROCESS**  
ASSESS → PREPARE → EXECUTE  
PLAN → ASSESS → EXECUTE

**INTELLIGENCE PROCESS**  
PRODUCE → PROCESS → COLLECT  
PLAN → PREPARE → COLLECT

*Commander's Intent*

**Continuous Intel Input**

**ANTITERRORISM WORKING GROUP**  
Process Integrator

<b>CONFIRM</b>	what you know
<b>IDENTIFY</b>	what you need to know
<b>COLLECT</b>	every Soldier a sensor
<b>ASSESS</b>	Indicators of threat activity
<b>DISSEMINATE</b>	Information & warnings

# Don't turn your back on key body part

When you hit the gym, you always make sure to take care of certain body parts; endless abdominal crunches, treadmill, squats and biceps curl (I can relate). However, it is not until we are ready to wear a halter top that we wish we had spent some time on our backs. A developed back is quite pleasing on the eyes, but a developed back also offers some essential qualities that we typically are oblivious to. Before diving into making sure your next workout routine includes some back exercises, take a moment and learn more about what you gain when you work your back.

Power is a big reward you get from having a strong back. The ability to push and pull comes from your back. The stronger it is, the more you are able to do your daily tasks with ease. Getting your back in shape is essential to good posture, muscular balance and core strength. Yep, core strength. Our back muscles assist us in so many ways; reaching, pulling, pushing, sitting, standing — this list goes on and on. With a healthy back and conditioned muscles, so many of the aches and pains we experience when performing daily task can be greatly minimized.

There are three major muscle groups in our backs. The trapezius muscles are in the upper back; in workout settings, people refer to these as their traps. The latissimus dorsi muscles are in the middle of the back. In workout settings, people refer to these as their lats. Finally, the erector spinae muscles are in the lower back. There are other smaller muscles in the back which are directly exercised when you work the three major muscle groups.

**The Weigh It Is**  
**By Pamela Greene**  
*Fitness programmer,  
 Family and Morale, Welfare  
 and Recreation*



The trapezius (traps) are the muscles in the upper back that gives the shoulder area a rounded look. Keeping these muscles in shape allows you to reach overhead with ease, draw your shoulder blades together and drop your shoulders down. Exercises used to condition the traps also bring definition to the shoulders, making them more rounded and defined as well. Exercises such as upright rows, shoulder shrugs and bent over lateral raises really develop the traps and shoulders.

The lats are the muscles in the middle of the back. When you work out, these muscles give you that beautiful “v” shape in your back, which can also make the waist look smaller (always a plus). Exercises used to condition your lats also work at developing the waist line. The “v” that you achieve draws the muscles tightly together towards the waist forming a “v”. Exercises like seated pulley rows, lat pull downs, and if you are strong enough pull ups; are all great for achieving that beautiful “v.”

Last but not least, the erector spinae are the muscles

in the lower back. Erector spinae muscles also run along the spine. These tiny muscles are strengthening and continue to draw the back closer together. This works directly with your core so it is great at strengthening your core strength and flattening the abdominal area. When strengthening the erector spinae, perform exercises that hyperextend the back and spine. Many of these exercises are done face down (prone) or in a pulley fashion towards the middle of your back. Exercises such as face down lying chest raises, bent over rows and the cat yoga pose are great for developing the muscles along the spine while strengthening them, as well.

A well defined back is great when it comes to wearing certain clothing items, but a bigger benefit is that your back is healthy and free from low back pain, which is the most common medical complaint from both men and women. In many cases you will get real relief from chronic pain just from strengthening these muscles.

That is called preventive medicine instead of prescription drugs. If you have not tried yoga, I highly recommend it as a part of your back stretching routine. Working back muscles with weights is a great way to develop the back, but your muscles still require stretching and yoga is a great way to not only get your stretch in, but to also get your chill on.

The internet and late night television are full of abdominal exercises and gadgets yet barely ever talk about the opposite muscles that are equally important — your back. Make sure you give it the attention that it deserves and reap the benefits of looking great from behind.

## Sports shorts

### SWIMMING LESSONS OFFERED

SKIESUnlimited is offering parent & child and preschool swimming lessons at Knight Pool. Classes are held Mondays/Wednesdays or Tuesdays/Thursdays per two-week session. Friday will be added as a make-up day if a federal holiday falls on a Monday (when applicable). Enrollment is ongoing.

Preschool classes (ages 3-5) cost \$40 and run 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m. Parent & Tot classes (ages 6 months to 3) cost \$35 and run 12:30 to 1 p.m. Swim diapers are required. Call Parent Central Services at 751-4824/4865 for more information or to register. Special pricing is available to families whose active

duty Army or DA civilian sponsors are deployed. Call 751-6777 for more information.

Class dates are as follows:

#### **Monday/Wednesday**

Session 3: Sept. 7, 12, 14, 16  
 Session 4: Sept. 19, 21, 26, 28

#### **Tuesday/Thursday**

Session 7: Sept. 6, 8, 13, 15  
 Session 8: Sept. 20, 22, 27, 29

### SKIES KARATE BEGINS

SKIESUnlimited is offering karate classes for three age groups.

**Lil Kickers** (ages 3-5) meet 5:15 to 6 p.m., Fridays. Cost is \$35 per month.

**Beginner karate** (ages 6-18) meets 6:15 to 7:15 p.m., Fridays and 3 to

4 p.m., Saturdays. Cost is \$50 per month.

**Intermediate karate** (ages 6-18) meets 4:15 to 6:15 p.m., Saturdays. Cost is \$50. All classes are held at the SKIES building, 6100 Chesnut road. For more information, including attire requirements, call 751-4865/4824. Enrollment is ongoing.

### GOLF CLUB HOSTS TOURNEY

The Fort Jackson Golf Club championships were held Aug. 28 through Sunday. Robert Szymaszek was declared the men's champion during the 54-hole stroke play event. The women's club championship was won by Son Sain. The women's event was 36 holes.

### Golf league standings

Intramural		3-13th		652.0
3-34th	1968.5			
120th #1	1966.0			
2-39th	1921.5			
1-61st	1793.0			
1-34th	1480.5			
120th #2	1552.5			
TFM	1494.0			
165th	1494.0			
3-60th	1406.0			
4-10th	1020.5			
187th	939.0			
MACH	917.0			
2-60th	841.0			
		Recreational		
		That's Good	1464.5	
		Old School	1343.5	
		TFM #2	1213.0	
		DPW	1363.5	
		Sandbaggers	1422.5	
		USASSI	1057.0	
		FMS	874.5	
		Heavy Hitters	1025.5	
		Those Guys	779.0	
		Standings as of Tuesday		

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