

TRACKING ...

NEWS



'USO in a box' officially opens

PAGE 6



Post remembers Sept. 11 fallen

PAGE 20-21

FITNESS

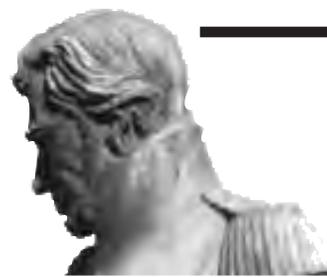
FMWR schedules annual aerobathon

PAGE 33

INDEX

| | | | |
|-------------|-------|--------------|----|
| Commanders | 2 | Health | 22 |
| News | 3-13 | Police/Legal | 23 |
| Happenings | 16 | Chapel | 24 |
| Around Post | 17-18 | Fitness | 33 |
| FMWR | 19 | Sports | 34 |

The Fort Jackson Leader



Thursday, September 15, 2011

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Time machine

2-39 vets visit contemporary counterparts

By **SUSANNE KAPPLER**
Fort Jackson Leader

Warfighters of the past, present and future united Sept. 8 on Fort Jackson. A group of veterans who fought in Vietnam in 1968 and 1969 with the 2nd Battalion, 39th Infantry Regiment visited with cadre and Soldiers-in-training of the current 2-39th as part of their three-day reunion.

"It was a great honor to be able to reconnect with a previous generation of our unit's warriors with experiences that were both unique to their generation and similar to ours," said Capt. Steven Harrison, assistant operations officer with the 2-39th.

“ Hopefully, we won't let you down as we continue to carry the torch for the regiment.”

— **Lt. Col. Glen Blumhardt**
*Commander,
2nd Battalion, 39th Infantry Regiment*

"I believe the quote, 'Those who cannot remember the past are condemned to repeat it,' is applicable to the lessons learned that these warriors carry with them."

The veterans had planned their reunion to be in Charleston. But when they found out

that the current 2-39th was stationed close by, they decided to contact the unit and ask if they could visit, said Ray Mann, one of the reunion organizers.

"In these kinds of issues there's hesitancy on both sides. Active duty folks don't know if they should be reaching out. ... Where the veterans are concerned, it's always a matter of intruding," Mann said.

"We just decided right away that neither of those barriers should exist. (The battalion leadership) immediately took this on. The colonel, the sergeant major and everybody got enthused about it. By the time we got here, I told all our folks, 'I think they're

See **BATTALION:** Page 8

Saluting the Troops



Photo by **JAMES ARROWOOD**, command photographer

Country artist Kellie Pickler gives a thumbs up to a crowd of Soldiers, at least one of whom held up a home-made sign fashioned from a pizza box, during a Patriot Day concert Saturday at Hilton Field. Hundreds of Soldiers, civilians, family members and guests came out to the concert. See more photos on Page 10.

DADT repeal won't stop our mission

One of the most sweeping changes in U.S. law that directly affects the military is about to take place in a few days, though I expect its implementation to come and go without incident or fanfare. I am referring to the repeal of the law known as "Don't Ask Don't Tell," which will occur Sept. 20, barring any last-minute legal obstacles.

Don't Ask Don't Tell, or DADT, refers to the 1993 law that banned gay men and women from serving openly in the military. When the repeal takes effect, I am expecting a transparent transition here on Fort Jackson.

Simply put, there will be no change in the way we conduct our business. Our values require us to treat everyone with dignity and respect regardless of their sexual orientation, and that's what we'll continue to do.

Now, it is only natural that this repeal will lead to some changes in Army policies. Many of our policies will require no change, because they are neutral in regard to sexual orientation. The Army will continue to move forward, to train and will finalize additional policies and processes related to this repeal, all the while staying engaged with the field to address any issues or questions that might arise.

One important item to note is that the Department of Defense policy not to ask service members or applicants about their sexual orientation remains constant. It is DoD policy to treat everyone with dignity and respect to ensure good order and discipline.

Another point that we all need to remember is that respect and professionalism are the mainstays of all military service. Any deviations from the highest standards of respect and professionalism, in any situation, are subject to appropriate corrective or disciplinary actions.

Of course, with anything that involves significant

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



change, or in this case, a reversal of policy, there are going to be questions and situations that will occur that we may not have anticipated. We will answer and resolve each within the intent of the law and as professionals.

According to the conclusions of a DoD comprehensive report that examines the issues associated with the repeal of DADT, the repeal will likely, in the short term, bring about some limited and isolated disruption to unit cohesion and retention. The report predicted that this disruption will not be widespread or long lasting.

Meanwhile, here are some key fundamental points that we need to keep in mind:

- ❑ Harassment or abuse for any reason has always been unacceptable and will be dealt with accordingly.
- ❑ All service members, regardless of sexual orientation, are entitled to an environment free from barriers to prevent them from rising to the highest level of responsibility possible.
- ❑ Sexual orientation will not be designated a class under the Military Equal Opportunity program; all service members will be treated equally, regardless of sexual preferences.
- ❑ This is not about changing attitudes. This is about

the standard of conduct and treating one another with dignity and respect.

Upon careful analysis, you will see that most of these points are already rooted in our Army Values, which we can always rely on to guide us in our actions and conduct, in all situations. And, with DADT repeal, the emphasis is clearly on respect and integrity.

To help everyone prepare for the repeal, the Army has conducted training and has made a wealth of information available. Fort Jackson is certainly prepared. There have been nearly 3,000 permanent party Soldiers trained on the DADT repeal since February on Fort Jackson, and every Soldier entering Basic Combat Training receives the DADT policy briefing within the first weeks of training.

The Army has launched a new website that was implemented to educate the force and minimize misconceptions about the repeal. The website, which is located at www.army.mil/dadt features current articles, key facts, questions as well as additional resources. DoD has a web page on DADT that has articles and information on DADT, as well. The page is located at http://www.defense.gov/home/features/2010/0610_dadt/.

And, consistent with the latest technology and learning methods, there is also a training app available. The app, which has been downloaded more than 5,000 times since it became available last month, allows anyone with a CAC card or an AKO account to select from Army training materials that he or she wants to download to an iPad, iPhone or Android mobile device.

With the repeal of DADT, again, Fort Jackson's mission remains unchanged: we will continue to transform volunteers into Soldiers for duty in the world's best Army.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Month's focus is suicide prevention

When I talk with garrison professionals who work in suicide prevention, they all have stories about the person who really made them realize the importance of what they do. There was the Soldier who seemed to have it all together, until one day he asked a course instructor, "When you're driving home, do you think about wrapping your car around a tree?"

And the civilian supervisor with a stressful, high-visibility job, who did not want to attend the mandatory suicide prevention training because he did not want to admit to himself his own thoughts about suicide. And the family member who felt desperately alone and overwhelmed during another deployment.

Most of the stories have happy endings — the people received the help they needed. When they didn't, it was a hard, hard loss. Losing someone to suicide is doubly painful and confusing, as those left behind not only deal with the absence of their friend, loved one or co-worker, but also with guilt and questions of what could have been done.

September is Army Suicide Prevention Month. Suicide prevention is an institutional Army program, focused on this urgent issue year round, but this month the Army intensifies its efforts to make sure every Soldier, civilian and family member knows what resources are available to help those in need.

The Army has developed Ask, Care, Escort (ACE) training, to equip everyone to take care of a person at the point of crisis until a professional can assist. It is available through the garrison Suicide Prevention Program, as well as the Army's Suicide Prevention website (www.armyg1.army.mil/hr/suicide/default.asp).

A number of other resources provide help with issues that

**LT. GEN.
RICK LYNCH**
*IMCOM
Commanding
General*



can put a person at risk for suicide. These resources include the Army Substance Abuse Program, Army Community Service's Financial Readiness Program, the Family Advocacy Program, Military and Family Life Consultants, Behavioral Health, Soldier and Family Assistance Centers and unit and garrison chaplains.

Looking at the bigger picture, the Army has expanded the resources aimed at strengthening the overall resilience and well-being of our Army Family. More training is now available through the Comprehensive Soldier Fitness Program, which focuses on physical, emotional, social, family and spiritual strength.

The Army's commitment to suicide prevention has resulted in some real policy and program changes that have reduced the number of people at risk. But as long as any member of the Army Family views suicide as a viable option, we still have work to do. From the Installation Management side, we are strengthening programs that provide critical support. This includes hiring more ASAP counselors and Suicide Prevention Program managers for installations



Photo by JAMES ARROWOOD, command photographer

Gary Linhart, an instructor with the Combat Studies Institute, explains the situation that led to the Battle of Wanat during a virtual staff ride for battalion and brigade leaders Friday at the Officers' Club.

Post leaders study battle with virtual technology

By **SUSANNE KAPPLER**
Fort Jackson Leader

Commanders and command sergeants major of the Army Training Center battalions and brigades came together Friday for a virtual staff ride to analyze and discuss the Battle of Wanat. During the battle, which was fought in 2008 by members of the 173rd Airborne Brigade Combat Team in a remote area of Afghanistan, nine Americans were killed and 27 were wounded.

"This is important. ... I think it's awesome that we get the opportunity to study this particular battle," said Fort Jackson Command Sgt. Maj. Brian Stall. "We have a range that we renamed Wanat; and one of the Soldiers who fought this particular battle was presented with his Silver Star on this site."

The virtual staff ride was presented by instructors with the Combat Studies Institute based at Fort Leavenworth, Kan. Through the use of satellite imagery and photos taken by Soldiers on location, CSI technician Dale Cordes was able to reconstruct a 3-D computer model of the terrain, which was projected on one of the two screens throughout the presentation. The technology allows Cordes to zoom in on any area and change the point of view to simulate the view the Soldiers had at that particular location.

"The initial model took about 10 months

(to build)," Cordes said. "Then we added more details to it as we'd gotten more witnesses — guys who were fighting there. We talked to them to make sure we got everything right and all the positions in the right place."

CSI instructor Gary Linhart said the Battle of Wanat was a logical choice for development into a virtual staff ride.

"It was, at that point, (the battle with) the highest amount of casualties in the war. ... There was an investigation done, so there was information to get at. We have the terrain available. So, we literally looked at it and said, 'This is probably a good case study,'" Linhart said. "We started building from that. We were going to create this staff ride for this particular battle because it had good lessons to be learned and it was a high-casualty-producing event."

The virtual staff ride was part of the installation's Leadership Development Program.

Mike Ryan, Fort Jackson's strategic planner, said the program consists of three main components: Bi-monthly luncheons to discuss the Profession of Arms concept; yearly training with the Center for Creative Leadership; and two staff rides per year.

He said the staff rides have a two-fold purpose.

"We try to emphasize the importance of history and the lessons learned," Ryan said. "You can look at it from a strategic and a

tactical level."

Whereas most of the staff rides include trips to historic battlefields of the Revolutionary War and the Civil War, the virtual staff ride allows leaders to analyze more recent battles fought in areas that are not accessible.

Ryan said the analysis of contemporary battles like Wanat creates a connection because of its relevancy for today's troops.

"This is a fascinating battle (in terms of) what went wrong and what went right," he said. "There are many specific individual tasks that correlate to what we do here in Basic Combat Training and Advanced Individual Training."

Stall said he was impressed with the technology and its abilities. Col. Drew Meyerowich, commander of the 193rd Infantry Brigade, shared a similar sentiment.

"The virtual staff ride provided leaders the ability to understand the terrain without actually walking the ground and allowed us to get back to the basics of defensive planning, preparation and execution," Meyerowich said.

Stall said that the spirit shown by the Soldiers at Wanat can serve as a model for his Soldiers.

"I hope that what (the sergeants major) get out of it is go back and talk with their cadre about the importance of the warrior spirit. ..."

Susanne.Kappler1@us.army.mil

Housing Happenings

COMMUNITY UPDATES

❑ The Howie Village bus route has changed to include stops at Custer Loop, the intersection of Furman Smith Road and Legge Court, and a final stop at the intersection of Knight Avenue and Furman Smith Road. Notifications of the adjustment have been sent to the schools and students. Call James Harper at 790-7913 for questions or concerns.

❑ Are you prepared for a natural disaster? Take a few minutes to put together an emergency preparedness kit. Be sure to include water, non-perishable food items, flashlights, battery-powered or hand-crank radio (NOAA weather radio, if possible), extra batteries, first-aid kit with medicines and medical items, multipurpose tool, sanitation and personal hygiene items, copies of personal documents, cell phone with charger, family and emergency contact information and cash. For more information, visit www.redcross.org or call 1-866-GET-INFO.

❑ 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.

CONSTRUCTION UPDATES

❑ To date, 470 homes have been completed.

❑ A total of 916 homes have been demolished to date.

❑ Senior noncommissioned officer homes are becoming available in the area near Evans Court and Willet Road.

❑ New construction activity continues on Parker Lane.



Sept. 16 — 4 p.m.

Rio

PG

Sept. 9 — 7 p.m.

The Change-Up

R

Sept. 17 — 4 p.m.

Studio appreciation free screening. Tickets are available at the Main Exchange Food Court.

Sept. 18 — 4 p.m.

Cowboys and Aliens

PG-13

Sept. 21 — 1:30 p.m.

Cowboys and Aliens

PG-13

Sept. 21 — 5 p.m.

Rise of the Planet of the Apes PG-13

Adults: \$4.50

Children (12 and younger): \$2.25

Visit www.aafes.com for listings.

News and Notes

CASELOT SALE NEARS

The Fort Jackson Commissary case-lot sale is scheduled for 9 a.m. to 6 p.m., Friday and Saturday.

PHOTOGRAPHERS WANTED

Submissions for the Army Digital Photography Contest are accepted through Oct. 16. The contest is open to Soldiers, DA civilians and family members. For more information, call 751-0891. To submit photos, visit <https://apps.imcom.army.mil/APPTRAC>.

GOSPEL CHOIR CELEBRATES

The Daniel Circle Chapel Gospel Choir will celebrate its 36th anniversary at 3 p.m., Sunday with a concert at Daniel Circle Chapel.

AAFES SPECIALS OFFERED

As part of its "Still Serving" weekend, the Exchange will salute former Soldiers by offering unique specials and events at the Main Exchange Sept. 23-25.

SPOUSE SYMPOSIUM SET

A Spouses Embracing Life Fully, or SELF, Symposium is scheduled for 9 a.m. to 4 p.m., Sept. 30 at the Solomon Center. The symposium will provide spouses with a variety of subjects focusing on approaches for happier, healthier lives.

Topics include workshops and demonstrations on physical fitness, nutrition, social fitness, building hobbies, social media tips, scheduling vacation time, building strong relationships, entrepreneurship, stress management and spiritual fitness.

Free lunch and child care are provided. Register by Wednesday online at www.fortjacksonmwr.com/self. Reserve a spot for child care by calling 751-1970. Call 751-5444 for more information. The symposium is open to the Fort Jackson community.

MACH ADMINS INFO UPDATED

Moncrief Army Community Hospital Medpros administrator Jaclynne Smith is located in Room 9-91 at MACH from 8 a.m. to 5 p.m. She can be reached at 751-2795 or Jaclynne.Smith@amedd.army.mil. E-profile administrator George Clash is located in Room 10-90 and can be reached at 751-4814/413-1085 or George.Clash@amedd.army.mil.

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.

DoD works to prevent suicides

By **KAREN PARRISH**
American Forces Press Service

WASHINGTON — Officials know the facts about suicide in the military services, but the causes and best means of prevention are more elusive, a senior Defense Department official said Friday.

In testimony before the House Armed Services committee, Dr. Jonathan Woodson, the assistant secretary of defense for health affairs and director of the TRICARE Management Activity, said DoD has invested "tremendous resources" to better understand how to identify those at risk of suicide, treat at-risk people, and prevent suicide.

"We continue to seek the best minds from both within our ranks, from academia, other federal health partners and the private sector to further our understanding of this complex set of issues," Woodson said.

The overall rate of suicide among service members has risen steadily for a decade, he said, and DoD and the services are taking a multidisciplinary approach in their efforts to save lives.

The Defense and Veterans Affairs Departments are developing shared clinical practice guidelines that health care providers in both agencies will use to assess sui-

cide risk and help prevent suicide attempts, Woodson said.

DOD also is working with the Department of Health and Human Services and the Substance Abuse and Mental Health Services Administration to offer critical mental health services to National Guard and Reserve members, who often don't live close to military medical facilities, he added.

Woodson acknowledged much work remains.

"We have identified risk factors for suicide, and factors that appear to protect an individual from suicide," he said. "As you well understand, the interplay of these factors is very complex. Our efforts are focused on addressing solutions in a comprehensive and holistic manner."

Defense suicide prevention research includes Army 'STARS,' a study to assess risk and resilience in service members, Woodson said.

"This is the largest single epidemiologic research effort ever undertaken by the Army, and is designed to examine mental health, psychological resilience, suicide risk, suicide-related behaviors and suicide deaths," the assistant secretary said.

The study, he said, involves experts from the Uniform Services University of the Health Sciences, University of California,

University of Michigan, Harvard University, and the National Institute of Mental Health.

STARS is examining past data on about 90,000 active-duty Soldiers, evaluating Soldiers' characteristics and experiences as they relate to subsequent psychological health issues, suicidal behavior and other relevant outcomes, he said.

DoD has added more than 200 mental health professionals from the Public Health Service to medical facilities' staffs, and is expanding access to services in civilian communities, Woodson said.

"Within the department, we have amended medical doctrine and embedded our mental health professionals far forward ... to provide care in theaters of operation," he added.

The department also has worked to collect, analyze and share data more effectively "so that the entire care team understands the diagnosis and treatment plan," he said.

"As important as any step, we have also made great attempts to remove stigma from seeking mental health services, a stigma that is common throughout society, and not just in the military," Woodson continued. "This is a long-term effort, but both senior officers and enlisted leaders are speaking out with a common message."

Leadership lecture



Photo by VERAN HILL, Fort Jackson Public Affairs Office

Lt. Gen. David Huntoon, superintendent of the U.S. Military Academy, speaks to a packed house in the Solomon Center Tuesday. Huntoon was speaking as part of the Maude Leadership Lecture series, which is named after Lt. Gen. Timothy Maude, who was killed in the Sept. 11 attacks. The purpose of the Maude Foundation is to preserve Maude's legacy by continuing to take care of Soldiers in America's Army.



Photos by JAMES ARROWOOD, command photographer

A group of Soldiers and civilians walk through the "USO in a Box," which was officially opened at McCrady Training Center after a ribbon-cutting ceremony Wednesday. The facility offers a variety of entertainment activities, such as video games and pool, to the service members assigned there.

USO delivers bit of home to McCrady

By MAJ. CINDI KING
S.C. National Guard Public Affairs

Service members who have deployed or traveled far from home know when they see the patriotic banner with "USO" on it, there's surely musical entertainment, food, a feel of home and appreciation nearby.

Last week, more than 400 military personnel and special guests were treated to all of these as the USO held a ribbon-cutting ceremony for its new morale center at McCrady Training Center.

"We selected McCrady for this USO center as it has thousands of service members from all branches of service pass through before they deploy to combat," said Joannie Thresher, Columbia's USO director. "We want all of our Soldiers, Sailors, Airmen and Marines to know the USO deeply appreciates their sacrifices and all they do to keep us safe at home."

The project began in June when the USO arranged for the S.C. Army National Guard to deliver a sand-colored "USO in a Box" portable morale center to McCrady via sling-load under a Chinook helicopter.

Since then, the trailer was relocated to its permanent location next to one of the former dining halls on the installation. The building was renovated, redecorated and outfitted with computers, television

screens, couches and other amenities. The "box" houses video games and computers for service members to use the internet and keep in touch with family and friends.

"This facility demonstrates the capability of the USO as they reach out to support. Sometimes when troops are deployed they may feel they've been forgotten," said Maj. Gen Robert E. Livingston Jr., S.C. adjutant general. "The USO, no matter where the location, provides that little bit of home."

The event included a flyover by the 169th Fighter Wing from McEntire Joint National Guard Base and musical selections from the 246th Army National Guard band.

One of the highlights during the festivities was a surprise visit by country music singer Lee Brice, a native of Sumter, who performed his hit song, "Love Like Crazy."

Brice said that when he heard about what the USO was doing for the military community near his hometown, he wanted to do whatever he could to demonstrate his appreciation and support to all service members.

"We could not have made this happen without all of our wonderful corporate sponsors, donors and hard work from community leaders," Thresher said. "When we do things for our service members, we want to do it big. And we certainly did with this effort."



Lee Brice, country music singer and Sumter native, performs his hit song, "Love Like Crazy," during last week's ribbon-cutting ceremony.



Photos by SUSANNE KAPPLER

Battalion's Soldiers honored by vets' visit

Continued from Page 1

actually more excited at Fort Jackson than we are, if that's possible.”

Lt. Col. Glen Blumhardt, the 2-39th commander, told the visitors that the battalion's Soldiers were honored to be able to connect with their predecessors.

“For us, personally, it means more than anything you could imagine. You've

“It makes you humble to see someone who's done such a great thing and not boast about it or want any kind of recognition.”

— 1st Lt. William Kuhlman
2nd Battalion, 39th Infantry Regiment

included us in the inner circle. And we understand exactly what it's like to be a member of this brotherhood,” Blumhardt said. “Hopefully we won't let you down as we continue to carry the torch for the regiment.”

Mann said he was overwhelmed by the dedication and motivation visible in the current Soldiers. He said he hopes that the veterans' visit will leave an impression on the current troops, as well.

“Our objective here, meeting these troops and these drill sergeants, is to deliver one message: They should know that whatever they go through here, they'll

make it through and when they do and they go about their military careers, it's something they'll never forget,” he said. “They're going to be 65 years old someday, but they're not going to forget what they went through. They're not going to forget who their drill sergeant was. ... They're not going to forget the service they gave to their country. And, most of all, they're not going to forget the people they served with.”

During their visit, the veterans met with the battalion leadership, had lunch at the dining facility and toured some of the training sites.

“It's interesting. This is completely different from the type of training we got,” said Tim Brinkley, who traveled from Iowa to attend the reunion, after observing training at the Team Development Course.

Brinkley explained that the teamwork aspect was not a big emphasis during his Basic Combat Training experience and that he was impressed with today's Army instilling team spirit early.

During a presentation at the battalion headquarters, one of the veterans received a special surprise. Wayne Blessing, who served as a drill sergeant on Fort Jackson in 1970, was presented with a campaign hat by battalion Command Sgt. Maj. Lamont Christian. Blessing had lost his campaign hats after his wife, a teacher, had used them as props for a class.

“She was supposed to bring them back. That was 20 years ago. I have no idea what happened to them,” Blessing said. “I'm just overjoyed.”

First Lt. William Kuhlman, the battalion's personnel officer said his generation of Soldiers can learn humility from the veterans.

“Not one of those veterans came in here and said, ‘I did this and I did that.’ They introduced themselves very humbly,” Kuhlman said. “It makes you humble to see someone who's done such a great thing and not boast about it or want any kind of recognition.”

Susanne.Kappler1@us.army.mil



Top left photo, Wayne Blessing, who served as a drill sergeant on Fort Jackson in 1970, looks at his new campaign hat, which was presented to him by the 2nd Battalion, 60th Infantry Regiment command sergeant major. Blessing lost his own hats 20 years ago.

Left photo, A display table at the 2-39th battalion headquarters showed memorabilia provided by the veterans who visited Sept. 8. Among the items on display were combat drawings by Dennis Moore, who was a Soldier in the battalion.

UP CLOSE

Soldiers enjoy Patriot Day concert



Photos by JAMES ARROWOOD, command photographer

Kellie Pickler, country artist and former American Idol contestant, looks into the crowd during her performance at Saturday's Patriot Day concert at Hilton Field. Hundreds of concert-goers came out to support the joint effort between Operation Homefront and Family and Morale, Welfare and Recreation.



Left photo, up-and-coming country artist Barry Michaels performs during last week's Patriot Day concert. Michaels opened for Pickler. This was Fort Jackson's second year hosting a Patriot Day concert to commemorate the 9/11 terrorist attacks. Above photo, a Basic Combat Training Soldier claps along during the performances.

Safety seats a lifesaver for children

By SGT. 1ST CLASS STEVEN AKANA
Army Public Health Nursing

Sunday is the start of Child Passenger Safety Week, which runs through Sept. 24. Current studies indicate that one of the leading causes of death for children between 1 and 14 years of age is accidental injury, with motor vehicle-related accidents topping the list. It stands to reason, therefore, that the safe travel of a child in a vehicle is of paramount concern to parents.

You can help prevent these tragedies by ensuring your child is safely secured in a child safety seat that has been properly installed. The type of safety seat suitable for your child will be based on your child's age and weight. The National Highway Traffic Safety Administration (NHTSA) at www.nhtsa.gov offers a detailed chart for car seat recom-

mendations and proper usage.

South Carolina safety laws affirm that while riding in a vehicle, children younger than 6 must be properly restrained by an approved child safety seat.



State law also includes the following conditions for compliance:

- ☐ Children younger than 1 or weighing less than 20 pounds must be in a rear-facing child safety seat.
- ☐ Children between the ages of 1 and 5, weighing between 20 to 40 pounds, must be in a forward-facing child safety seat.
- ☐ Children between the ages of 1 and 5, weighing between 40 to 80 pounds, must be in a booster seat secured by lap/shoulder belt (lap belt alone is not per-

IN THE KNOW

Free inspections for Child Passenger Safety Week will be available at the following locations:

Saturday, 10 a.m. to 2 p.m.
Buy Buy Baby
238 Harbison Blvd.

Wednesday, 2 p.m. to 3 p.m.
Tender Years
6862 Lower Richland Blvd.

Sept. 21, 4 to 6 p.m.
River Front Park
100 Laurel St.

Sept. 22, 2 to 3 p.m.
Arthurtown
223 Riley St.

Additional Inspection Date:
Oct. 11, 5 to 7 p.m.
EdVenture Children's Museum
211 Gervais St.

missible).

☐ Regardless of age, children weighing 80 pounds or those who can sit straight with his or her back firmly against the back seat and can bend their legs over the seat's edges are not required to be in a booster seat.

In general, children younger than 6 cannot ride in the front seat. The law states that this stipulation is waived if the

vehicle does not have a back seat, or if the back seat is occupied by other children younger than 6.

This is the law, and violators are subject to a fine of \$150 for the first offense.

Additional information regarding safety seat installation and regulations can be obtained by visiting your local Office of Highway Safety, or call (877) 349-7187.

'Army family takes care of each other'

Continued from Page 2



IMCOM
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worldwide, and revising the Total Army Sponsorship Program to help transitioning Soldiers, civilians and families build stronger connections with their new communities.

One key component to successful Army prevention efforts is fully engaged, committed leadership from top to bottom. Great leaders create a culture in which people observe standards and discipline, and also get to know and care about each other. They make sure policies are enforced, programs are run correctly and everyone gets the training they need to watch out for those around them.

Most critically, great leaders get out the message that it is a sign of strength to ask for help. We will keep repeating that every which way — in formations, during stand down days, on Facebook, in print, on radio and TV, at FRG meetings, at community events — until we have no more cause for saying it.

Every positive outcome starts with one person reaching out to another and finding strength and hope together. We are the Army Family and we take care of each other.

NCOs lead the way



Photo by JAMES ARROWOOD, command photographer

Sgt. Maj. of the Japanese Army Ichiro Shimizu speaks to Command Sgt. Maj. James Norman, with U.S. Army Japan and I-Corps (Forward) and Command Sgt. Maj. Theresa King, commandant of the Drill Sergeant School, during a visit Monday. Also pictured, Sgt. Maj. Ryuichi Ishioka.

Calendar

Friday and Saturday

Case lot sale

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

Saturday,

Boys and Girls Club Day for Kids

11 a.m. to 3 p.m., Legion Pool
Open to the Fort Jackson community

Friday, Sept. 30

EFMP and CYSS talent/fashion show

6 p.m., Joe E. Mann Center
For more information, call 751-5256.

Saturday, Oct. 8

Do it in pink aerobathon — Part II

10 a.m. to 1 p.m., Solomon Center
For more information, call 751-5768.

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.

Friday

Red Cross blood drive

9 a.m. to 2 p.m.

To make an appointment, contact Alana Youngblood at 738-8275 or by email at ayoungblood@bgcgrp.com.

Monday

Bike registration

3:30 p.m., gazebo behind the Community Center

Register your children's bikes. Registration makes it easier to return bikes if they are lost or stolen.

Announcements

BAND INSTRUCTOR VACANCY

C.C. Pinckney Elementary School is looking for a band instructor for fifth and sixth-grade beginning band. Applicants must be Fort Jackson teachers, substitutes or qualified to become a DoDEA substitute. To apply, contact Sherry Schneider at 787-6815.

SYMPOSIUM ON INSURGENCY

The keynote event for the symposium "War by Another Means: Perspectives on Insurgencies" is scheduled for 7 p.m., Oct. 13 at the 81st Regional Support Command auditorium. The two-day symposium is scheduled for Oct. 14 and 15 at the South Carolina Archives. The keynote event is free. Registration for the symposium costs \$20. For more information, call 777-2340 or visit www.warbyanothermeans.cas.sc.edu.

ASAP EVENT

The Army Substance Abuse Program has scheduled the following event in observance of Suicide Prevention Month:

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.

OLIVER DENTAL CLINIC HOURS

Oliver Dental Clinic is now open to select units. The clinic is open from 7:30 a.m. to 4:30 p.m. (closed from 11:30 a.m. to 12:30 p.m.). Sick call is from 7:30 to 11 a.m.. Walk-ins for annuals are seen from 7:30 to 11 a.m. For more information, call 751-1624.

KNIGHT POOL HOURS

Knight Pool is now open from 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday. Legion Pool and Palmetto Falls Water Park are closed for the season.

CIF TESTS APPOINTMENT SYSTEM

Appointments are now 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 in advance. 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.

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.

THRIFT SHOP NEWS

Thrift Shop consignment tickets will now 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.

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 or call 1-866-GET-INFO.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

SUBMISSION GUIDELINES

Send all submissions to 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.



Yard of the Month

Pfc. John Nygren, second from left, his wife, Rachel, and daughter, Willa, 3, receive the Yard of the Month award for September from Col. James Love, left, garrison commander, and Garrison Command Sgt. Maj. Christopher Culbertson. The Nygrens received a certificate of appreciation, a garrison command coin, reserved parking at the Main Exchange and Commissary for the month, dinner coupons, movie passes and a \$50 gift card.

Courtesy photo



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Austin Boots**
Company A
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Alexander Kern

SOLDIER OF THE CYCLE
Pfc. Susan Quinn

HIGH APFT SCORE
Pvt. Evelyn Ogden

HIGH BRM
Pfc. Billy Hammonds



**Staff Sgt.
Christopher Montali**
Company B
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Michael Johnson

SOLDIER OF THE CYCLE
Spc. Dallas Robinson

HIGH APFT SCORE
Pfc. Kacey Dwyer

HIGH BRM
Pvt. Nigel Brown



**Staff Sgt.
Joshua Fisher**
Company C
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. James Sercey

SOLDIER OF THE CYCLE
Spc. Bobby Amagan

HIGH APFT SCORE
Pvt. Tyler Schwoob

HIGH BRM
Pfc. Jonathan Domanski



**Staff Sgt.
Stephanie Smith**
Company D
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Michael Mikovich

SOLDIER OF THE CYCLE
Pvt. Danielle Rhodes

HIGH APFT SCORE
Pvt. Matthew Ahlfs

HIGH BRM
Pvt. Gage Binkley



**Sgt. 1st Class
Laura Arenivas**
Company E
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Crystal Saenz

SOLDIER OF THE CYCLE
Pfc. Dakota Davis

HIGH APFT SCORE
Pfc. Jyrus Bradley

HIGH BRM
Spc. Scott Svendsen



**Staff Sgt.
Joseph Rombold**
Company F
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Courtney Hilfinger

SOLDIER OF THE CYCLE
Spc. Audrey Lonsberry

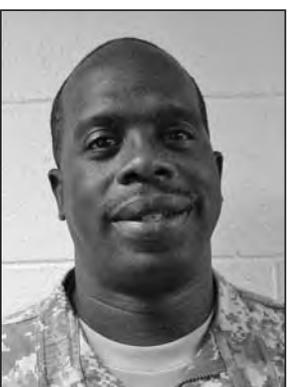
HIGH APFT SCORE
Pvt. Rapheol Papion

HIGH BRM
Pfc. William Schwering

Training honors



**Staff Sgt.
Emilio Moreno**
Cadre of the cycle
187th Ordnance Battalion



**Staff Sgt.
Gerard Williams**
Instructor of the cycle
187th Ordnance Battalion

187TH ORDNANCE BATTALION HONORS

DISTINGUISHED HONOR GRADUATES

Pfc. Colin Kalescky
Pfc. Quintez Sims

Want more
Fort Jackson news?

Watch Fort Jackson video news stories
and Victory Updates
at <http://www.vimeo.com/user3022628>
Follow the Leader on Twitter
at www.twitter.com/fortjacksonpao.



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Sept. 22.

Send your submissions to
FJLeader@conus.army.mil.

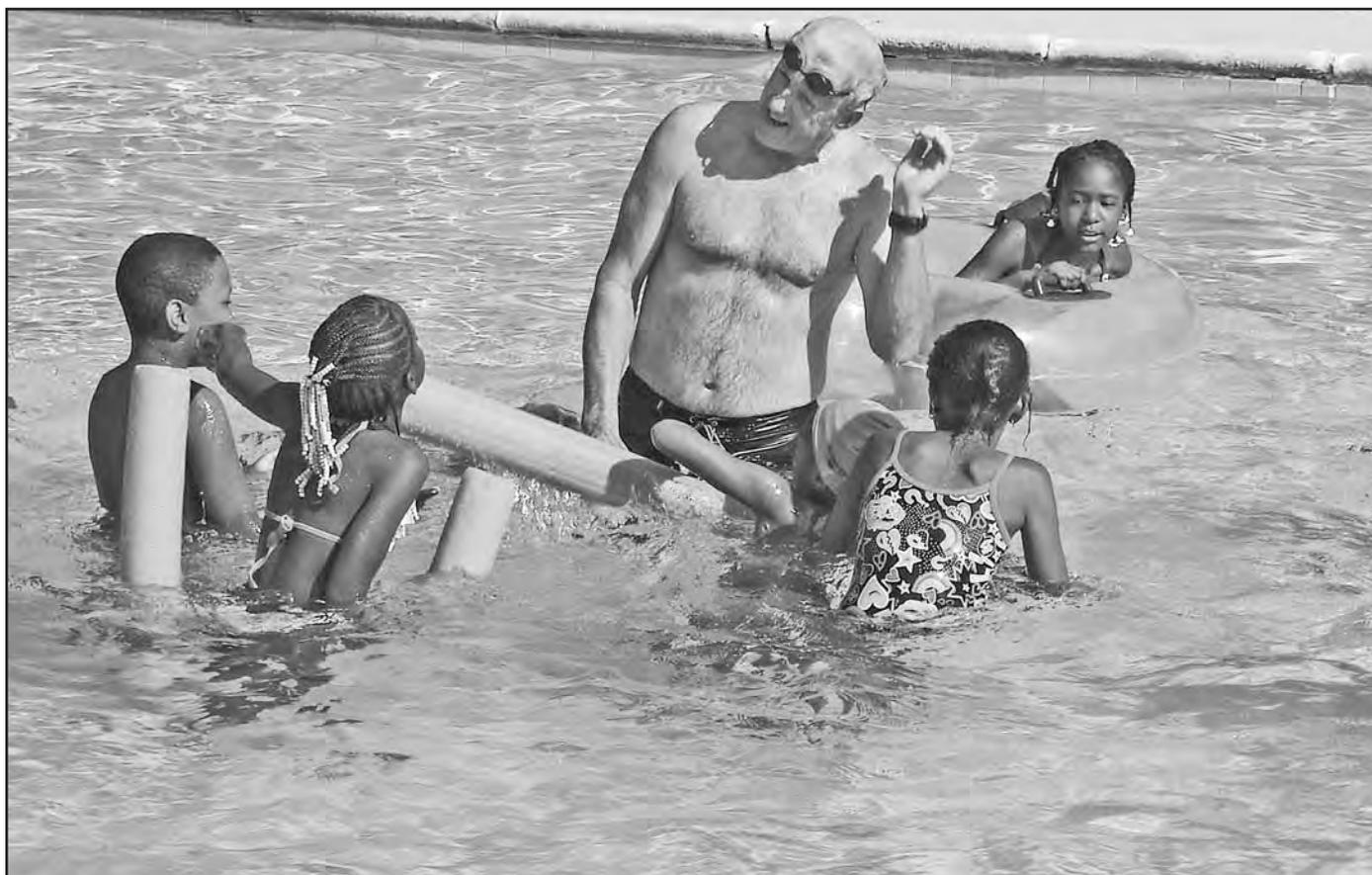
For more information, call 751-7045.

At your service

Phone numbers and operation hours for key post facilities

| | | |
|-------------------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| All South Federal Credit Union | 782-9830 | Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m. |
| American Red Cross | 751-/4329/5923 | Monday-Friday, 8 a.m. to 4 p.m. |
| Andy's Fitness Center | 751-4177 | Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays |
| Army Career Alumni Program | 751-4109/4104 | Monday-Friday, 7:30 a.m. to 4:15 p.m. |
| Army Community Service | 751-5256 | Monday-Friday, 8 a.m. to 4 p.m. |
| Army Continuing Education Services | 751-5341 | Monday-Friday, 7:30 a.m. to 4:30 p.m. |
| Army Substance Abuse Program | 751-5007 | Monday-Friday, 7:30 a.m. to 4:30 p.m. |
| Bowling, Century Lanes | 751-6138 | Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m. |
| Bowling, Ivy Lanes | 751-4759 | (For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m. |
| Car Care Center | 782-1639 | Monday-Friday, 8 a.m. to 5 p.m. |
| Chaplain Museum | 751-8827/8079 | Monday-Friday, 9 a.m. to 4 p.m. |
| Child and Youth Services | 751-4865 | Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m. |
| Civilian Personnel Advisory Center | 751-3219 | Monday-Friday, 8 a.m. to 4 p.m. |
| Class VI | 782-1601 | Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m. |
| Clinical Army Substance Abuse Program | 751-6597 | Monday-Friday, 7:30 a.m. to 4:15 p.m. |
| Coleman Gym | 751-5896 | Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m. |
| Commissary | 751-5789 | Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m. |
| DA Photos (TSC) | 751-7592 | Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m. |
| Defense Military Pay Office | 751-6669 (Soldiers) | Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914. |
| Dental Clinics | 751-5178/6017 | Monday-Friday, 7:15 a.m. to 4:15 p.m. |
| Family Health Center | 751-2273 | Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m. |
| Family Life Resiliency Center | 751-4961 | Monday-Friday, 9 a.m. to 5 p.m. |
| Florist | 738-1812 | Monday-Friday, 9 a.m. to 5:30 p.m. |
| Fort Jackson National Cemetery | 699-2246 | Monday-Friday, 8 a.m. to 4:30 p.m. |
| Furniture Store | 787-9175 | Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m. |
| Hospital Retail Annex | 782-1263 | Monday-Friday, 7 a.m. to 4 p.m. |
| ID Section | 751-7731 | Monday-Friday, 8 a.m. to 4 p.m. |
| Legal Assistance and Claims | 751-4287/3603 | Monday-Friday, 9 a.m. to 4 p.m. |
| LCI-SSSC | 790-5306 | Monday-Friday, 8 a.m. to 4 p.m. |
| Main Outpatient Pharmacy | 751-2259 | Monday-Friday, 7:30 a.m. to 5 p.m. |
| MG Robert B. Solomon Center | 751-4056 | Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m. |
| Military Clothing Sales Store | 787-5248 | Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m. |
| Movie Theater | 751-7488 | Hours vary |
| National Federation of Federal Employees | 751-2622 | |
| NCO Club | 782-2218 | Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times. |
| Officers' Club | 751-4906 | Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m. |
| Palmetto Falls Water Park | 751-3381 | **Closed for season** |
| Perez Fitness Center | 751-6258 | Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m. |
| Pharmacy Annex (PX mall) | 751-2250 | Monday-Friday, 9 a.m. to 6 p.m. |
| Pool, Knight | 751-4796 | Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m. |
| Pool, Legion | 751-4796 | **Closed for season** |
| Post Exchange | 787-1950/1951/1952 | Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m. |
| Post Library | 751-5589/4816 | Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m. |
| Post Office | 782-8709 | Monday-Friday, 8:30 a.m. to 5 p.m. |
| Recycling Center | 751-4208 | Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m. |
| Reuse Center | 751-5121 | Monday-Friday, 10 a.m. to 2 p.m. |
| Safety Center | 751-6004 | Monday-Friday, 7:30 a.m. to 4:30 p.m. |
| Shoppette Gate 1 | 782-2076 | Monday-Friday, 7 a.m. to 9 p.m.; Saturday-Sunday, 8 a.m. to 9 p.m. |
| Shoppette Gate 2 | 790-4478 | Open 24 hours a day |
| SSI Retail Annex | 738-9189 | Monday-Friday, 8 a.m. to 2:30 p.m. |
| Thrift Shop | 787-2153 | Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m. |
| Vanguard Gym | 751-4384 | Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m. |
| Vehicle Registration | 751-5887 | Monday-Friday, 8 a.m. to 4 p.m. |
| Veterinary Clinic | 751-7160 | Monday-Friday, 8 a.m. to 4 p.m. |
| Weston Lake | 751-5253 | Oct. 1 through April 30: 9 a.m. to 5 p.m.; May 1 through Sept. 30: 10 a.m. to 6 p.m. |

Anything we missed? E-mail us at fjleader@conus.army.mil.



Special to the Leader

Henry Van Patton, who works at Knight Pool, entertains a group of children at last year's Boys & Girls Club Day for Kids event at Legion Pool. This year's event is scheduled for 11 a.m. to 3 p.m., Saturday.

Fort Jackson celebrates Boys & Girls Club Day

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

The Fort Jackson Boys & Girls Club will celebrate BGC Day for Kids, 11 a.m. to 3 p.m., Saturday at Legion Pool. This event is open to the entire Fort Jackson community. Youth do not have to be members of the Boys and Girls Club of Fort Jackson.

"BGC Day for Kids is a day set aside each year to spend meaningful time with kids," said James Andrews, director of the Middle School & Teen program for Fort Jackson's Child, Youth & School Services. Andrews said he expects 100-

150 children will attend this year's event.

Planned activities include swimming, swimming contests for prizes and a pool-side picnic. This event is free.

Boys & Girls Clubs Day for Kids is celebrated annually on the third Saturday in September and is a day set aside each year to celebrate and honor America's children by spending meaningful time celebrating kids — children, grandchildren or any child in need of mentoring.

BGC has cited research that has shown that when adults spend meaningful time with kids, it helps them develop a positive self-image. "Ask Children," a Families and Work Institute's study, found

that while children are happy with the amount of time their parents spend with them, they wish the time together was not rushed, but focused and rich in shared activities.

Parents and other child caregivers know that there is a relationship between the amount of meaningful time adults spend with children and issues facing youth today, such as discipline problems, violence, substance abuse and other dangers to children's health and happiness.

BGC Day for Kids — with its meaningful time message — aims to make time spent with children more positive for parents, caregivers and of course, kids.

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the Sept. 29 Leader must be submitted by today.

Announcement submis-

sions are due one week before publication.

For example, an announcement for the Sept. 29 Leader must be submitted by Sept. 22.

Send all submissions to

FJLeader@
conus.army.
mil or call
751-7045.



FMWR calendar

THURSDAY

- ☐ Teen discussion of "I am Number Four," 5:30 p.m., **Post Library**. Participants will also watch the movie together Sept. 29.
- ☐ 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

- ☐ Do it in Pink Aerobathon, 10 a.m. to 1 p.m., **Solomon Center**. Participants are asked to wear pink for breast cancer awareness.
- ☐ **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.
- ☐ Boys & Girls Club Day for Kids, 11 a.m. to 3 p.m., **Legion Pool**.

SUNDAY

- ☐ Try Hickory Bistro 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.

We will always remember

Fort Jackson commemorates 10th anniversary of 9/11

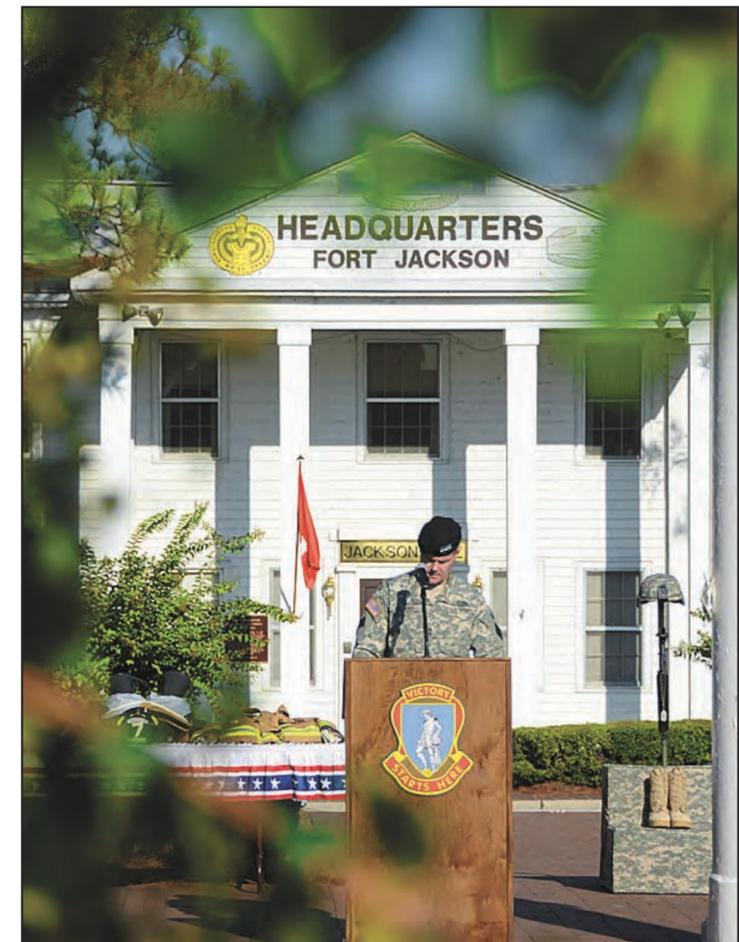


Photos by JAMES ARROWOOD, comand photographer

Above, from left, Sgt. Matthew Thornton, Fort Jackson's Soldier of the Year, Theodore Byrd, chief of emergency medical services, Barry Wall, DA police supervisor, Maj. Gen. James Milano, Fort Jackson's commanding general, Post Command Sgt. Maj. Brian Stall and Gino Sita, fire inspector, salute after placing the wreath during a wreath-laying ceremony Friday in front of Post Headquarters. The wreath laying was part of a ceremony commemorating the 10th anniversary of the 9/11 terrorist attacks. At right, opposite page, Soldiers stand at parade rest during the ceremony.



Throughout the ceremony, first responder uniform items and vehicles are on display in honor of those responders who lost their lives.



Maj. Gen. James Milano, Fort Jackson's commanding general speaks during the ceremony Friday in front of Post Headquarters.



CMYK

CMYK

27" WEB-100

Fort Jackson, MACH host institute

By MAJ. KEVIN NICCUM

Moncrief Army Community Hospital

Fort Jackson is leading the way in supporting the tri-service training needs for the eastern United States as it assumes its role as the Fort Jackson Regional Training Site for the Defense Medical Readiness Training Institute.

Late last month, Moncrief Army Community Hospital hosted the Defense Medical Readiness Training Institute, a joint military medical unit under the Assistant Secretary of Defense for Health Affairs.

The primary mission of the institute includes conducting trauma, disaster preparedness, and homeland security and contingency operations training throughout the world. The training included medical professionals from the Army, Navy and Air Force. This was the second time the institute has been held on Fort Jackson.

“The tri-service and government civilian service students provided experiences and perspectives that enhanced the quality of the training,” said Air Force Lt. Col. Kenneth Dempsey, who attended the training. While some students from on-post or from the Dorn VA Hospital participated in the institute, others came from all over the country, including San Diego, Bethesda, Md., Washington, Colorado, and Fort Gordon.

The two courses that were offered were the Emergency Nurse Pediatric Course and the Advanced Burn Life Support Provider course. The ENPC course is a two-day course sponsored by the Emergency Nurses Association designed to provide core-level pediatric knowledge and psychomotor skills needed to care for pediatric patients in the emergency setting. The ABLS is an eight-hour course that provides guidelines in the assessment and management of the burn patient during the first 24 hours post injury.

The DoD-funded course was offered to all government service health care providers, leading to a larger than expected class. But with additional training rooms offered by the 120th Adjutant General (Reception) Battalion, all students were accommodated.



Photo by MAJ. KEVIN NICCUM, Moncrief Army Community Hospital

A group of Soldiers and Sailors listen as an instructor offers guidance during last month's Defense Medical Readiness Training Institute, which was hosted on Fort Jackson.

“This is one of the largest courses we have trained in well over two years,” said Leroy Cantrell, DMRTI trauma coordinator.

Air Force Staff Sgt. Jason Anderson, DMRTI Instructor, said, “The experience here at Fort Jackson has shown that

the DMRTI concept does work.

“Forward as one!” he added, quoting the institute's motto.

Editor's note: Maj. Kevin Niccum is MACH's chief of Health Education.

Flu myth debunked: Shots don't cause illness

By CAPT. MARLA WASHINGTON

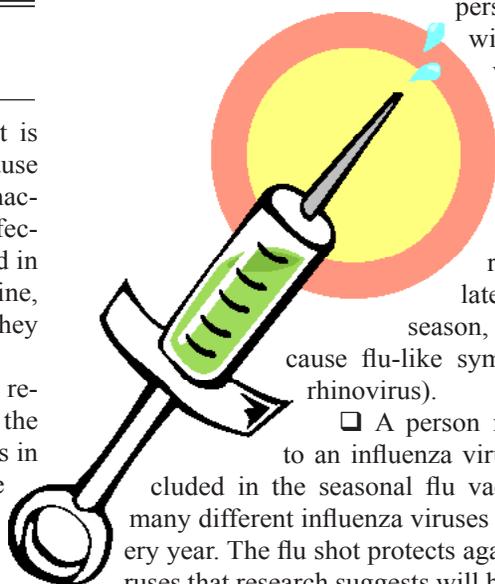
Moncrief Army Community Hospital

One common misconception about the flu shot is that it can give a person the flu. A flu shot cannot cause flu illness. The viruses contained in flu shots are inactivated (killed), which means they cannot cause infection. Flu vaccine manufacturers kill the viruses used in the flu shot during the manufacturing of the vaccine, and batches of flu vaccine are tested to make sure they are safe.

In randomized, blind studies, where some people received flu shots and others received saltwater shots, the only difference in symptoms was increased soreness in the arm and redness at the injection site. There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

Why do some people not feel well after getting the flu shot? There are several reasons why someone might get flu-like symptoms even after they have been vaccinated against the flu. Consider the following:

□ People may be exposed to an influenza virus shortly before getting vaccinated or during the two-week period that it takes the body to gain protection after getting vaccinated. This exposure may result in a



person becoming ill with flu before the vaccine begins to protect them.

□ People may become ill from other (non-flu) viruses that circulate during the flu season, which can also

cause flu-like symptoms (such as rhinovirus).

□ A person may be exposed to an influenza virus that is not included in the seasonal flu vaccine. There are many different influenza viruses that circulate every year. The flu shot protects against the three viruses that research suggests will be most common.

Unfortunately, some people can remain unprotected from flu despite getting the vaccine. This is more likely to occur among people who have weakened immune systems.

However, even among people with weakened immune systems, the flu vaccine can still help prevent influenza complications. For more information about

the effectiveness of the flu vaccine, visit the Centers for Disease Control and Prevention at www.cdc.gov/flu/.

□ Seasonal influenza vaccine provides the best protection available from seasonal flu — even when the vaccine does not closely match circulating flu strains and when the person getting the vaccine has a weakened immune system. Vaccination, which can lessen illness severity, is particularly important for people at high risk for serious flu-related complications and for those who work closely with high-risk people.

Protect yourself and your family — get immunized.

Editor's note: Capt. Marla Washington is with MACH's Preventive Medicine Department.

FLU SHOT SCHEDULE

Seasonal flu shots will be available to eligible beneficiaries 4 and older beginning Sept. 22. Vaccinations will be given 8 a.m. to 4 p.m., in Room 6-67 at Moncrief Army Community Hospital. September dates are: Sept. 22, 23, 26, 27, 28, 29, 30.

Children 36 months and younger can receive vaccinations on a walk-in basis at the Family Health Clinic.

Soldiers can get debt waived

From the Legal Assistance Office

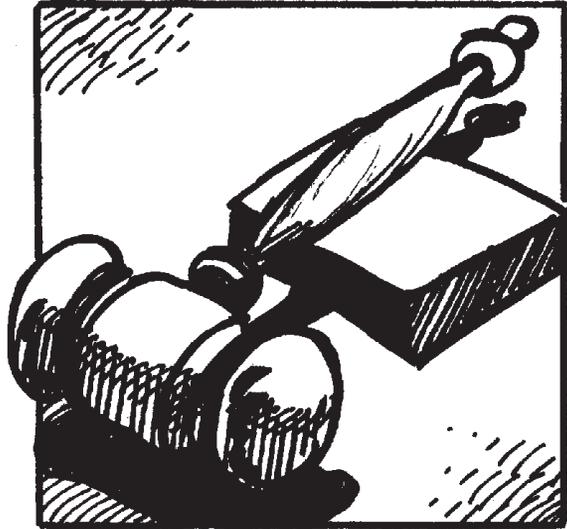
As Soldiers return from downrange, many are finding they were not entitled to the allowance payments they received. To compound matters, they are informed that they have to pay it back. However there is a reprieve. Soldiers can get the debt waived by completing the process for requesting remission of indebtedness.

A Soldier is first notified of unauthorized Basic Allowance for Housing payments through the command in a Notification of Indebtedness. The notification apprises the Soldier of his or her right to request remission, cancellation or waiver of the debt.

Upon receiving notification that a Soldier is indebted to the government in excess of \$10,000, the command may exercise any of a few options: refer the matter to Criminal Investigation Division; postpone referral to CID pending the ruling of remission request; or make a recommendation to finance that the debt should be canceled.

The request for remission is made on DA Form 3508, and is governed by Army Regulation 600-4. AR 600-4, paragraph 2-3, allows a Soldier to apply for remission of debt based on injustice or financial hardship. It is very important that the Soldier includes the AR 600-4 definition of injustice in Section VII of DA Form 3508. AR 600-4, Terms II, defines injustice as "Wrongs or misrepresentation on the part of the Government that are caused by persons acting in their official capacity. For example, BAH authorized and paid by a finance office even though the Soldier is not entitled."

This showing may be made through a sworn statement, attached to DA Form 3508, referencing the circumstances



leading to the authorization of BAH. The key here is specifics. The more specifics the Soldier can recall, the stronger his or her case.

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to service members, retirees and eligible family members.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

Army program to send officers to law school

Special to the Leader

The Office of The Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. Under the program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning the fall of 2012 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine eligibility. This program is open to second lieutenants through captains. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Those interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, ATTN: DAJAPT (Ms. Yvonne Caron-Rm 2B517, 2200 Army Pentagon, Washington, D.C. 20310), to be received before Nov. 1. Interested officers should review the AHRC website for branch specific contact information at www.hrc.army.mil and may contact the Fort Jackson Office of the SJA at 751-7658 for further information.

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

Sgt. Maj. Bruce Sirios

Provost Sergeant Major

Bill Forrester

Fire Chief



CASES OF THE WEEK

❑ A civilian was issued a one-year post bar letter after attempting to enter the installation with a weapon that had been reported stolen, Military Police said. MPs were originally called to the scene after the civilian told gate security there were two pistols in the vehicle, MPs said. The civilian was also charged with receiving stolen property and was escorted from the installation.

❑ A Soldier was cited for speeding and using an electronic device after driving in the housing area while on a cell phone, MPs said.

❑ A civilian was charged with shoplifting and was barred from post for three years in connection with the theft of headphones from the Main Exchange, MPs said. The value of the item was \$130.

Family Life & Resiliency Center

"Help for your journey"

Family Life & Resiliency Center staff members provide counseling for individuals, couples, families and groups.

Counseling is open to Soldiers, family members, children, civilians and retirees and is 100% confidential.

To schedule an appointment, call 751-4961/4966.

Business hours are 9 a.m. to 5 p.m., Monday through Friday. The center is located at 5460 Jackson Blvd., (behind the Strom Thurmond Building).



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Americans stood on principles after 9/11

By **CHAPLAIN (MAJ.) CRAIG JOHNSON**
U.S. Army Chaplain Center and School

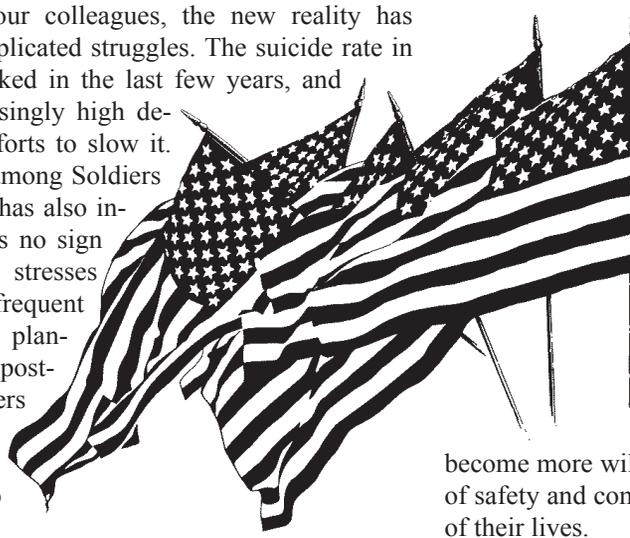
With the 10th anniversary of the Sept. 11 attacks fresh on our minds, it is not uncommon to hear people share with one another “where they were” on that crisp fall morning in September. It’s a natural reaction to recall what we were doing and where we were on that day; so much changed for our country and even more so for our Army. Perhaps you, too, have spent some moments reflecting on where you were that day.

Even more important than thinking about where we were, I’d like to challenge all of us to think about *who* we were on that day. With all of the changes and new challenges that our nation and its military has had to work through and overcome, how far as we as Americans — as individuals — come since that day a decade ago?

We as Soldiers have had many new responsibilities to accomplish, and these duties have not come without a price. Most of us in uniform are familiar with the pain of being separated from those we love; we understand what grief and loss is all about, and we’ve come to know hardship and sacrifice on new levels. Our families have also come to live with a new reality and all of the difficulties that have come with it.

For some of our colleagues, the new reality has brought very complicated struggles. The suicide rate in our Army has spiked in the last few years, and has stayed distressingly high despite all of the efforts to slow it. The divorce rate among Soldiers and their spouses has also increased and shows no sign of dropping. The stresses that come with frequent deployments, war planning training and post-combat hangovers has taken their toll, and for some to price was too heavy to bear.

And so I would ask us all to consider: who are you, since Sept. 11, 2001? Whatever else that day became, it was a day that brought changes to our country. It had the potential to lead us as a people in some unhelpful directions. Have we become more isolated, more paranoid and more suspicious? Did it have the effect of making us more afraid of the wider world and less likely to open our hearts to others when it was need-



ed? Did it cause us to become more selfish with our resources, stockpiling the things we need and in the process denying others?

But maybe you have seen yourself and your family change for the better since that day. Perhaps you took some lessons from that day to make you better prepared, more capable, more resilient. It could be that we have learned from our pain to share more and offer a hand when it is needed more often. Instead of staying fearful and more self-protective, we have

become more willing to reach out and offer the blessing of safety and comfort to those who know fear every day of their lives.

We as Americans have always been a strong and independent people. We hold values like freedom and respect for diversity as some of our bedrock principles. We have stood the test of Sept. 11, and we still stand.

We need to reflect on who we are and from where we have come, that we would continue to move forward in the direction that reflects these core values and keep our nation a place that stands as an example for the world.



PROTESTANT

- Sunday
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 10 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
 - 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 6 p.m. Gospel prayer service, Daniel Circle Chapel
 - 7 p.m. Gospel Bible study, Daniel Circle

- Chapel
 - 7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
 - 5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
 - 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 - 11 a.m. Mass (Main Post Chapel)
 - 12:30 a.m. Catholic youth ministry, Main Post Chapel
 - 7 p.m. Women's scripture study, Main Post Chapel

- Wednesday
 - 7 p.m. Rosary, Main Post Chapel
 - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
 - 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
 - 9:30 to 10:30 a.m. Worship service, Memorial Chapel
 - 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

- Sunday
 - 11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday

- 9:30 to 11 a.m. Anderson Street Chapel
- Thursday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318



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Good carbs crucial to fueling bodies

No matter how we try to deny it; we love carbs. From the sugar (and cream) in our coffee, to the extra dinner roll that we really did not need, these food pleasures have a special place in our hearts and on our plates and, unfortunately, on our waists.

The more a person knows about something, the greater insight it can bring into decision making. In taking a closer look at this macronutrient called carbohydrates, we learn about the different types of carbohydrates (the good, the bad and the ugly) so that we can make a more mindful decision when it comes to including carbohydrates at meal time.

One of the reasons we really like carbs is because they give us energy. Carbohydrates are the body's preferred source of fuel for many of its functions. Carbs supply the body with energy for your muscles, brain and central nervous system. In fact, the brain depends on carbohydrates only for energy. Sometimes we try to concentrate but cannot seem to focus. So we reach for a healthy, lean piece of protein, but the brain still does not really respond.

But when you have a serving of whole grain crackers, you instantly feel energized and refocused. That is because carbs deliver energy. When we eat carbohydrates, our bodies convert digestible carbohydrates into glucose (sugar), which our cells then use as fuel. Some carbohydrates digest and break down faster than others. Simple carbohydrates break down quickly while complex carbohydrates break down slowly and enter the bloodstream more gradually.

Think of eating a chocolate bar and how quickly you feel alert and pepped up. That is the instant rush of sugar into your bloodstream you are experiencing. Now eat a sweet potato instead of a chocolate bar; you will notice

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



you have energy, but you didn't really notice a spike or rush because the energy was slow and constant, not quick and temporary.

There are three types of carbohydrates: simple, complex and fiber.

Simple carbohydrates are called simple because they take very little effort to break down. These include foods like cookies, cakes, soda, honey, etc. When you eat them, your body does not have to work at digesting them. They instantly hit your bloodstream. This can be a health hazard because certain simple carbohydrates can cause extreme surges in blood sugar levels, which also increases insulin release.

This can elevate appetite and the risk of excess fat storage. You want to eat these sparingly (if at all), especially if you are trying to get your weight under control. Although fruit is considered a simple carbohydrate, fruit is loaded with important vitamins, minerals, fiber and water that our bodies need. If the body does not have to work hard to make it happen, then you cannot expect results. Just like everything, if you put no effort into it, it will be difficult to see results from it.

Complex carbohydrates are just how they sound;

complex. Your body has to put some muscle into breaking these down, so they are considered calorie burners. Complex carbohydrates enter your bloodstream on a steadier pace, which helps keep your appetite under control.

Unrefined, complex carbohydrates are found in products like brown rice, whole wheat pasta and bran cereals to name a few. They digest slowly and contain vitamins, minerals and fiber which promote health. Vegetables, fruits and beans are rich in nutrients and are carbohydrates that care for the overall good health of your body. These carbohydrates should be the key players when the body needs carbohydrates. You want to eat something that is good, but you also want to eat something that is going to help your body, not hurt it. Losing weight and living healthy is tough stuff. We must embrace practices like eating complex carbohydrates and turn that into a habit.

Fiber is the final carbohydrate. Our bodies cannot digest this carbohydrate but it needs this carbohydrate. This final type of carbohydrate is either soluble (dissolves in water) or insoluble (does not dissolve in water). When you eat fiber that is soluble it sticks to fatty substances in your intestines and carries it out as waste.

This is healthy because it lowers your bad cholesterol (LDL). Soluble fiber regulates how your body uses sugars which helps stabilize hunger and blood sugar. Insoluble fiber moves your food through your intestinal tract, this keeps us regular (very necessary) and helps prevent constipation.

What we eat will always matter to our waist. So, of all the types of carbohydrates available, you want to make an effort to include a healthy dose of fiber and keep your eating complex.

FMWR invites community to 'Do it in pink'

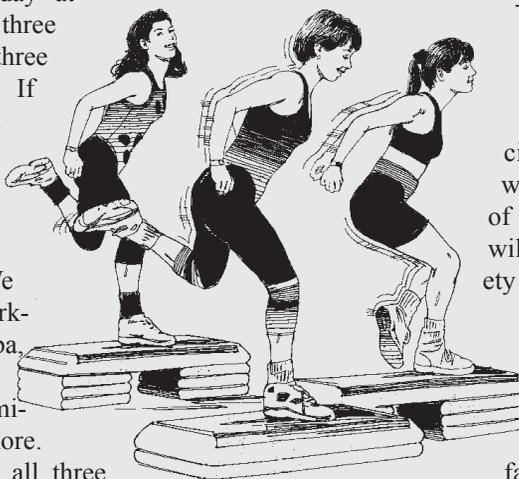
By **PAMELA GREENE**
 Fort Jackson FMWR

One of the best ways to get people to participate in exercise is to attach a worthy cause to it. That's what "Do It in Pink" is; a worthy workout cause for breast cancer awareness. So much can happen to a person who participates in a worthy cause. What was designed to shine a light on an illness might become more personal for some.

Some of you may have recently realized the true value of healthy living and our Do It in Pink Aerobathon will be your first of many classes and visits to the gym. With that said, I would like to invite the Fort Jackson community to

join me Saturday at 10 a.m. for a three hour (yes three hour) workout. If you have not exercised in a while, this is still really a great time to come on out. We will feature workouts in Zumba, Soul Line, African, abdominal work and more.

You can do all three hours or just do what you can do. There will be plenty of water and fresh fruit to replenish your body so that



you can keep going and going and going.

Variety is a key component of exercise, so not only will we feature a variety of workouts, but we will also have a variety of instructors and guest instructors on hand. You are in for a real treat with new moves, familiar moves and moves you will fall in

love with. As we each show support for this worthy cause, we will each make it our business to Do It in Pink. Meaning, everyone — both men and women — are asked to wear pink. Does your entire outfit have to be pink? Not necessarily, but if you choose to embrace to that degree — great.

Either way, we will send a powerful visual message to all who stop by. I know early detection is the best protection against breast cancer; this applies to exercise, too. The sooner you get started, the better you will feel. Exercise protects us from (or slows down) many illnesses that can come along with aging and unhealthy eating habits. 'Do It in Pink' is a great opportunity to begin protecting yourself more with regular exercise and healthy eating.



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