

THURSDAY, SEPT. 19, 2013

THE FORT JACKSON LEADER

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★ THERAPIST BRINGS
'SCREAMFREE' MARRIAGE
PHILOSOPHY TO POST

— PAGE 3

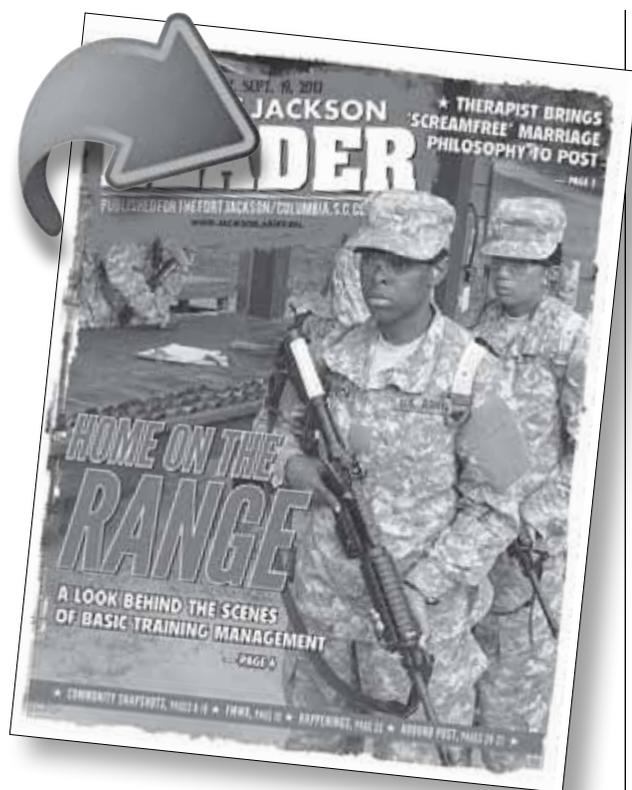


HOME ON THE RANGE

A LOOK BEHIND THE SCENES
OF BASIC TRAINING MANAGEMENT

— PAGE 4

★ COMMUNITY SNAPSHOTS, PAGES 8-10 ★ FMWR, PAGE 19 ★ HAPPENINGS, PAGE 22 ★ AROUND POST, PAGES 26-27 ★



ON THE COVER

Photo by WALLACE McBRIDE

Soldiers with the 2nd Battalion, 60th Infantry Regiment prepare for training Monday on one of Fort Jackson's 40 live fire ranges.

SEE PAGE 4.

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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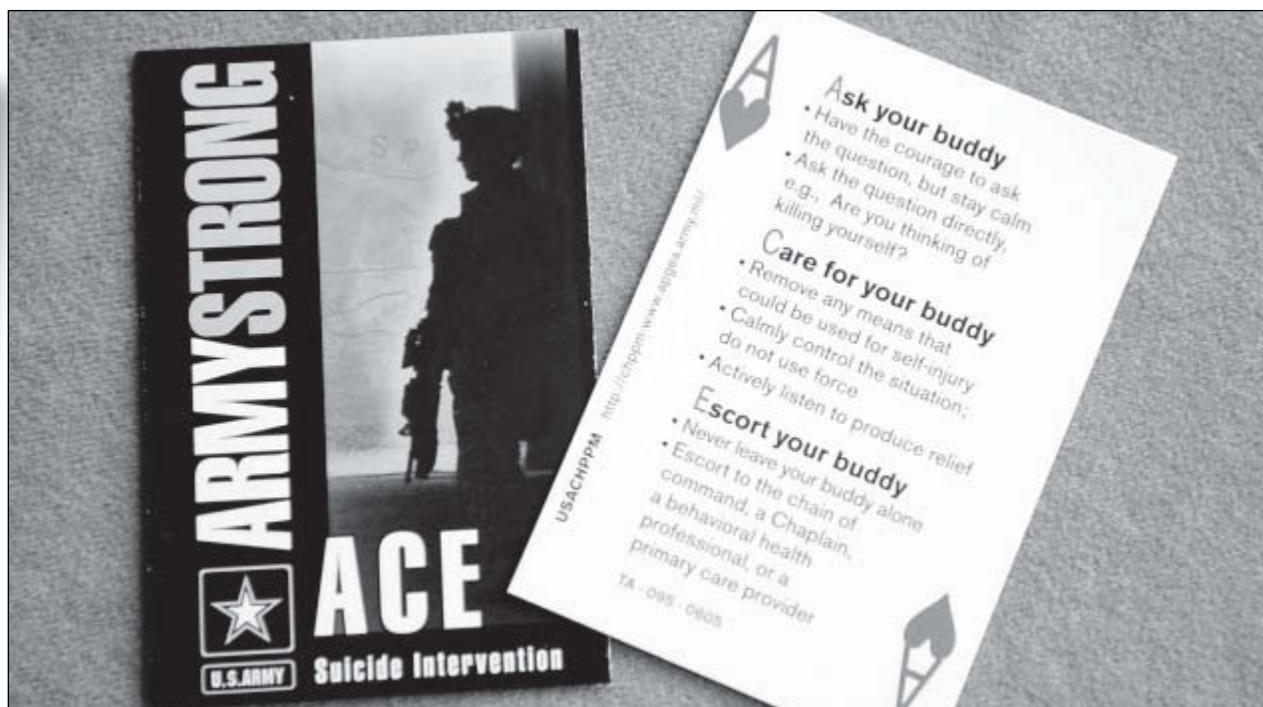
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U.S. ARMY photo

The best way to help prevent suicidal behavior is to pay attention to loved ones, battle buddies, friends and co-workers and watch for changes in their behavior. If you suspect someone you care for, or who you are responsible for, is at risk for suicide, call 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline. Your actions could save a life.

Recognize the signs of suicide, save a life

By KELLY L. FORYS-DONAHUE, PH.D

Psychologist, U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — “What? Are you serious? So-and-so tried to kill himself?”

Unfortunately, at some time in your life, you may have heard these questions spoken in your circle of friends. Suicide is real. Most of us know someone whose life has been affected by suicidal behavior (a completed suicide or a suicide attempt), and the pain and stress of the suicidal behavior spreads like a ripple to family, battle buddies, friends and co-workers. All of those people — including you -- who could be affected by suicidal behavior can help to recognize risk factors and stressors and act to increase the chances of saving a life.

There is not one single factor or set of factors that indicate a person is thinking about suicide. Sometimes, we can look back at an incident of suicidal behavior and say, “Wow, we should’ve seen that coming,” but other times, the behavior seems to happen out of the blue. Noticing the signs and risk factors of suicidal behavior is not always easy. Risk factors for suicide vary from person to person and change over time in the same person. A person can have one or multiple risk factors contributing to suicidal behavior. Some of these risk factors include:

Relationship Problems

If someone has an argument with his significant other, it does not necessarily mean that he or she is going to hurt himself or herself. However, relationship problems such as the death of a loved one or friend, break-ups and divorces are very stressful and can be associated with suicidal behavior.

Substance Use and Abuse

Alcohol and drugs are often abused in a misguided attempt to help cope with life stress. A sudden increase in substance use can signal a problem. Drug and alcohol use can increase the likelihood of risky behaviors, such as being careless or impulsive with weapons, which are associated

with completed suicides.

Life Stressors

Getting in trouble on the job, having civilian or military legal problems, and dealing with money issues or health problems are both mentally and physically exhausting. Difficulty sleeping can add to the stress. Life stressors alone or coupled with other risk factors can lead to suicidal behaviors.

Behavioral Health Issues

Stress can lead to behavioral health problems such as depression, anxiety and adjustment issues. For some people, a terrifying event may lead to post-traumatic stress disorder, known as PTSD. People who are feeling depressed or anxious might withdraw from social support, making it more difficult for them to deal with everyday stress. When a person is alone, he or she may begin to isolate from people making it more difficult for family, battle buddies, friends and co-workers to see that he or she is struggling. Without support from people who care, people can feel hopeless about the future and may not ask for help.

Having one or more risk factor does not necessarily mean that a person is going to hurt himself or herself. However, the risk factors described above have been shown to be associated with suicidal behavior.

Counselors treat thousands of people for relationship problems, substance abuse, depression, PTSD and stress each year. Trained therapists are available at behavioral health clinics on post, in the civilian community and in Veterans Administration clinics.

The best way to help prevent suicidal behavior is to pay attention to loved ones, battle buddies, friends and co-workers and watch for changes in their behavior. Reach out to someone you trust in your organization or in your personal life. Remember ACE: Ask, Care, Escort. If you see changes, or if something just seems “off,” say something; ask him or her if he or she is thinking about hurting himself or herself. Show him or her that you care. Take him or her to get help.

Call 1-800-273-TALK (8255) for the National Suicide Prevention Lifeline. Your actions could save a life.



Photo by WALLACE McBRIDE

Hal Edward Runkel, author, licensed marriage and family therapist, and founder and president of The ScreamFree Institute, speaks to Soldiers and family members about personal conflict management Tuesday night at the Solomon Center.

'One relationship at a time'

Therapist brings 'ScreamFree' marriage philosophy to post

By WALLACE McBRIDE
Fort Jackson Leader

Hal Edward Runkel brought his idea of a "screamfree" marriage to Fort Jackson, offering advice on conflict resolution to Soldiers at the Solomon Center Tuesday evening.

"We've been lied to about what makes marriage work and about what it's supposed to look like," said Runkel, a licensed marriage and family therapist and founder and president of The ScreamFree Institute. "And, when our lives don't seem to match up to these lies, it's easy to get reactive."

Parents rarely let their children get away with this behavior, he said, but are often willing to tolerate it from themselves.

"There's no way out of that cycle unless one of you has

the courage to do something different," he said.

The ScreamFree Institute is an international training organization dedicated to "calming the world, one relationship at a time."

"I realize that sounds a little bit cheesy, and it's impossible," said Jon Kaplan, managing director of The ScreamFree Institute. "Because you can't calm anyone's world. Only you can only calm your own world. Instead, what we realize our mission is to ignite hope."

It's a message that found a solid foothold in military communities, he said.

"About nine years ago, we got an order in the middle of the night from Fort Richardson, (Alaska)," Kaplan said. "It was for 50 books, which was a big deal for us. They reached out to us and asked, 'Did you write this for Army families?' Well, no, we actually never worked with Army families."

The book was resonating with Soldiers, he was told, and this led to a long-lasting relationship between the institute and the Army, he said. Last year, the representatives of ScreamFree visited 32 installations, and have visited 37 so far in 2013.

Representatives with the institute will be on Fort Jackson next week to conduct a Screamfree Parenting session. The event is scheduled to take place 3:30 p.m. Tuesday at the Hood Street Child Youth Services Center. To register to participate in the event, call 751-6325.

"I was here last year to do ScreamFree Parenting, and one of the things I'm finding is that it's easier for folks to admit that they scream at their kids," Runkel said. "Not all of us scream out loud at our spouses, but we all get reactive. And, when we say the word, 'scream,' that's really what we mean — any form of reactivity."

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Behind the scenes of basic training

Range managers maintain safety, schedule events

By **WALLACE McBRIDE**
Fort Jackson Leader

When assault rifles, hand grenades and anti-tank weapons are a part of your day-to-day activities, you have to expect safety standards to be exceptionally high.

Fort Jackson's range operations require daily review not only to ensure that training is being conducted in a productive, beneficial manner, but to make sure people are not injured or killed. OSHA, the federal Occupational Safety and Health Administration, is just one of many organizations with high expectations of safety standards on post.

"OSHA rules are a little more flexible for military training, but we still have to go under OSHA rules and requirements," said John Wood, range operations manager for Fort Jackson.

"There are also TRADOC regulations, in respect to our obstacle courses, our conditioning courses and endurance courses," said Dud Lundy, chief of collective training for the Directorate of Plans, Training, Mobilization and Security. Even the most trivial aspects of training, such as how a Soldier crouches or leaps, are managed by federal regulations, he said.

"Everything we do is codified in Army regulations that tells us, 'This is what we're supposed to do to keep these ranges safe and to keep these ranges functional,'" Lundy said.

Fort Jackson occupies 52,000 acres, almost all of which fall under range operations to manage, Wood said.

"We're responsible for the stewardship of the entire training complex," he said. "Outside of the cantonment area, which is a very small portion of the actual land that Fort Jackson entails, we're covering roughly 52,000 acres. Of that, 46,000 acres come under the range complex."

These operations include 40 live-fire ranges and 25 miscellaneous ranges. The range operations office inspects these sites to make sure they are fit for use, and manages the training schedule for



Photo by WALLACE McBRIDE

From left, Jim Moore, Dud Lundy, John Wood and Bob Landrum, all with the Directorate of Plans, Training, Mobilization and Security, sit in front of the massive scheduling wall that is used to coordinate range use on Fort Jackson.

individual units. The schedule fills several walls of a conference room, with times, dates and unit listings stretching from floor to ceiling.

Ranges are in use six days a week, Lundy said. When one unit leaves, another usually arrives behind it. It's not uncommon for more than one unit to share a course for training.

"There are just so many (Soldiers) we have to get through in the course of a year," Lundy said. "The summer is the worst time. We call it the summer surge, primarily from April to about October, where the numbers are higher."

Schedules change weekly, sometimes daily. Training schedules can even be locked in six weeks in advance, Lundy said.

"As we're doing that, some changes will happen based on what a training commander or brigade commander wants to do," Lundy said, "or based on lessons learned in the last (training) cycle."

Training standards evolve as America's conflicts change, Wood said. In 1980, he said Basic Combat Training lasted six weeks. Now, it lasts 10 weeks.

"The content of the training has changed

considerably," Wood said. "Now you're doing stuff that used to be left to the units. Back then, you just got the basics: How to shoot, how to march, how to look good in a uniform — then you went to your first unit assignment and they taught you how to get ready for war."

The range operations office also manages how weapons and ammunition are handled, helping to control movement around individual ranges and ensure that drill sergeants and cadre have "positive control" of the facilities at all time.

"Remember, BCT is the initial entry level," Wood said. "These kids have never touched a weapon before, most likely. Today's kids don't hunt like they used to, so they don't have that experience of handling weapons ... especially military weapons."

Land management is also an issue for range operations. Not only does the office provide maps and land imagery, but land navigation and special use maps, as well.

There are also ecological considerations, such as erosion control, said Jim Moore, integrated training area management coordinator for Fort Jackson.

"We do a lot of land management"

Moore said. "We have a biologist/range training land assessment person who works for us. She goes out and looks at how training is affecting lands and makes recommendations on switching areas that are being overused for foot traffic."

Wetlands and endangered species are also factors in managing the post's ranges.

"But training is our top priority," Moore said.

A lot of the office's responsibilities take place after hours when ranges are empty, but Wood said inspectors make daily visits to ranges while they are in use.

"We try to hit every live-fire range that's active on a given day to make sure they've got everything they need and that they're doing it properly," Wood said.

The post's most dangerous range on post is the Night Infiltration Course, Wood said, because it involves live rounds.

"We have other degrees of danger, but all military training has an element of danger to it," he said. "That's the nature of the job — learning how to overcome those fears safely, and to make sure you get the training necessary to prepare for war."

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New SHARP director discusses goals

By **C. TODD LOPEZ**
Army News Servicer

WASHINGTON — To eliminate sexual assault in the Army, all Soldiers are going to need more than just the know-how to do their jobs. They are also going to need character — to ensure they uphold Army values.

During a television interview Sept. 9, at the Pentagon, Christine Altendorf, the new director of the Army Sexual Harassment/Assault Response and Prevention program office, or SHARP, said job know-how is not enough.

“We need to really push forward that competence over character is not OK,” Altendorf said. “You have to actually have the character. We have the Army values that are in place. We have to have our Soldiers abide by those values. And we have to have the utmost respect for our fellow Soldiers.”

Right now, she said, most Soldiers in the Army already have that respect for their fellow Soldiers.

“The bulk of our Soldiers and our service members absolutely are at the utmost respectful end,” she said. “But we do get the bad apples that kind of taint our record when it comes to sexual assault and harassment.”

Maintaining that “record” is important, Altendorf said. Some of the biggest influencers for getting young Americans into the Army are parents. And if parents do not trust the Army, she said, the service may have a hard time convincing potential Soldiers to enlist. But right now, she said, she thinks the Army still has the trust of most Americans.

“Can American citizens trust the Army as their sons and daughters are sent to us? I’m going to say, absolutely they can,” she said. “They just have to understand the things we’re doing, all of the initiatives that are in place, and how we are going to respond — and also take care of victims.”

Altendorf said both commanders and their Soldiers have a role in changing Army culture in a way that can reduce the number of sexual assaults in the ranks. Senior Army leadership has already embraced the importance of the Army’s SHARP program, she said, and what it is meant to accomplish. Leadership down the line must also embrace it in order for it to be successful, she said.

“I think we have to make sure that the company commander and levels below have bought into this — that it is not another check mark that they have to deal with (among the) multitude of other initiatives they are trying to deal with,” Altendorf said. “We have to really focus this as a culture change. It isn’t something we do for a couple of months and then it kind of goes away and then everybody has to focus on something different. This has to be a culture focus, and an initiative that really is bought into.”

Soldiers too are part of that culture change, she said; especially in the lowest ranks — among E-1 through E-4 — where most sexual assaults occur.

“A huge impact is peer pressure,” she said. “It’s peer pressure in the positive or in the negative. And this goes back to the whole culture change. If (Soldiers see) one of their buddies doing something that is not OK — I think for the most part people do know when something is OK or not OK — when they see that, they need to say this isn’t the right thing, it isn’t cool; and put that peer pressure on their buddies to do the right thing.”

Numbers for sexual assaults in the Army went up for the third quarter of 2013 compared to last year. Altendorf said it will take some analysis of that data to determine why that is, but said she hopes it is due to improvements in command climate — the kind of improvements that make a Soldier who has been sexually assaulted feel more comfortable actually

reporting the crime.

“I like to think it’s an increase because we are presenting a trusting environment that people are willing to report,” she said.

The Army has at least two sets of numbers regarding sexual assault, Altendorf said. One is reporting data. That is when a Soldier who has been sexually assaulted actually reports that crime. The second set of numbers comes from survey data — anonymous surveys that query Soldiers about both sexual assault and sexual harassment.

“Reporting is under-reported,” she said. “Based on survey data, a lot more folks have indicated they have been sexually harassed or assaulted compared to the number of reports.”

Altendorf said survey data — believed to be a more accurate reflection of sexual assault numbers in the Army — are called “prevalence of sexual assault.”

“Your goal is to get those two to come together — have your reporting increase, while your prevalence goes down, and then, ultimately, have both of them go down together.”

SHARP HANDBOOK

On Sept. 9, Lt. Gen. Howard B. Bromberg, the Army’s G-1, released a new SHARP guidebook to Army leadership.

“The SHARP guidebook is a company-level reference tool for company commanders and Soldiers, Department of the Army civilians, and family members to use in sexual harassment and sexual assault prevention and response efforts,” Bromberg wrote.

The guide outlines the SHARP program, as well and prevention and response responsibilities for commanders, SHARP program personnel and Soldiers. The guide also includes a definition of sexual assault, resources for commanders and SHARP personnel.

Flu protection available soon

Brig. Gen. Bradley Becker, Fort Jackson’s commanding general, receives his annual flu shot from Pfc. Brittany Ball, Moncrief Army Community Hospital. Flu mist is available at Moncrief Army Community Hospital for healthy beneficiaries 2 to 49 years old. Flu shots are available for beneficiaries 6 months to 17 years old. Flu shots for beneficiaries 18 and older are not yet available. For information on flu shots for children younger than 4, call 751-2210. The Leader will continue to print updates to the flu shot schedule.

Photo by DAVID SHANES, command photographer



COMMUNITY SNAPSHOTS



Photo courtesy of USO

USO facility reopens

The USO day room at McCrady Training Center reopened after renovations Friday. The room provides pool tables, pingpong tables, and video entertainment centers for troops.



Courtesy photo

Yard of the Month

The yard of the month winners for September are Staff Sgt. William Feldhahn, Company D, 2nd Battalion, 13th Infantry Regiment, and his family. Garrison Command Sgt. Maj. Ernest Lee presents a certificate of appreciation to Feldhahn, his wife, Danyelle, and their children Makenna, 3, Nevaeh, 4, and Lexie, 1. The family also received reserved parking at the Exchange and Commissary for the month, dinner coupons and movie passes, and a \$50 gift card.



Courtesy photo

'Gator' home reopens

Company A, 120th Adjutant General Battalion (Reception) opened the doors to its renovated facilities with a ribbon-cutting ceremony last week. The 15-month project was part of the 120th renovation efforts. Cutting the ribbon are, from left, Col. Mark Bieger, commander of the 171st Infantry Brigade; 171st Command Sgt. Maj. Charles Cook; 120th Command Sgt. Maj. Antonio Adams; Lt. Col. Vincent Valley, 120th commander; Capt. Johanna Johnson, Co. A, 120th commander; and 1st Sgt. Angela Turhan, Co. A., 120th first sergeant.



Everyday hero

Courtesy photo

Sgt. 1st Class Danelle Magalit, career counselor for the 165th Infantry Brigade, speaks to more than 200 students at Sandhills Elementary School in Swansea, Sept. 10. Magalit was one of the speakers for the school's Patriot Day event, which was themed "Everyday Heroes." She spoke about what she does in her job, how she serves her country and how students can be "everyday heroes" before answering questions from the third- and fourth-graders.



Courtesy photo

Soap box 'Maintainers'

Soldiers, family members and civilians with Headquarters and Headquarters Company, 187th Ordnance Battalion participate in the unit's soap box derby Sept. 7. The purpose of the race was to enjoy camaraderie and display the creativeness of members of the unit. Trophies were awarded to the fastest car, the best-looking car, the second-place car and the ugliest car.

Scouts observe 9/11

Cub Scouts with Pack 89 and Boy Scouts with Troop 89 raise the American Flag Sept. 11 as part of C.C. Pinckney Elementary School's 9/11 remembrance ceremony. The ceremony also included a moment of silence, observed by students and faculty.

Courtesy photo



News and Notes

SUICIDE PREVENTION MONTH EVENT

Helen Pridgen, director of the South Carolina Chapter of the American Foundation for Suicide Prevention, will speak at 1 p.m., Tuesday at the Solomon Center.

HISPANIC HERITAGE CELEBRATED

The Fort Jackson community will celebrate Hispanic Heritage Month with a luncheon from 11:30 a.m. to 1 p.m., Sept. 27 at the NCO Club. The guest speaker is U.S. Rep. Mick Mulvaney, R-S.C. Tickets cost \$10. For more information, contact an equal opportunity adviser, the Equal Employment Opportunity Office or unit EO leaders.

RUN FOR THE FALLEN

The Fort Jackson 5K run/walk for fallen Soldiers is scheduled for 8 a.m., Oct. 19 at Hilton Field. Online pre-registration is available through Oct. 7 at <https://webtrac.mwr.army.mil/webtrac/Jacksonretract.html>. Registration packets are available for pickup from 9 a.m. to noon, Oct. 17 and 18 at the Family Readiness Center.

FIRE PREVENTION WEEK

The Fort Jackson Fire Department and Family, Morale, Welfare and Recreation will start off Fire Prevention Week from 10 a.m. to 2 p.m., Oct. 5 with an event at the fire station. Visitors can tour the station, visit the smoke house safety trailer and meet Sparky the Fire Dog. Other activities include a bounce house, tug of war, a rock wall and games. For more information, call 751-1610.

Reel Time Theaters

We're saving a seat for you.

Friday, Sept. 20 — 7 p.m.
The Conjuring R

Saturday, Sept. 21 — 2 p.m.
Red 2 PG-13

Sunday, Sept. 22 — 2 p.m.
The Wolverine PG-13

Wednesday, Sept. 25 — 1:30 p.m.
The Wolverine PG-13

Wednesday, Sept. 25 — 4:30 p.m.
2 Guns R

Fort Jackson Reel Time Theater
(803) 751-7488

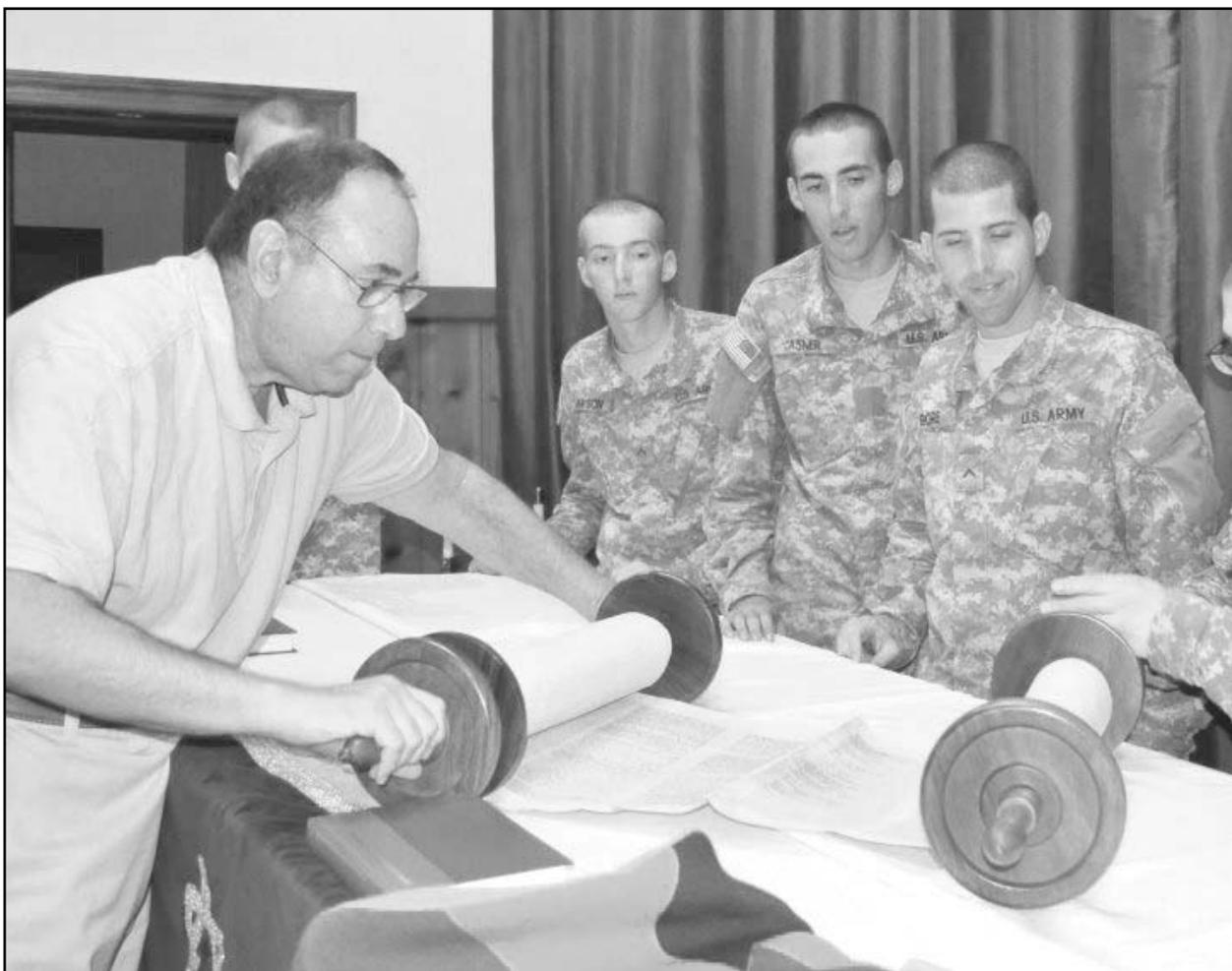
Ticket admission

Adults: \$5.50 (\$7.50 for 3D)
Children (6-11) \$3 (\$5 for 3D)



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Courtesy photo

Soldiers prepare for Torah study after the Yom Kippur service Friday at Memorial Chapel. Pictured are, from left, Gary Blatt, a Jewish lay leader on post; Pvt. Michael Anderson; Pvt. Jacob Casner; and Pvt. Colby Kilgore, all with Company F, 1st Battalion, 34th Infantry Regiment.

Soldiers observe Yom Kippur

For Jewish people, the sound of the Shofar, or ram's horn, in the end of the period of judgment and repentance signifies that our fates are sealed, our futures determined and our slates are clean for another year.

Yom Kippur, the Day of Atonement, is the most solemn date on the Jewish calendar. It is a day of fasting and all-day prayer. It is a day when we separate ourselves from the ordinary and mundane and envelop ourselves in the spirit and meaning of forgiveness and devotion to our Creator.

There is a story exemplifying the extent and devotion to God exhibited during prayer. Perhaps you have seen pictures of men praying at the Wall in Jerusalem. It appears the devoted are rocking back and forth. It is said that their souls and spirits and hearts are so immersed in the moment, so immersed in prayer and so concentrated on that singular moment that the joy and excitement rocks their very bones.

This is Yom Kippur. The dialogue between each of us and God is the single most important element of our lives. We seek forgiveness — not only for our transgressions against our fellows, but our transgressions against God. It is our last chance. But, we do not know if we are forgiven. There are no signs, no prophetic messages. Faith alone must sustain us.

Yom Kippur began at sundown Friday and lasted until after sundown Saturday. Setting the theme for those 26 hours is the recitation of the Kol Nidre. It is the chant sung by Al Jolson in 1927, Danny Thomas, Larry Parks and more recently Neil Diamond in 1980, in each movie version of "The Jazz Singer." For me, it is the singular most moving moment in all of Jewish liturgy. It is not

COMMENTARY

By
STEPHANIE ALEXANDER
U.S. Army Chaplain Center and School

a prayer; it is a legal claim and declaration. Kol Nidre, "all vows we are likely to make, all personal oaths and pledges we are likely to take, we publicly renounce. Let them all be relinquished and abandoned, null and void..."

The vows and pledges and oaths are not those made between men, not business contracts or promises of repayment for loans or credit card debt, these are the vows and pledges that we have made with God — to follow his 613 commandments, to lead the kind of lives we know we are expected to lead. Without this declaration of renouncing our oaths, there is no way to clear the slate and try again. This is Yom Kippur.

At the conclusion of the fast period, Basic Combat Training warriors gathered at Memorial Chapel for a "break-the-fast." After the Havdallah, or separation, prayers were recited, the group sat down for a light meal of bagels and cream cheese, traditional gefilte fish and sweet cakes and desserts.

The solemnity of the day, the brotherhood and fellowship of all who attended, remains the inspiration for all of us to pursue lives of enrichment, learning and service.

"... and you should have a sweet New Year and be inscribed in the Book of Life."



U.S. ARMY photo

Capt. William Swenson sits in Task Force Chosin mine-resistant, ambush-protected vehicle in Afghanistan, October 2009.

GWOT vet to receive Medal of Honor

By J.D. LEIPOLD
Army News Service

WASHINGTON — Former Army Capt. William Swenson will be presented the Medal of Honor by President Barack Obama in a White House ceremony Oct. 15, making him the sixth living recipient of the nation's highest military award for valor during combat in Iraq or Afghanistan.

The Washington State native will receive the Medal of Honor for his conspicuous gallantry at the risk of his life above and beyond the call of duty, Sept. 8, 2009, during combat operations against Taliban insurgents in Kunar Province, Afghanistan.

"It's a monumental event for me, for my family and for my teammates," Swenson said after receiving word directly from Obama. "This day also means a lot to those I served with."

During his second tour in Afghanistan, Swenson served as an embedded trainer with the Afghan Border Police Mentor Team from 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division. He was tasked with mentoring members of the Afghan National Security Forces.

On the morning of Sept. 8, 2009, Swenson and his team moved on foot into the rural community of Ganjgal for a meeting with village elders. It was then he and his

team were ambushed by more than 50 well-armed, well-positioned insurgent fighters.

As the enemy unleashed a barrage of rocket-propelled grenades, mortar and machine gun fire, Swenson returned fire, coordinated and directed the response of his Afghan Border Police soldiers, and simultaneously tried to call in suppressive artillery fire and aviation support.

After the enemy effectively flanked Coalition Forces, Swenson repeatedly called for smoke to cover the withdrawal of the forward elements. Surrounded on three sides by enemy forces inflicting effective and accurate fire, Swenson coordinated air assets, indirect fire support and medical-evacuation helicopter support to allow for the evacuation of the wounded.

Swenson ignored enemy radio transmissions demanding surrender and maneuvered uncovered to render medical aid to a wounded Soldier, Sgt. 1st Class Kenneth Westbrook. Swenson stopped administering aid long enough to throw a grenade at approaching enemy forces, then assisted with moving Westbrook for air evacuation.

After using aviation support to mark locations of fallen and wounded comrades, it became clear that ground recovery was required because of the proximity of heavily-armed enemy positions to potential helicopter landing zones.

With complete disregard for his own safety, Swenson voluntarily drove an unarmored vehicle into the kill zone,

exposing himself to enemy fire on three occasions to recover the wounded and search for missing team members.

Returning to the kill zone a fourth time in a Humvee, he exited the vehicle, evaded a hail of bullets and shells to recover three fallen Marines and a Navy corpsman, working alongside then-Marine Corps Cpl. Dakota Meyer, who on Sept. 15, 2011, received the Medal of Honor for his own actions in the battle.

After six hours of continuous fighting, Swenson rallied his teammates and effectively disrupted the enemy assault.

Swenson was commissioned a second lieutenant following graduation from Officer Candidate School on Sept. 6, 2002. His military training and education includes the Infantry Maneuver Captains Career Course, Ranger Course, Infantry Officer Basic, Infantry Mountain Leader Advanced Marksmanship Course and Airborne School.

His military decorations include the Bronze Star Medal with Two Bronze Oak Leaf Clusters; the Purple Heart; the Army Commendation Medal; the National Defense Service Medal; the Afghanistan Campaign Medal with one campaign star; the Iraq Campaign Medal with two campaign stars; the Global War on Terrorism Expeditionary Medal; the Global War on Terrorism Service Medal; the Army Service Ribbon; the Overseas Service Ribbon; the Combat Infantryman Badge; the Ranger Tab; and the Parachutist Badge.

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Behavioral health services plans outlined

By **C. TODD LOPEZ**
Army News Service

WASHINGTON — The Army expects to have embedded behavioral health teams on Army installations and in all active brigade combat teams no later than fiscal year 2016.

Speaking before the 2013 Warrior-Family Symposium, Friday, in Washington, Vice Chief of Staff of the Army Gen. John Campbell briefly laid out some of the Army's efforts to bolster resilience in Soldiers and strengthen its behavioral health programs for service members and their families.

Campbell said the Army is focused now on an effort to "standardize, integrate and centralize" the tracking of its behavioral health programs and behavioral health patients. To do so, officials have created what he calls the "behavioral health service line." That includes six lines of effort, which he explained to the several hundred attendees of the daylong symposium.

First among those is embedded behavioral health care. That includes "multi-disciplinary community behavioral health care to Soldiers in close proximity to where they live and to their units." That health care stays coordinated with their units and their families, he said.

The Army in 2012 first directed development of embedded behavioral health teams on every Army installation, and in all ac-

tive brigade combat teams. The embedded behavioral health model, Campbell said, is "an early intervention and treatment model that promotes Soldier readiness before, during and after deployment."

Each embedded team usually includes a psychiatrist, three clinical psychologists, and three clinical social workers. Right now, there are 42 such teams across the Army — 80 percent of which are within a brigade combat team, Campbell said. Implementation of embedded behavioral health care has proven effective, Campbell said; evaluation of the program "statistically (shows) significant changes in key areas such as improved mission readiness, increased outpatient utilization, and decreased need for acute in-patient psychiatric care."

Second, there is also a "behavioral health data portal," which Campbell said tracks patient outcomes, satisfaction and risk factors via a Web application.

"It enables improved assessment of program and treatment efficacy," he said.

The portal is currently being implemented at all behavioral health centers and clinics, as well as at Army Medical Command.

The Army's Child and Family Behavioral Health Services provides care to spouses and children where they live, through school programs, along with child and family assistance centers. It also includes the integration of behavioral health providers into primary care clinics.

Family advocacy programs provide Sol-

diers training, support and "tools to establish a climate within their families that foster resilience and trust, to eliminate abuse and neglect," Campbell said.

Tele-behavioral health care provides clinical behavioral health care across great distances through the use of video teleconference technology. This also enables the Army to provide care to Soldiers who are in areas where it is not readily available in person. He said about 2,000 portable video teleconference systems are now in use to facilitate tele-behavioral health care.

Finally, the internal behavioral health consultant program integrates behavioral health care into primary care facilities, "in order to reduce the stigma associated with behavioral health and make it more accessible."

Campbell also discussed the Army's efforts to treat post-traumatic stress disorder and traumatic brain injury, known as TBI; injuries that have become associated with 12 years of war in Afghanistan and Iraq.

"We've made great progress ... to ensure that Army and all Department of Defense personnel who have potentially been involved in concussive events are properly evaluated, treated and tracked," Campbell said.

To better detect possible TBI, Soldiers are equipped now in theater with three "blast gauges" that can detect their exposure to a concussive event, Campbell said. Vehicles are also being equipped with blast

gauges.

Campbell said a partnership with the Intrepid Fallen Heroes Fund produced the National Intrepid Center of Excellence at Walter Reed National Military Medical Center. That is now being expanded to nine satellite centers across the country — seven for the Army, and two for the Marine Corps.

On Sept. 11, the first of those satellite centers, called "Intrepid Spirit 1," opened at Fort Belvoir, Va.

"These centers increase access to quality interdisciplinary care for our Soldiers and family members," he said. "Their proximity to where the warriors live allows patients to leverage love and support of the families that are tied into this process — the healing process. It gives them the access to the latest research."

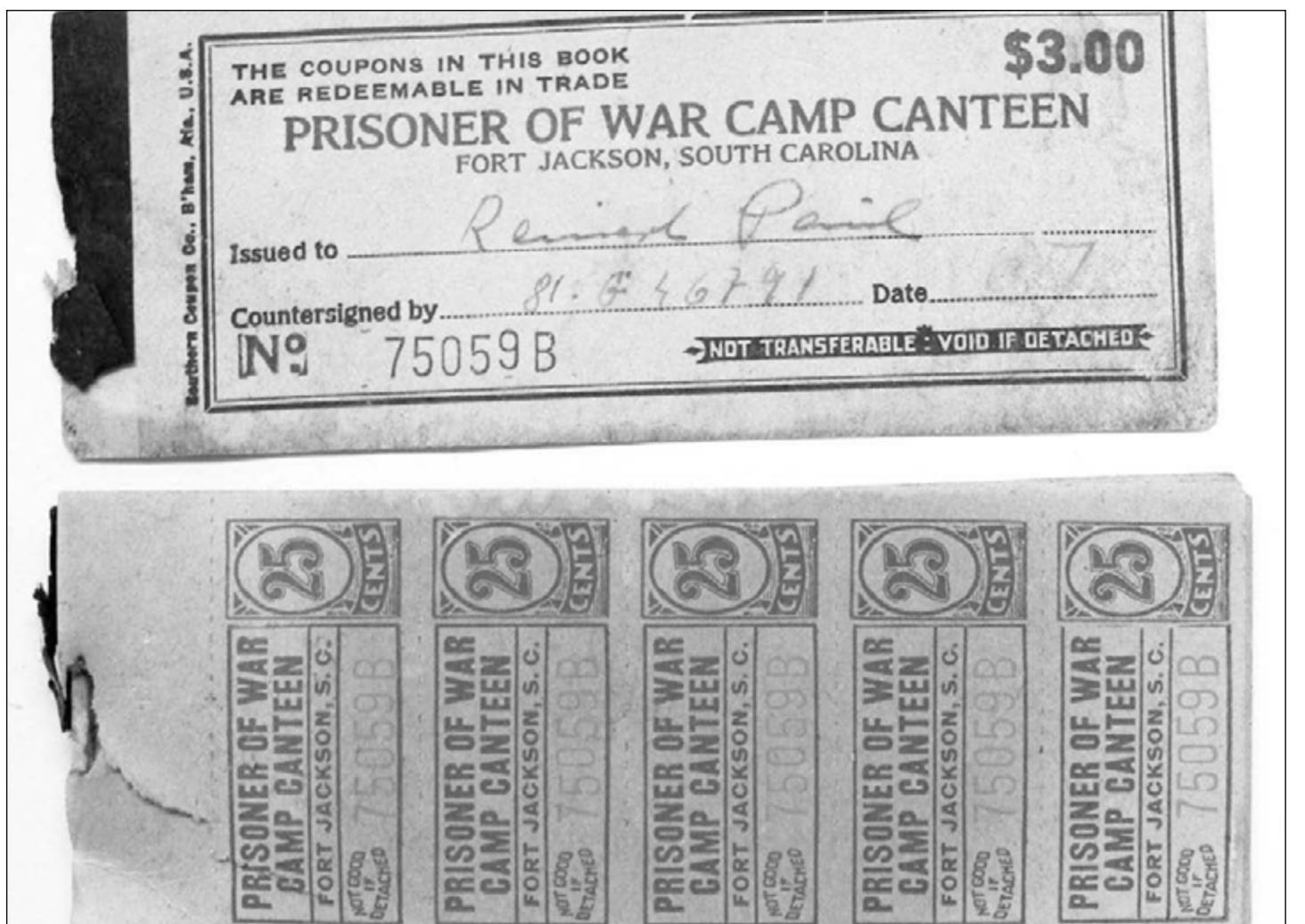
Army efforts into behavioral health are part of an overarching program called the Ready and Resilient Campaign, a "top priority" for Campbell, which he said is meant to "establish an enduring cultural change within our Army, starting with our Soldiers, but it has to include our families, and has to include our great Department of the Army civilians."

"It integrates resilience into how we build, strengthen, maintain and access total fitness, individual performance and, more importantly, unit readiness," he continued. "Our goal is to create an Army culture that embraces resiliency as part of our profession."

This week in history

In the United States, the third Friday of September is POW/MIA Recognition Day to honor those who were prisoners of war and those still missing in action. During World War II, prisoner of war camps were located throughout South Carolina, including at Fort Jackson. The camp at Fort Jackson was established in 1944 and had a capacity of 3,000 prisoners. The camp had mess halls, barracks, latrines, kitchens, a recreation field, a carpenter shop, a paint shop and a canteen. Prisoners could purchase toilet articles, tobacco, cigarettes, soda and beer at the canteen using canteen coupons. Profits from the canteen were used to improve the facilities of the camp and to purchase instruments for the POW orchestra.

Photo courtesy of the
BASIC COMBAT TRAINING MUSEUM



Environmental News

RECYCLING

- ❑ Recycling is mandatory on Fort Jackson.
- ❑ If you do not have a recycling bin, call Stephanie Gillian at 751-9507.
- ❑ Units can receive funds for recycling. For more information, contact The Recycling Center, 5671 Lee Road, at 751-4208.
- ❑ Items accepted for recycling: aluminum cans, magazines, paper, steel cans, corrugated cardboard, scrap steel, newspapers, glass (green, brown, clear), wood pallets, cooking oil, and plastics (1-9).

UPCOMING EVENTS

- ❑ Oct. 19: Fort Jackson celebrates National Archaeology Month from 10 a.m. to 2 p.m.. Activities include an open site excavation, artifact identification and flint knapping demonstrations. The event will conclude with a mountain bike ride along the Palmetto Trail from 2:30 to 4 p.m.. For more information, call Chan Funk at 751-7153 or Lisa McKnight at 751-5971.
- ❑ Oct. 26, 30 and 31: "What's in the Water?" and "Terror at Twin Lakes" from 6 to 9 p.m. Activities will include a trunk or treat, bouncy house, environmental games, costume contest, s'mores by the camp fire, and clean water presentations for the family. The haunted trail is for adults only. A family friendly movie will be shown on a big screen. For more information or to be a volunteer, call Mark Smyers at 751-8707.
- ❑ Nov. 15: America Recycles Day at the NCO Club. There will be crafts made from reusable items, upcycling vendors, educational displays, and an upcycled craft contest with cash prizes. Collections for paper shredding, e-waste and scrap metal will be set up. The Fort Jackson Thrift Store will be accepting donations. For more information on being a vendor or contestant, call Lisa McKnight at 751-5971.

UPCOMING ENVIRONMENTAL TRAINING

- ❑ The next Environmental Compliance Officer Course is scheduled for Monday and Tuesday in the Safety Center classroom, 3240 Sumter Street. To register, call Pearline Jackson at 751-5011 or email pearline.jackson@us.army.mil. Include the attendee's full name, rank, name of organization, telephone number and email address.
- ❑ The next Hazardous Substance Management class is scheduled from 8:30 to 11 a.m., Oct. 10, in the Environmental Division conference room, 2563 Essayons Way. The class is required for all personnel who manage hazardous waste or controlled waste, or have a high potential for hazardous waste generation or hazardous substance violations. The class is offered quarterly and is an annual requirement. To register, call Heather Thomas at 751-4231.

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao. Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."



READY AND RESILIENT

THE STRENGTH OF OUR NATION.



U.S. ARMY

WWW.ARMY.MIL/READYANDRESILIENT

Installation to celebrate day for children

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

The Fort Jackson Boys and Girls Club will celebrate BGC Day for Kids from 11 a.m. to 3 p.m., Saturday at Knight Pool. The event is free and open to the Fort Jackson community. Membership to the Boys and Girls Club of Fort Jackson is not required.

“BGC Day for Kids is a day set aside each year to spend meaningful time with kids,” said James Andrews, middle school and teen director, Child, Youth & School Services. Andrews said he expects 100 to 150 children will attend this year’s event.

Planned activities include recreational swimming, swimming contests for prizes and a pool-side picnic.

BGC Day for Kids, celebrated annually on the third Saturday in September, is a day set aside each year during which meaningful time is spent celebrating kids — children, grandchildren or any child in need of mentoring.

The Boys and Girls Club has cited research that has shown that when adults spend meaningful time with children, it helps them develop a positive self-image. The Families and Work Institute’s study, “Ask Children,” found that although 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



Photos THERESA O'HAGAN, FMWR

The Fort Jackson Boys and Girls Club will celebrate a day for children from 11 a.m. to 3 p.m., Saturday at Knight Pool. Pictured is the 2011 Day for Kids event.

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, children.

Calendar

Today

Red Cross blood drive

10 a.m. to 3 p.m., Single Soldier Complex
For more information and to register, call 360-2036.

Tuesday

Suicide Prevention Month presentation

1 p.m., Solomon Center
The guest speaker will be Helen Pridgen, director of the South Carolina Chapter of the American Foundation for Suicide Prevention.

Thursday, Sept. 26

Victory Spouses' Club welcome reception

7 to 8:30 p.m., Dozier House, 4415 Greene St.

Welcome reception for Sherri Becker, wife of Brig. Gen. Bradley Becker, and Lara Chamberlain, wife of Col. (P) Paul Chamberlain. Desserts and drinks will be served. RSVP is not required.

Sunday, Sept. 29

Gold Star Mother' Day observance

7 p.m., Semmes Lake

Monday, Sept. 30

Her War, Her Voice support group

6:15 p.m., TBA
The theme is "breaking issues."

Wednesday, Oct. 3

Victory Spouses' Club luncheon

11 a.m. to 1 p.m., NCO Club
The theme is "Cupcake Wars." To RSVP, email victoryreservations@gmail.com by Sept. 26.

Tuesday, Oct. 8

LTG Timothy J. Maude Leadership Lecture

3 p.m., Solomon Center
The guest speaker will be Air Force Lt. Gen. Darrell Jones, deputy chief of staff for Manpower, Personnel and Services, Headquarters U.S. Air Force.

Sunday, Oct. 30

Girl Scouts tribute to Norma Ferguson

2 to 4 p.m., 5957B Parker Lane
The Fort Jackson Girl Scouts will pay tribute to the more than 25 years of leadership and mentoring of the late Norma Ferguson. For more information, email fjacksongs@outlook.com.

Announcements

DHR CLOSURE

The Directorate of Human Resources, including the ID card offices at the Strom Thurmond Building, will close at 11:30

a.m., Oct. 11 for an organizational day. In the event of an ID card emergency, customers can request assistance at the Soldier Family Assistance Center on 9810 Lee Road, 751-1198; at Shaw Air Force Base in Sumter, 895-1596; or at the South Carolina National Guard on Bluff Road, 806-2078.

TUITION ASSISTANCE

Soldiers planning to use tuition assistance for fiscal year 2013 fall classes starting through Sept. 30 need to have classes requested in GoArmyEd before 11:59 p.m., Monday. No exceptions will be made. Soldiers may request tuition assistance for courses starting Oct. 1. Requests are subject to availability of funds. For more information, call 751-5341.

RED CROSS VOLUNTEERS

Community members interested in volunteering for the American Red Cross on Fort Jackson should call 751-4329. Volunteer orientation is offered online. Additional training is necessary for those volunteering in a clinical setting.

AAFES CUSTOMER SURVEY

The Army & Air Force Exchange Service's Customer Satisfaction Index survey is under way through Saturday. Customers can participate at the Exchange.

CALL FOR ARTISTS

The Environmental Office is looking for submission by crafters and artists for its upcycling contest Nov. 15 during America Recycles Day.

Entries have to be created from recycled or reused items. For more information, call 751-5971.

FREE COMIC BOOK

A free Iron Man comic book exclusively for military readers is now available at the Exchange.

SPORTS BRIEFS

■ Brigade games for active duty teams in flag football, softball and cross country will be held this fall. Captains' meetings are scheduled for today.

■ Reverse sprint triathlon, Sept. 28. For active duty service members only. Names are due to the Sports Office by today.

■ Halloween Howl 5K, 8 a.m., Oct. 26 at Twin Lakes. Sign up at the Sports Office or on race day from 6:30 to 7:30 a.m.

For more information, call the Sports Office at 751-3096.

GIRL SCOUT MEETINGS

The Fort Jackson Girl Scouts meet regularly at 5957 Parker St. Girls of all school ages are welcome. For more information, call 708-9255 or email fjacksongs@outlook.com.

THRIFT SHOP NEWS

■ A volunteer training session is scheduled from 9 to 11 a.m., Oct. 4.

■ The Thrift Shop is asking for feedback on extending its hours and opening on Saturdays. Feedback can be dropped off in the suggestion box at the store.

■ No summer clothes will be accepted after Sept. 26.

■ Winter clothes will be accepted starting Oct. 1.

■ Halloween items will be accepted Sept. 24 through Oct. 17.

■ Thanksgiving items will be accepted Oct. 15 through Nov. 14.

■ Christmas items will be accepted Nov. 19 through Dec. 12.

■ The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

RETIREMENT CEREMONY

The next Third Army/ARCENT retirement ceremony is scheduled for 2 p.m., Oct. 10 at Patton Hall.

BOY SCOUT MEETINGS

The Fort Jackson Boy Scouts and Cub Scouts meet each week at various times. For information about the troop or pack, call 409-9568.

TARP BRIEFINGS

Annual Threat Awareness and Reporting Program briefings are offered monthly at the Post Theater. For more information, call 751-7852/3366/3802.

AA MEETINGS

Alcoholics Anonymous meetings take place at 9 a.m., Mondays, Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Send your announcements to fjleader@gmail.com. Announcements are due one week before the publication date. For more information, call 751-7045.

Housing happenings

RECREATIONAL VEHICLES

The housing RV storage lot is for authorized users who have registered their RV with the Housing Office at 4514 Stuart Ave. If you reside in on-post housing and have an RV that cannot be stored at your home, you must register the RV and receive authorization before using the facility. For more information and to register your RV, call 751-9339.

RENTAL SECURITY DEPOSIT

Typically, a landlord holds a tenant's security deposit in a separate account throughout the tenancy. Upon termination of the lease, the tenant should provide a forwarding address to the landlord. If the landlord withholds the deposit or portions of the deposit, the landlord must provide an itemized statement of damages within 30 days of the termination. For more information, call 751-5788/7566.

TENANTS' RESPONSIBILITIES

A tenant's responsibilities are to pay rent on or before the date agreed upon in the lease; maintain the landlord's property (e.g. clean the dwelling, report capital maintenance to the landlord); refrain from disturbing neighbors; and take responsibility for guests' actions. For more information, call 751-5788/7566/9353.

TRASH CONTAINERS

Trash roll carts are required to be removed from the curbside after pickup.

BREEDING ANIMALS

Breeding animals in housing is prohibited. To report breeding, call 738-8275.

YARD SALE

A community yard sale is scheduled for 7:30 a.m., Sept. 28. To include your home on the community map, call 738-8275 or email ayoungblood@bbcgrop.com by Tuesday.

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the Oct. 3 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Oct. 3 Leader must be submitted by Sept. 26.

Send your submissions to FJLeader@gmail.com. For more information, call 751-7045.



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. Andrew Palmer
Company A
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Lane Grimes

SOLDIER OF THE CYCLE

Pfc. Austin Snyder

HIGH APFT SCORE

Pvt. Robert Cross

HIGH BRM

Pfc. Matthew Taylor



Staff Sgt. Kenneth Aguiar
Company B
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Nickolas Brodock

SOLDIER OF THE CYCLE

Pvt. Devyn Wiesendanger

HIGH APFT SCORE

Pvt. Calub Hopkins

HIGH BRM

Pvt. Lonie Cox



Staff Sgt. Jason Young
Company C
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. John Oakes

SOLDIER OF THE CYCLE

Pvt. Paul Bionaz

HIGH APFT SCORE

Pvt. Brandon Nichols

HIGH BRM

Pvt. Nicholas Barone

Weekly honors



HEPFL



LOVRIC



METZNER



MANNISI

2nd Lt. Holly Hepfl
Distinguished honor graduate
Basic Officer Leader Course
Adjutant General School

Capt. Josib Lovric (Bosnia-Herzegovina)
Distinguished international student
Basic Officer Leader Course
Adjutant General School

2nd Lt. Brian Metzner
Distinguished honor graduate
Basic Officer Leader Course
Adjutant General School

Staff Sgt. Daniel Mannisi
Soldier of the week
Third Army/ARCENT

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

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 hours 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.
Basic Combat Training Museum	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 p.m.
Bowling, Century Lanes	751-6138	Monday, 5:30 to 9:30 p.m.; Tuesday, 9 a.m. to 9:30 p.m.; Wednesday, 8:45 a.m. to 8:30 p.m.; Thursday, Friday, 11 a.m. to 9:30 p.m.; Saturday, 9 a.m. to 10 p.m.; Sunday, 1 to 8 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Wednesday, 11 a.m. to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, noon 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)	751-7593/7594	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	Tuesday, Wednesday, Friday, 9 a.m. to 6 p.m.; Thursday, 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	Lunch: Monday-Friday, 11 a.m. to 1:30 p.m.
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	751-3475	Closed for the 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	751-4987	Closed for the 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.
Gate 1 Express	782-2076	Monday-Friday, 6:30 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Gate 2 Express	790-4478	Monday-Friday, 5 a.m. to 10 p.m.; Saturday, 5 a.m. to 11 p.m.; Sunday, 7 a.m. to 9 p.m.
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.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
Weapons Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.

Anything we missed? E-mail us at fjleader@gmail.com.