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## NEWS



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# The Fort Jackson Leader



Thursday, September 29, 2011

Published for the Fort Jackson/Columbia, S.C. Community

www.jackson.army.mil

# Jackson Idol

## EFMP/CYSS talent show set for Friday

By **SUSANNE KAPPLER**  
*Fort Jackson Leader*

Fort Jackson children will step into the spotlight Friday at the second annual Exceptional Family Member Program talent and fashion show 6 p.m. at the Joe E. Mann Center.

The idea for the talent show came about last year said Cheryl Jackson, EFMP manager.

"We were trying to find something a little different to get our families out and involved," Jackson said. "A lot of these parents don't normally have their children participate in other things at school because

they feel like with their disabilities they don't fit in."

What was initially planned as a small, EFMP-only event quickly grew to include the entire community.

"We decided to expand it out, to not only just our EFMP families, but we decided to include the Child, Youth and School Services program, because we wanted all of our children to integrate together and feel comfortable with each other," Jackson said.

"It worked out perfectly, because during the talent show, when we started to bring out all of these talents together, you didn't know who had a disability and who didn't."

The show will feature a variety of talent,

from musical performance and dancing to displays of artwork.

Jackson said that giving the children an outlet for their talent in a prejudice-free environment is empowering for both the children and the parents. She said parents of children with disabilities are often misunderstood by people who are not familiar with the situation and attribute the child's behavior to "bad manners."

"These parents are dealing with school issues, with behavior issues, constantly," Jackson said. "I'm hoping that the parents will come to an atmosphere where they feel comfortable, where their children can

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## Victory House



Photo by JAMES ARROWOOD, command photographer

**Maj. Gen. James Milano, Fort Jackson's commanding general, comforts Army veteran Kent Young during the general's visit to the Veterans' Victory House in Walterboro Sept. 21. Milano and other members of the post command group visited and toured the home, a 220-bed state-of-the-art nursing care facility.**

# Suicide prevention a combined effort

Every year the Army observes National Suicide Prevention Week. This year, the Army extended the one-week observance to last the entire month to emphasize its commitment to the health, safety and well-being of Soldiers.

The Army is hoping to heighten awareness of the multidiscipline approach that is needed to save lives, as well as to encourage the use of support services to assist in the effort. But, as we all know, suicide prevention does not start and stop with the month of September. If we are to truly eradicate this problem, then we must all be part of a long-term solution.

We continue to face a very disturbing trend within our Army. In the past 10 years, the overall rate of suicides in the military has steadily increased.

We have detailed and documented many of the facts associated with suicide, but the causes and best means of prevention have still failed to prevent this needless loss of life. As we near the end of this year we face a chilling statistic: 154 Soldiers have taken their lives. In July, there were 32 suicides or potential suicides. These figures for July make it the highest single-month total in more than two years. In August, there were three confirmed suicides and 16 other deaths that are still be-

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



ing investigated as possible suicides.

As always, I know I can count on all members of the Fort Jackson community to give their full support in aggressively addressing this issue. The Army has undertaken a research effort to examine mental health, psychological resilience, suicide risk, suicide-related behaviors and suicide deaths.

The study, which involves the work of experts from a number of prestigious universities, is looking at data from approximately 90,000 active-duty Soldiers, evaluating characteristics and experiences as they relate to psychological health issues, suicidal behavior and relevant outcomes.

One of our most significant challenges is to eliminate the stigma associated with seeking behavioral or mental health assistance. Soldiers must be able to approach their leaders to discuss their mental health concerns without negative connotations. Additionally, leaders must ask the hard questions, even when they feel as if they are invading someone's privacy. This is the only way to gain the upper hand in the fight, and more importantly this is the only way to know if someone needs help. We have the resources here to help those in need — let's ensure one way or another they get that help.

To increase our awareness, we have had a number of suicide-prevention events staged across post this month. Our long-term challenge is to ensure Army leaders — from junior NCOs to the most senior officers — know how to assist Soldiers by using the resources available. Finally, all leaders must recognize the importance of spotting and reducing high-risk and potentially harmful behaviors. Leaders must assist their Soldiers in building resiliency, developing coping skills and encouraging them to seek help when it is needed. If we do this right we may save a Soldier's life.

Army Strong and Victory Starts Here!

## The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

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The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

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## Breakfast bunch



Photo by JAMES ARROWOOD, command photographer

**U.S. Rep. Joe Wilson, in the center, eats breakfast with Soldiers in the 2nd Battalion, 39th Infantry Regiment and post leaders during a visit to Fort Jackson Tuesday.**



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

# 'Victory thru nutrition'

*Annual Food Expo to provide a healthy taste of Fort Jackson*

By **SUSANNE KAPPLER**  
Fort Jackson Leader

For the sixth straight year, the Fort Jackson community will get a taste of the Army — literally — at the Fort Jackson Food Expo. About 40 vendors are scheduled to offer free samples of their food at the expo, which will take place from 11 a.m. to 2 p.m., Tuesday at the NCO Club.

"The vendors that are (coming to the expo) are going to be providing some items that have been vetted by nutrition (experts) throughout the Army and also on post," said John Nelums, with the Installation Food Service Office. "They're going to be giving out samples of food Soldiers eat on a day-to-day basis."

This year's theme, "Victory Thru Nutrition," is in keeping with the Army's focus on providing nutritious meals. Nelums said that within the last few years, the Army has

stepped up its efforts to provide healthful choices in dining facilities and educate Soldiers on nutritious food selection.

In addition to providing samples of foods currently served, the expo also serves as an event to introduce new food selections, Nelums said. He explained that some of the new foods include breakfast cereals with less sugar and improved flavored drinks.

Chief Warrant Officer 2 Trevor Farrow, also with the Installation Food Service Office, said the expo is also a good way for food service specialists to stay current on trends and to network with industry representatives.

"I love food service, that's near and dear to me," Farrow said. "(I'm looking forward) to seeing what (the vendors) have to offer and to see what's going to go on the market."

In addition to receiving free food samples, expo visitors will also have a chance to win one of the door prizes. This year's grand prize is a high-definition television.

Visitors will also have a chance to meet University of South Carolina women's basketball head coach Dawn Staley. Staley, a three-time Olympic gold medalist and 2012 Women's Basketball Hall of Fame inductee, will sign autographs from 11 a.m. to noon.

*Susanne.Kappler1@us.army.mil*



*Leader file photo*

**Dawn Staley, University of South Carolina women's basketball head coach, will sign autographs at this year's Food Expo.**

## Retirement Review



*Photo by JAMES ARROWOOD, command photographer*

**Retiring Soldiers were honored during a ceremony Tuesday at Post Headquarters. From left, 1st Sgt. Jeffrey Tinsley, 1st Sgt. James Blevins, 1st Sgt. Tandra Meade, Master Sgt. Daniel Baxa, Sgt. 1st Class Frank Williams, Sgt. 1st Class Ray Brown and Sgt. 1st Class John Howell.**

## Housing Happenings

### COMMUNITY UPDATES

❑ As of Saturday, the trash/recycling collection route will be as follows:

**Mondays:** Faison, Imboden (from Brown toward Mills), Bremer, Benjamin, Mills, Bailey, Brown, Chesnut (5904, 5902, 5906, 5908), Boone, Bradley, Batson, Baker, Muse, Willet, Mood, Sims, Wilson, Owens, McManaway, Sexton, Prause, Capers and Wells.

**Tuesdays:** Custer Loop, Pershing, Victory Landing, Furman Smith, Legge, McLeod, Carey, Chesnut, Burt, Bryant, Hartley, Hunt, Terrell, Parker, Thomas, Imboden (from Parker to Chesnut), Lozada, Shoup, Muller and McWhorter.

**Wednesdays:** All bulk trash and recycling. Please be mindful of collection times and return all bins to their proper storage areas as soon as possible after collection. Call 738-8275 for any questions.

❑ A community yard sale is scheduled for 6 a.m. to 3 p.m., Oct. 22 at the Solomon Center. Residents will determine the cost of their items and retain the full profit from any sales. On- and off-post shoppers are invited to attend. Contact 751-9339 to reserve a table and receive more information.

### CONSTRUCTION UPDATES

❑ To date, 479 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.

❑ All road closures in the company grade and field grade officer housing areas are now fully accessible.



**Sept. 30 — 4 p.m.**  
Tangled PG

**Sept. 30 — 7 p.m.**  
30 Minutes or Less R

**Oct. 1 — 4 p.m.**  
30 Minutes or Less R

**Oct. 2 — 4 p.m.**  
Spy Kids: All the Time in the World PG

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

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



Photo by SUSANNE KAPPLER

**David Morrison, a security assistant with the Installation Security Office, reviews security procedures with Frederick Paxton, a civilian police captain with the Directorate of Emergency Services, during a staff assistant visit Wednesday. Paxton serves as the DES unit security manager.**

## Security office promotes awareness

By **CRYSTAL LEWIS BROWN**  
*Fort Jackson Leader*

If you haven't had to get a background check recently, or have one updated, it is very likely that you have never had to venture inside the Installation Security Office, a small building that sits catty-corner from Post Headquarters.

But the people who work there are hoping to change that.

Saturday marks the beginning of a month's worth of activities aimed at making the Fort Jackson community aware of installation security.

"I think people get used to doing routine stuff and they get kind of lax," said Yvonne Adric, a security assistant with the ISO. "This is a good time to remind people that security is important."

The ISO deals with information security, personnel security and industrial security, said James Howell, the office's chief. But the most common issues he said his office deals with are those that relate to security clearances, background checks and the transmitting and

“ This is a good time to remind people that security is important.

”

— **James Howell**  
Chief, Installation Security Office

handling of classified documents. Howell said he hopes that by focusing on security awareness throughout the month of October, on-post units and organizations will begin to think ahead before potential problems could arise.

"This way, we put it in their head that, 'Hey, maybe I need to check my clearance and check my status,'" he said.

He added that it is also a good time for organizations to check the combinations of any safes being used to store documents and ensure those combinations are on file at the ISO in case something happens. It is also important that organizations continue to follow protocols when it comes to certain documents. For example, Adric said,

paperwork that includes personal information, such as Social Security numbers, shouldn't be left out where anyone could have access to it.

Although the office is planning to be more in the public eye this month, Howell stressed that security is a year-round process. He urges units to check twice a year with their security managers to ensure all those in the organization have up-to-date clearances. Adric agreed, saying that it is up to each person to get the ball rolling on any reinvestigations before they become due.

The office also conducts what they call staff assistant visits during which they review each organization's information and security awareness programs and offer on-the-spot corrections, if needed. Organizations also have security checklists, which should ensure that they are following the proper procedures.

"If they have a checklist, it should keep everything safe," Adric said. "If something doesn't seem right, if (people) have concerns, they need to call their (security manager.)"

*Crystal.Y.Brown@us.army.mil*

## Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the Oct. 13 Leader must be submitted by today.

Announcement submissions are due one week before publica-

tion. For example, an announcement for the Oct. 13 Leader must be submitted by Oct. 6.

Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.



## News and Notes

### DENTAC CLOSURE

Fort Jackson DENTAC will be closed Friday, starting at 10 a.m. Soldiers requiring emergency assistance during that time should report to the Urgent Care Clinic.

### HISPANIC HERITAGE EVENT SET

Fort Jackson's National Hispanic Heritage Month celebration is scheduled for 11:30 a.m. to 6 p.m., Oct. 15 at Patriot Park. The celebration will provide a variety of entertainment and food vendors, and guest speaker Myriam Torres, director of Latino Immigration Studies at the University of South Carolina's Arnold School of Public Health, will serve as guest speaker.

### INFORMATION LOST

A compact disk containing personal information of nearly 25,000 non-appropriated fund retirees was lost in the mail in August. Retirees whose information is at risk have been sent notification letters. IMCOM has established a 24/7 hotline for concerned retirees. The hotline number is (210) 466-1640.

### 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>.

### JOB FAIR SET

A Fort Jackson Job Fair is scheduled for 8:30 a.m. to noon, Tuesday at the Solomon Center. The first 30 minutes is open to Warrior Transition Unit Soldiers. Beginning at 9 a.m., the fair is open to the general public.

### 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.

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# Military symposium tackles 'invisible wounds' of war

By **ROB MCILVAINE**  
*Army News Service*

WASHINGTON — About two-thirds of the most seriously injured Soldiers are suffering from post-traumatic stress or traumatic brain injury, or TBI, and military researchers are teaming up to work on the problem, said the Army's vice chief of staff.

Gen. Peter W. Chiarelli spoke Sept. 22 at the TBI Spectrum, the fourth military medicine symposium about the subject which brought representatives from the military, government, industry and the private sector to the Renaissance Hotel in Washington to discuss what was termed "one of the most perplexing medical challenges:" traumatic brain injury.

Hosted by the Uniformed Services University of the Health Sciences and the Henry M. Jackson Foundation for the Advancement of Military Medicine, this conference offered a review of TBI research and clinical care, rehabilitation and reintegration, as well as prevention, diagnosis and treatment.

"As of Sept. 1, 66 percent of our most seriously wounded Soldiers were suffering from PTS (post-traumatic stress) or TBI," Chiarelli said. "Now compare that to the number who have lost arms and legs or multiple limbs, and that's 10 percent."

Chiarelli has frequently referred to "invisible wounds" as the signature wounds of the past 10 years of war.

"And the fact is, there are many other (Soldiers) affected who are not enrolled in

our Army Wounded Warrior program or have yet to be diagnosed," he said.

According to a Department of Defense report released earlier this year, more than 19,000 service members were diagnosed with mild TBI or a concussion last year.

"We must get a handle on this," Chiarelli said.

While collaborations between the public and private sectors are not new, the summit also provided many opportunities for partners within and outside of the Department of Defense to work together to expand and enhance the resources available to the military system in support of the nation's wounded warriors.

"It's important for people to collaborate, but that's nothing new," said Stanley B. Prusiner, director of the Institute for Neurodegenerative Diseases and professor of Neurology at the University of California, San Francisco.

"People have been collaborating in science for a long time. When scientists are trying to get things done, they tend to bring in other people and work together," Prusiner said.

In 1997, Prusiner won the Nobel Prize in Physiology, and in 2009 he was awarded the National Medal of Science by the president of the United States.

Currently, he and Daniel Perl, director of the Military Brain Injury Studies program and professor of Pathology at the Uniformed Services University of the Health Sciences, Bethesda, Md., are collaborating on the effects of Tau, a protein discovered in the 1970s.

From the point of view of the neurologist/psychiatrist, Prusiner said, the Tau creates tangles in the front of the brain when NFL players, for instance, have repeated head trauma. People with fronto-temporal dementia also have these tangles.

"You can take those symptoms and overlay them on Soldiers with PTSD who go on and take their lives," Prusiner said.

"While Dan is looking at the pathology of the accumulation of the Tau protein, we're trying to take the other side of it and look for ways, such as a pill, to decrease the Tau protein so the aggregates that cause the tangles disappear," he said.

Chiarelli told the few hundred gathered from across the country that his top priority is the health and well-being of the force that includes Soldiers, Army civilians and family members.

"The rest is important — the network, improvements made to our fleet of combat vehicles and other equipment, cost-saving initiatives — but the Army and the Marines are people-centric, our platforms are our people. The rest simply would not matter if our people aren't cared for properly," Chiarelli said.

Fortunately, he said, many of the nation's best and brightest men and women, from academia, industry, the medical community, DOD, and government are working tirelessly in TBI and PTSD research.

"Part of my reason for coming here today was to ask for your support and to look at tackling some of our most difficult challenges," he said.



## Commanding presence

**Brig. Gen. LaWarren Patterson, commander of the 7th Signal Command (Theater) speaks to a group of employees with Fort Jackson's Network Enterprise Center during a visit to the installation Friday. From left, Nicholas Floyd, Michele Harris, Patterson and Calvin Yates.**

*Photo by CHUCK SCHENCK, Network Enterprise Center*

## Calendar

### Friday

**EFMP and CYSS talent/fashion show**  
6 p.m., Joe E. Mann Center  
For more information, call 751-5256.

### Tuesday

**McWethy Troop Clinic ribbon cutting**  
9 a.m., Building 4575

### Fort Jackson Food Expo

11 a.m. to 2 p.m., NCO Club

### 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

### Thursday, Oct. 20

#### American Society of Military Comptrollers, Palmetto Chapter meeting

11:30 a.m. to 1 p.m., NCO Club  
For more information, call 751-4300/8086.

### Tobacco cessation orientation

3 to 4 p.m., MACH, third floor conference room  
For more information, call 751-5035.

### Friday, Oct. 21

#### An evening of pink — breast cancer awareness presentation

6 to 10 p.m., Officers' Club  
Doors open at 5:30 p.m. Tickets cost \$7.  
For more information, call 751-2974/5251.

## Housing events

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

### Saturday, Oct. 22

#### Community yard sale

6 a.m. to 3 p.m., Solomon Center  
Shoppers from on and off post are invited to attend. For more information and to reserve a table, call 751-9339.

## Announcements

### COLEMAN GYM CLOSURE

Beginning Monday, Coleman Gym will be closed for repairs.

### NEW WORSHIP TIMES

Beginning Sunday, the worship times at Daniel Circle Chapel will be 8:30 to 9:30 a.m. and 10:15 to 11:30 a.m., Sundays.

### NOMINATIONS SOUGHT

The Marine Corps Heritage Foundation is accepting nominations for people who portrayed or recognized aspects of Marine life, culture, history or work. For more information, visit [www.marineheritage.org/awards.asp](http://www.marineheritage.org/awards.asp).

### SKIES TRANSPORTATION

SKIES Unlimited is now offering on-post transportation to classes for children who attend Child Youth and School Services child care facilities on post. For more information, call 751-6777.

### DPW ONLINE SERVICE ORDERS

The Directorate of Public Works online service order system is only available to users who have completed the DoD Enterprise Email migration. Service orders can also be requested by calling 751-7684 or by calling the emergency service hotline at 562-3637.

### AAFES CUSTOMER SURVEY

AAFES customers are invited to participate in the 2011 Customer Satisfaction Index through Saturday. Customers can provide feedback about local services at the Main Exchange. Participants will receive a \$5 Exchange coupon.

### DHR TRAINING CLOSURES

Some Directorate of Human Resource offices will be closed for training on the third Tuesday of each month. Prior to closing each month, a list will be available indicating which activity will be closed that month for training.

### FCC PROVIDERS NEEDED

The next Family Child Care orientation training is scheduled from 8 a.m. to 4 p.m., Oct. 31 through Nov. 4 at the Joe E. Mann Center. Military spouses who live on post and DSS registered off-post child care providers may apply to become certified. Applications are accepted through Oct. 21. For more information, call 751-6234.

### DHR CLOSURE

The Directorate of Human Resources offices will be closed Oct. 21 from 10:30 a.m. Alternate locations for ID card emergencies are the Soldier Family Assistance Center, Shaw Air Force Base and the

South Carolina National Guard Center.

### 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.

### 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](http://www.warbyanothermeans.cas.sc.edu).

### 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

The Thrift Shop has now switched to accepting winter clothes and is not accepting summer clothes any longer.

The Thrift Shop is now accepting items for Halloween, Thanksgiving and Christmas. Customers should not put holiday items and regular items on the same assignment sheet.

### 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-perish-

able 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.redcross.org](http://www.redcross.org) or call 1-866-GET-INFO.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations.

## Off-post events

*The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.*

### YOGA WARRIORS WORKSHOP

A yoga warriors workshop is scheduled for 1 to 3 p.m., Saturday at City Yoga. The workshop is open to service members and their spouses. For more information, call 799-5400.

### VA CLAIMS SEMINAR

Vietnam Veterans Chapter 303 will host a free seminar for veterans on how to navigate the VA claims process. The seminar is scheduled for 6 p.m., Wednesday at the American Legion Post 6, 200 Pickens St. To register, call 312-4895 or email [plough71@bellsouth.net](mailto:plough71@bellsouth.net).

### RESERVE OFFICERS ASSOCIATION

The Palmetto Chapter of the Reserve Officers Association will meet at 6 p.m., Oct. 11 at Lizard's Thicket, 818 Elmwood Ave. For more information, visit [www.roa.org/sc-ch06](http://www.roa.org/sc-ch06).

### SUBMISSION GUIDELINES

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



# Adopted pet became treasured friend

I was shocked how deeply it hurt me. But I guess losing a relationship after nine years will do that to you. Monday night, I lost my dog.

I got Taz from a “foster” home when he was 5, though the rescue group from which I adopted him advertised him as being around 3. The gray hairs that were already starting to show indicated otherwise.

When I decided to get a dog, I did months of research beforehand. I needed a small dog that would require minimal maintenance to fit my apartment living. I passed on the pug and the Jack Russel Terrier before settling on the miniature pinscher. At a weight that ranged from 9 to 10 pounds, Taz has always been a pit bull in a Min Pin’s body.

He got me through grad school, my husband’s officer basic course, wedding planning, the months I spent waiting to join my husband at his first duty station in Germany and through a deployment. While I may have adopted Taz from a so-called rescue group — a group that takes in animals, many of whom have been abandoned or abused — it seems that he, in fact, rescued me.

I knew nothing about Taz past when I signed his adoption papers. And he, in turn, knew nothing of mine. I remember speaking with a Soldier once about how good it felt to have a dog because his dog didn’t care about how messed up he might be. I know exactly what he meant.

## CRYSTAL CLEAR

By Crystal Lewis Brown

Fort Jackson Leader



Maybe that’s why I found myself pacing in front of my window at 10 p.m. that night, thinking that he would miraculously show up at the door. Or why I kept going from room to room, looking under beds, in closets, and even in my son’s toy box, in case he’d somehow got trapped and fallen asleep there.

Taz, like me, has his quirks. He can only sleep burrowed inside of a pillowcase or blanket. He tends to bark non-stop during thunderstorms. His back is bent from an injury the vet thinks healed incorrectly. He doesn’t like to play. And for a 10-pound dog, his footsteps are exceptionally loud. And, although I don’t usually tell people this, he actually failed an obedience course.

But when I lay on the couch for a nap, he tucks himself between my knees and naps right along with me. He

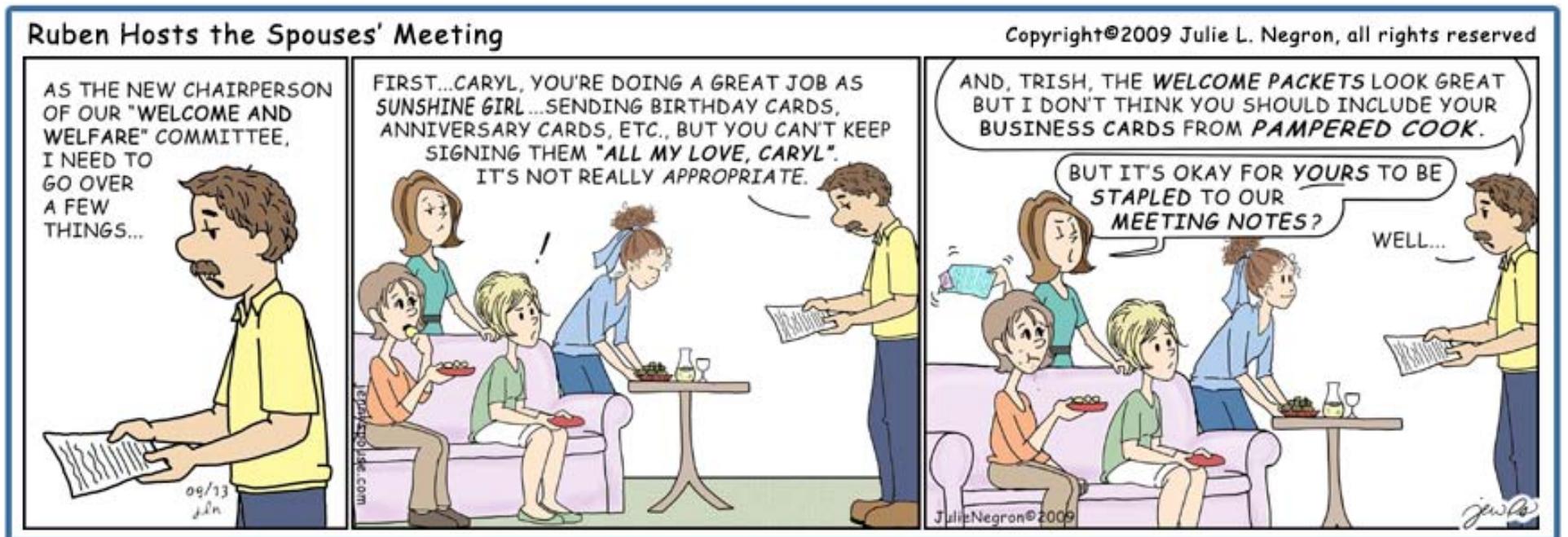
tolerates it when my son chases him around our living room, even though I know he doesn’t like it.

As a person who first owned a pet, then got a husband and later, had a child, I know that the pets-are-like-children comparisons aren’t accurate. Having a pet is nothing like having a child. Because pets have their own unique spot carved into our hearts. And that’s the spot that has me periodically walking outside, listening for this telltale bark. And that’s the same spot that broke when I didn’t hear it.

So Tuesday, after making all the required phone calls — the microchip company, the veterinarian’s office and the rescue group from which I’d adopted him — I headed home from work to make a batch of flyers to post in the neighborhood. But as the sky darkened, I decided to hop on my bike and try one last time to find him. As the rain started to fall, I headed into a nearby cul-de-sac and there he was, just four or five houses down.

He’d lost his collar, and he was thirsty, but otherwise seemed fine. Where he was that 24 hours, I’ll never know. But what I *did* know is that night — and many nights to come — he would be safe with us, sleeping soundly inside of his blanket.

*Editor’s note: Crystal Lewis Brown is a military spouse of six years and editor of the Leader.*



## Family Happenings

### PARENTS’ NIGHT OUT

Need a night off? Don’t forget to take advantage of the Parents’ Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate.

Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an orientation.

### BRIGHT HONEYBEE EXPLORERS

The Bright Honeybee Explorers playgroup meets 10 to 11:30 a.m., Wednesdays. Call 751-6304/1071/6868 for location.

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar.

The calendar is located at the bottom of the page.



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# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Stephen Dubois**  
Company A  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Daniel Freeman

**SOLDIER OF THE CYCLE**  
Spc. Elizabeth Hunter

**HIGH APFT SCORE**  
Spc. Elizabeth Hunter

**HIGH BRM**  
Pfc. Jonathan Rucker



**Staff Sgt. Melissa Reece**  
Company B  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Jordan Robinson

**SOLDIER OF THE CYCLE**  
Pfc. Christopher Hambrock

**HIGH APFT SCORE**  
Pfc. Taylor Smothers

**HIGH BRM**  
Pfc. Dustin Hendy  
Pvt. Fredrick James  
Pvt. Daniel Mueller



**Sgt. 1st Class Melissa Copeland**  
Company C  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Tyree Washington

**SOLDIER OF THE CYCLE**  
Pvt. Dustin Dixon

**HIGH APFT SCORE**  
Pvt. Carl Duncan

**HIGH BRM**  
Pvt. Dustin Dixon

## SUPPORT AWARDS OF THE CYCLE

**STAFF SUPPORT**  
Sgt. Sarah Padilla

**TRAINING SUPPORT**  
Sgt. David Feliciano

**SERVICE SUPPORT**  
Sidney Gutman

**FAMILY SUPPORT**  
Audrey Utley

# Training honors



**2nd Lt. Yvette Huston**  
Honor graduate  
Basic Officer Leader Course  
Adjutant General School



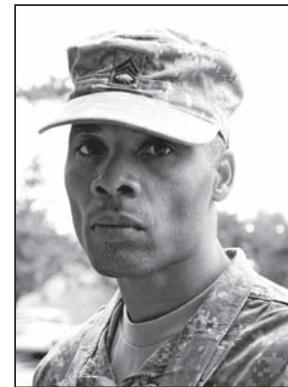
**1st Lt. (Uganda) David Katsikano**  
International officer  
Basic Officer Leader Course  
Adjutant General School



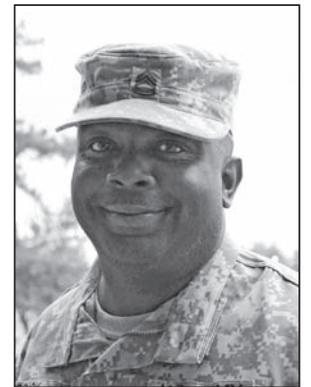
**2nd Lt. William Brueske**  
Honor graduate  
Basic Officer Leader Course  
Adjutant General School



**2nd Lt. Wesley Tudor**  
Honor graduate  
Basic Officer Leader Course  
Financial Management School



**Staff Sgt. S.D. Williamson**  
Cadre of the cycle  
369th Adjutant General  
Battalion



**Sgt. 1st Class Devon Riddick**  
Platoon sergeant of the cycle  
369th Adjutant General  
Battalion

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for "Fort Jackson Leader."

## ACS Calendar of Events — October

## SATURDAY, OCT. 1

☐ **Foreign born spouses' tour of Charleston** — 7 a.m. For more information, call 751-1124.

## MONDAY, OCT. 3

☐ **English as a second language conversational** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222  
 ☐ **AFTB Level III leadership development course** — Monday through Thursday, 4:30 to 7:30 p.m.; Family Readiness Center

## TUESDAY, OCT. 4

☐ **Fort Jackson job fair** — 8:30 a.m. to noon; Solomon Center  
 ☐ **H&R Block income tax seminar** — 10 to 11:30 a.m.; Strom Thurmond Building, Room 222. The seminar provides information on the free six to eight week training course for military personnel, spouses and DoD civilians.  
 ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library  
 ☐ **Resiliency training for families, introduction** — 5 to 7 p.m.; Family Life Resiliency Center. For more information, call 751-5444.  
 ☐ **EFMP family night out** — 5 p.m.; Chick-fil-A, Decker Boulevard

## WEDNESDAY, OCT. 5

☐ **Post newcomer orientation/tour** — 9 to 11:30 a.m.; Post Conference Room  
 ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location  
 ☐ **Child safety class** — noon to 2 p.m.; Main Post Chapel.  
 ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

## THURSDAY, OCT. 6

☐ **Job prep 101** — 9 to 11:30 a.m., location to be announced  
 ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

## SUNDAY, OCT. 9

☐ **Gold Star family day brunch** — 11 a.m. to 1 p.m., Officers' Club

## TUESDAY, OCT. 11

☐ **Domestic abuse awareness day** — 8:30 a.m. to 1 p.m.; Joe E. Mann Center ballroom  
 ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213  
 ☐ **EFMP EdVenture outing** — 5 p.m.; 211 Gervais St.; cost is \$1 per person  
 ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

## WEDNESDAY, OCT. 12

☐ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222  
 ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location  
 ☐ **Phase II Levy overseas move brief** — 2:30 to 3:30

p.m.; Strom Thurmond Building; Room 213

☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

## THURSDAY, OCT. 13

☐ **Introduction to MS Excel** — 9 to 11:30 a.m.; location to be announced  
 ☐ **Stress management class** — 11 a.m. to noon; 5614 Hood St.  
 ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

## FRIDAY, OCT. 14

☐ **Job prep 101** — 9 to 11:30 a.m., Strom Thurmond Building, Room 222

## MONDAY, OCT. 17

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

## TUESDAY, OCT. 18

☐ **Resume writing/interviewing skills workshop** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222  
 ☐ **FRG training** — 9 a.m. to noon; Family Readiness Center. Call 751-7352 to register.  
 ☐ **Resiliency training for families; phase one** — 9 a.m. to 2 p.m.; Family Life Resiliency Center. Call 751-5444 for more information.  
 ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213  
 ☐ **EFMP bowling** — 3:30 to 5 p.m.; Century Lanes. Call 751-5256 to register  
 ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

## WEDNESDAY, OCT. 19

☐ **Steps to federal employment** — 9 a.m. to noon; Strom Thurmond Building, Room 222  
 ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location  
 ☐ **Phase II Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213  
 ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library  
 ☐ **Evening breastfeeding support group** — 5:15 to 6:30 p.m.; for more information, call 751-1071/6868

## THURSDAY, OCT. 20

☐ **AFAP facilitator/staff support training** — 8:30 to 11:30 a.m.; Family Readiness Center  
 ☐ **Introduction to MS PowerPoint** — 9 to 11:30 a.m.; Education Center, Room B-110  
 ☐ **EFMP South Carolina State Fair outing** — 10 a.m.; 1200 Rosewood Drive; meet at front entrance first ticket booth. Call 751-5256 for more information.  
 ☐ **Immigration 101 workshop** — 10 a.m. to noon; Strom Thurmond Building, Room 222  
 ☐ **Anger management class** — 11 a.m. to noon; 5614 Hood St.; call 751-6325 to register  
 ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222  
 ☐ **Total Army sponsorship training** — 1:30 to 2:30

p.m.; Strom Thurmond Building, Room 213

## FRIDAY, OCT. 21

☐ **Healthy meals in 30 minutes** — 9 to 10 a.m.; Joe E. Mann Center ballroom. The speaker is dietician Kim Milano. Call 751-5256 to register.

## SATURDAY, OCT. 22

☐ **Hearts Apart Octoberfest** — noon; Lexington

## MONDAY, OCT. 24

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

## TUESDAY, OCT. 25

☐ **Spouses united for Victory** — 9 to 11 a.m.; location to be determined; call 751-5458 to register  
 ☐ **Work at home scams and schemes** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222  
 ☐ **Commissary tour** — 9 to 11 a.m.; Fort Jackson Commissary; call 751-5256 to register  
 ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213  
 ☐ **1-2-3- Magic: Effective discipline for children 2-12 workshop** — 10 a.m. to 3 p.m.; call 751-1071/6868 for more information  
 ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

## WEDNESDAY, OCT. 26

☐ **Job searching strategies** — 8:30 to noon; Strom Thurmond Building, Room 222  
 ☐ **Bright Honeybee Explorers play group** — 10 to 11:30 a.m.; call 751-1071/6868 for location  
 ☐ **Phase II Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213  
 ☐ **English as a second language class** — 5 to 7 p.m.; Main Post Library

## THURSDAY, OCT. 27

☐ **AFAP focus group** — 8 a.m. to noon; Family Readiness Center; registration required by Oct. 19  
 ☐ **Introduction to MS Word** — 9 to 11:30 a.m.; Education Center, Room B-110  
 ☐ **Parent power: parenting children 13 to 18 years old** — 1 a.m. to noon; for more information and to register, call 751-6325  
 ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222  
 ☐ **Healthy living family on the go** — noon to 1 p.m.; Joe E. Mann Center, conference room. Call 751-5256 for more information.

## FRIDAY, OCT. 28

☐ **Salary negotiations** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

## MONDAY, OCT. 31

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

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



# For-profit schools target military

By **ELAINE SANCHEZ**  
American Forces Press Service

WASHINGTON — Service members and their families are under siege from for-profit colleges, many of which see service members as nothing more than “dollar signs in uniform,” a top financial official said last week.

A number of these schools target troops with aggressive, misleading marketing tactics followed by a lack of administrative or counseling support — which can lead to roadblocks for service members seeking to advance their education, said Holly Petraeus, the Consumer Financial Protection Bureau’s assistant director for service member affairs.

She issued this caution in a Sept. 21 New York Times op-ed, and in written testimony submitted last week to a U.S. Senate Committee on Homeland Security and Governmental Affairs’ subcommittee.

“The real and growing concern is that, just as in the days of unchecked payday lending before the implementation of the Military Lending Act, military communities are once again under siege by a group that sees big money to be made off the military: for-profit colleges,” Petraeus wrote.

These colleges are targeting a population that’s become increasingly more interested in obtaining higher degrees, she noted. She recalled when her husband, CIA director David H. Petraeus, a retired Army general, first enlisted in 1974. Back then, officers were expected to have a bachelor’s degree, but enlisted service members with a two- or four-year college diploma were scarce.

Fast-forward several decades, and now officers who

would like to move up the ranks are expected to have a graduate degree, and enlisted personnel who would like to reach senior noncommissioned officer status, a bachelor’s degree, she said.

These degrees are equally important post-service, she added, where in today’s economy, a bachelor’s degree is “a must” for many jobs.

The growing demand for higher education has caught the attention of for-profit colleges, eager to enroll troops with ready cash in hand. Active-duty service members, Petraeus explained, have access to tuition assistance funds, and troops, veterans and some family members, to the GI Bill.

They’re also driven to enroll service members to help meet the “90-10 rule,” she said, created by the 1998 amendments to the Higher Education Act. Under this rule, a for-profit college has to obtain at least 10 percent of its revenue from a source other than Title IV federal education funds. While tuition assistance and the GI Bill are federally funded, they don’t fall under the Title IV category, she added, “putting (service members) squarely in the 10-percent category of the 90-10 rule.”

For every service member who uses tuition assistance or GI Bill funds — or a service member’s spouse or child under the Post-9/11 GI Bill — the college can enroll nine other students with Title IV funds, Petraeus said.

“Therein lies the problem,” she said. “This has given some for-profit colleges an incentive to see service members as nothing more than dollar signs in uniform, and to use some very unscrupulous marketing techniques to draw them in.”

Petraeus cited what she called a “particularly egregious

example” that was featured in a 2010 Bloomberg Business Week article. The article told the story of a Marine Corps corporal with a traumatic brain injury. A for-profit university representative visited a wounded warrior battalion to sign up service members for courses. According to the article, the corporal “knows he’s enrolled ... he just can’t remember what course he’s taking.”

Petraeus said she often hears concerns about “unscrupulous marketing” by some for-profit colleges. On one site she visited, the schools were listed as “GI Bill” schools, but all were for-profit colleges.

A number of these schools proceed to deliver poor treatment after enrollment. One spouse told Petraeus she had connectivity problems and couldn’t sign on for her online class, yet was unable to gain assistance from the school. Still, she was billed for the full tuition.

These support problems can pose a challenge for deployed troops, Petraeus added, who can experience a “lock down” on communications or other connectivity issues.

“I have heard about instances where no flexibility was shown by the college and the student received an ‘F’ for failure to submit the work on time,” she said. “The tuition bill, of course, was still expected to be paid.”

The Consumer Financial Protection Bureau and the Office of Servicemember Affairs will work alongside Congress, the Defense, Veterans Affairs and Education departments, the public sector, and the nonprofit and business communities to improve financial education for military families so they can avoid these types of pitfalls, Petraeus said.

## Talent show aims to empower kids, parents

Continued from Page 1

experience a whole new different side of being in the public’s eye and doing something that they really enjoy doing. And that they can walk away feeling encouraged and feeling empowered and are ready to go out and tackle something else.”

One way organizers aim to achieve that is by encouraging crowd participation from adults and children alike.

“During (last year’s) talent show, kids were up dancing, they would come to the front of the stage any time the music came on. ... And we told parents, ‘Don’t bother sitting them down. They’re OK,’” Jackson said. “It was unique. And it was special to our families, because our families had the opportunity to come to something and not have other parents look at them and say, ‘Why isn’t your child being quiet?’”

The talent show is not just for pure fun, though. A trophy will be awarded for the winner of each of five age categories.

“We want our children to learn to be competitive. Because when they get out here in this world, they are going to be competitive, no matter what they do, whether it’s in the classroom, whether it’s playing a game,” Jackson explained. “They’re going to have to understand as well that there are going to be winners and there are going to be losers. This is something that we want to instill in them

now.”

But the event is not only rewarding for those who participate, but also for the organizers, said Marisa Willis and Brandi Palmer, both EFMP specialists.

“I’m just looking forward to the excitement in the children’s eyes,” Palmer said. Their eyes light up as soon as they walk in — from the decoration to the balloons, the stars all over — it’s their night.”

About 40 contestants participated in last year’s talent show. More than 250 people were in attendance.

Jackson said she encourages everyone in the community to attend, even if they don’t know any of the contestants.

“We want other people from the community to have the opportunity to know and to support our families that have special needs and disabilities,” she said.

Jackson said she introduced the idea for the talent show at last year’s EFMP conference with the hope that it will catch on.

“We’re hoping that other installations will pick it up as well. And as these families move from place to place, they can continue to keep their children involved in things like this,” she said. “And you never know, we might have an American Idol come out of it.”

*Susanne.Kappler.1@us.army.mil*



Leader file photo

A child performs at last year’s EFMP and CYSS talent show. This year’s show is scheduled for 6 p.m., Friday at the Joe E. Mann Center.



Leader file photo

Hundreds of job-seekers came out for last spring's Employment Readiness Program job fair. Approximately 65 employers are expected to be on hand at the next job fair, which is scheduled for Tuesday.

# Fort Jackson event links employers, job seekers

By **BARBARA MARTIN**  
Employment Readiness Program

Looking for a job can be a daunting and disappointing experience. Even after sending out numerous resumes, job seekers may not receive a single invitation for an interview.

Networking is one of the fastest ways to land a job. Seventy-five percent of jobs are found through personal contacts as opposed to classified ads or posting resumes online.

Job fairs are excellent places to learn how to network and land a job. Start networking by attending the Fort Jackson Job Fair, Tuesday, at the Solomon Center. The job fair is open to WTU Soldiers at 8:30 a.m. and open to the public at 9 a.m. and lasts until noon. Arrive earlier to talk to more than 65 employers hiring for local, national and overseas positions. You can

obtain a list of the participating business by going to the Army Community Services website at [http://fortjacksonmwr.com/acs\\_emp/jobfair\\_info.html](http://fortjacksonmwr.com/acs_emp/jobfair_info.html).

This event will provide opportunities for job hunters to talk face-to-face with potential employers. Those attending should be prepared and bring copies of their resumes. Resumes should be limited to one to two pages. Resumes can even be targeted to a specific career field.

Those seeking employment should create an "elevator speech" or "infomercial" to use when introducing themselves to an employer. An elevator speech tells the employer who the applicant is, what he or she has done, what the applicant wants to do and how he or she can be a valuable asset; in 30 seconds.

It's just like a commercial. An example is: "Hello, I am John Smith, I have four years of plant management experience

plus military related training. I supervise more than 200,000 square feet in industrial and warehouse facilities and eight staff members. I've implemented an energy savings program that reduced cost by more than \$70,000 per year. I would like to talk to you about how my background relates to the work you do."

Collecting business cards or contact information and following up within 24-48 hours with a thank you letter to each of the representatives is another way of staying foremost in the employer's mind.

After the job fair, applicants should follow up by posting a resume on each company's website and check the website periodically for new job openings.

The job fair is sponsored by the ACS Employment Readiness Program and the Army Career and Alumni Program. For more information call 751-4862 or 751-4109.

## FMWR calendar

### THURSDAY

- ☐ Watch and discuss the movie, "I am Number Four," at 5:30 p.m., at the **Post Library**.
- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

### FRIDAY

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

### SATURDAY

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

### SUNDAY

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

### MONDAY

- ☐ National Geographic explorer Helen Thayer will discuss her book, "Three Among Wolves," at the **Post Library**, 10:30-11:45 a.m.

### WEDNESDAY

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

### ONGOING OFFERS

- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions.



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



# Take time to process negative emotions

By **JAMES W. CARTWRIGHT**  
U.S. Army Public Health Command

Sgt. Smith allowed his negative emotions to direct his life.

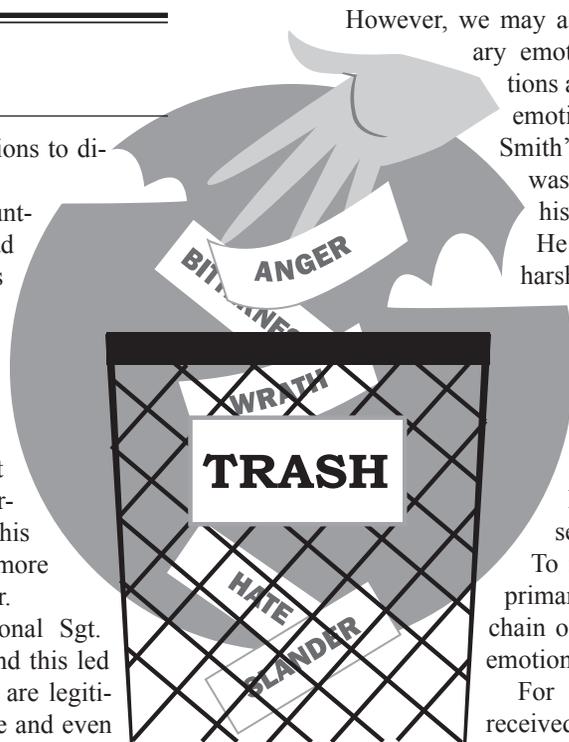
One evening, while tackling the mounting bills, he discovered that his wife had maxed out their credit cards. He was frustrated and confronted her about her spending habits.

As she struggled to explain, Smith became angrier with each excuse she offered and demeaned her with hateful names. His wife was outraged and fought back with a tirade about the sergeant's personal shortcomings. Smith did not like his wife's angry retaliation. He became even more angry, lost control in an instant and hit her.

Rather than calm himself, the fictional Sgt. Smith acted on his negative emotions, and this led him to a destructive outcome. Emotions are legitimate and valid when they are pleasurable and even when they are painful.

However, acting on emotions can often create destructive outcomes. Acting on angry impulses can lead to hostility and even failed relationships. Acting on your emotions often intensifies your negative feelings and does not provide relief from distress.

Emotions are simply signals in your body that tell you what's happening in your environment. They can be good or bad, pleasurable or distressing. Sometimes they are strong feelings that come on quickly as a reaction to a situation without much thought or consideration for what's going on. Our initial reactions to what's happening are referred to as primary emotions.



However, we may also experience secondary emotions. Secondary emotions are reactions to primary emotions. For example, Smith's primary emotion was anger in response to his wife's overspending.

He expressed his anger in harsh words aimed at his wife and then escalated his anger to the point that he ended the episode by hitting his wife. Later, he felt guilt and shame about his actions. These were secondary emotions.

To make matters worse, a primary emotion can set off a chain of secondary distressing emotions.

For example, Pfc. Jones received a "Dear John" letter from his girlfriend.

At first he felt angry and betrayed. He thought, "How could she break up with me?" Later, as he thought about the loss of his girlfriend he felt abandoned, lonely and even worthless. He began to have self-critical thoughts: "I'm such a loser." Soon he began to think, "I can't live without her."

As his thoughts became more irrational, he began to feel overwhelmed by his emotions. At this point he is placing himself in danger. He may engage in destructive activities like binge drinking, or even think that life isn't worth living.

It is easy for emotional reactions to escalate out of

control. Often, an individual in emotional pain blames someone or something else for the pain in the first place. Generally, the angrier you get, the more pain you will experience. Getting angry or upset over a situation also stops you from accurately perceiving what's really going on. When you get angry and think that a situation should have never happened in the first place, it frequently means that you're missing the point: It did happen, and you have to deal with it.

Regulating your emotions is the way to deal with it. When feeling overwhelmed emotionally, one way to regulate your emotions is to accept the moment or event for what it is. The troublesome moment may have stemmed from a long chain of events and decisions made by you and others.

You can't really fight it, get angry at it, or try to change it into something that it is not. The events leading to the moment have already occurred. For Smith, his debts are debts no matter how he reacts. For Jones, the letter is what it is, in the moment. This doesn't mean that you have to give in to every bad thing that happens to you, but it frees you to accept the moment for what it is and choose to respond differently.

In order to get started with regulating your emotions, remind yourself of a few coping statements like, "This situation won't last forever," or, "The present moment is the only moment I have control over." Other coping statements include: "I'm strong and I can handle anything," or "I've survived other bad situations before, and I'll survive this one, too."

Accepting the present moment allows you to be objective about the part you have played in the situation. Most importantly, it gives you the well-deserved opportunity to respond to the situation in a new way that's less painful for yourself and others. It opens the door for you to change things for the better.

## MACH UPDATES

### FLU SHOT SCHEDULE

Seasonal flu shots will be available to eligible beneficiaries 4 and older beginning Thursday. Vaccinations will be given 8 a.m. to 4 p.m., in Room 6-67 at Moncrief Army Community Hospital. September dates are: Sept. 29, 30. October dates are: Oct. 3, 4, 11, 18, 19, 20, 21, 25, 26, 27, 28. Vaccinations will also be given at the Solomon Center, 8 a.m. to 3:30 p.m., Oct. 17, 24, 31.

### WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday in Room 7-90 of Moncrief Army Community Hospital. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.

### LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active-duty service. For more information, call

751-5406.

### TEXT REMINDERS

Moncrief Army Community Hospital now offers appointment reminders by text message. To sign up, complete an opt-in form, which is available in the clinics and at the information desk. Reminders will arrive two to three hours before an appointment.

### RADIOLOGY SERVICES

Army Move! and Sports Nutrition classes are now offered online. To register, visit Army Knowledge Online [www.us.army.mil](http://www.us.army.mil). Under "Self Service," click on "My Medical." Scroll down to the "Ultimate Warrior Community" and register for the Army Move! or HOOAH Bodies communities (directions on website). Army Move! is the DoD program designed to help Soldiers and family members lose weight, keep it off and improve their health.

### TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

## 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).



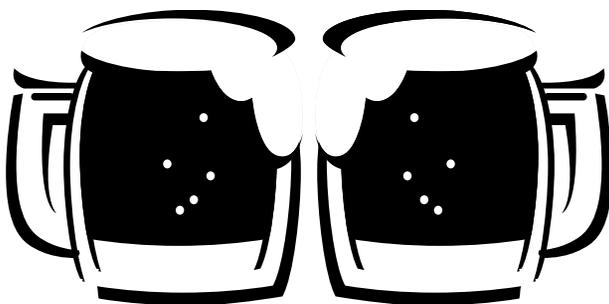
# God's grace, humor evident in beer 'bribe'

By **CHAPLAIN (MAJ.) JEFF BURBANK**  
*U.S. Chaplain Center and School*

Yes, I drive a pickup truck. No, I don't drink beer (or anything else alcoholic). Yes, I recently rented a trailer. But here is the story of how God recently showed me both his grace and humor.

While it may now seem a distant memory, Hurricane Irene recently socked the East Coast with winds over 110 mph and rain, rain, rain. As a result, the fence along the house in Virginia where my wife and high school-age son live had some severe damage. Taking the list of needed items to a warehouse store, I loaded a trailer full of supplies and headed north.

On the return trip to Columbia, I had supplies that needed to be returned still in the trailer. As I neared the city, I watched the fuel gauge needle peg on empty and the computer "miles to empty" screen scrolling "low fuel" over and over again. I consider events like this an invitation to prayer. That's when God showed me his grace: I made it to the fuel station in time to put in 27 gallons into



my 26 gallon tank. Praise God!

While pumping the fuel I saw a paper bag on top of the pump. Looking into it, I saw there was a beer inside. It was one of those beer cans that is the size of two regular cans. I thought, "I have no use for this but Romans teaches us that all things work for the good of those who love the Lord and are called according to His purposes."

I figured I would give it to someone who helped me unload all my return fencing.

During the return at the warehouse store, it began to rain quite heavily. Though I was working under an over-

hang, the rain blew in on me anyway. In the hurry to get the cement mix loaded while dry, I forgot to tip anyone. The last leg of the trip was to drop off the trailer.

I was two miles away from the rental store when I began to thank God for the safety of the trip. No sooner had I uttered my first word of thanks than one of the tires on the trailer blew. But God being God, the trailer had four wheels and I was able to get there to return it. As I finished unhooking the trailer, completely soaked by the evening rain, I then remembered the beer. I set the "tip" on the fender above the blown tire, hoping I would not be charged anything for it. When I received my receipt through the email the next day, I saw the bribe, uh, tip had worked.

God can take the difficult (blown apart fences and a 800-mile round trip to a house which only recently had the power restored and then coasting back in on fumes) as opportunities to show his grace. What difficulties are you facing today?

You never know, he may even throw in a "tip" for you to offer in the process.



**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
  - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
  - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
  - 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
- 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

**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
- CHURCH OF CHRIST**
- Sunday
  - 11:30 a.m. 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

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 13 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an an-

nouncement for the Oct. 13 Leader must be submitted by Oct. 6.

The Leader welcomes timely submissions.

Send your submissions to [usarmy.jackson.93-sig-bde.mbx.fj-leader@mail.mil](mailto:usarmy.jackson.93-sig-bde.mbx.fj-leader@mail.mil).

For more information, call 751-7045.



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



## 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 Sirois**

*Provost Sergeant Major*

**Bill Forrester**

*Fire Chief*



### CASES OF THE WEEK

❑ A civilian was issued a three-year post bar letter after attempting to enter the installation using false identification, Military Police said. MPs determined that the civilian was in the country illegally, and he was released to immigration officials. The civilian was also cited for no driver's license and unlawful entry to U.S. property by false pretenses, MPs said.

❑ A civilian was denied entry into the installation after attempting to bring an unregistered handgun onto post, MPs said. Anyone who plans to bring a weapon onto the installation must register it first with the Department of Emergency Services.

**crimestoppers**  
**1-888-559-TIPS**  
[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

## DES urges residents to remain vigilant

*Special to the Leader*

Vigilance refers to the state in which attention must be maintained over time. For those who live and work on Fort Jackson, it simply comes down to everyday situational awareness.

The threat of terrorists attacking our communities is real. Terrorists can strike anytime and anywhere. They look for "soft targets." A soft target is a person, information, or facility in which terrorists perceive they have good chance of a successful attack and a low risk of interference by security forces. To minimize these opportunities, individuals can maintain vigilance, practice good personal security habits, and alert the proper authorities of suspicious behavior.

What can an individual do to reduce the risk of becoming a victim of terrorism? Individual protection and personal safety begins with a proactive mindset about the security environment where they live, work, go to school, and travel. Personal security habits which will help prevent you from becoming a victim include understanding the risks associated with your activities and locations, and taking proactive measures to enhance your own safety.

Do not discuss personal information or military missions in public, on the telephone, or on the internet. Take extra precautions with social media networks (such as Facebook, Twitter and blogs) — avoid posting or providing personal information. Criminals and terrorists are known to use these forums for open source information gathering and for recruitment and these media do not provide "secure" communications.

Basic security begins with the home. Make sure doors and windows lock and exterior lighting functions properly. Children should keep doors and windows locked when home alone.

Be prepared for an emergency that may require the family to "shelter-in-place" or relocate on short notice. Make a family emergency plan and ensure all family members understand what to do in different scenarios.

Participate in a neighborhood watch program to establish a shared responsibility for the safety and security of the community. Maintain situational awareness of surroundings at all times. Pay particular attention to activity happening around you in order to identify anything unusual.

Above all, remember, if you see something, say something. The number to call on Fort Jackson is the Directorate of Emergency Services at 751-3113.



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao). Or scan the QR code to use your smartphone to log in.

# Co-signing a loan: Is it worth the risk?

*From the Legal Assistance Office*

You may have a child, grandchild or friend who is in need of a co-signer for a loan. Do you know what you would do if one of them asked you to co-sign? It can be difficult to say no to someone you care about, but it is important to understand what co-signing involves and what implications it can have for you.

Under federal law, creditors are required to give you a notice that explains your obligations. The co-signer's notice states:

☐ You are being asked to guarantee this debt. Think carefully before you do. If the borrower does not pay the debt, you will have to pay it. Be sure you can afford to pay if you have to, and that you want to accept this responsibility.

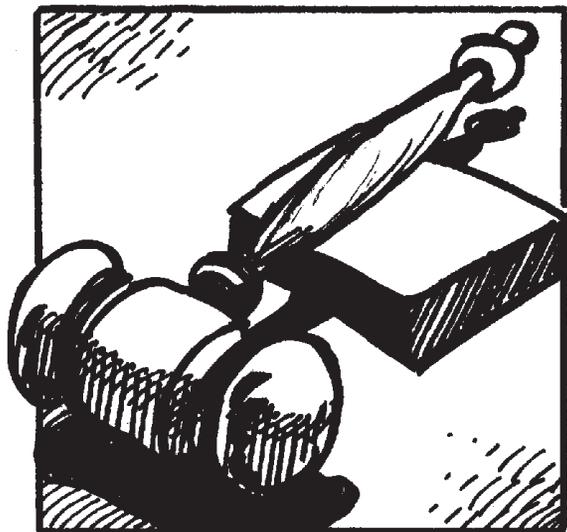
☐ You may have to pay up to the full amount of the debt if the borrower does not pay. You may also have to pay late fees or collection costs, which increase this amount.

☐ The creditor can collect this debt from you without first trying to collect from the borrower. The creditor can use the same collection methods against you that can be used against the borrower, such as suing you, garnishing your wages, etc. If this debt is ever in default, that fact may become a part of your credit record.

☐ This notice is not the contract that makes you liable for the debt.

☐ Depending on your state, this may not apply. If state law forbids a creditor from collecting from a co-signer without first trying to collect from the primary debtor, this sentence may be crossed out or omitted altogether.

You may not think that your friend or relative will ever miss a payment or stop paying the loan altogether, but that could happen. If it does, lenders in most states may



immediately collect from you without first pursuing the borrower. Beware as well that the amount owed may have increased due to late charges or attorneys fees. You risk being sued and having your wages garnished, property taken from you, and credit rating damaged if the lender wins the case.

There may be situations in which you want to co-sign despite the risks, such as when your child needs a student loan. Be sure that you can afford to pay the loan. It is also wise to ask the lender to calculate the amount of money you might owe. While a lender is not required to do this for you, he or she may do so if asked. You might also be able to negotiate the specific terms of your obligation, such as limiting your liability to the principal on the loan. This would prevent a lender from collecting late charges, court costs, or attorney's fees. Also ask the lender to agree, in writing, to notify you if the borrower misses a payment.

That way you will not be caught unaware and will give you time to seek advice and establish a repayment plan if needed.

If you are co-signing for a purchase, make sure you get copies of all important papers, such as the loan contract, the Truth-in-Lending Disclosure Statement, and warranties. These are helpful in understanding what you are co-signing, and may be needed later if there is a dispute. Before co-signing any loan, you may also want to contact an attorney or financial counselor to review the paperwork, assess your situation, and assist you in formulating a decision.

If you have co-signed a loan and are currently being contacted for repayment, you should contact an attorney as soon as possible. Do not enter into any repayment agreements with the lender without having your obligation validated and keep track of any communication from the lender or a debt collection agency with regards to the loan you co-signed.

When a family member or friend asks you to help by co-signing their loan, keep in mind that what may be helping one of them may hurt you.

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## Fort Jackson Legal Office

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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.

## Round One



Photo by JAMES ARROWOOD, command photographer

**Mike Casto, PGA professional at the Fort Jackson Golf Club, welcomes golfers who participated in the All Army golf trials last week. The tryouts determined which Army golfers will participate in the Armed Forces Golf Championship, which is scheduled through Sunday at the Fort Jackson Golf Club.**

## Sports shorts

**HALLOWEEN HOWL SET**

A Halloween Howl 5K and 10K fun run/walk is scheduled for 8 a.m., Oct. 29. Registration is open now through Oct. 27. Registration also will be available 7-7:45 a.m. the day of the event.

**SKIES KARATE BEGINS**

SKIESUnlimited is offering karate classes for three age groups.

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

**Beginner karate** (ages 6-18) meets 6:15 to 7:15 p.m., Fridays and 3 to 4 p.m., Saturdays. Cost is \$50 per month.

**Intermediate karate** (ages 6-18) meets 4:15 to 6:15 p.m., Saturdays. Cost is \$50. All classes are



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