



Post to mark 10th anniversary

In 2001, Fort Jackson — like many other U.S. military installations — was an “open” post. Commuters routinely traveled onto post on their way to work; no identification needed.

The 9/11 terrorist attacks changed that, not just for Fort Jackson, but for the country as a whole. At Fort Jackson, Sept. 11 came a little more than a month after the installation introduced its new controlled access policy, which required ID checks for all those entering the post. While at the time, it may have seemed an inconvenience, 10 years later, many of us cannot imagine it any other way.

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The front page of the Sept. 13, 2001 issue of the *Leader* shows a photo of smoke billowing from one of the World Trade Center towers as the second plane nears the other. In that same paper are photos of the wreckage and of first responders on the scene that even today are tough to see.

But what the newspaper doesn't show is the resilience the Fort Jackson community, along with the rest of America, displayed in the face of such a difficult time.

Each of us has his or her own 9/11 story. Most of us can no doubt remember where we were, and what we were doing, when we got the news.

This week's issue allows a glimpse into the stories of a few of our fellow Fort Jackson community members. From those who were on Fort Jackson that fateful day, to educators whose job it is to teach our children about it. And through it all, one message rings through:

We will remember.

9/11 anniversary: 'We will remember'

This week, we will remember the 10th anniversary of the Sept. 11, 2001 terrorist attacks on our nation. With those memories will come images, words and names. We will also remember the sequence of events and where we were as they unfolded.

We will remember how those events changed us, both individually and collectively, creating a generation now dubbed the 9/11 generation. Additionally, we will honor the memories of the almost 3,000 lives lost that tragic day. It is an anniversary unlike any other and perhaps the most emotion evoking remembrance that our generation will ever participate in. Each of us will remember this event and how we as a nation came together to respond to this evil and how to this day we continue to hold those responsible accountable.

We will remember how Americans responded in New York, at the Pentagon and in the ill-fated jetliner over Pennsylvania. We will remember the more than 6,000 service members who have given their lives in Iraq and Afghanistan in the 10 years since 9/11 and the tens of thousands of our wounded warriors.

We will also remember the Gold Star families of our fallen heroes.

As Soldiers, it is our duty to deploy to far away inhospitable lands and protect America and its way of life. We have taken the oath of service to the nation and have vowed to protect what America stands for. We will remember and

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



reflect upon those words and recommit ourselves to our profession of arms.

As Soldiers, we are committed to winning America's wars, while at the same time demonstrating the values that set us apart from those who choose to use terror as means to promote their causes.

This weekend, we will also remember the Soldiers and civilians who will not have a chance to attend any of our planned activities or any other gatherings because they are deployed. We will always remember the Soldiers who have gone before us, and the sacrifices that they have made in advancing the fight against extremists bent on taking away our freedoms.

We will remember our many victories, such as the operation this past year that killed Osama bin Laden and the one two weeks ago that eliminated al-Qaida's newly promoted

second in command — both missions reflecting our persistence and unwavering commitment. We will keep these victories in mind, but we will not dwell on them because, simply put, we are not done.

We remain engaged in a persistent conflict against an extremely resolute and merciless enemy.

The events of 9/11, along with the ongoing conflicts in Iraq and Afghanistan, have helped define America's next greatest generation, as Pearl Harbor and World War II helped certainly define one. Another great generation needs mention and thanks, and that's the dedicated, selfless and proud generation that did its duty in Vietnam, doing what the nation asked of them during their time. The 9/11 generation includes 5 million Americans who have served in uniform — active, Guard and Reserve — in the past decade.

Just as numerous previous generations of Americans faced great challenges, the 9/11 generation has risen to the occasion to ensure the security of our country and way of life.

This weekend, I ask you to remember the 9/11 attacks and honor the memories of those we lost that day, and those who continue to sacrifice in defense of our great nation. Remember, there is no single way to best observe 9/11 — the point is that we remember. I invite you to join me in remembering this event by attending a 9/11 Wreath-laying Ceremony at 9 a.m. in front of Post Headquarters Friday.

Army Strong and Victory Starts Here!

AFAP issues reviewed at meeting

The Army Family Action Plan is an incredibly important program that allows senior Army leaders to understand the needs of Soldiers, civilians and families and continue to deliver on the promise of the Army Family Covenant. It's a grassroots effort by the Army community to identify what's not working, why it should change and how to fix it.

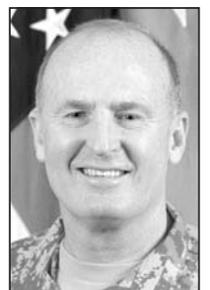
Since the inception of AFAP in 1983, there have been 683 issues elevated to the Department of the Army level. Of those, 500 have been completed, 144 were unattainable due to either legislative or budget constraints and 38 remain active.

Twice a year, Army senior leaders and program representatives meet to review the progress made against the remaining active issues and assign a status of active, complete or unattainable. The latest review session was held at the beginning of August. Of the 35 issues reviewed, it was determined that 22 of those should remain active as work is still being done, five are complete, and the remaining eight are unattainable. The results will make life better for Soldiers, civilians and their families for years to come.

Now, 38 states offer military spouse unemployment compensation compared to only eight in 2002 when this issue was introduced into the AFAP process. In addition, Maryland and the District of Columbia evaluate eligibility on a case-by-case basis. This issue arose because most states considered leaving a job due to military relocation as voluntary rather than involuntary. To get a complete listing of the participating states and to learn more about this issue, visit the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservices> and search for issue number 524.

Through issue No. 574, funding for the Reserve Component Strong Bonds Program is now available. Its mission is to increase Soldier and family readiness through relationship education and skills training. Attendees voluntarily participate in a Strong Bonds retreat that provides an emotionally safe and secure environment

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



to address the effects of military lifestyle stressors. To learn more about the Strong Bonds Program, visit www.strongbonds.org.

Three medical and behavioral health issues are nearing completion. Funding for issue 583, which mandates that all stateside installations, including Alaska and Hawaii, provide Advanced Life Support services on or near the installation, has been requested for the fiscal year 2013 budget. Issue 646, once approved, eliminates generic mail order prescription cost shares beginning in fiscal year 2012.

Lastly, an increase in authorizations of career coordinators assigned to Wounded Warrior Soldiers and their families/caregivers is also complete. Warrior Transition Units now have military career counselors and transition coordinators to assist transitioning warriors with developing career and education goals.

Although some issues remain active, considerable progress has been made. An example is issue 641, which recommends a comprehensive strategy to optimize alternative treatment options to manage pain and prevent over-medication. Three years ago, more than 95 percent of our wounded warriors at Walter Reed were on opioid narcotics. Today that number is 8 percent, and we're moving this practice across to other services.

Part of this year's process also includes improving our resource management. As the assistant chief of staff for

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Fort Jackson, South Carolina 29207

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In remembrance

Post ceremony to honor 9/11

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Friday, Fort Jackson will take time to remember first responders and service members who gave their lives in Sept. 11 rescue efforts during a wreath-laying ceremony at Post Headquarters. The ceremony will begin at 9 a.m. and will serve as recognition of the many people who worked together to save lives during the tragic day 10 years ago.

In the past, Fort Jackson has observed a moment of silence in remembrance of Sept. 11, but as time moves on, a more significant ceremony seemed appropriate.

“We want a way to come together and show how much we appreciate everyone who sacrificed and everyone still sacrificing today,” said Sgt. Maj. Timothy Webb, with the post’s G3 office. “We will have a fireman, EMS, DA Police and Soldier representative to participate in laying the wreath with the CG and post sergeant major. We’re recognizing everyone because everyone played a part.”

The ceremony is also a way for members of the community to come and show their respect to those who gave their lives.

“I think it’s great that they will have this ceremony,” said Maya Powell, a Fort Jackson family member. “We just got here, and it’s nice to know that wherever you go, there will always be the military family coming together to support each other and remember all the precious lives lost.”

The ceremony will include a message from the post commander, performances by the 282nd Army Band, and static displays from the different emergency response services on Fort Jackson to represent the rescue personnel being remembered. To close the event, a squad will render a 21-gun salute. “The goal is for this to give people a chance to honor those we lost and those still fighting,” Webb said. “We had a nice crowd come last year, including the VFW, and we just hope that people will come and support this special event again.”

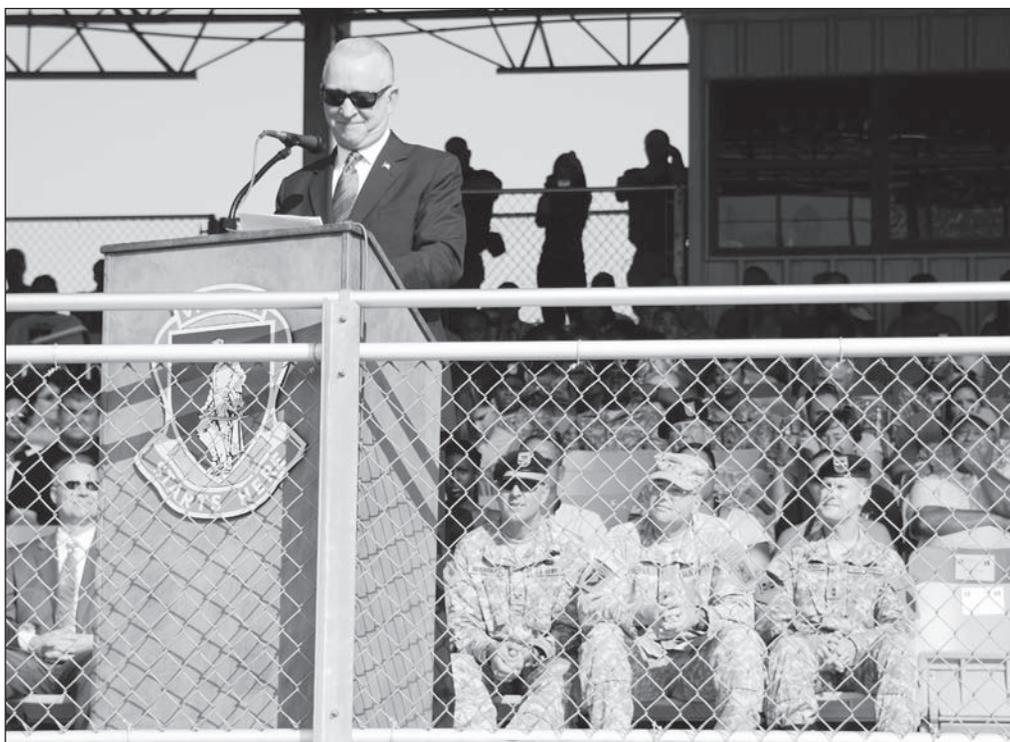
Cursha.Pierce@us.army.mil

A bagpiper plays during last year’s wreath-laying ceremony in front of Post Headquarters. This year’s ceremony is scheduled for 9 a.m., Friday.



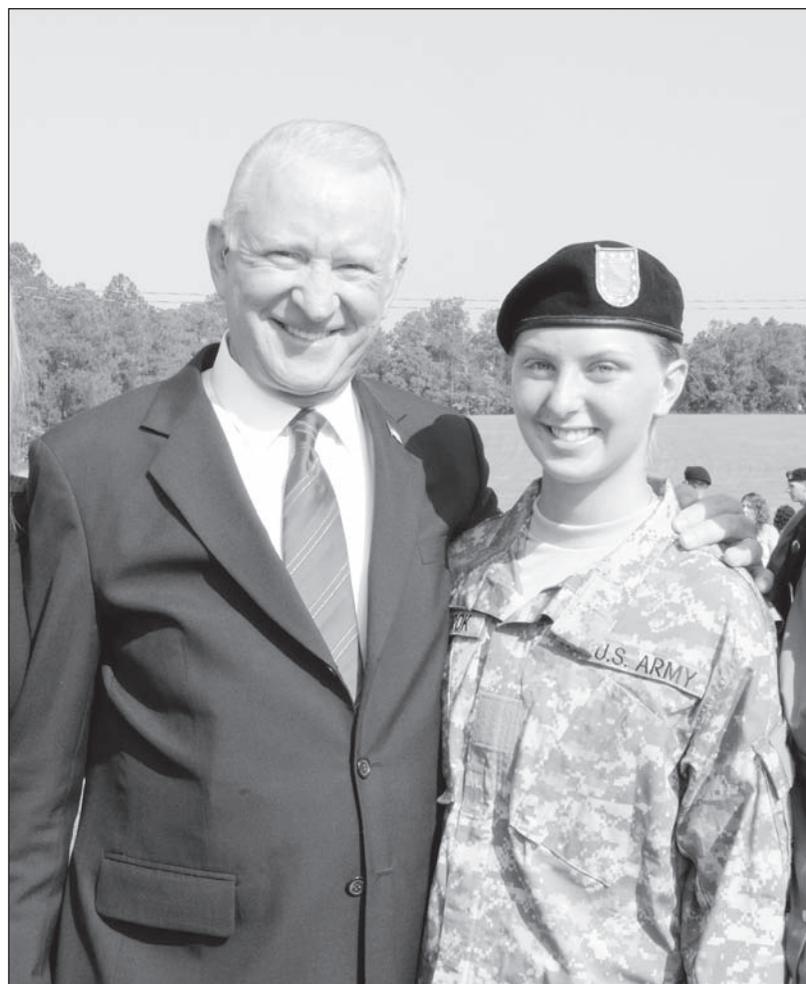
Leader file photo

Congressional speaker



Photos by JAMES ARROWOOD, command photographer

Above, U.S. Rep. Howard “Buck” McKeon (R-Calif.), chairman of the House Armed Services Committee, speaks to graduates, family members and the Fort Jackson community during last week’s Basic Combat Training graduation for the 2nd Battalion, 60th Infantry Regiment. Right, McKeon pauses to take a photo with his granddaughter, who was among those who graduated last week.



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

Housing Happenings

COMMUNITY UPDATES

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

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

❑ A Single Soldier town hall meeting is scheduled for 5:30 p.m., Sept. 20 at the Single Soldiers Complex Community Center at 2447 Bragg St. Installation representatives will be present to disseminate information, answer questions and resolve issues. Soldiers who would like to have specific topics addressed should contact the barracks manager at 751-5446 or the RCI housing office at 751-9339.

CONSTRUCTION UPDATES

❑ To date, 466 homes have been completed.

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

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

❑ New construction activity continues on Parker Lane.

❑ Drywall installation and electrical work is under way in homes on Hunt, Harley and Thomas courts.



Sept. 9 — 4 p.m. Zookeeper	PG
Sept. 9 — 7 p.m. Captain America	PG-13
Sept. 10 — 4 p.m. Captain America	PG-13
Sept. 11 — 2 p.m. Crazy Stupid Love	PG-13
Sept. 14 — 2 p.m. Crazy Stupid Love	PG-13
Sept. 14 — 5 p.m. Captain America	PG-13
Adults: \$4.50 Children (12 and younger): \$2.25	



Army photo by SGT. KANI RONNINGEN

Gen. Raymond T. Odierno, left, was sworn in as the 38th chief of staff of the Army during a ceremony Wednesday on Fort Myer, Va., near the Pentagon. He assumes responsibility from Gen. Martin E. Dempsey.

Army chief of staff sworn in

Army News Service

ARLINGTON, Va. — Gen. Raymond T. Odierno was be sworn in Wednesday morning as the Army's 38th chief of staff during a ceremony on Joint Base Myer-Henderson Hall, Va., near the Pentagon.

Odierno takes responsibility for training, equipping, maintaining and sustaining an Army of more than a half million Soldiers.

A native of New Jersey, Odierno graduated from the U.S. Military Academy at West Point in 1976 with a commission in field artillery. During more than 34 years of service, he commanded units at every echelon, from platoon to corps, with duty in Germany, Albania, Kuwait, Iraq, and the United States.

Odierno served as commander, Multi-National Force-Iraq from September 2008 to December 2009. He then continued to serve as commander, United States Forces-Iraq, from January 2010 to September 2010.

Most recently, the general served as commander of U.S. Joint Forces Command, where he oversaw that organization's role in joint concept development and experimentation, joint capability development, joint training, and force provision and management. U.S. Joint Forces Command was disestablished as of Aug. 31.

Odierno assumes responsibility for the Army from Gen. Martin E. Dempsey, who after serving five months as the Army's chief of staff, will assume new duties as the chairman of the Joint Chiefs of Staff, when Adm. Mike Mullen retires Sept. 30.

Maude lectures to resume Tuesday

Special to the Leader

The U.S. Army Adjutant General School will host a Maude Leadership Lecture, 2 p.m., Tuesday at the Solomon Center. The guest speaker will be Lt. Gen. David H. Huntoon, Jr., Superintendent of the United States Military Academy.

The lecture is the 10th in a continuing series of leadership lectures sponsored by the Lieutenant General Timothy J. Maude Foundation.

The Maude Foundation was formed in memory of the late Lt. Gen. Timothy

J. Maude, the Army's deputy chief of staff for Personnel, who was killed in the 9/11 terrorist attacks. The purpose of the foundation is to preserve his legacy by providing educational support to current and future Soldiers in America's Army.

The Maude Leadership Lecture series is meant to inspire young Soldiers to become strong leaders in our Army and to be



HUNTOON

passionate mentors, in their own right, for the good of the Army and the joy of selfless service. It is also intended to provide students, leaders, and human resources communities with increased opportunities to enhance their leadership skills and classroom training by engaging with current and former leaders of the Army.

For more information about the Maude Foundation, visit <http://www.maudefoundation.org/>.

News and Notes

CASELOT SALE NEARS

The Fort Jackson Commissary caselot sale is scheduled for 9 a.m. to 6 p.m., Sept. 16-17.

AAFES SPECIALS OFFERED

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

AEROBATHON SCHEDULED

A "Do it in Pink" Aerobathon is scheduled for 10 a.m. to 1 p.m., Sept. 17 at the Solomon Center. The event, which is hosted in honor of breast cancer awareness, will feature a variety of aerobics, including Zumba, soul line dancing, abdominal workouts and more. Participants are asked to wear some form of pink during the event. Everyone is invited to attend the free event.

CEREMONY SCHEDULED

Command Sgt. Maj. Mark Phillips Sr. will relinquish responsibility as the command sergeant major of the 120th Adjutant General Battalion (Reception) at 9 a.m., Sept. 14 at the battalion.

MAUDE LECTURE SET

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

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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DoD photo by ROBERT WARD

President Barack Obama, center, then Defense Secretary Robert Gates, right, and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, salute under rainy skies before a wreath-laying ceremony during the 9/11 remembrance ceremony at the Pentagon Memorial, Sept. 11, 2009.

Obama: Unite in spirit of service

By **CHERYL PELLERIN**
American Forces Press Service

WASHINGTON — President Barack Obama this week called on the American people to come together in the spirit of service and remembrance as the 10th anniversary of the Sept. 11 attacks approaches.

"In just two weeks, we'll come together as a nation to mark the 10th anniversary of the Sept. 11 attacks," the president said in his weekly address.

"We'll remember the innocent lives we lost. We'll stand with the families who loved them. We'll honor the heroic first responders who rushed to the scene and saved so many," Obama continued. "And we'll pay tribute to our troops and military families, and all those who have served over the past 10 years, to keep us safe and strong."

The worst terrorist attack in American history brought out the best in the American people, he said. Americans lined up to give blood, volunteers drove across the country to lend a hand, schoolchildren donated their savings, and communities, faith groups and businesses collected food and clothing.

"We were united, and the outpouring of generosity and compassion reminded us that in times of challenge, we Americans move forward together, as one people," the president said.

“As we saw after 9/11, the strength of America has always been the character and compassion of our people.”

”

— President Barack Obama

On Sept. 11, Obama and First Lady Michelle Obama will join the commemorations at ground zero, in Shanksville, Pa., and at the Pentagon.

Even Americans who can't be in New York, Pennsylvania or Virginia, he said, can be part of the commemoration by participating in the Sept. 11 National Day of Service and Remembrance.

"In the days and weeks ahead," Obama said, "folks across the country in all 50 states will come together in their communities and neighborhoods to honor the victims of 9/11 and to reaffirm the strength of our nation with acts of service and charity."

In Minneapolis, volunteers will help restore a community center, the president said. In Winston-Salem, N.C., they'll hammer shingles and lay floors to give families a new home. In Tallahassee, Fla., they'll assemble care packages for U.S. troops overseas and their families at home. In Orange County, Calif., they'll renovate homes for veterans.

Obama and the first lady also will join a local service project, he said. Those who wish to participate can learn more about local opportunities at the serve.gov website.

"Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost — a way to reclaim that spirit of unity that followed 9/11," the president said.

On this 10th anniversary, he said, the nation faces great challenges.

"We're emerging from the worst economic crisis in our lifetimes. We're taking the fight to al-Qaida, ending the war in Iraq and starting to bring our troops home from Afghanistan. And we're working to rebuild the foundation of our national strength here at home," Obama said.

None of the challenges will be easy, he said, and it can't be the work of government alone.

"As we saw after 9/11," Obama said, "the strength of America has always been the character and compassion of our people."

The president called on Americans to mark this solemn anniversary by summoning the same spirit shown 10 years ago on Sept. 11.

"And let's show that the sense of common purpose that we need in America doesn't have to be a fleeting moment," Obama said. "It can be a lasting virtue — not just on one day, but every day."

Spouse prepares for major transition

For the first time in six years, where I live — and how we pay for it — won't be taken care of by the Army. And when I make a phone call about health insurance, child care or, anything really, the person on the other line won't care about my sponsor's Social Security number. Because come this fall, I will no longer be a dependent; I'll just be a civilian.

And so will my husband.

While he will be going into the Reserves, I would be lying if I said that leaving the "traditional" Army family doesn't give me pause. There's just something about the security the military brings. For one; I've never had my own health insurance. And two, the relationships I've made since my husband started his career are invaluable. I can probably count on one hand my close friends who have no military affiliation whatsoever.

It's hard to imagine not heading to the Commissary or the Exchange to do my shopping. And what will my social calendar look like without the regular "Hail and farewell" dinners, Family Readiness Group meetings and military balls? And of course, many of my friends will go on to new duty stations in different cities, states, or even countries, while we forge ahead in this new civilian life.

While I am not saying goodbye completely — as an Army civilian, I know I am still part of the Army family and the Fort Jackson community — it still won't be the same.

CRYSTAL CLEAR
By Crystal
Lewis Brown
Fort Jackson Leader



When I married into the Army in February 2005, I didn't know what I was getting into. I took my first flight just months before on a small prop-plane that flew me into Fort Sill, Okla., where my husband was attending his officer basic course.

And while most people think our wedding date was chosen to center around Valentine's Day, the truth is a lot less romantic — we chose a date that gave him two weeks to help plan the wedding and two weeks to pack for his new duty station in Germany where I joined him three months later.

Truth be told, I wasn't too keen on the military lifestyle at first. I found out a year or so later that just days into landing in Germany, I'd somehow already offended a bunch of people I'd never met, most likely based on someone not un-

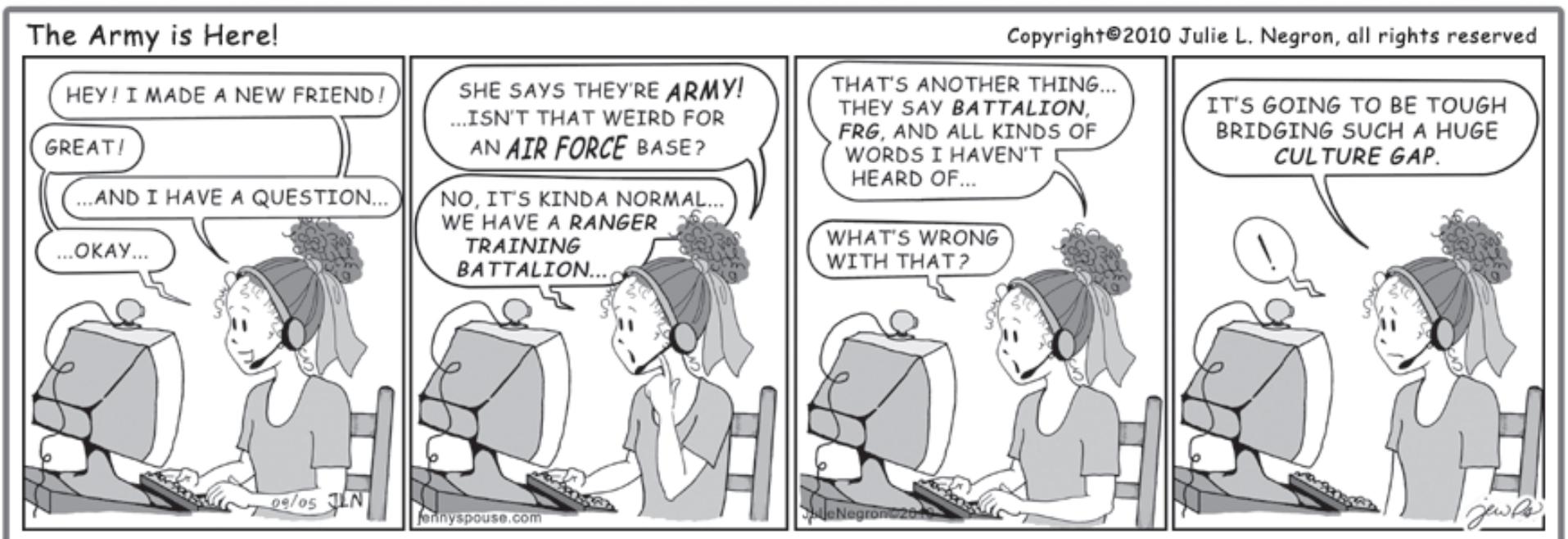
derstanding my unusual sense of humor. That was the first of many misunderstandings I had, most of which I can now look back on and laugh.

Despite those missteps, I enjoyed being an Army spouse. I dove in headfirst, being assigned the task of FRG co-leader before I even really knew what the FRG was. I joined the spouses' club, and was even on the board before we headed back to the states. I made a number of friends, many with whom I am still in contact today. Friends that, during our husbands' deployments, knew when to get me out of the house and when I just needed to be left alone. For every Soldier who knew me as "Lt. Brown's wife," there was a spouse who knew him as "Crystal Brown's husband."

When we left that first duty station three years ago, in addition to German wine, I brought home some lifelong friendships and some lessons learned. But, unlike the wine, those lessons will stick with me. And, hopefully, so will the friendships.

So in a month or so, when my Soldier officially becomes Mr. Brown, I will be losing a big part of something that has been a major part of my adult life. And frankly, it's scary. But I know that having been a part of this family is something I will never forget, and something that has made me and my family stronger.

Editor's note: Crystal Lewis Brown is an Army spouse of six years and editor of the Fort Jackson 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 play-group 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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Family, wounded warrior topics among AFAP issues

Continued from Page 2



IMCOM
SOLDIERS • FAMILIES • CIVILIANS

Installation Management, it is my responsibility to ensure that the Army delivers on its promise to provide Soldiers, civilians and their families a quality of life commensurate with the quality of their

service. At the same time, it is also our responsibility to be good stewards of the taxpayer's money.

Currently we're funding hundreds of family programs at approximately \$2.1 billion. As an Army, we have to embrace a cost culture in order to sustain the force and accomplish our strategic imperatives effectively and efficiently. The three fundamental questions we must all ask ourselves are: Do we really need it? Is it

worth the cost? What are we willing to do without?

Of those programs, what are we willing to do without? Which programs should be combined, and which should be eliminated? Which ones are no longer useful, and which programs need more resources?

Throughout the past few months through Army OneSource, we have asked the Army Family what are our most valuable programs and which ones are least important. I've also received input from senior leaders at the garrison level.

This information collected at the grassroots level will be invaluable as we move forward in the ever changing fiscal environment. Be assured that Army leadership is fully aware of the sacrifices Soldiers and their families have made over the past 10 years. With this awareness, we continue to fulfill the promise of the Army Family Covenant.

Support and Defend!

"Like" Fort Jackson on Facebook by logging in and searching for the Fort Jackson Leader.

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).



Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Michael Kearney
Company A
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Christopher Boss

SOLDIER OF THE CYCLE

Pfc. Joel Gordon

HIGH APFT SCORE

Pfc. Marie Tozer

HIGH BRM

Pfc. Ilija Marcic



Sgt. 1st Class Constance Ellis
Company B
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Ethan O'Connor

SOLDIER OF THE CYCLE

Spc. Mischael Hardre

HIGH APFT SCORE

Pvt. Christina Zacharias

HIGH BRM

Pvt. Joseph Shirley



Staff Sgt. Stephen Archuleta
Company C
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Jonathan Pantano

SOLDIER OF THE CYCLE

Pfc. Jolene Anders

HIGH APFT SCORE

Pvt. Zachary Watts

HIGH BRM

Pfc. Savannah Wright



Staff Sgt. William Darland
Company D
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Timothy Bishop

SOLDIER OF THE CYCLE

Spc. David Yakunich

HIGH APFT SCORE

Pfc. Ruslan Spivak

HIGH BRM

Pfc. Raphael Martinez



Staff Sgt. Michael Browning
Company E
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Naomi Raushenberger

SOLDIER OF THE CYCLE

Pvt. Shantrese Ivory

HIGH APFT SCORE

Spc. David Currid

HIGH BRM

Pvt. Kindell Davis

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT

Bryant Carter

TRAINING SUPPORT

Tracey Gibbs

DFAC SUPPORT

Carolyn Powell

SERVICE SUPPORT

Carl Washington

FAMILY SUPPORT

Maria Baker

Training honors



Staff Sgt. Bryan Feser
Drill sergeant of the cycle
Company B, Task Force
Marshall



Staff Sgt. Lindsay Yoshimoto
Drill sergeant of the cycle
Company C, Task Force
Marshall



Sgt. 1st Class Nathan Croteau
Platoon sergeant of the cycle
Company C, 369th Adjutant
General Battalion



Sgt. 1st Class Wanda Washington
Instructor of the cycle
Company C, 369th Adjutant
General Battalion



Sgt. Shanika Adams
Cadre of the cycle
Company C, 369th Adjutant
General Battalion

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.

For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609. For information about display advertising, contact Kathy at 786-5681.

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

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



Follow us on Twitter for updates and more.



Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel

Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

American Red Cross

Volunteer orientation is every Wednesday, 1 to 4 p.m., and every Thursday, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

MONTHLY

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Woodrow Wilson Unit 4

Second Monday of the month, 6:30 p.m., 511 Violet St., West Columbia, 788-1836 or 791-4422.

Weight Loss Surgery Support Group

— Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.

— Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

New Parent Support breastfeeding support group

Third Tuesday of the month, 5:15-6:30 p.m., Room 8, 5615 Hood St., 751-6868/6304/1071.

Sergeant Audie Murphy Club

First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

Adjutant General Corps Regimental Association

Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4

Second Monday of the month, 6 p.m., 511 Violet St., West Columbia, 467-8355 or gblake12@sc.rr.com.

Fleet Reserve Association Unit 202

Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail sec@fjvictoryriders.com.

The Rocks Inc., James Webster Smith Chapter

Third Thursday of the month, 5:30 p.m., Post Conference Room.

American Legion Riders Motorcycle Group

Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Ladies Auxiliary VFW Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Ladies Auxiliary VFW Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguilar@yahoo.com or visit www.combatvet.org.

Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail William.huffin@us.army.mil.

SUBMISSIONS

To submit a recurring meeting, email the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.



OFF-POST EVENTS

□ The First Responders Remembrance Memorial unveiling ceremony is planned for Sunday at 3 pm at the Columbia Metropolitan Convention Center to honor the 56 great American heroes to date who have lost their lives.

The memorial will include a pair of 25 foot granite towers and the two steel beams which will be crossed, showing how the country united after the attacks on the United States on 9/11.

The memorial will include the

names of all of the victims of the attack on New York City, both citizens and first responders, who gave their lives in New York that day, along with the names of all the South Carolina Midlands first responders (police, fire, EMS, and military) who have given their lives since that morning in 2001.

□ A concert with the South Carolina Philharmonic is scheduled for 7 to 9 p.m., Sunday at Finlay Park (930 Lau-

rel Street, Columbia) This free, outdoor event is open to the public.

Music Director Murihiko Nakahara presents a stirring concert designed to honor those lost in the national tragedy 10 years ago. Works such as Barber's Adagio for Strings will accompany patriotic musical favorites like "God Bless America" and the "Battle Hymn of the Republic" on the evening's program.

Also honored at the concert are lo-

cal first responders (police, firefighters and paramedics/EMTs), whose work and dedication keeps us safe on a daily basis.

Vintage military aircraft and vehicles will be displayed courtesy of the Celebrate Freedom Foundation.

Picnics are welcome at this event, though alcohol, glass and pets are prohibited. Guests are encouraged to bring blankets and appropriate lawn chairs. Bug spray is also encouraged.

Post community remembers 9/11

By **SUSANNE KAPPLER**
Fort Jackson Leader

When Mark Mallach, then a master sergeant stationed at Fort Jackson, drove to work on the morning of Sept. 11, 2001, he was waved through the gate by Military Police without having his ID card checked, as was the custom at the time.

Only a few hours later, after terrorists attacked the United States with four hijacked commercial jets, Fort Jackson — like other U.S. military installations — was locked down and the force protection status was raised to "Delta," indicating the highest level of threat.

Mallach, a New York native who now serves as the installation's antiterrorism officer, saw the attacks unfold on TV with colleagues at the newly established Emergency Operations Center.

"We were just spellbound watching the TV for the most part," Mallach said. "I remember I (stepped outside), came back, and the first tower had just collapsed. ... I asked, 'What happened?' And nobody could say anything. They were just in shock."

At the same time, Chaplain (Col.) Bart Physioc, then a brigade chaplain at Fort Sam Houston, Texas, led an impromptu prayer at a restaurant on post after seeing the attacks unfold while having breakfast. Physioc said he remained at the restaurant for a while.

"How could you get up and leave when our world was changing before our very eyes?" he said. "It was one of those surreal kinds of experiences where there's something momentous happening."

At the time, neither man knew how much of an impact the attack would have on them, both personally and professionally.

For Physioc, the event took a different turn when a list of names of the casualties of the attack on the Pentagon was released.

"On the day that the plane crashed into the Pentagon, of course, everybody's wondering ... but there are a lot of people who work there. So you don't think that there's a chance that you knew any of (the victims) necessarily," Physioc said.

One of the names belonged to Lt. Col. Karen Wagner, who was assigned to the Office of the Deputy Chief of Staff for Personnel at the Pentagon.

"As they were going through the list of names, her name popped up — not a face, but a name," Physioc said. "I thought, 'Oh my gosh, I wonder.' When I checked it out and found out that it was her, I was really sad, obviously, and shocked."

Physioc, now the Fort Jackson installation chaplain, had met Wagner several years earlier while both were stationed at Walter Reed Army Medical Center.

"I used to go in and pop in her office, ... and we would just visit," he said. "We used to just sit and talk about stories — stories about our lives. ... We had that kind of a rapport. She was very open."

He said that losing a friend in the attack changed his view on the attacks fundamentally.

"Sitting in the Burger King and watching (the attack) was a moving experience, but it's not the same," he said. "(Losing a friend), it comes home. That's where 9/11 really came home for me, among all those names of all those people who died that day."

Although Mallach did not know anyone personally who died that day, nine alumni from his high school were killed at the World Trade Center. He said he first went back to New York in 2005 and noticed a difference in the vibe of the city.

"(The attacks) changed that city in how folks think and act," Mallach said. "When I lived there, New York was a lot different — the mentality of the people. They just went about their days. I think they're a lot more caring (now)."

He said visiting Ground Zero for the first time brought back many memories. "I remember, I'd gone up on the observation deck (of the World Trade Center) when I was younger in high school. It's kind of empty now. It's kind of weird to go there," he said. "Even as I'm traveling up I-95 — one of the first things you used to see (of New York) was the towers."

The 9/11 attacks also left their imprint on Fort Jackson.

John Coynor, the installation's force protection officer, said a lot has changed on the installation since then.

"The infrastructure has changed a lot, because we build our buildings with the threat of attack in mind, which we never did before," Coynor said. "We built them to be utilitarian. We built them for comfort. We did not worry about the thickness of the glass or the effectiveness of the (heating, ventilation and air conditioning) system for keeping chemicals out."

In addition, the EOC that was first stood up as a 24-hour operation that day, still works around the clock with much improved technology, he said.

For Chief Warrant Officer 5 Richard Alston, a 28-year veteran who serves as the installation's senior maintenance ad-



Photo by SUSANNE KAPPLER

Chief Warrant Officer 5 Richard Alston, the installation's senior maintenance adviser, was at Aberdeen Proving Grounds, Md., during the attacks of Sept. 11. He said the ensuing wars have changed the way the Army equips its vehicles, such as the up-armored truck in the photo.

viser, 9/11 has re-emphasized that the military must be ready for action at all times.

"It made me realize I could be here today, I could be (deployed) tomorrow," Alston said. "Being a Soldier, you just have to be ready. You have to stay ready."

Alston has been deployed both before and after 9/11 and said he is ready should he be called upon again.

"Being an American Soldier — duty first! When mission calls for me to go abroad again, I will go again — without hesitating. That's what we do," he said.

For now, though, Alston will spend the 10th anniversary of the attacks at home, watching 9/11 coverage on TV. Although Alston, Mallach, Coynor and Physioc each plan on commemorating the anniversary in their own way, all have emphasized the importance of remembering that day.

"Anniversaries are important, because if we don't have them then we tend not to remember," Physioc said. "If we don't pause to reflect it just becomes an event in the past that we're not connected to."

Susanne.Kappler1@us.army.mil

Schools focus on patriotism for 9/11

By **CURSHA PIERCE-LUNDERMAN**
Fort Jackson Leader

Many Americans will always remember where they were Sept. 11, 2001, but there is a small part of the Fort Jackson community who will never know what life was like before that terrorist attack on home soil. Children at Fort Jackson's schools will rely on history lessons and recounted stories instead of their own memories on this 10th anniversary.

Schools on post will be focusing on the patriotic elements of Patriot Day instead of dwelling on the horrible events and lives lost.

"This is a perfect time for us to address patriotism with the students because of where we are and what we do here on Fort Jackson," said Sherry Schneider, principal of C.C. Pinckney Elementary School. "We also want to address tolerance so the students understand that the attacks were committed by a few individuals and not everyone from a certain place or in a certain group is a 'bad guy.'"

Both Pinckney and Pierce Terrace Elementary School staff members will be taking time to remember the sacrifices of the first responders and service members who lost their lives in the terrorist attacks.

"We will encourage our students to wear red, white and blue and focus on how important our firemen, police officers and Soldiers are in keeping us safe," said Brian Perry, Pierce Terrace principal.

Schneider said the school will observe a moment of silence and some of the older students will discuss in their classes how life has changed in the U.S. since the attacks.

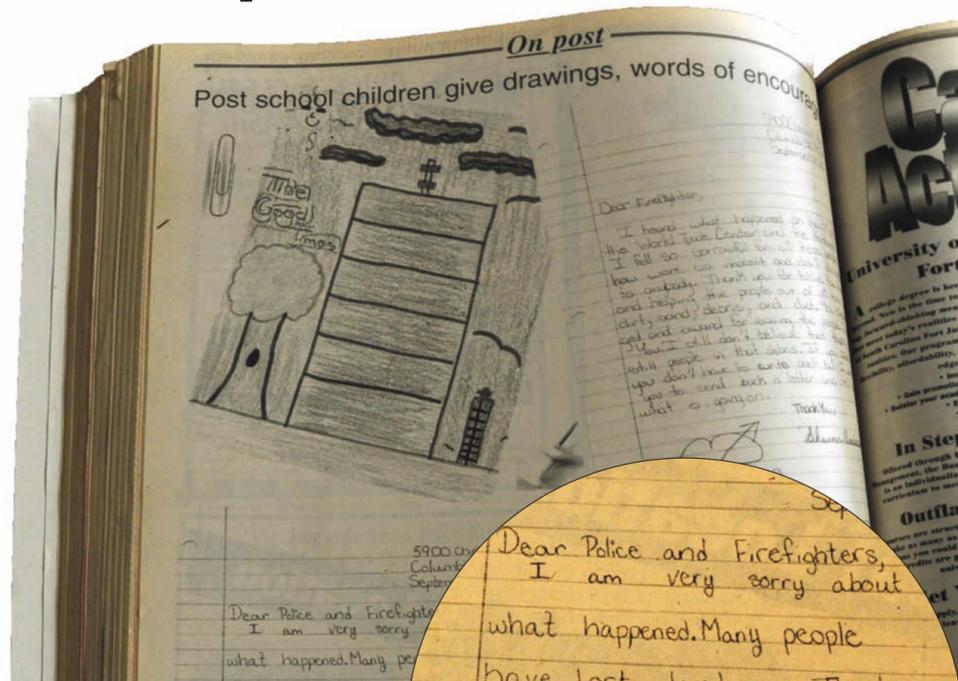
"We've learned a lot as educators since the attacks. I was teaching at a school in Florida when it happened," Schneider said. "Back then we were so naïve and never imagined something like that would happen. We just turned on the news and the teachers watched the tragedy right along with the kids. I would never turn on the news like that for my students now. We know that we need to be more of a filter for our students."

Pinckney's guidance counselor, Debbie Magill, encourages parents to also use discretion at home during this time of remembrance.

"We will all be bombarded with footage since this is the 10th anniversary," Magill said. "I really hope that parents will go easy on the TV and limit what their children see of this and explain that this happened in the past; the attacks are not happening now."

Magill also suggested giving children a little bit of information about the historic day and just waiting to see what questions they have.

"Some children may not want to know everything at



Leader photo illustration

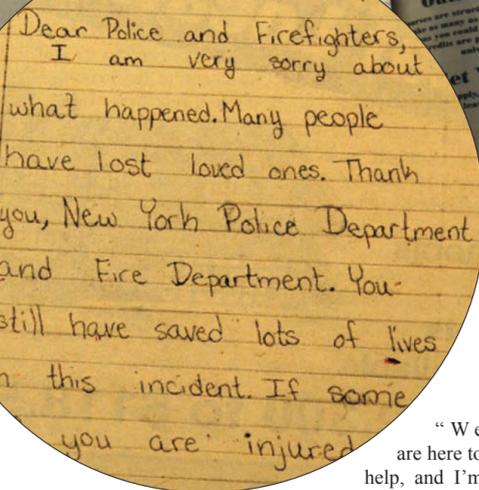
Fifth-grade students at C.C. Pinckney Elementary School drew pictures and wrote letters to New York firefighters and police that were published in this Oct. 4, 2001 issue of the Leader.

once because it is too much for them to deal with. Parents should just be there with lots of reassurance and (be) ready to listen to their children because they really do want to be heard," Magill said.

Magill said some children may wonder if the attacks will happen again, which provides an opportunity to emphasize the contributions of people on Fort Jackson.

"We don't know if anything like this will happen again, but we can talk about what a great job the parents and people on Fort Jackson do to keep our nation safe. Children should be reminded about the brave people we have all around us," Magill said.

Each of Fort Jackson's schools have counselors that will be on hand to help children who may have issues dealing with Patriot Day, deployments or separation from parents due to duty assignments.



"We are here to help, and I'm always looking for more mentors and volunteers to come spend time with the children because they deal with tough issues too," Magill said. "This is a great time for parents to sit down with their children and really be there to help them get through this. That's what the children are really looking for, quality time with their parents."

Those interested in becoming a mentor or volunteer can contact Debbie Magill at Debbie.Magill@am.dodea.edu.

Cursha.Pierce@us.army.mil

CMYK

CMYK

27" WEB-100

Calendar

Saturday

9/11 Memorial Run

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

Patriot Day concert with Kellie Pickler

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

Tuesday

Lt. Gen. Timothy J. Maude leadership lecture

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

Wednesday

Retired Officers' Wives Club luncheon

11:30 a.m., Officers' Club.
RSVP required by Friday. To RSVP, call 788-1094 or 783-1220.

Saturday, Sept. 17

Boys and Girls Club Day for Kids

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

Friday, Sept. 16 and Saturday, Sept. 17

Case lot sale

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

Friday, Sept. 30

EFMP and CYSS talent/fashion show

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

Tuesday, Oct. 11

Domestic abuse community connectivity rally

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

Housing events

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

Monday

Sidewalk chalk party

3:30 p.m., basketball court behind the Community Center
Cover the courts with your artwork. Chalk and popcorn are provided.

Friday, Sept. 16

Red Cross blood drive

9 a.m. to 2 p.m.
To make an appointment, contact Alana Youngblood at 738-8275 or by email at ayoungblood@bgcgrp.com.

Announcements

KNIGHT POOL RE-OPENS

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.

OLIVER DENTAL CLINIC OPENS

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

ASAP EVENTS

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

- Wednesday, suicide prevention booth at the Main Exchange
- Sept. 26, workshop at the NCO Club

from 8:30 a.m. to 4 p.m. For more information and to register, call 751-5007.

DPW RELOCATION

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

QUALITY OF LIFE ISSUES SOUGHT

Quality of life issues are being collected for the upcoming Army Family Action Plan Conference. Submissions are accepted until Friday. For more information, call 751-6315 or visit www.fortjacksonmwr.com/acs_afap.

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 as far ahead of time as possible. To schedule an appointment, call 751-6524.

VETERANS DAY BALL

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

THRIFT SHOP NEWS

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

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, record-

ing, transcribing, etc. Free training, child care and meals will be provided. No experience is necessary. For more information, call 751-6315.

DISASTER PREPAREDNESS

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

For more information on disaster and emergency preparedness, visit www.red-cross.org or call 1-866-GET-INFO.

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

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

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



Like us on Facebook. Log on to your account
and search for "Fort Jackson Leader."

facebook

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Sept. 22 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Sept. 22 Leader must be submitted by Sept. 15.

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

For more information, call 751-7045.



Education fair connects post Soldiers, spouses

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

Fort Jackson's Army Community Services is sponsoring an Education Fair aimed at increasing educational opportunities for Soldiers and family members.

The fair is scheduled from 10 a.m. to 1 p.m., Sept. 20 at the Officers' Club.

"The goal of the Fort Jackson Education Fair is to make Soldiers and family members aware of the wide range of education programs and scholarship information that is available to them," said Barbara Martin, ACS Employment Readiness Program manager. "Many schools offer flexible programs to meet the military family lifestyle."

Thirty-five schools, all of which offer Soldier and spouse tuition assistance programs, are scheduled to attend.

Information will be provided on GED preparation and testing, English as a Second Language classes, vocational certification programs, traditional and many online degree programs.

Some schools will have drawings for on-the-spot scholarships to be used at their schools. Up to six military

SCHOOLS REPRESENTED

ARCLabs Welding School; Art Institute; California Intercontinental University; Central Carolina Technical College; Claflin University; Columbia International University; Excelsior College; Golf Academy of America; Grantham University; ITT Technical Institute; Jones International University; Kaplan University; Limestone College; Midlands Technical College; Military to Medicine; New Horizons Learning Centers; The Paul Mitchell School; Professional Golfers Career College; Real Estate School of SC; Remington College; Richland One Adult Education; SC School of Dog Grooming; Training Concepts; Troy University; University of Phoenix; University of South Carolina; Virginia College; Webster University

spouses who attend the fair will be eligible to participate to win a professional development package from non-profit organization GLEAM Inc., which includes a \$300 scholarship and a makeover.

A Military OneSource representative will also be there to answer questions regarding the Military Spouse Career Advancement Accounts Program with up to \$4,000 in tuition assistance for eligible military spouses.

Although the event is open to the public, the focus is on service members and their spouses.

"We will have a wide range of education programs available from Adult Education

providing information on how to prepare and take the GED exam or attend a high school diploma program, English as Second Language classes, vocational schools-portable careers for military spouses, four-year degree programs to include online college programs, as well as master's degree programs," Martin said.

The fair is one example of the Army Family Covenant in action. The AFC promises to provide services to Soldiers and their family members commensurate with their level of sacrifice.

Preregistration is not required, but participants will need their military identification cards to register for on-the-spot scholarship drawings.

"Individuals might want to research some of the schools ahead of time to see what kind of education programs they offer so when they get there they can go directly to those schools with specific questions that they may have," Martin said.

Martin said the event will provide spouses a starting point and a foundation, as well as:

- Help spouses gain self-reliance through education;
- Assist spouses in completing a degree or certificate program;
- Increase opportunities for financial independence; and
- Build spouse awareness of post-level and unit-level leadership support of spouse education.

The first 200 participants will receive a CD-ROM list of military family member scholarships.

"This education fair will assist individuals in making important career decisions about their future," Martin said.

"This is a perfect opportunity for families to come out and 'shop' for their education," Martin explained. "Having such a wide selection of schools and programs in the same place will allow them to compare and contrast more effectively and with more convenience."

For more information, (or a complete listing of the participating schools,) contact the Employment Readiness Office at 751-4862.



FMWR calendar

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

- Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- **Victory Bingo**, starts at 10 a.m.
- Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

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

ONGOING OFFERS

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

Vaccination first step in stopping flu

By **CAPT. MARLA WASHINGTON**
Moncrief Army Community Hospital

It is time for annual flu shots. It is the first and most important step in protecting yourself against the live flu virus. Vaccination of high-risk people is especially important to decrease their risk of severe flu illness.

People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccination is also important for health care workers and other people who live with or care for high-risk people. Children younger than 6 months are at high risk of serious flu illness; however, they are too young for the vaccination. Parents, family members, health care providers, and childcare providers who care for them should be vaccinated to protect those infants.

The best ways to prevent the spread of germs are:

❑ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you

use it.

❑ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Hand sanitizers are not cleaners, meaning they will kill germs, but not remove dirt, grease or grime off your hands. Wash your hands for at least 20 seconds and remember to scrub the backs of your hands, wrists, between your fingers, and under your fingernails. Rinse well and dry your hands with a clean or disposable towel or air dryer and, if possible, use your towel to turn off the faucet.

❑ Avoid touching your eyes, nose, and mouth. Germs spread this way.

❑ Try to avoid close contact with sick people.

❑ If you are sick with flu-like illness, the Centers for Disease Control and Prevention recommends that you stay home for at least 24 hours after your fever is gone except when seeking medical

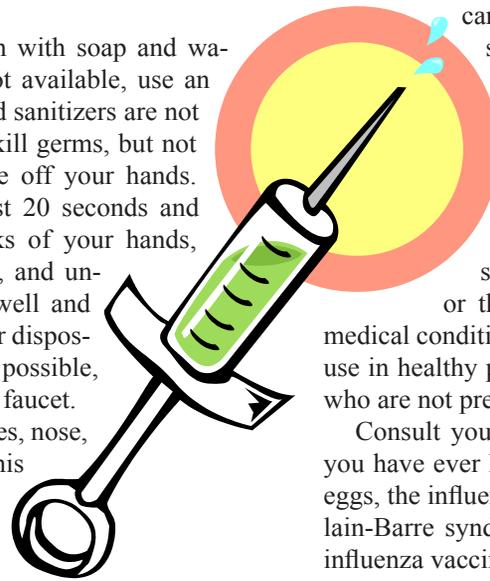
care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine).

❑ While sick, limit contact with others as much as possible to keep from infecting them.

There are two types of flu vaccines, the flu shot and the nasal spray. The flu shot is recommended for healthy people or those older than 6 months with chronic medical conditions. The nasal spray is recommended for use in healthy people between the ages of 2 through 49 who are not pregnant.

Consult your physician prior to being vaccinated if you have ever had a severe allergic reaction to chicken eggs, the influenza vaccination, or have developed Guillain-Barre syndrome within six weeks after getting an influenza vaccine.

The flu vaccine is not approved for children younger than 6 months. People who have a moderate-to-severe illness with a fever should wait until they recover to get vaccinated.



MACH UPDATES

MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area.

Visit the Fort Jackson TRICARE Service Center on the 10th floor of the Moncrief Army Community Hospital and complete the TRICARE Prime Enrollment and PCM change form.

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.

CATARACT EVALUATIONS

All military retirees and dependents with TRICARE benefits are eligible for a cataract surgery evaluation. Some patients may be eligible for premium implants. Call 751-5406 for more information.

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. 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.

Plan ahead for smart snacking

By **SPC. RAYBURN HOUSTON**
Moncrief Army Community Hospital

Have you ever wondered why it is so hard keeping count of your calories? It is because you don't have an advance plan on your snacking.

Make snacks work for you by choosing nutrient-rich foods. They can help boost your energy between meals by supplying essential vitamins and minerals, as well as help speed up your metabolism.

Advance planning helps you:

❑ Keep from going over your daily calories;

❑ Make healthy changes in your snacking habits;

❑ Make better decisions when shopping for yourself and your family;

❑ Get an idea of what snacks work for you in addition to daily activities.

Here are some helpful low-calorie snacks that you may consider in between meals. But you want to be careful with portion sizes.

❑ Kashi Chewy Granola Bars: Approximately 140 calories, 4 grams of fiber, 5 grams of proteins and made with real nuts and seeds.

❑ Soy chips: Approximately 100 calories, 7 grams soy proteins.

❑ Edy's Frozen Juice Bars: Approximately 80 calories.

❑ Fruit: Make a fruit kabob using pineapple chunks, bananas, grapes,

and berries.

❑ Vegetables: Try to keep a bowl of cut-up vegetables in the refrigerator. Examples: carrots, celery, broccoli florets, cucumber slices, etc.

❑ Hard boiled eggs

❑ Peanut butter and celery

❑ Low-fat yogurt or Greek yogurt (choose 150 calories or less)

❑ Low-fat cottage cheese (choose 120 calories or fewer)

❑ String cheese (choose 80 to 100 calories.)

For more information and tips, please visit <http://www.choosemyplate.gov/>.

Editor's note: Spc. Rayburn Houston is with the hospital's Nutrition Care Division.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Sept. 22 Leader must be submitted by today.

Announcement submissions are due one week before

publication.

For example, an announcement for the Sept. 22 Leader must be submitted by Sept. 15. Send submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.



FIRST RESPONDER/LEGAL

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

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

Maj. Raymond Simons

Director,
Emergency Services/Provost Marshal

Master Sgt. Keith Williams

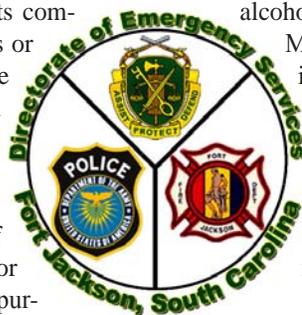
Provost Sergeant

Bill Forrester

Fire Chief

CASES OF THE WEEK

❑ A civilian was charged with multiple violations after Military Police detected an



alcohol odor coming from his vehicle, MPs said. The civilian, who originally stopped for having an expired registration, was charged with driving under the influence and simple possession of a controlled substance. The vehicle was towed from the installation.

❑ A Soldier was cited for fishing at Semmes Lake without a Fort Jackson permit, MPs said. Both post and state permits are required to fish on post.

❑ A civilian was issued a permanent post bar letter after being charged with illegal entry, MPs said. The civilian was attempting to enter the post using false identification, MPs said. He was escorted from the installation.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

facebook

“Like” the Leader on Facebook
by logging on and searching
“Fort Jackson Leader”

Compassionate action requests explained

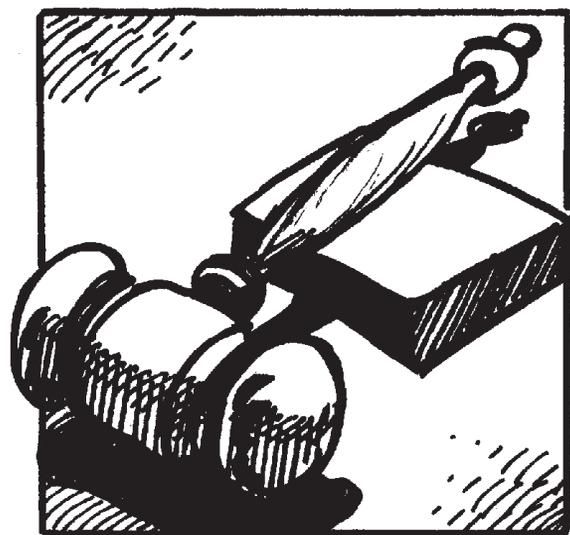
From the Legal Assistance Office

A compassionate action request is one from an individual Soldier, requesting reassignment, deletion or deferral from orders. A compassionate reassignment is a reassignment of a Soldier to another duty station prior to his or her scheduled permanent change of duty station. It normally occurs in response to a family emergency, hardship or other situation in which a Soldier's presence at another duty station is warranted.

The Soldier concerned must initiate the request. Compassionate consideration is given for problems that cannot be resolved through leave, correspondence, use of a power of attorney or the assistance of family members or other parties. Compassionate consideration is only given for family members.

The following generally are not considered valid bases for a compassionate request: a Soldier's desire to be in a new area; divorce or separation resulting from family separation due to military requirements; legal actions or court appearances for matters relating to divorce and/or child custody issues; sole parenthood; problems expected to be resolved by family members joining the Soldier at the duty station; minor allergies suffered by family members due to climatic conditions; home ownership or housing shortage issues, and financial problems.

The request for compassionate action is governed by Army Regulation 614-200, Section III. Soldiers requesting compassionate action must submit their applications on DA Form 3739, Application for Compassionate Actions. Supporting documents are generally required, and



vary depending on the problem alleged in the Soldier's application.

For medical problems, an attending physician's signed statement providing the specific medical diagnosis and prognosis is required, including the date of onset, past and anticipated periods of hospitalization, periods of convalescence, and anticipated life expectancy for terminal cases.

For legal problems, the Soldier must include a signed statement from a licensed attorney describing the problem, and the reasons why solutions other than reassignment are unacceptable. If applicable, a copy of a court order, divorce decree, or other documents must be submitted. Statements from police, social service agencies and/or

examining physicians are required if rape and/or child abuse are the cause of the request.

If marital and dependent status is the issue, the Soldier must submit a statement, witnessed by an officer, specifying that the Soldier has been advised that travel for dependents at Government expense is unauthorized.

For any other problem, supporting statements from responsible persons (e.g., clergymen, social workers, etc.) who have personal knowledge of the problem should be submitted along with the application. Once the application is submitted, the ultimate reviewing and approving authority is the General Court-Martial Convening Authority, which is typically an installation commander in the rank of General.

If you have further questions about requesting a compassionate action, contact the Fort Jackson Legal Assistance office to arrange for a consultation with a legal assistance attorney who can help evaluate your request and assist with preparing some of the necessary documents.

Fort Jackson Legal Office

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

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

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

Never Forget the 9/11 Attacks

Remember the past—prepare for the future

On September 11, 2001, Americans woke to face one of the most challenging times in our history. We cannot forget that horrific day—nor the sacrifices that the men and women in uniform and their families make every day.

The Pentagon Memorial
Commemorating those who died on American Airlines Flight 77 and in the Pentagon

Army-wide vigilance contributes to the defense of our Nation and our Army.

Always Ready, Always Alert
Because someone is depending on you

U.S. ARMY ARMY STRONG

Toning shoes give workouts a leg up

Everywhere I look, women are wearing toning sneakers in hopes of a getting a great rear view. Can a sneaker really deliver a more sculpted lower body without weights, aerobic classes or the tried and true squat? Take a closer look at today's hottest fitness gear and see if you too should give toning sneakers a try.

Since this is such a popular new piece of foot gear, I am not surprised that brands that we have relied on to meet our footwear are front and center with the latest styles and designs. Brands like Sketchers, Reebok Easy Tone, and New Balance and just a few to choose from. The technology that makes these sneakers so appealing is the unstable heel and the rolling bottom, from which shoe manufacturers claim users get their results.

The unstable surface forces the abdominal muscles to remain engaged and make your legs and glutes work harder, whether you are walking or standing. Some brands provide additional cushioning in the sneakers to help with surface impact. Styles vary as the toning sneaker evolves to look trendier and less like something your grandmother would wear.

Another addition that makes the toning sneaker more attractive is the celebrity spokespersons advertising the sneakers. From Eva Mendes for Reebok Easy Tone to Kim Kardashian for Sketchers, such status more than likely makes the toning sneaker more marketable and profitable.

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



Some of these toning sneakers have higher heels than others so what women exercisers are doing probably varies. Some women are strictly walking in these sneakers, while others may be wearing them to their aerobics class or trying to run in them. Because of the unstable balance of the toning sneaker, there is a potential risk of falling off balance and possibly getting injured.

Each brand is advertised as a walking sneaker, but because the sneakers boast positive results, exercisers might give more strenuous workouts a try. I have a pair of Earth sneakers. They are what I call the original toning sneaker. They were developed in the 1970s as a type of footwear that would help the body and the environment. Their design is different from the toning sneakers you find in shoe stores. They have what they call the "negative heel," which means the heel is lower and the

toe area rises on an angle.

The Earth sneaker/shoes were created to mimic how it would feel walking on sand in your bare feet. If you know yoga, the sneakers make you stand with your body in "Mountain Pose." You are constantly sitting in your heels. That's what makes the technology sculpt your rear view. Also, the way you stand in the sneakers is designed to take stress off your joints and improve posture. The sneakers are so light that I am able to do just about any style of exercise while wearing them.

People have responded positively and negatively to toning sneakers. One population of women who stand on their feet all day decided to give toning sneakers a try. They commented on the support and comfort their feet and legs received, not weight loss or toning results. One local exerciser stated that she suffers from plantar fascia. Wearing the toning sneakers has eased her foot pressure and that is reason enough for her to keep wearing them.

As a regular exerciser I have had much success with the Earth sneaker. I tried them in 2008 and was pleased. They are all I buy now. I won't say these sneakers are for everyone, but they are for me. Toning sneakers range from \$70 to \$300 or more: Are they worth the investment?

I guess if it gets you off the couch and into the gym or walking more, then they are worth it. Investing in your health is never a bad decision.

Sports shorts

SWIMMING LESSONS OFFERED

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

Preschool classes (ages 3-5) cost \$40 and run 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m. Parent & Tot classes (ages 6 months to 3) cost \$35 and run 12:30 to 1 p.m. Swim diapers are

required. Call Parent Central Services at 751-4824/4865 for more information or to register. Special pricing is available to families whose active duty Army or DA civilian sponsors are deployed. Call 751-6777 for more information.

Class dates are as follows:
Monday/Wednesday
 Session 3: Sept. 12, 14, 16
 Session 4: Sept. 19, 21, 26, 28

Tuesday/Thursday
 Session 7: Sept. 8, 13, 15
 Session 8: Sept. 20, 22, 27, 29

SKIES KARATE BEGINS

SKIESUnlimited is offering karate classes for three age groups.

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

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

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

Golf league standings

Intramural		3-13th	866.5
120th #1	2221.5		
2-39th	2221.0		
3-34th	2217.5		
1-61st	2027.0		
120th #2	1798.5		
TFM	1761.0		
3-60th	1695.5		
165th	1626.5		
1-34th	1524.0		
2-60th	1230.0		
4-10th	1195.5		
187th	1120.5		
MACH	917.0		
		Recreational	
		That's Good	1667.5
		Sandbaggers	1594.5
		DPW	1571.5
		Old School	1527.0
		TFM #2	1289.5
		FMS	1173.0
		USASSI	1173.0
		Heavy Hitters	1159.5
		Those Guys	875.5
		Standings as of Tuesday	