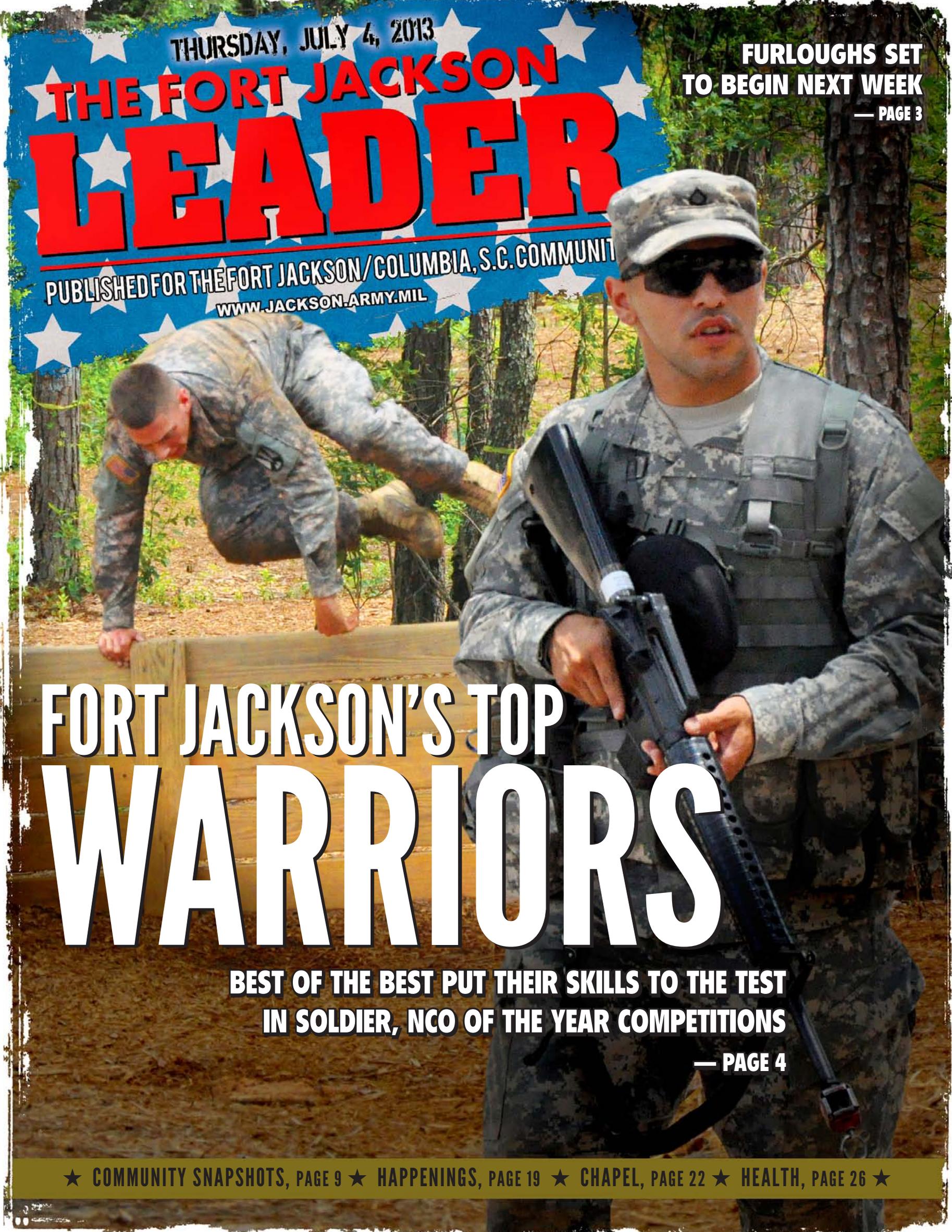


THURSDAY, JULY 4, 2013

THE FORT JACKSON LEADER

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**FURLOUGHS SET
TO BEGIN NEXT WEEK**
— PAGE 3

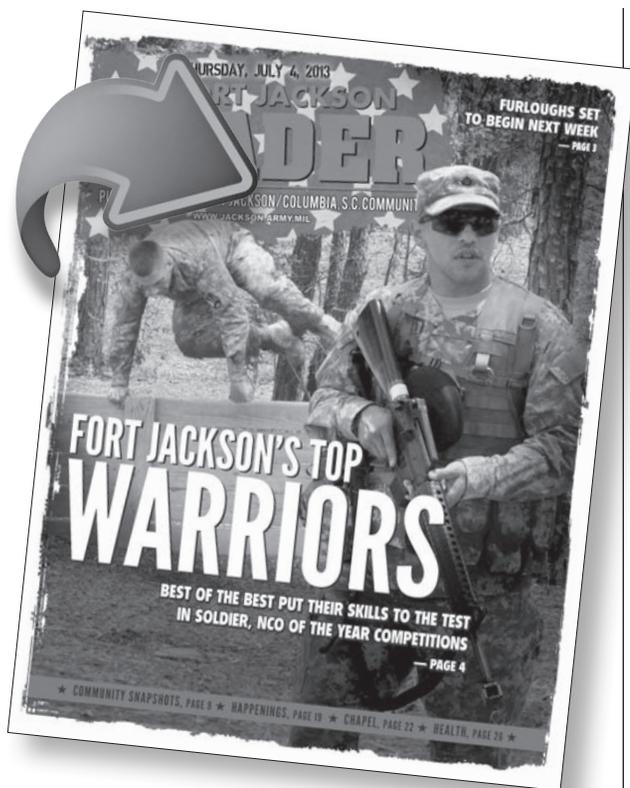


FORT JACKSON'S TOP WARRIORS

**BEST OF THE BEST PUT THEIR SKILLS TO THE TEST
IN SOLDIER, NCO OF THE YEAR COMPETITIONS**

— PAGE 4

★ COMMUNITY SNAPSHOTS, PAGE 9 ★ HAPPENINGS, PAGE 19 ★ CHAPEL, PAGE 22 ★ HEALTH, PAGE 26 ★



ON THE COVER

Photo collage by WALLACE McBRIDE

Staff Sgt. Benjamin Steele, left, is Fort Jackson's NCO of the Year, while Pfc. Robert Medina, right, is the post's Soldier of the Year. **SEE PAGE 4.**

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Fort Jackson, South Carolina 29207

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OP-ED

Be safe this July 4

Independence Day, one of America's most celebrated holidays, commemorates our birth as a nation of freedom and independence. On our nation's 237th birthday, as we come together in the enduring spirit of America, let us be grateful for the blessings that freedom represents and for the opportunities it affords.

Americans traditionally celebrate the Fourth of July with family picnics, community parades, patriotic concerts and colorful fireworks. Many of you will take advantage of this extended holiday weekend to vacation with family, visit friends or participate in festivities close to home.

This offers abundant opportunities for fun and excitement, but not without an increased risk of accidents. As you take part in all that July 4 has to offer, I encourage you to keep risk management in mind and remember that safety is everyone's responsibility.

Leaders, supervisors and managers must ensure no Soldier or civilian employee departs for the Independence Day holiday weekend without receiving a thorough safety briefing covering the inherent dangers of holiday travel and recreational activities such as boating, swimming, fireworks and, most importantly, the risk of mixing alcohol consumption with any of these activities.

Commentary

By GEN.
ROBERT W. CONE
TRADOC commander



I recommend you use TRADOC's latest interactive training video, "Off Duty, On Guard," as an effective tool to raise safety awareness. The video is available on the TRADOC website at www.tradoc.army.mil/offdutyon-guard.

Enjoy this holiday and the rest of the summer without unnecessary and unacceptable risks. Celebrate the birth of our nation with pride, but also with responsibility. I trust all of you to use good judgment in whatever you do on America's birthday, but most of all, have a safe and accident-free holiday.

Safety Starts Here! Victory Starts Here!



Leader file photo

Fort Jackson's annual July 4 celebration is scheduled to begin at 9 p.m. at Hilton Field. Food and drink concessions will be available at 4 p.m. The 282nd Army Band will begin its performance at 6 p.m. Anyone planning to attend the festivities should arrange to arrive early to ensure the best seating and to avoid being turned away at the last minute.

Furloughs to begin next week

Leader Staff Report

Mandatory one-day-per-week furloughs for approximately 3,500 federal civilian employees on Fort Jackson will begin Monday, and a number of services on post will be affected starting next week.

HOUSING

The Residential Communities Office, the Housing Services Office and the Furnishings Management Branch will be open from 7:30 a.m. to 4:30 p.m., Monday through Thursday. The offices will be closed Fridays during the duration of the furlough period. Balfour Beatty Communities office hours will not change.

ARMY COMMUNITY SERVICES

ACS offices will be open from 8 a.m. to 4 p.m., Monday through Thursday. ACS will be closed Fridays.

COMMISSARY

The Commissary will be closed Tuesdays in addition to Mondays.

DIRECTORATE OF LOGISTICS

- ❑ The Central Issue Facility will be closed Fridays, except for Basic Combat Training support.
- ❑ The Installation Property Book Office will be closed Fridays.
- ❑ The Household Goods/Personal Property Shipments office will be closed Fridays.
- ❑ The Maintenance Division will be closed Fridays.
- ❑ The Ammunition Supply Point will be closed Fridays.
- ❑ There will be no change in service or hours for dining facilities, the Hazardous Material Management Program/Reuse Center, Victory Fuel Point and the LCI SSSC Store.

Other DOL offices will be open Monday through Friday, but will be minimally staffed. Customers are encouraged to plan ahead and be prepared for delays in all DOL offices.

Below are some frequently asked questions about furloughs. For more information, visit www.cpol.army.mil.

Can employees telework on furlough days?

No, employees are prohibited from doing any government work on their furlough days.

Can an employee use government-issued electronics such as a Blackberrys or a laptop for assigned duties on a designated furlough day?

No, employees may not use government-issued electronic devices to perform assigned duties on furlough days or during hours of furlough.

Does discontinuous furlough of 88 hours (11 days) impact an employee's annual and sick leave accrual?

Yes, the accumulation of nonpay status hours during a leave year may affect the accrual of annual leave and sick leave.

Example: When a full-time employee with an 80-hour biweekly work schedule accumulates a total of 80 hours of nonpay status within a leave year (either in one pay period or multiple pay periods), the employee will not earn annual leave or sick leave in the pay period in which that 80-hour accumulation is reached. If the employee then accumulates a total of 160 hours of nonpaid time during the leave year the employee will again not earn annual leave and sick leave in the pay period in which that 160-hour total is reached.

Could an employee take paid leave or other forms of paid time off (e.g., annual, sick, court leave, earned credit hours, etc.) instead of taking administrative furlough time off?

No, approved annual, sick, court leave, etc., for a day which is later designated as a furlough day will be recorded as a furlough, and the employee will be placed in a nonpay status for the day.

Will employees returning from deployment during the furlough period be required to be furloughed for 88 hours?

Their furlough hours will be prorated upon return from deployment and 30 days after the employee receives the requisite furlough notice.

Can approved annual leave be canceled during the fur-

lough period?

Yes, approved leave can be canceled during the furlough period based on mission considerations and the scheduling of furlough days.

Where will furlough hours be reflected on an employee's Leave and Earnings Statement, or LES?

Furlough will appear on its own line in the LEAVE section of the LES. FURLOUGH will appear in the TYPE column, and the hours will appear in the USED PAY PD column.

What is the impact of furlough on an employee's Living Quarters Allowance?

Living Quarters Allowance continues, if the employee continues to make housing payments, for periods of non-pay status that do not exceed 30 consecutive days. Other allowances continue for periods of non-pay status that do not exceed 14 days at one time.

Must agencies cover travel expenses during a furlough day, if an employee's travel status requires his or her stay to include that furlough day?

Yes. Agencies must provide per diem or actual expenses to employees whose duty status requires a stay that includes a furlough day.

How will a furlough affect my Thrift Savings Plan, or TSP, contributions?

There will be a reduction in your contributions unless you choose a set dollar amount instead of a percentage of pay. Additional information regarding TSP contributions is available at <https://www.tsp.gov/PDF/formspubs/oc13-7.pdf>.

Furlough may also affect an employee's Federal Employees Health Benefits, FEHB; Federal Employees Group Life Insurance, FEGLI; Flexible Spending Accounts, FSAFEDS; Federal Dental and Vision Insurance Program, FEDVIP; and Federal Long Term Care Insurance Program, FLTCIP. For more information, visit <http://cpol.army.mil/library/general/2013sequestration/20130516-DoD-Employee-Handout-Furlough.pdf>

POV safety

Staff Sgt. Gerald James, a drill sergeant with the Drill Sergeant School, inspects the tires of a vehicle that passed through the school's vehicle safety inspection Wednesday. Vehicle safety inspections are conducted seasonally to prevent accidents while Soldiers are on leave and to raise awareness about vehicle safety. All Soldiers at the school were required to have their vehicle inspected before going on leave for the Fourth of July.

Photo by ANDREW McINTYRE



Fort Jackson names top NCO, Soldier

By WALLACE McBRIDE
Fort Jackson Leader

Installation leaders gathered last week at the newly re-opened NCO Club to recognize two Soldiers as winners of the 2013 Non-Commissioned Officer and Soldier of the Year competitions.

Of the 11 competitors to participate in the events, Staff Sgt. Benjamin Steele, a drill sergeant with the 3rd Battalion, 34th Infantry Regiment, was named NCO of the Year, while Pfc. Robert Medina, of the 1st Battalion, 13th Infantry Regiment, was named Soldier of the Year.

"It was a great competition, a grueling competition," Fort Jackson Command Sgt. Major Kevin Benson told the gathering at the NCO Club Friday. "We had some heat injuries out there, and some blisters, but it was well worth it. They've risen to the top against all others. They've proven they should be standing up here today."

During the competition, Soldiers tested their aptitude in urban warfare simulations, board interviews, physical fitness tests, written exams and battle drills at a variety of locations on post. Some of those locations were kept secret, requiring Soldiers to locate them on foot by reading maps.

"It was a tough competition," said Steele, who is originally from Wilmington, Ohio. "I believed the entire time there was a lot of consistency displayed in the other competitors. I thought, at the time, it was going to be fairly close. So it was quite a shock."

Medina, a native of Cisco, Texas, said he was equally surprised at the results.

"It's probably one of the craziest things I've ever experienced," Medina said. "The competition actually taught me that I could do more than what my body can withstand. I pushed myself to limits I never knew I could reach. During the 24-hour competition, I didn't even think I was going to be able to last."

Benson said Steele and Medina will participate in the TRADOC NCO and Soldier of the Year competitions later this month.

First and second place for Soldier of the Year were separated by three points, Benson said.

"When we were doing the ruck march, there was a time I wanted to quit," Medina said. "I just wanted to sit down and not walk anymore because my body was hurting, but I knew I'd fail myself and fail the company as a whole. I was representing them, so I couldn't give up on it."

"I didn't really take the time to study and prepare for the competition," Steele said.

The test involved many skills he uses daily, and he said he was proud to discover his level of competency during last week's events.

"The other NCOs I know could probably do that, as well," he said.

Medina agreed, saying he initially doubted his ability to recall skills learned in Basic Combat Training.

"I haven't used them in a while," he said. "I wasn't sure about them. But, whenever I got to the task at hand, they came out like second nature."

Because Fort Jackson is a training facility, it has a smaller pool of potential candidates to choose from when compared to other installations, Benson said.

"We've got a 50/50 mix of civilians and (Soldiers) on the installation," Benson said. "When you talk about enlisted Soldiers, we've got a very small pool to pick from to go out and compete. I'm extremely proud of everyone and all what they've done."

Milton.W.McBride3.ctr@mail.mil



Post Command Sgt. Maj. Kevin Benson, presents Staff Sgt. Benjamin Steele, above, and Pfc. Robert Medina, right with the Army Commendation Medal in a ceremony Friday at the NCO Club. Steele, a drill sergeant with 3rd Battalion, 34th Infantry Regiment, was recognized as Fort Jackson's Noncommissioned Officer of the Year. Medina, 1st Battalion, 13th Infantry Regiment, was named the installation's Soldier of the Year. Both will move on to represent Fort Jackson in the TRADOC competition, which is scheduled for later this month.

Photos by WALLACE McBRIDE

NCO OF THE YEAR

First Place: Staff Sgt. Benjamin Steele, 3-34th
Second Place: Staff Sgt. Melanie Coronado, 3-13th
Third Place: Staff Sgt. Erika Scott, 2-39th

SOLDIER OF THE YEAR

First Place: Pfc. Robert Medina, 1-13th
Second Place: Spc. Shane Jackson, 1-34th
Third Place: Spc. Javaris Louis, MEDDAC



NCO Club reopens after renovations

By WALLACE McBRIDE
Fort Jackson Leader

Fort Jackson's NCO Club reopened last week following a ceremony involving several of the post's retired command sergeants major.

The club has been closed for more than a year following a fire in March 2012. An overloaded extension cord was blamed in the fire that began in a storage room and spread to the ceilings of connecting hallways. Firefighters were able to suppress the fire in minutes, but not before smoke and water caused almost \$6 million in damages to furnishings, and to the building's electrical and sewage systems.

The club originally opened its doors to Soldiers in 1977. The 36,000 square foot building featured a European Bavarian design, but planners took advantage of the repair effort to give the interior a more modern appearance.

"It was a blessing in disguise," Post Command Sgt. Major Kevin Benson told the audience at last week's ceremony. "We had to do some updates. We had ... decorations in here from the 1970s, and were due for an overhaul. And they came out fantastic."

Present to help cut the ribbon at last week's ceremony were four former command sergeants major from Fort Jackson: Jerome Moore, Ronald Friday, Carl Lopez and Russel Anderson. Garrison Command Sgt. Major Ernest Lee said last week's event was special because Fort Jackson is among the few Army posts to enjoy both an NCO Club and an Officers' Club.

"We're going to make sure this club is rocking and rolling, and we're going to get all the NCOs in here to support the club," he said.

"Very few installations have the opportunity to have both an enlisted and an officer's club," Benson said. "And, I'll tell you, this is all about leadership. This is



Photos by WALLACE McBRIDE

Six current and former garrison and post command sergeants major cut the ribbon at the reopening of the NCO Club Friday. The club closed in March 2012 after a fire caused almost \$6 million in damages. From left, Garrison Command Sgt. Maj. Ernest Lee, Ronald Friday, Jerome Moore, Carl Lopez, Post Command Sgt. Maj. Kevin Benson and Russel Anderson.

just another leader club. It's about what we do after duty hours that brings us together as an Army. A lot of great things happen when we leave work, come together ... talk about things between different operations and different

units, then solidify how we do operations and best train the Soldiers who will fight and win our battles and our wars."

Milton.W.McBride3.ctr@mail.mil

Grand Opening NCO Club officially open



Photo by Bennie Brown

Signifying the Grand Opening of the new NCO Club May 21, Maj. Gen. Richard L. Prillaman, post commander, and CSM Hulmer Heath, post sergeant major, highlighted the evening by slicing a large dessert sheet cake.

The grand opening of the new \$2 million NCO Club was held May 21, 1977 in conjunction with Armed Forces Week.

The event began with a ribbon Cutting ceremony followed by a full evening of dining and dancing.

Post Command Sergeant Major and Mrs. Hulmer Heath and their guests gathered in front of the club as MAJ. Gen. Richard L. Prillaman, post commander, cut the ribbon to officially open the club.

Moving inside to the main ballroom For a social hour, the atmosphere became like a huge family reunion. An estimated 500 guests were present for the opening.

Sweeping silence covered the room as all stood for the posting of the colors by the 4th CST Bde Color Guard and for invocation.

A gourmet dinner and dancing to the music of Ray Everly and the Tommy Dorsey Orchestra made the remainder of the evening.



Above, Soldiers enjoy complimentary food during the grand reopening of the NCO Club Friday. Left, a newspaper clipping about the opening of the NCO Club in 1977 was on display during the ceremony.



Fit to win

Chaplains and chaplain candidates from the Chaplain Basic Officer Leader Course negotiate obstacles at the Fit to Win course June 26. Top photo, members of 1st Platoon high crawl as they traverse the mud puddles at the end of the Fit to Win course. Above, left, Chaplain (1st Lt.) Kristal McCoy crawls her way out of the mud pit. Above, right, Chaplain (1st Lt.) Adam Langley conquers the horizontal ladder. Left, Chaplain Candidate (2nd Lt.) David Yellott climbs the rope net obstacle.

*Photos by CHAPLAIN (MAJ.) RENEE KIEL,
U.S. Army Chaplain Center and School*



Training partners

Drill sergeants with Company A, 120th Adjutant General Battalion (Reception) instruct newly assigned Soldiers with the Adjutant General School Basic Officers Leadership Course on physical readiness training. The instruction is part of a partnership between the company and the course.

News and Notes

JULY 4 CELEBRATION SET

Fort Jackson's annual July 4 celebration is scheduled to begin at 9 p.m. at Hilton Field. Food and drink concessions will be available at 4 p.m. Anyone planning to attend the festivities should arrange to arrive early to ensure the best seating and to avoid being turned away at the last minute.

COMMISSARY CLOSING ON TUESDAYS

As a result of upcoming furloughs, the Fort Jackson Commissary is scheduled to be closed Tuesdays in addition to its regular Monday closure, starting next week until the end of the furlough period.

187TH WELCOMES NEW COMMANDER



KERWOOD

Lt. Col. Dennis Kerwood took command of the 187th Ordnance Battalion in a ceremony June 26 at Darby Field. Kerwood replaces Lt. Col. Michael Daniels

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vimeo

A family tradition

New Soldier follows parents' career path

By WALLACE McBRIDE
Fort Jackson Leader

Pvt. Andrew Ramos graduated from Basic Combat Training with the 3rd Battalion, 13th Infantry Regiment at Fort Jackson last week with plans to continue on the same career path as his Army parents.

Soldiers with the 42A Military Occupation Specialty are human resources specialists who help Soldiers develop their Army careers, and provide personnel support and assistance to all divisions of the Army. Before enlisting, Ramos said he had access to two Soldiers with the 42A MOS with almost 50 years of combined experience in the Army: His parents.

"I've been in the Army now for 25 years," said Sgt. Major Felix Ramos, Human Resources Command, Command Management Branch, Fort Knox, Ky. "My wife is also a sergeant major, and she's been serving in the Army for 22 years. My wife and I both possess the MOS of 42A, and that's the MOS my son chose to enlist in."

That's not the only aspect of his career path that is a family tradition.

"We're also both Airborne Air Assault, and our son is going to follow in that tradition, as well," said his mother, Sgt. Major Lucinda Ramos, Human Resources Command, Field Services Division, Fort Knox. "He also plans

to go to Airborne School and try to get Air Assault."

"Because both of my parents are 42A, I thought it would be easiest for me to follow in their footsteps," Pvt. Ramos said. "And, if I had any questions post-Advanced Individual Training and post-Airborne School, I would be able to send them an email, call them or text them. It would be a good reference for me."

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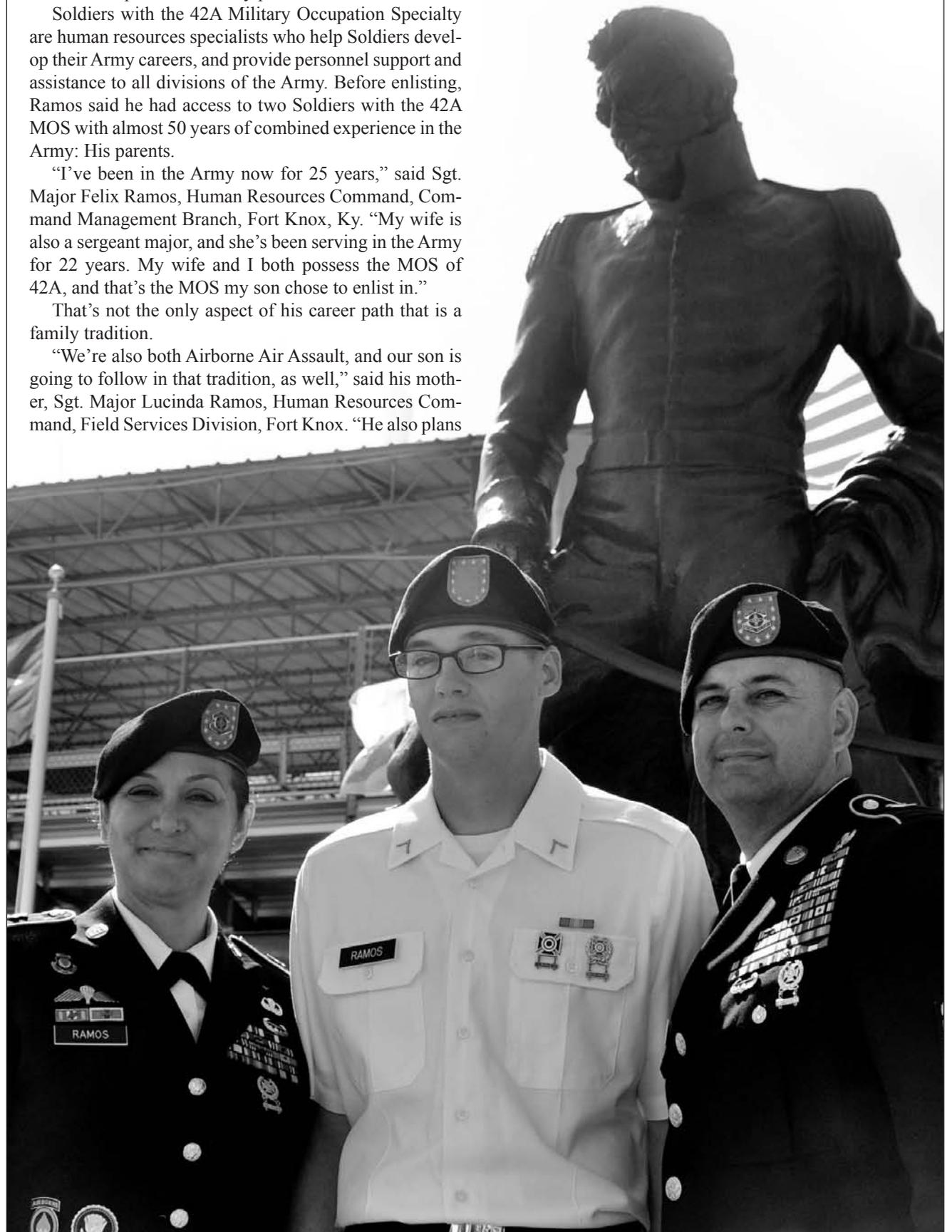


Photo by WALLACE McBRIDE

Left, Sgt. Major Lucinda Ramos and right, Sgt. Major Felix Ramos, and son Pvt. Andrew Ramos stop for a photo at Hilton Field following his graduation last week from Basic Combat Training.

NEC begins monthly IMO training program

From the Network Enterprise Center

The U.S. Army Signal Network Enterprise Center, or NEC, at Fort Jackson hosted its first Information Management Officer Integration Sustainment Training session June 20.

The IMO Integration Sustainment Training program provides a monthly forum for the NEC to deliver the most current procedural practices being performed in addition to making sure organizations are up-to-date with local processes in the performance of daily information technology and information assurance functions at Fort Jackson.

The intended outcome is to provide a continuous integration program throughout the calendar year to focus on relevant topics and training of interest to IMOs. The topics covered in this training session included an introduction to information assurance; hardware, software, and our network; and protecting data — “What right looks like”.

Department of Army IT professionals are required to obtain various IT certifications, as well as complete annual training requirements, which usually add up to 40 hours. The IMO integration training afforded participants the opportunity to apply three hours toward these annual training requirements.

The next training session is scheduled for July 25.



Courtesy photo

Paul Holbert, with the Network Enterprise Center, conducts a training session for information management officers about the IMO's role in information assurance.

This week in history

On July 4, 1776, when the Declaration of Independence was approved by the Continental Congress, the area now known as Fort Jackson was sparsely populated back country. Charles Woodmason, a minister who traveled through the area in 1768, described it as “sandy barren desert 40 miles over ... without tree, bush, water, house, or inhabitant.” Woodmason believed the area could not be traveled during the summer months, “on account of the flies, and mosquitoes, which are so numerous, they would sting man and horse to death.” Some would argue that Fort Jackson has not changed too much since these sentiments were first expressed more than 200 years ago.

Photo courtesy of the Basic Combat Training Museum



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search for “Fort Jackson Leader.”

facebook

Happy Birthday: 40 years of TRADOC

By **BETHANI A. EDWARDS**
TRADOC

FORT EUSTIS, Va. — U.S. Army Training and Doctrine Command celebrated its 40th year of developing, educating and adapting Soldiers and leaders into the force that we know today, Monday.

Training and Doctrine Command, or TRADOC, was established in 1973 with a simple mission: To ready Army Soldiers for war. Like today, the goals were to recruit, train and shape the Army into a force that dominates the battlefield.

TRAINING — THEN AND NOW

According to the recently published 40-year history of TRADOC, what is now known as the Training and Doctrine Command began as a small part of a much larger organization — the Continental Army Command, or CONARC. CONARC was responsible for all Army training centers, schools and doctrine until it was decided that its span was too large for a single headquarters. Under the initiation of Operation Steadfast and the leadership of Gen. William DePuy, TRADOC was born.

Jim Rose, who currently works as an initial entry training analyst at TRADOC's Initial Military Training, has a unique perspective on the changes in training new Soldiers. He joined the Army in 1978, and became a drill sergeant in the mid-'80s.

"Back then, basic training was (simply) teaching a Soldier how to be a Soldier, how to walk, how to march, how to clean, how to fire a weapon, (how) to adapt to ... new assignments," Rose said. "It was nothing more than, 'You gotta take that civilian and get (him) into a military type of mind.' They had to learn to crawl, then walk, then run.

"But when we went to war (in the Middle East), we had to start teaching them more combat skills, and that's when we added Warrior Tasks and Battle Drills."

Although TRADOC has made advances in basic training throughout the years, according to Rose, one thing that has remained the same is the role of the drill sergeant.

"I don't really see too much of a difference," he said. "The hours are still the same. The training is still the same. The requirements have increased, but the job is still teaching Soldiers how to be Soldiers."

So what else has changed since TRADOC was born?

FASHION — THEN AND NOW

In 1973, uniforms were well equipped for the jungles of Vietnam. Fashioned in olive green shade 107, uniforms had slanted pockets across the chest and Soldiers wore white tees underneath. Name tags and rank insignias were worn to be more subdued, and enlisted personnel wore their rank insignias on the points of their collars.

The polyester and cotton, durable press utility uniform remained until it was replaced by the Battle Dress Uniform,



Army photo illustration

Drill sergeants, then and now, are a vital part of the TRADOC mission to train Soldiers.

or BDU, in the mid-1980s.

Now, Soldiers wear the Army Combat Uniform, or ACU, which was established as the combat and garrison uniform in June 2004. The color scheme was changed to the new gray, tan and sage digital pattern and the coats were designed to be single-breasted for better upper body mobility.

Name tags and the U.S. Army tape went from sewn placement to Velcro, and both officers and enlisted rank insignias migrated to a hook and loop patch at the center of the coat.

TECHNOLOGY — THEN AND NOW

On April 3, 1973, Motorola's Martin Cooper made the world's first mobile phone call to rival company, AT&T. In the 1970s, touch-tone phones were the new wave, replacing the rotary phones many people used at home.

Today, cell phone manufacturers have largely removed buttons all together. More than 80 percent of Americans use a cell phone with a touch-screen to do a lot more than just talking to each other.

Smartphones and other mobile devices are helping to train and inform today's Soldiers through interactive applications, or apps. Soldiers can now use their cell phones to help them with things such as a reference for

uniform regulations or achieving their physical fitness goals.

The 1970s also marked an important time for TRADOC and technological advancement. The Multiple Laser Engagement System, or MILES, revolutionized collective training in the Army by incorporating lasers and blank cartridges to simulate force-on-force field training exercises. Since then, TRADOC has been responsible for the development of countless training aids and devices.

MONEY — THEN AND NOW

In 1973, the monthly pay for an E-1 was \$307.20. That may not sound like much, but, in comparison, gas prices averaged 30 cents a gallon.

In 2013, an E-1 earns \$1,500 a month, but has to pay around \$3.55 a gallon for gas.

THE MORE THINGS CHANGE ...

Although the fashion and technology of the times will keep changing, one thing will stay the same. From the leadership of Gen. William DePuy, TRADOC's first commanding general, to Gen. Robert Cone, the command's 14th and current leader, the command continues to develop Army leaders and shape the future force through training and doctrine.

Weekly honors



SWANNER



MORGAN



MOON



MOLINA



QUIGLEY



CHO



ALANAZI



NORMAN

**Sgt. 1st Class
Tuesday Swanner**
Drill sergeant of the cycle
Company A
Task Force Marshall

**Sgt. 1st Class
James Morgan**
Drill sergeant of the cycle
Company B
Task Force Marshall

**2nd Lt.
Steven Moon**
Distinguished honor graduate
Basic Officer Leader Course
Adjutant General School

**Chief Warrant Officer 2
Eddie Molina**
Distinguished honor graduate
Warrant Officer Advanced Course
Adjutant General School

**Capt.
Denise Quigley**
Distinguished honor graduate
Captains Career Course
Adjutant General School

**Capt.
Ikjin Cho (South Korea)**
International honor graduate
Captains Career Course
Adjutant General School

**1st Lt.
Khalid Hajji A. Alanazi
(Saudi Arabia)**
International honor graduate
Basic Officer Leader Course
Adjutant General School

**1st Lt.
Jennifer Norman**
Soldier of the week
Third Army/ARCENT

July Promotions

Name	Rank
LIVINGSTON, Michael B.	MAJ
ALLEN, Xavier C.	MAJ
CAMPBELL, Catherine A.	1LT
BUDGETTPEREZ, Jessica S.	MSG
CLARK, David S.	MSG
KELLY, Karen M.	MSG
LOCK, Treyton R.	MSG
MARTIN, Ronetta M.	MSG
MAYBANK, Cedric K.	MSG
RILEY, Richard T.	MSG
WALTERS, Sylvorne W.	MSG
WILSON, Adrienne C.	MSG
ALEXANDER, Taliaferro J.	SFC
BENJAMIN, Fiona G.	SFC
BROOKS, Micky L.	SFC
CARROLL, Oran B.	SFC
CASTELLANO, Gisela	SFC
COLEMAN, Maurice D.	SFC
COOPER, Xavier C.	SFC
CORONADO, Melanie R.	SFC
COSEY, Stephen D.	SFC
DOTSON, Jermaine L.	SFC
JEFFERSON, Antonio L.	SFC
JOHNSON, Joshua	SFC
KEITH, Kenneth L.	SFC
MARSHALL, Rouland B.	SFC
NEELY, Edward G.	SFC
PELKEY, Jeremy E.	SFC
SCHIBLE, David W.	SFC
STOVER, David E.	SFC
TRELEAVEN, Oma S.	SFC
WHITE, David A.	SFC
WILLARD, Anesta L.	SFC
WINSTEAD, Kenneth C.	SFC
YARBROUGH, Devere N.	SFC
CHIZMAR, Gregory M.	SSG
JONES, Raun A.	SSG

SUBMISSION GUIDELINES

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@gmail.com. For more information, call 751-7045.

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

Calendar

Through Friday

Red, White and Blue sales event
Fort Jackson Commissary
Special meat sales event.

Tuesday

**Teen job readiness workshop:
Career exploration**
10 a.m. to noon; Strom Thurmond Building, Room 222
To register, call 751-4862.

Wednesday

Palmetto Market & Music
4 to 8 p.m., Patriots' Park
Farmers, vendors, cooks and crafters will be selling products from 4 to 7 p.m.; live music with the Black Bottom Biscuits from 6 to 8 p.m.

Tuesday, July 16

**Teen job readiness workshop:
Employment 101**
10 a.m. to noon; Strom Thurmond Building, Room 222
To register, call 751-4862.

Tuesday, July 23

**Teen job readiness workshop:
Customer service skills**
10 a.m. to noon; Strom Thurmond Building, Room 222
To register, call 751-4862.

Friday, Aug. 9

**Col. Charles P. Murray Jr.
Memorial Golf Tournament**
Noon, Fort Jackson Golf Club
For more information, call 629-3820.

Announcements

LOCKER ROOMS CLOSED

The locker rooms at Andy's Fitness Center will be closed July 8 through Aug. 2 for renovation.

POST 9/11 GI BILL DEADLINE

Effective Aug. 1, all Post-9/11 GI Bill Transferability of Education Benefits (TEB) requests submitted and approved on or after Aug. 1 will incur a four-year service obligation from the TEB request date, regardless of years in service (except when precluded by either policy or statute from committing an additional four years, e.g. temporary early retirement authority). The only difference between the rule already in place and the new rule is that all requests will require a four-year service obligation, and must be served in the same Army component.

Service members with 21 to 24 years of active duty service, who wish to transfer educational benefits to their dependents, are urged to make the transfer before Aug. 1.

For more information, call 1-800-872-8272; email usarmy.knox.hrc.mbx.tagd-post911gibill@mail.mil or visit www.army.mil/article/101298/Army_changes_requirements_for_transfer_of_GI_Bill_benefits/.

army.mil/article/101298/Army_changes_requirements_for_transfer_of_GI_Bill_benefits/.

RETIREMENT CEREMONY

The next Third Army/ARCENT retirement ceremony is scheduled for 2 p.m., July 19 at Patton Hall.

WATER AND SEWER PROJECTS

Palmetto State Utility Services is working on multiple water and sewer projects on the installation. One project will address water pressure issues experienced on parts of the post. The project is set to be completed by July 31. During the work, some buildings and facilities may be subject to reduced water pressure. To report problems, call PSUS at 790-7288.

SCOUT MEETINGS

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

CHANGES IN RECORDS SECTION

The Directorate of Human Resources, Military Personnel Division, Personnel Services/Processing Work Center (PSP-WC), Records Section (located in the Strom Thurmond Building, Room 200) is transitioning to an appointment-only basis for certain services. Effective June 1, the Records Section has been operating on an appointment-only basis Monday-Friday, from 10 a.m. to 4:45 p.m. for the services identified below. Walk-in hours are from 8 to 9:30 a.m.

Appointments are needed for the following services: Enlisted Record Brief/Officer Record Brief (ERB/ORB) Update; DD Form 93, Record of Emergency Data; Servicemembers' Group Life Insurance (SGLI) Election Certificate; Final Out-Processing

For more information, call Janice Spain at phone number 751-2753 or email janice.j.spain.civ@mail.mil.

JULY 4 COMMISSARY HOURS

The Commissary will be open from 10 a.m. to 4 p.m., today.

AA MEETINGS

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

FCC PROVIDERS NEEDED

The Family Child Care office is accepting applications for FCC providers. The program is recruiting the best-qualified applicants, especially those willing to provide full-time care for children younger than 2. Military spouses living on Fort Jackson and off-post providers registered with the Department of Social Services may apply. For more information, call 751-6234.

BOXING SMOKER

A boxing event is scheduled for Aug.

2 at the Solomon Center. Active duty Soldiers interested in participating should call 751-7146.

SPORTS BRIEFS

■ Fourth of July fun run/walk, 8 a.m., Saturday, Semmes Lake Trolley. Register on the day of the run from 6:30 to 7:30 a.m.

■ The Army 10-miler qualifier is scheduled for 5:30 a.m., July 13 at Patton Stadium. For active duty only.

For more information, call 751-3096.

AAFES REWARDS GOOD GRADES

Students who have a B average or better on their report cards can participate in the Exchange's "You Made the Grade" program to receive free and discounted products. Students should present their report card and military ID at the Exchange to participate.

TARP BRIEFINGS

Annual Threat Awareness and Reporting Program briefings will be offered the third Tuesday of every month at 10 a.m. and 2 p.m. at the Post Theater. For more information, call 751-7852/3366/3802.

THRIFT SHOP NEWS

■ The Thrift Shop will be closed through July 15 for summer vacation. The store will reopen July 16.

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

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

Send your announcements to fjleader@gmail.com. Announcements are due one week before the publication date.

For more information, call 751-7045.

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.

KOREAN WAR COMMEMORATION

A commemoration of the 60th anniversary of the Korean War is scheduled for 10 a.m., July 15 at the Columbia Metropolitan Convention Center. Men and women who served in the Korean War and their families will be thanked and honored during the event. For more information, visit www.honorflightsc.com.

Housing happenings

HOUSING OFFICE OPENING HOURS

Effective July 8, the housing offices at Buildings 4514 and 2571 will be open from 7:30 a.m. to 4:30 p.m., Monday through Thursday. The offices will be closed Fridays because of mandatory furloughs. Balfour Beatty Communities will continue its normal operating schedule.

RENTAL AGREEMENTS

Any rental agreement should include the amount of rent to be paid, the date of the payment and rights and obligations of the tenant and landlord. It is illegal to include any conditions that require the tenant to give up any rights under law. For more information, contact a housing counselor at 751-5788/7566/9323.

RECREATIONAL VEHICLES

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

UTILITY BILLING

Actual reads for billing have resumed July 1. Statements will be sent in August. Residents will not be responsible for any usage during the downtime of data collection units. Past due balances before November are still owed and considered delinquent.

HOUSING FOR RETIREES, CIVILIANS

Military retirees and DoD employees are eligible to live in on-post housing. For more information, call 738-8275.

SWIMMING POOLS

Small wading pools up to 6 feet in diameter and 1 foot in depth are permitted in backyards only. When wading pools are not in use, they must be emptied and properly stored. For more information, call 738-8275.

FREE POPSICLE FRIDAYS

Free Popsicles are available at the Community Center from 7:30 a.m. to 6 p.m. on Fridays until August.

NATIONAL SUGAR COOKIE DAY

Decorate sugar cookies in celebration of National Sugar Cookie Day from 3 to 4 p.m., Tuesday. RSVP is required by Monday. To RSVP email ayoungblood@bbcgrp.com.

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

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

God can pull us from dire straits

By **CHAPLAIN (CAPT.) GEORGE PERRY**
2nd Battalion, 60th Infantry Regiment

At 4:50 a.m. on May 26, a tugboat handling an oil tanker capsized off the Nigerian coast because of heavy swells.

The ship's cook was 29-year-old Harrison Okene. When the vessel flipped, he headed for a hatch with three others, but saw them swept away by rushing water. Turning from the only exit, he was pushed down a passageway and into a washroom.

He hung onto an overturned sink for hours. Thirty feet below the surface, he survived in a 4-foot air pocket as the water slowly rose. After about a day, he forced the door open and swam into a bedroom. He found material to make a float to support him in that room's air bubble.

"I was there in the water in total darkness, just thinking it's the end," Okene said. "I kept thinking the water was going to fill up the room, but it did not. I was so hungry, but mostly so, so thirsty. The salt water took the skin off my tongue. I was very, very cold, and it was black. I couldn't see anything. But I could perceive the dead bodies of my crew were nearby. I could smell them. The fish came in and began eating the bodies. I could hear the sound. It was horror."

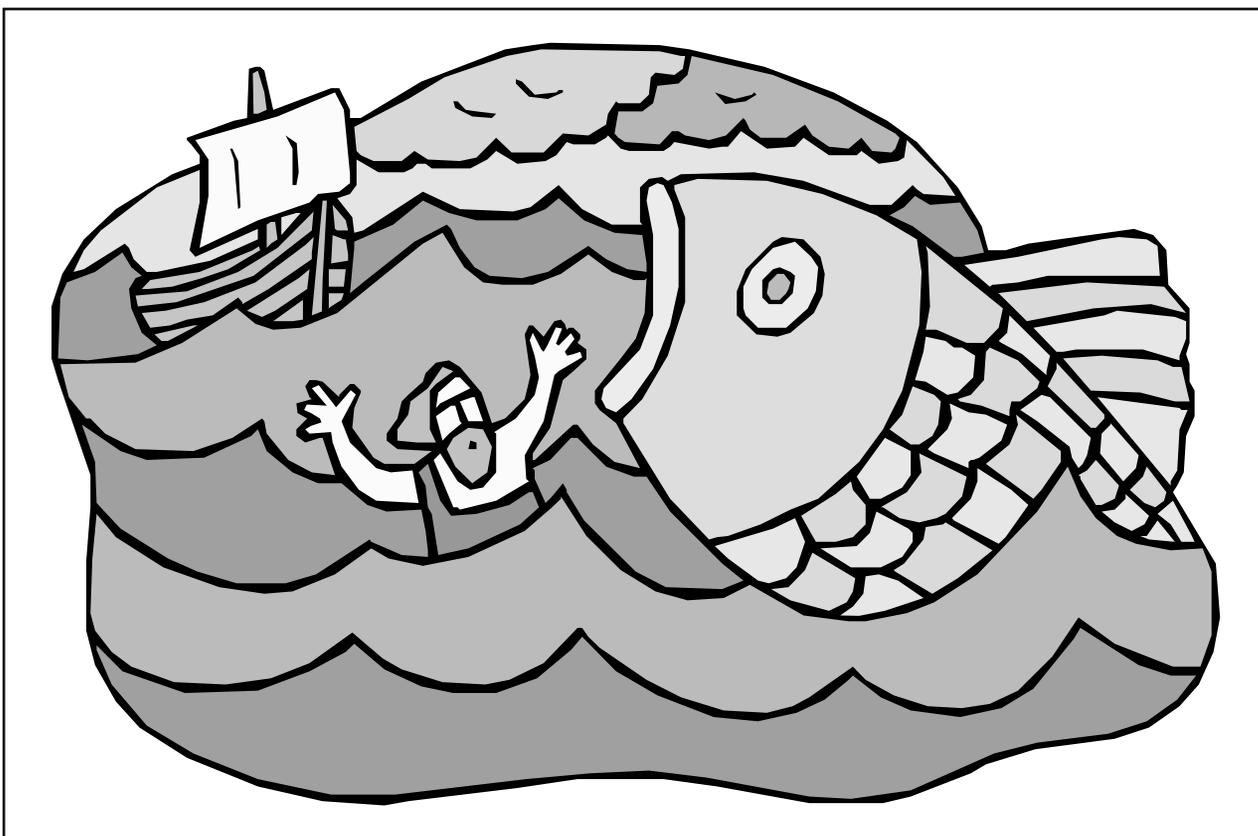
After 60 hours of suffering, he heard new sounds.

"I heard a sound of a hammer hitting the vessel. Boom, boom, boom. I swam down and found a water dispenser. I pulled the water filter and I hammered the side of the vessel hoping someone would hear me," he said.

Soon Okene saw a diver's light.

"I went into the water and tapped him. I was waving my hands and he was shocked."

At 7:32 p.m. on May 28, he reached the surface. He had been under sea almost 63 hours.



"When I am at home, sometimes it feels like the bed I am sleeping in is sinking. I think I'm still in the sea again. I jump up and I scream. I don't know what stopped the water from filling that room. I was calling on God. He did it. It was a miracle."

Okene's story has so many aspects of horror — cold, blackness, thirst and hunger, loneliness, the immediacy of death and scavengers, and entombment — what a set of circumstances. Imagine the hope he felt in hearing the sounds of divers and knowing that rescue was possible.

Doctrine teaches us that sin and its effects in our lives are even more horrifying, yet it's so normal that we think little of it. We rarely think of how much we have lost and how much we stand to lose. Only when our eyes are opened to the spiritual reality around us will we begin to look for our rescue.

Thank heaven that our deliverer is waiting to save us from catastrophe. If deliverance — salvation — has been your experience, then take time to let gratitude lighten your heart today.



PROTESTANT

- Sunday
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 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

Protestant Bible Study

- Tuesday
 - 9 to 11:30 a.m. Women's Bible study (PWOC); summer meetings on July 9 and 23 and Aug. 6 at Patriot Park next to Palmetto Falls Water Park
- Wednesday
 - 6 p.m. Gospel prayer service, Daniel Circle Chapel
 - 7 p.m. Gospel Bible study, Daniel Circle

Chapel

- Thursday
 - 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center
- 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

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

CATHOLIC

- Monday through Thursday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 8 a.m. IET Mass, Solomon Center
 - 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 p.m. Catholic youth ministry, Main Post Chapel

- Wednesday
 - 7 p.m. Rosary, Main Post Chapel
 - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

- Sunday
 - 9:30 to 11 a.m. Anderson Street Chapel
- Wednesday

3 to 5 p.m. LDS family social, Anderson Street Chapel

- Wednesday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Chaplain Family Life Center**
5460 Marion Ave (to the side of the POV lot), 751-4961
- 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

Protect your eyes from ultraviolet light

By **MICHAEL D. PATTISON, O.D.**
U.S. Army Public Health Command

July is Ultraviolet Light Safety Month, and anyone who has been sunburned in the past knows the effects of too much sun and UV light exposure. Most are aware that prolonged UV exposure can cause skin cancer and speed up the aging process of skin. Some are aware that UV light is needed by our bodies to produce vitamin D, which helps strengthen bones, muscles and the immune system and helps improve our mood.

Yet many are not aware that prolonged UV exposure damages the tissues of the eye and can lead to cataracts and other eye conditions such as the loss of central vision due to macular degeneration. In fact, most do not recognize the importance of UV protection for their eyes to prevent visual impairment.

A recent study by the American Optometric Association stated that only 47 percent of Americans thought that UV protection was the most important factor when selecting sunglasses.

So what is UV light? UV is that invisible part of the light spectrum below blues and violets. Although the primary source of UV light is the sun, other sources include welder's flash, fluorescent lighting, high-intensity mercury vapor lamps, xenon arc lamps, and UV lamps and devices used in certain occupations.

Children and those who spend a lot of time outdoors or spend prolonged hours working with UV-emitting light sources are at greatest risk. Although the Occupational Safety and Health Administration does not have a standard for exposure to UV light, other agencies have established thresholds for exposure. Most types of UV lighting result in exposure levels well within acceptable exposure thresholds. However, if at all concerned, protect your skin and your eyes.

For the eyes, use eyewear that provides as close to 100 percent eye protection from UV exposure as possible. Be aware that the tint of the lens has nothing to do with the UV protection of the lenses. A clear lens with 100 percent protection is better for your eyes than a dark, tinted pair without UV protection. In fact, dark lenses without UV protection can be even worse for your eyes because they allow more UV light to get into your eyes because your pupils are larger. There are many safety glasses on the market that protect eyes from UV exposure, and all Military Combat Eye Protection, even with the clear lenses in place, block 99.9 percent of all UVA and UVB light.

Preserve your sight to fight. Wear proper UV protection whenever exposed for prolonged levels of ultraviolet light.

HOW TO PROTECT YOUR SKIN

- **Wear proper clothing.** Wearing clothing that will protect your skin from the harmful ultraviolet rays is very important. Long-sleeved shirts and pants are good examples. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year.
- **Avoid the burn.** Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be protected from sunburns.
- **Go for the shade.** Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention and the World Health Organization, are between 10 a.m. and 4 p.m. You can head for the shade, or make your own shade with protective clothing — a broad-brimmed hat, for example.
- **Use extra caution when near reflective surfaces,** like water, snow, and sand. Water, snow, sand, even the windows of a building, can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.
- **Use extra caution when at higher altitudes.** You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.
- **Apply broad-spectrum sunscreen.** Generously apply broad-spectrum sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor value of at least 15 for protection against sun-induced skin problems.
- **Reapply broad-spectrum sunscreen throughout the day.** Even if a sunscreen is labeled as "water-resistant," it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.



Graphic and data courtesy of the U.S. Dept. of Health and Human Services

MACH UPDATES

PATIENT SAFETY AWARENESS

Moncrief Army Community Hospital will celebrate Patient Safety Awareness Week July 22-26. A Patient Safety Awareness Fair is scheduled from 11 a.m. to 1 p.m., July 23 at the Victory Conference Room (third floor). The fair will provide a chance for staff, patients and visitors to learn about patient safety at MACH.

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



Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.