

THURSDAY, OCT. 10, 2013

THE FORT JACKSON LEADER

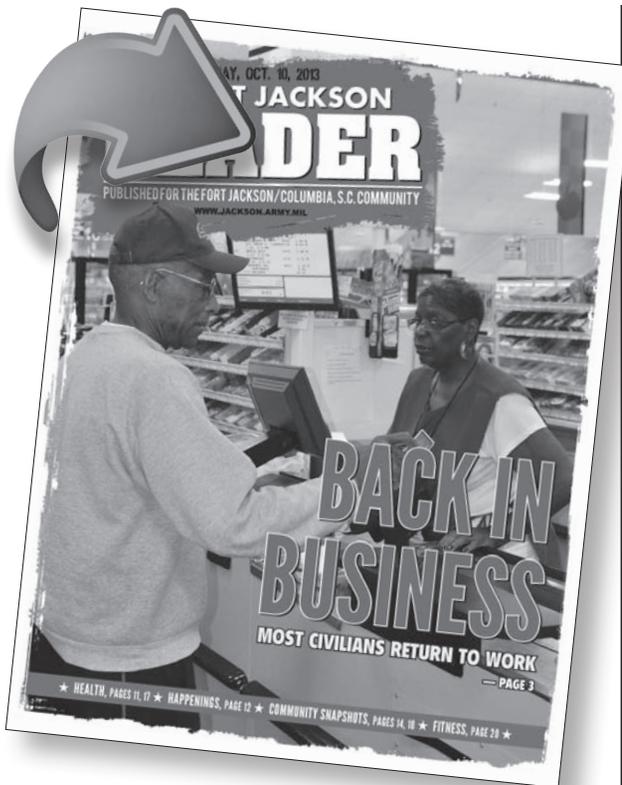
PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY
WWW.JACKSON.ARMY.MIL



BACK IN BUSINESS

MOST CIVILIANS RETURN TO WORK

— PAGE 3



ON THE COVER

Photo by WALLACE McBRIDE

Army retiree Russel Anderson pays for groceries Tuesday morning at the Fort Jackson Commissary, which was temporarily closed last week because of a government shut-down. **SEE PAGE 3.**

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Fort Jackson, South Carolina 29207

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SSI commander receives first star

Above, Brig. Gen. Paul Chamberlain, right, commanding general of the Soldier Support Institute, recites the oath of office administered by Lt. Gen. Joseph Martz, left, military deputy for budget to the assistant secretary of the Army for Financial Management and Comptroller. Chamberlain was promoted to brigadier general in a frocking ceremony Friday at Victory Field. During the ceremony, members of Chamberlain's family pinned on his new rank. He also received his general officers' belt and his personal flag, which will be displayed at military functions and in his office. Left, Chamberlain addresses attendees during the ceremony.

Photos by SUSANNE KAPPLER



Training hero

Staff Sgt. Gary Moore, Company B, 4th Battalion, 10th Infantry Regiment, receives the Soldier's Medal from Brig. Gen. Bradley Becker, Fort Jackson's commanding general, at the Post Theater Wednesday. Moore was awarded the highest decoration for heroism not involving combat action for protecting a Soldier's life during a training incident in 2012. For in-depth coverage, see next week's *Leader*.

Photo by WALLACE McBRIDE



Shutdown: Most civilians recalled

By SGT. 1ST CLASS TYRONE C. MARSHALL JR.
American Forces Press Service

WASHINGTON — Defense Secretary Chuck Hagel announced Saturday that he was recalling most of the Defense Department civilians who were placed on furlough as a result of the government shutdown, which began Oct. 1.

“Today, I am announcing that most DoD civilians placed on emergency furlough during the government shutdown will be asked to return to work beginning next week,” he said.

“Immediately after President (Barack) Obama signed the Pay Our Military Act into law, I directed DoD’s acting general counsel to determine whether we could reduce the number of civilian personnel furloughed due to the shut-

ON FORT JACKSON

Most services that were affected by the shutdown have resumed. The Commissary reopened Tuesday with normal hours.

down,” Hagel said.

The Defense Department, he said, consulted closely with the Department of Justice, which expressed its view that the law does not permit a blanket recall of all civilians.

“However, DoD and DoJ attorneys concluded that the law does allow the Department of Defense to eliminate furloughs for employees whose responsibilities contribute to the morale, well-being, capabilities and readiness of

service members,” Hagel said. “Consequently, I am now directing the military departments and other DoD components to move expeditiously to identify all employees whose activities fall under these categories.”

Hagel noted he expects the military departments to be able to “significantly reduce — but not eliminate — civilian furloughs under this process.”

The defense secretary said the department has tried to “exempt as many DoD civilian personnel as possible” from furloughs, and will continue to try to bring all civilian employees back to work as soon as possible.

“This has been a very disruptive year for our people — including active duty, National Guard and Reserve personnel, and DoD civilians and contractors,” he said. “Many important activities remain curtailed while the shutdown goes on.”

Fort Jackson Gate Hours

Gate 1	5 a.m. to 1 p.m. 3:30 to 6 p.m. Closed	inbound and outbound traffic, Monday through Friday outbound traffic, Monday through Friday weekends
Gate 2	Around the clock, seven days a week Commercial traffic on weekends only.	
Gate 4	5 a.m. to 8 p.m. Closed	Monday through Friday weekends Commercial traffic must use Gate 4 on weekdays.
Gate 5	5 a.m. to 1 p.m. 3:30 to 6 p.m. 5 a.m. to 8 p.m.	inbound and outbound traffic, Monday through Friday outbound traffic, Monday through Friday inbound and outbound traffic, weekends



Board investigates off-post issues

By **SUSANNE KAPPLER**
Fort Jackson Leader

Fort Jackson Soldiers who have a dispute with an off-post business concerning safety, health, welfare or discrimination can get help from the installation's Armed Forces Disciplinary Control Board.

"If Soldiers feel like they're not being treated fairly, or if there are safety hazards or unsafe or unsanitary conditions where they live or in the community — all those kinds of things are things that we address," said Patrick O'Connor, deputy director of Emergency Services, who has been on the board for six years.

"If, say, a Soldier tries to rent a trailer or an apartment somewhere, and believes that he or she was denied that apartment for a reason of race, sex, origin or any of those things, and he or she has some kind

of evidence — that Soldier can come to the board and give the board information, 'Here's what happened to me at this location.' ... And we'll look into it. If we find it is factual or truthful, then there's mechanisms for us to notify the owner of that apartment and say, 'Here's what we discovered,' and give him an opportunity to fix it."

If a business is unable or unwilling to fix the issue, the senior commander has the option of putting that business off-limits to Fort Jackson service members.

"When a location is placed off-limits by the command, it's only enforceable to Soldiers (or other service members), who are subject to the Uniform Code of Military Justice," O'Connor said. "It can't be forced upon civilians, but it would be encouraged for them not to go there."

Currently, no businesses are off-limits

— a fact that O'Connor attributes to an excellent working relationship with the Columbia community.

"Not only do we work with the owner of the facility, we work with community leaders like the Chamber of Commerce or the city ... We try to enlist all the agencies to help us resolve the issue," O'Connor said.

"As far as Columbia is concerned — they're excellent partners. Everyone that we work with ... they're all very accommodating and willing to help us."

Although off-limits rules are only enforceable to service members, all other members of the Fort Jackson community are invited to present issues to the board.

"Anybody in the community — family member, civilian employee — can bring an issue to the board that they think is a matter of safety, health, welfare or discrimination with an off-post organization," O'Connor

said. "There are several ways how you can lodge a complaint. We have an email (address) where you can do it anonymously if you wish. You could take it to your chain of command or, if you're a civilian, you could take it to your boss and have him or her bring it forward. Or you could come to the board itself and present in person, if you wish to do that."

The board consists of representatives of various organizations on post — such as the Staff Judge Advocate's Office, the Provost Marshal's Office, the Public Affairs Office, Housing and the Inspector General's Office — and meets quarterly. Meetings are open to the public. The next meeting is scheduled for 10:30 a.m., Dec. 6 at the DES conference room. The board's email address is usarmy.jackson.93-sig-bde.mbx.afdcb-jackson@mail.mil.

Susanne.Kappler1.ctr@mail.mil

This week in Jackson history

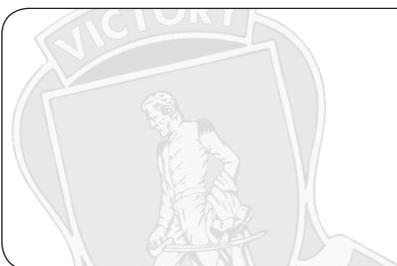
In October 1994, Fort Jackson reimplemented full-scale gender integration in Basic Combat Training units. Fort Jackson had first employed gender-integrated training in 1977, but, for unpublished reasons, had switched to single-gender training in 1982. In 1993, the Army readdressed the idea of gender-integrated training, and Fort Jackson participated in a pilot study of squad-level gender-integrated BCT. In the study, officials found no difference in performance between males and females trained in single-gender and gender-integrated companies. Based on those findings, the Army proceeded to gender-integrate BCT units down to the squad level. At Fort Jackson, the transformation was completed Oct. 14, 1994. Units of the 1st Battalion, 26th Infantry Regiment and the 1st Bn., 61st Inf. Reg. were the first to put the new policy into practice.

*Photo courtesy of the
BASIC COMBAT TRAINING MUSEUM*



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News and Notes

AER SOFTWARE UPGRADE

Fort Jackson Army Emergency Relief software is being upgraded. During the upgrade, all AER requests will be handled by the American Red Cross at (877) 272-7337. AER financial assistance services at Fort Jackson will resume 8 a.m., Tuesday.

RUN FOR THE FALLEN

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

PARENT EDUCATION CONFERENCE

A parent education conference is scheduled for Oct. 23 at the NCO Club. Sessions are scheduled from 8 to 11:30 a.m. and from 6 to 8 p.m. Topics include school transitions, keys to success in elementary school, preparing for the journey (infants, toddlers and preschoolers), chart your course (middle and high school) and the college application process. For more information and to register, call 751-6150 or visit www.militarychild.org.

ARCHAEOLOGY MONTH

Fort Jackson will celebrate National Archaeology Month with a field day from 10 a.m. to 2 p.m., Oct. 19 at Twin Lakes. Events include artifact identification, book sales, free posters and flint knapping demonstrations.

Information subject to change.

LEGAL NOTICE

Anyone with debts owed to or by the estate of Staff Sgt. Kyle L. McGrail Jr. should contact Capt. Alex Creammer, the summary court officer for the Soldier. McGrail passed away Aug. 24 in Michigan. Creammer can be reached at 751-0907 or email alexander.j.creammer.mil@mail.mil.

Reel Time Theaters

We're saving a seat for you.

Friday, Oct. 11 — 7 p.m.

We're the Millers R

Saturday, Oct. 12 — 2 p.m.

Jobs PG-13

Sunday, Oct. 13 — 2 p.m.

Kick A** 2 R

Wednesday, Oct. 16 — 1:30 p.m.

Elysium R

Wednesday, Oct. 16 — 4:30 p.m.

Getaway PG-13

Fort Jackson Reel Time Theater

(803) 751-7488

Ticket admission

Adults: \$5.50 (\$7.50 for 3D)

Children (6-11) \$3 (\$5 for 3D)

subject to change

Help the Army save energy

Leader Staff Report

October is National Energy Action Month, with Fort Jackson officials highlighting energy savings and cost avoidance measures.

"It's basically a time for individuals to take action to reduce energy consumption at work or at home," said Matthew Gibbs, energy manager for Fort Jackson. "This program is for everybody: Soldiers, federal employees, visitors ... everybody has an impact."

National Energy Action Month was recognized by presidential proclamation Sept. 30. Throughout October, the Army will focus on "Energy Awareness equals Action" as a means to educate and inform Soldiers, civilians and family members on taking action by becoming more aware of the impact energy security has on the Army's mission and readiness, the value of private and public collaboration in improving energy performance to achieve security in times of constrained resources, and the Army's vision of power and energy advancements through collaborating and partnering.

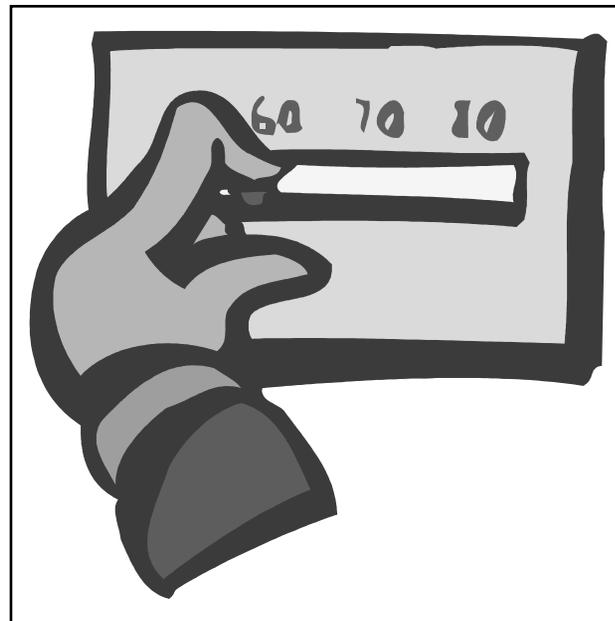
Participation is easy, Gibbs said. Simply put, the goal of the campaign is to make people more mindful of how they use, and possibly waste, energy.

"Shut off lights when you're leaving an area vacant," Gibbs said. "Make sure doors and windows are closed, or not even opening them at all in air conditioned areas. You can waste a lot of energy that way."

The Army is collaborating across installations, implementing Net Zero initiatives and large-scale renewable energy projects through the Energy Initiatives Task Force. It is also continuing to leverage corporate, industrial, private and public core competencies in developing renewable energy sources, creating new energy efficiencies, and securing third-party funding to drive efficiencies.

Here are ways people can help reduce energy use on Fort Jackson in October, and throughout the rest of the year:

- Computers monitors should be turned off every day when not actively in use. If the equipment is Energy Star rated, as required by statute and regulation, then it has a sleep mode. If the sleep mode is activated after 20 minutes of inactivity, then the equipment is not required to be turned off when not in active use.
- Stop idling government vehicles when unattended or waiting for more than 30 seconds.
- Turn off interior lights in all unoccupied areas, even when you intend to return immediately.



GIBBS

- Scanners, copy machines, faxes, printers and other office equipment should be programmed with sleep modes to activate automatically when not in use.

- Use setback temperatures on all heating, ventilation and air conditioning equipment, including window air conditioners. For heating, the thermostat should be set at 68 degrees. For cooling, the thermostat should be set at 76 degrees.

- Turn off all outside lights during the day. Guardhouses, access points, gas stations, maintenance areas and storage areas are common locations where outside lighting is left on during daylight hours because of lack

of attention, education and consequences.

- Doors and windows between conditioned spaces and non-conditioned spaces should not be rigged to stay open. Heating and cooling of entry areas should be eliminated except to prevent freezing of pipes in those areas. Thermostats for heating of vestibules should be set at no higher than 45 degrees and, in most cases, can be set at 40 degrees where the weather stripping is properly installed for entry doors.

- Remove all incandescent lights from the installation.
- Eliminate and remove all extra refrigerators, microwaves, coffeepots and other appliances that service only one or two people, except as permitted.

- Install or replace all weather stripping on every entry way where a gap or light is visible. Caulk all joints, window frames, door jambs and any entry points from the outside of the building.



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Post trains foreign-born translators

Fort Jackson is well-known for being the Army's largest Basic Combat Training installation. However, Fort Jackson is also home to another training mission that receives far less attention, but is a critical component of the Army's warfighting capabilities. This mission, located in the 120th Adjutant General Battalion (Reception) Holding Unit, is the 09L English as a Second Language program — the only program of its kind in the Army.

The primary responsibility of 09L Soldiers is to provide interpretation and translation support, especially for units deployed abroad. The Army has called on 09Ls to serve on foot patrols in Afghanistan, courthouses in Iraq, hospitals in Kuwait and community relations events in tribal areas far removed from the reach of national governments.

Soldiers in the 09L program are heritage speakers of critical languages identified by the Department of Defense. These languages include Arabic, Farsi, Dari, Pashto and other languages spoken in North Africa, the Middle East and Southwest Asia. All 09L Soldiers are either naturalized U.S. citizens or permanent residents.

The Fort Jackson 09L program was established in 2007. Before then, the military had to send its future translators to intensive foreign language training or rely on paid contractors for linguistic support. This presented several risks and other disadvantages for the Army and its ability to perform its missions.

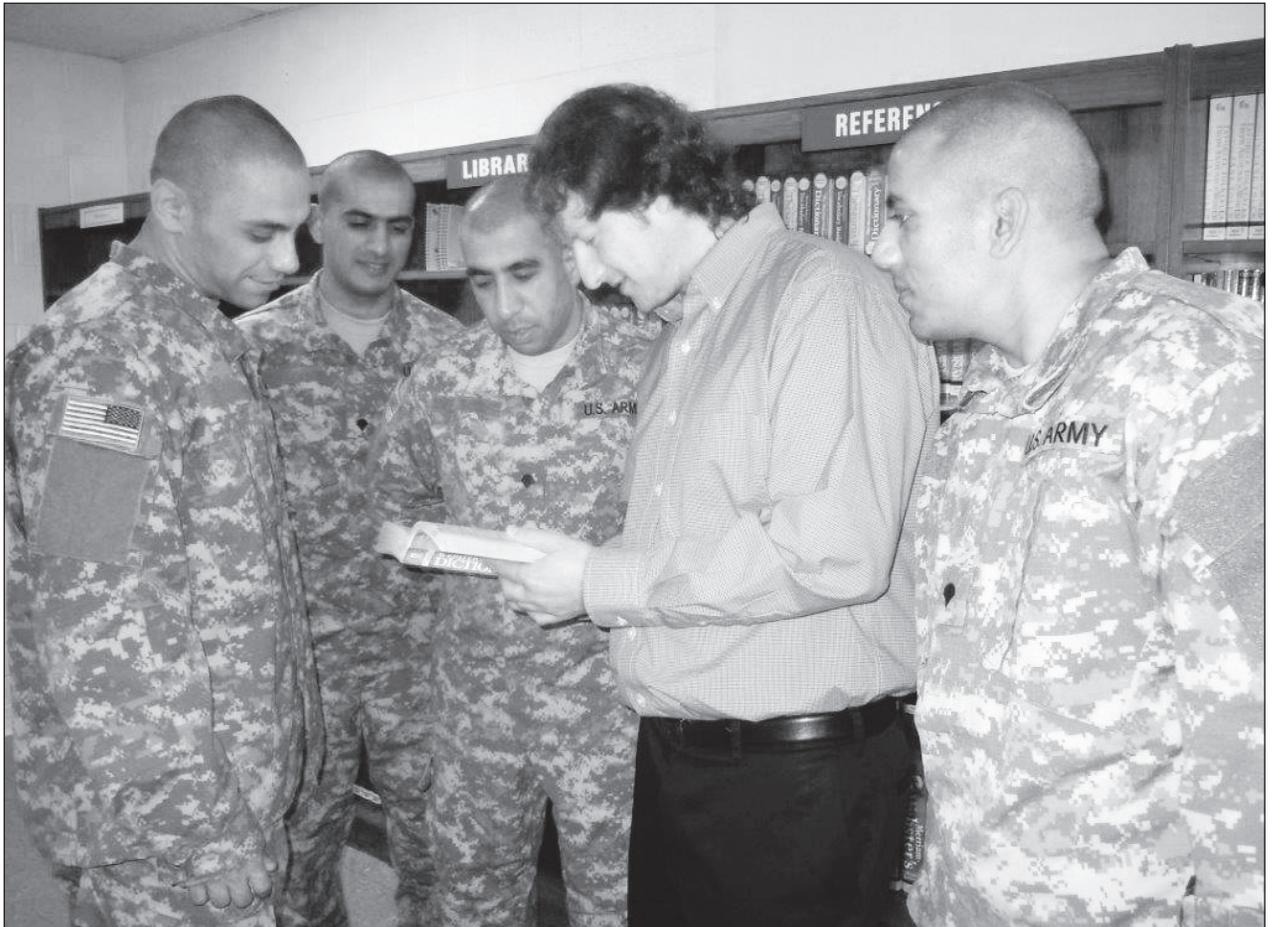
The road from enlisting in the Army to become an 09L Army professional is long. Soldiers in the 09L program at Fort Jackson receive up to 24 weeks of English training. Their courses are taught by civilian instructors, many of whom have experience living or teaching abroad. Coursework primarily consists of grammar and vocabulary, which is tested by regular assessments, but also includes study skills, pronunciation, American culture and debating skills.

Every four weeks, 09L Soldiers take a comprehensive test that assesses their English listening and reading abilities. Students scoring high enough on this test are then eligible to participate in an interview which measures their English speaking and comprehension skills. Students who pass this interview undergo a counterintelligence screening before heading off to Basic Combat Training. Upon graduating from BCT, 09Ls attend Advanced Individual Training at Fort Huachuca, Ariz.

During the height of the Iraq War, most of the earliest 09L Soldiers at Fort Jackson were native Arabic speakers who came from Iraq, Morocco, Egypt and Sudan. After American troops began pulling out of Iraq, America's military focus shifted to Afghanistan. As a result, most current 09L Soldiers emigrated from Iran, Afghanistan and Pakistan.

Many of these Soldiers view the United States as the country that gave them and their families the gift of freedom and joined the Army as a way to express their gratitude to the nation that provided security and a better way of life for their families. Because these Soldiers tend to disagree vehemently with the political leadership of the countries of their birth and want to create a better life for any family members they may have who remain in their hometowns, they are highly motivated to support the Army's mission.

Because of their foreign language proficiency and cultural knowledge, 09L Soldiers are valuable assets to



Photos by MARY BAREFOOT, 120th Adjutant General Battalion (Reception)

Paul Tenenbaum, English as a Second Language specialist with the 120th Adjutant General Battalion (Reception), assists 09L Soldiers researching assignments in the Holding Unit's library

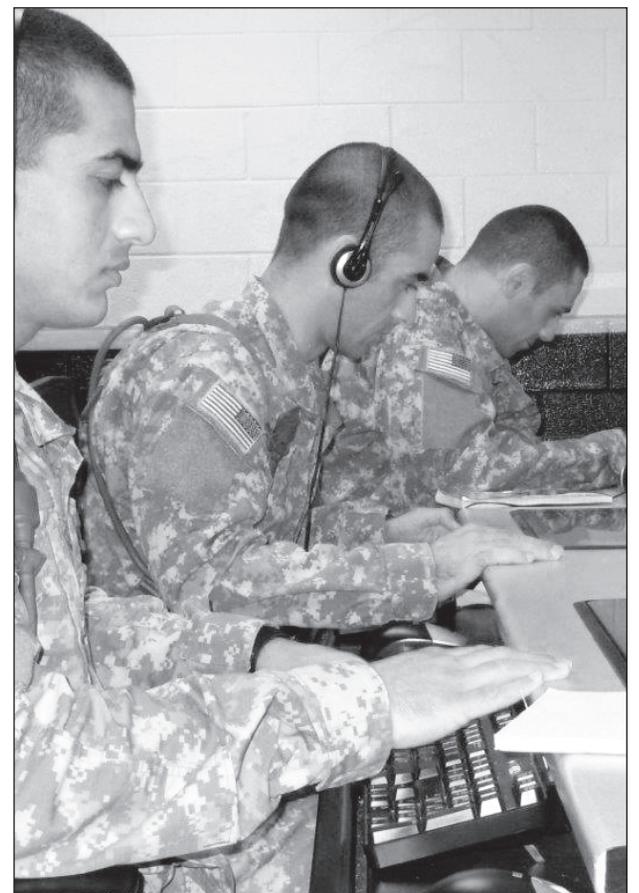
COMMENTARY

By
DR. ANTHONY PALMER
120th Adjutant General Battalion (Reception)

the United States military. Because they once lived in countries that may pose threats to the United States and its interests, they can serve as translators, advisers and cultural ambassadors for American military leaders.

They have the cultural knowledge necessary to train American-born Soldiers how to be sensitive to local customs to help win the hearts and minds of local communities. Their ability to communicate with local populations can help improve the likelihood that locals are willing to provide Army personnel with intelligence information about the operations or presence of adversaries. The ability to communicate effectively with local foreign populations can also improve operational safety by minimizing the risks of inadvertent interference on behalf of local villages regarding operational or training missions that may take place nearby.

Because of security concerns unique to 09L Soldiers regarding media exposure, they typically are unable to identify themselves publicly. But rest assured that for every fireteam, forward operating base or foot patrol operating abroad, chances are there is a Fort Jackson-trained 09L Soldier providing critical language support to help ensure mission success.



Soldiers in the 09L program complete English language training assignments in the 120th Holding Unit's computer lab.

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Fire Prevention Week heats up



Photos by SUSANNE KAPPLER

Above, India Williams, 9, poses with Sparky the Fire Dog during the Fort Jackson Fire Department's Fire Prevention Week event Saturday at the fire station. Right, Brooklyn Jones, 6, practices her fire extinguishing skills under the guidance of Harry Dressendorfer, an engineer with the fire department. Below, Cayleb Clifton, 6, explores the inside of a firetruck. The event also featured various activities for children and experts offering tips on fire prevention.



Nurse retires after 47 years at MACH

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Moncrief Army Community Hospital staff said farewell to one of its members of the Gynecology Clinic team Sept. 27.

Rita Outen, a licensed practical nurse, retired after 47 years of service at Fort Jackson.

“I started Aug. 15, 1966,” Outen said. “At that time, I started as a nursing assistant, even though I was an LPN, because it was the only position available. I decided to just step out on faith, and I’ve been working here ever since.”

Outen began her career when MACH was still named the Fort Jackson Hospital.

Throughout the years, Outen has come in contact with a lot of people who inspired her.

“Everyone who I worked with was rather important to me,” Outen said. “I worked with some longer than others, but Barbara Leverette and I have worked together at least 17 years as nurse practitioners.”

Outen expressed how some of the people in the clinic seemed to always return after leaving MACH for other assignments.

One such person is Dr. John Hanna, the chief of OB-GYN service at Moncrief.

“When I came to the GYN clinic in 1986, Dr. Hanna was the officer in charge at that time,” Outen said. “And here he is now the chief of the clinic, and I’m retiring.”

Hanna reflected on his time with the GYN clinic staff during Outen’s tenure.

“When I was chief of OB-GYN in 1986, Rita had already been working here 20 years,” Hanna said. “We had a large OB clinic and delivered about 40 (babies) each month,” he said. “We had six doctors in our clinic. We needed a good support team and were able to acquire Ms. Rita from the outpatient clinic. She has been in GYN ever since.”



Photo by ANDRE BUTLER

Rita Outen, a licensed practical nurse with the Gynecology Clinic, retired Sept. 27 after 47 years at Moncrief Army Community Hospital.

Hanna said things had changed when he returned to MACH, but Outen’s presence provided stability.

“Since I came back here in 2012, we are down to one doctor, do no obstetrics, (have had) lots of changes in the hospital, but the one constant has been that Rita is still here,” Hanna said. “She has prevailed through 21 hospital commanders, multiple clinic moves, scores of clinic chiefs and the one claim few can make — she served through a hospital move in 1972, when the current hospital was built. She has been a mentor for hundreds of nursing students, medics, nurses and doctors, teaching us all proper

technique, humility and compassion.”

Throughout her career, Outen reached multiple milestones.

“To be able to stay here for such a long period of time is the biggest highlight,” Outen said. “Meeting so many different people is another. I worked through 10 different presidents. The stint began with President Lyndon Johnson and ended with President Barack Obama.”

Outen held several positions during her career at MACH, including time in medical surgery, cardiac care, medical intensive care and the outpatient clinic.

Calendar

Sunday

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

Saturday, Oct. 19

National Archaeology Month celebration
10 a.m. to 2 p.m., Twin Lakes
Activities include an open-site excavation, artifact identification and flint knapping demonstrations. For more information, call 751-7153/5971.

Saturday, Oct. 19

Fort Jackson pet show
Noon to 3 p.m., Main Exchange

Saturday, Oct. 26

National Prescription Drug Take Back Day
10 a.m. to 2 p.m., Main Exchange

Saturday, Oct. 26, Wednesday, Oct. 30 and Thursday, Oct. 31

Terror at Twin Lakes/What's in the Water
6 to 9 p.m., Twin Lakes
For more information, call 751-8707.

Thursday, Oct. 31

Halloween trick-or-treat hours on post
6:30 to 8:30 p.m., housing areas

Friday, Nov. 4 and Saturday, Nov. 5

Military clothing reclamation sale
8 a.m. to 3 p.m., 2570 Warehouse Row
This cash-only sale is open to military of all ranks and military retirees. For more information, call 751-7213.

Announcements

DHR CLOSURE

The Directorate of Human Resources, including the ID card offices at the Strom Thurmond Building, will close at 11:30 a.m., Friday for an organizational day. In the event of an ID card emergency, customers can request assistance at the Soldier Family Assistance Center on 9810 Lee Road, 751-1198; at Shaw Air Force Base in Sumter, 895-1596; or at the South Carolina National Guard on Bluff Road, 806-2078.

TSSD RENAMING

The former Training Support and Schools Directorate is now Victory College. For enrollment in courses through ATRRS, use the new course titles below:

■ The former Physical Readiness Division (PRD) is now the U.S. Army Physical Fitness School (USAPFS).

■ The former Master Resilience Training Course (MRTC) is now the U.S. Army

Master Resilience School (USAMRS).

■ The former Leader Development Division (LDD) is now the Initial Military Training Leadership School (IMTLS).

■ The former Doctrine Training and Development Division (DTDD) is now the Proponency Development and Integration Directorate (PDID).

For questions, call 751-0855 or email Michael.R.Hatchett@us.army.mil.

RED CROSS VOLUNTEERS

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

CALL FOR ARTISTS

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

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

FREE COMIC BOOK

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

SPORTS BRIEFS

Halloween Howl 5K, 8 a.m., Oct. 26 at Twin Lakes. Sign up at the Sports Office or on race day from 6:30 to 7:30 a.m. For more information, call the Sports Office at 751-3096.

GIRL SCOUT MEETINGS

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

THRIFT SHOP NEWS

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

Meanwhile:

■ Winter clothes are now accepted.
■ Halloween items will be accepted through Oct. 17.

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

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

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

RETIREMENT CEREMONY

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

BOY SCOUT MEETINGS

The Fort Jackson Boy Scouts and Cub

Scouts meet each week at various times. For information about the troop or pack, call 409-9568.

TARP BRIEFINGS

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

AA MEETINGS

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

Information is subject to change.

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. Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Off-post events

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

MILITARY INSIGNIA COLLECTORS

Military insignia collectors meet every month to trade and identify patches and crests and discuss the history of the items. For more information, call 419-9247. Leave a message after 6 p.m.

COLONIAL CUP MILITARY TICKETS

Three thousand free tickets are available to active-duty and retired service members and their families for the 44th annual Colonial Cup steeplechase race, Nov. 23 in Camden. Visit Victory Travel to pick up a ticket reservation form. For more information, visit www.carolina-cup.org.



Photo by DAVID SHANES, command photographer

Band changes command

Chief Warrant Officer 4 William Brazier addresses Soldiers and civilians at the 282nd Army Band's Change of Command Tuesday. Brazier assumed command from Chief Warrant Officer 3 Jonathan Ward.

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

Urban Warfare

Soldiers train for combat in a city environment



Photos by WALLACE McBRIDE

Soldiers from the 1st Battalion 13th Infantry Regiment train Tuesday at Fort Jackson's Urban Assault Course. The course is centered on a mock town with buildings where Soldiers are trained on conducting operations in an urban environment, the proper methods of clearing buildings, negotiating obstacles and crossing open terrain.





VolunTEENS offer flu information

Courtesy photo

Seventeen members of the Fort Jackson Red Cross VolunTEENS set up two information booths and disseminate influenza prevention information at the Exchange, Sept. 28. The VolunTEENS, ages 12 to 18, spread the word on influenza prevention and immunization opportunities provided by Moncrief Army Community Hospital.



Courtesy photo

Blackhawk idol

Staff Sgt. Brian Maxwell, a military working dog handler with the 208th Military Working Dog Detachment, receives the golden album award for his first-place performance in the 171st Infantry Brigade's Blackhawk Idol competition.

Tinnitus — what is the buzz all about?

By MAJ. MELISSA LECCESE
U.S. Army Public Health Command

Even if you are unfamiliar with the term tinnitus, many of you may have experienced this distracting ringing, buzzing, clicking, roaring or rushing sound in the ears at one time or another.

Tinnitus is not a disease. However, it is likely related to an underlying condition. The most common condition that tinnitus relates to is noise exposure, both work-related and recreational. Other conditions that tinnitus may relate to include aging, ear or sinus infections, head or neck injury, heart or vascular disease, some medications, stress or fatigue.

An estimated 50 million Americans experience constant tinnitus. More than 16 million who suffer from tinnitus have sought medical attention to find relief. Among veterans, tinnitus is the most common service-connected disability.

Tinnitus can interfere with the ability to concentrate for short or long periods of time. It is most noticeable in quiet surroundings — not because the sound grows louder in this setting, but because the sound is more easily heard in a place where there is little sound competition. In severe cases, depression and insomnia plague the person affected.

Tinnitus can be a source of severe mental stress for some.

Despite ongoing research efforts, the exact cause of tinnitus is unclear. Tinnitus that is related to noise exposure is believed to be the result of damage or stress to cells in the inner ear. These cells are known as “hair cells” because of the hair-like projections that are attached to these cells. Hair cells play an important role in the hearing process and their damage results in damaged hearing.

Because noise-induced hearing loss is often related to tinnitus, any measures taken to limit hazardous levels of noise will help prevent tinnitus. In pre-existing cases, these protective measures will prevent tinnitus from worsening. Turning down the volume or moving away from the noise is a wise noise-limiting practice. Use hearing protection in situations where noise levels cannot be limited.

Sadly, there is no cure for tinnitus, but there are many treatments and treatment programs available that help some people cope with and manage this condition:

- Counseling programs exist for individuals as well as for groups. The programs assist in changing reactions toward the tinnitus. A primary goal is to facilitate relaxation by decreasing awareness of the tinnitus.
- People who have hearing loss in conjunction with the tinnitus may find treatment for both by using hearing aids. Hearing aids amplify speech and environmental sounds,



which often makes the tinnitus less noticeable.

■ Sound generators facilitate relaxation and sleep. These devices produce gentle, repetitive, soothing sounds such as waterfalls or soft music. Some sound generators can even be worn in the ear and are used as part of tinnitus retraining therapy.

MACH UPDATES

MEDICAL HOME CLOSURE

Moncrief Medical Home will be closed Friday for the Moncrief Army Community Hospital organizational day. MMH will also be closed Monday for Columbus Day.



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

FLU VACCINATIONS

Seasonal flu vaccinations are now available to eligible beneficiaries. Flu mist is available for healthy beneficiaries 2 to 49 years old. Flu shots are currently available for beneficiaries 6 months to 17 years old. Flu shots for people 18 and older are not yet available. Updates will be published once the vaccines are available.

Children between 6 and 36 months will be given flu shots on a walk-in or appointment basis at the Family Health Clinic. For more information, call 751-2210.

Flu vaccinations are available at Moncrief Army Community Hospital, sixth-floor Immunization Clinic, Room 6-5, from 8 a.m. to 4 p.m., Monday through Friday. On Oct. 16 and 30, the clinic will be open from 8 a.m. to 7 p.m. The clinic will be closed Monday for Columbus Day.

- Other flu vaccination sites are:
- Solomon Center; 8 a.m. to 2 p.m., Oct. 21
 - Commissary; 10 a.m. to 2 p.m., Oct. 22
 - Post Exchange; 10 a.m. to 2 p.m., Oct. 29

Information is subject to change.



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>.





Pizza and movie night

Courtesy photo

Headquarters and Headquarters Company, 187th Ordnance Battalion hosts a pizza and movie night in the Post Theater, Sept. 30. Soldiers, civilians and family members enjoyed a pizza dinner and watched the movie, "Despicable Me 2." The purpose of the event was to have Soldiers and civilians enjoy quality time with their families.

Walk your way to better health

People are always looking for a type of exercise that is easy — yet effective — in delivering results.

One form of exercise that has been around forever is walking. Rediscover this effective form of exercise which can produce lasting weight-loss results.

What is so great about walking? First, walking is one of the easiest forms of exercise. Walking is easy on the joints, and because of that, people typically stick with it longer. With that type of longevity, a person can transform his or her body with a committed and dedicated walking workout.

Where do you begin? You begin by just walking.

If your mission is walking for weight loss, then take advantage of these steps.

■ **Invest in the right type of sneaker.** Walking, like any other form of exercise, loses its luster if you are wearing the wrong sneaker. You want to protect the feet with a sneaker that provides support, ventilation and flexibility. It is recommended that your sneakers are secure across the instep and in the heel, but roomy enough for you to wiggle your toes. Your sneaker investment is probably the most costly you will incur from your walking program, so do not cheat yourself. Make sure you get the proper fit and support so that you can efficiently walk your exercise distances during each workout. Your clothing should be breathable and not fit too tightly.

■ **Make a commitment to walk outdoors more than indoors.** Walking outdoors offers many benefits, especially if you walk in different locations. For example, when you change the terrain you walk on (sand, gravel, pavement, etc.), your leg muscles work harder. This can really help sculpt beautiful legs. Add walking up a hill or a hiking day-walk and you increase your results even more. Walking indoors and on treadmills should be reserved for rainy days or when time will not permit you to be outdoors.

■ **Another key success factor is pace.** Remember, this is not a stroll. You should walk at a pace of around 3 to 4 mph. That means you should be able to complete a

THE WEIGH IT IS

By **PAMELA LONG**
*Fitness programmer,
Family and Morale, Welfare
and Recreation*

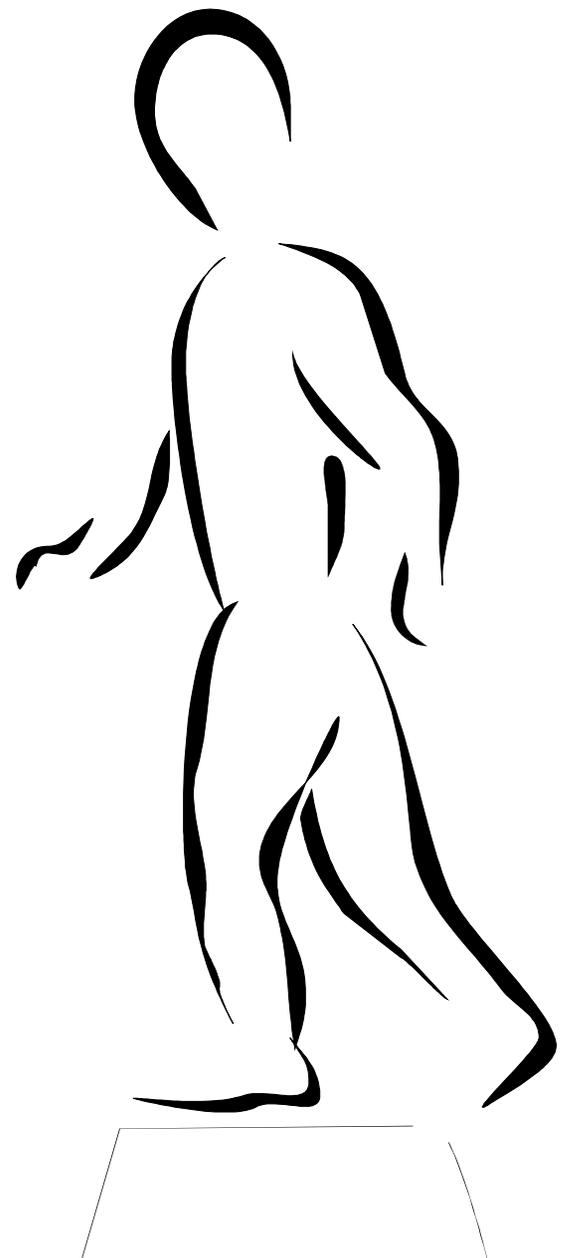


mile in about 15 minutes to 20 minutes. This is the pace that burns about 100 calories and makes your walking program a real workout and not just a stroll. A brisk 45-minute exercise walk could burn as many as 350 calories. If you do not have that kind of time, try to walk at least 30 minutes. You should still begin seeing results in no time.

■ **Do not think you need to carry hand weights while doing your exercise walking.** Holding weights can damage the wrist and should be avoided. If you prefer, you can use walking poles in each hand. These are very popular and can be very benefiting if you do a lot of uphill walking. The movement (swinging) of the arms increases the heart rate and boosts metabolism and assists with your weight-loss efforts. However, remain mindful of your posture and avoid slouching. Try to remain as upright as possible, even when walking up hills.

■ **No well-planned, results-yielding workout should be without music.** Most phones come with music capability, so all you need is to add some earphones and you have musical motivation. Do not underestimate the power of music. The sound and selection can take your walk and push it into high gear.

The Fort Jackson FMWR Fitness Department will begin a walking program Nov. 4. This exercise walking program aims to prevent the weight gain we typically face during the holidays. For more information and to register, email pamela.j.long19.naf@mail.mil.



Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Caroline Burga-Bagwell
Company A
1st Battalion,
34th Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Pvt. Kennedy Padro



Staff Sgt. Christopher Bodeau
Company B
1st Battalion,
34th Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Pvt. Andy Wordlaw



Staff Sgt. Starzane Stevenson
Company C
1st Battalion,
34th Infantry Regiment
HONOR GRADUATE OF THE CYCLE
Pfc. Dakota Scott

STUDENT LEADER OF THE CYCLE
Pfc. Karina Contreras

HIGH BRM
Pvt. Isaac Gregory

HIGH APFT SCORE
Pvt. Jackson Moreirade

STUDENT LEADER OF THE CYCLE
Pfc. Austin Whited

HIGH BRM
Pvt. Edward Pedraza

HIGH APFT SCORE
Pvt. Trevon Gage

STUDENT LEADER OF THE CYCLE
Pvt. Vanessa Roller

HIGH BRM
Pvt. Donald Calderwood

HIGH APFT SCORE
Pvt. Jonathan Ruiz-Rivera

SPECIAL RECOGNITION AWARDS OF THE CYCLE

TRAINING SUPPORT
Maj. Matthew Hanna

SERVICE SUPPORT
Jeremiah Hammond

STAFF SUPPORT
Staff Sgt. Susanna Warner

FAMILY READINESS GROUP
Lisa Wren

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 24 Leader must be submitted by today.

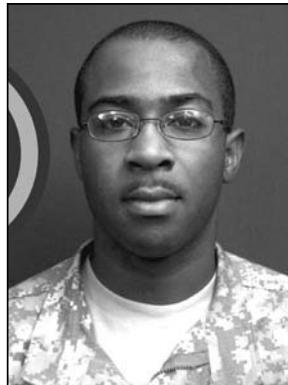
Announcement submissions are due one week before publication.

For example, an announcement for the Oct. 24 Leader must be submitted by Oct. 17.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

Weekly honors



JACKSON

Spc. Allen Jackson
Soldier of the week
Third Army/ARCENT

vimeo

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



READY AND RESILIENT

THE STRENGTH OF OUR NATION.



U.S. ARMY

WWW.ARMY.MIL/READYANDRESILIENT

Recurring meetings

WEEKLY

Walking away stress

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

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. Homeschoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

Play group

Wednesdays, 10 to 11:30 a.m., Room 8, 5615 Hood St., for children 3 and younger, 751-9035/6325.

Toastmasters International

Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307.

Alcoholics Anonymous open meeting

Wednesdays and Fridays, 9 to 10 a.m., 9810 Lee Road. For more information, call 751-6597.

Sergeant Audie Murphy Club Association study hall

Thursdays, noon, NCO Academy conference room, www.facebook.com/FJSAMCA.

MONTHLY

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 Chapter and Auxiliary, Woodrow Wilson Chapter #4

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

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.

American Legion Post 182

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

Adjutant General's Corps Regimental Association, Carolina Chapter

Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club, 751-3014.

Fort Jackson Homeschoolers

Second and fourth Tuesday of the month. For time and location, call 419-0760 or email johnlazzi@yahoo.com.

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.

American Legion Riders Motorcycle Group (ALR Chapter 195)

Second Tuesday of the month, 7:30 p.m., American Legion Post 195, 534 Wildwood Lane, Lugoff, 699-2598 or alrpost195@gmail.com.

Fleet Reserve Association Branch and Unit 202

Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or turner6516@gmail.com.

The Rocks Inc., James Webster Smith Chapter

Third Tuesday of the month, 6 p.m., Post Conference Room.

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.

Sergeant Audie Murphy Club Association

First Wednesday of the month, noon, NCO Club, www.facebook.com/FJSAMCA.

Better Opportunities for Single Soldiers

Adopt-A-School program

Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest Heights Elementary School, 751-1148.

SWAMPFOX Warrant Officer Association

First Thursday of the month, 11:30 a.m. to 12:45 p.m.,

Officers' Club, johnny.myers@us.army.mil.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 11:45 a.m. to 12:45 p.m., Single Soldier Complex, Building 2447, 751-1148.

Victory Riders Motorcycle Club

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

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.

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.

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.

Gold Star Wives, Palmetto Chapter

Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.

Combat Vets Motorcycle Association

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

Ladies Auxiliary Louis D. Simmons Post 215

Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.

American Legion Louis D. Simmons Post 215

Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.

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



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

- Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel
- Wednesday
6 p.m. Gospel prayer service, Daniel Circle Chapel

7 p.m. Gospel Bible study, Daniel Circle Chapel
 ■ Thursday
 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

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