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# THE FORT JACKSON LEADER

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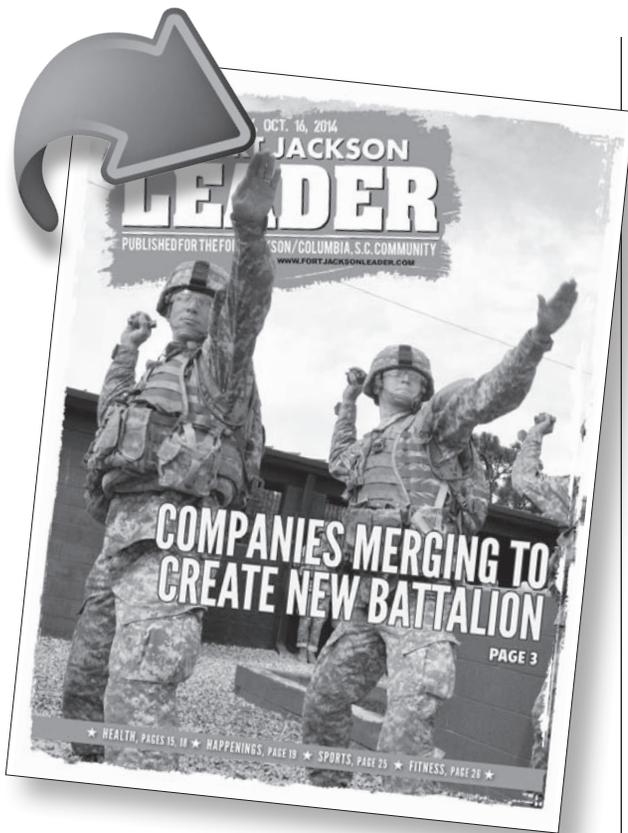


## COMPANIES MERGING TO CREATE NEW BATTALION

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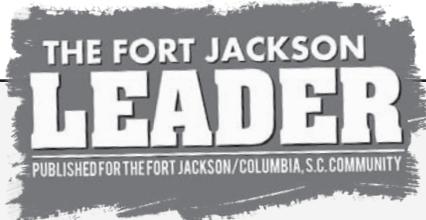
## OP-ED



## ON THE COVER

Photo by ANDREW McINTYRE

The Army Training Center is standing up a 10th battalion for Basic Combat Training. **SEE PAGE 3.**



### Fort Jackson, South Carolina 29207

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Photo by ANDREW McINTYRE

Shenitha Shiver, a domestic violence victim advocate with the Fort Jackson Family Advocacy Program, speaks to Moncrief Army Community Hospital visitors Oct. 8, to raise awareness for domestic violence prevention. South Carolina is ranked No. 2 in the nation for reported domestic violence cases

# Can you guess who I am?

**H**ello, I am a silent killer. I know no names. I am not partial to age, gender or social class. People often get me confused with a security blanket, being powerful, harmless, loving and caring.

People look for me in the most obvious places, but they don't know I am the best-kept secret. You can say I am below the radar, with special skills, techniques, words and behavior. I camouflage myself very well. People smile at me all day in the streets, they laugh with me, share their life stories with me and they even trust me with their life. They often will put their own reputation on the line for my honor. They see me as gentle, kind and upright.

I know you are wondering who I am. I shared with you how people perceive me, but let me tell you a little about myself.

I love to strip power from people and degrade them. Because of my own shame, hurt, pain and low self-esteem I enjoy sharing these emotions with others. At times

## COMMENTARY

By **SHENITHA SHIVER**  
Family Advocacy Program

I become controlling, aggressive and hurt the people who love me.

Often, I show no mercy in my attack, yet I am forgiven for the pain, destruction and devastation I cause. People try to label me and understand me. They often say I am a vicious cycle, but sometimes I am unpredictable. One day I may attack you with my words, other days I may simply intimidate you.

I have been known to kill at the first attack, and other times I will torture you for a period of time before I execute my final, yet deadly, move. I think you may have figured out my name by now — if not, I will tell you. My name is Domestic Violence.

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# ATC activates 10th BCT battalion

By WALLACE McBRIDE  
Fort Jackson Leader

A provisional battalion for Basic Combat Training is activating on Fort Jackson this week.

Designated the "Lightning Battalion," the new organization is a product of consolidating Soldiers from five companies from around the installation.

"It's all about restructuring what we have in order to maximize efficiency," said Maj. Jay Smith, of the Army Training Center's Operations Office. "Instead of cutting services, we're cutting costs."

It's also about maintaining Fort Jackson's training tempo, he said. By consolidating Soldiers into the Lightning Battalion, it creates a "five by five" structure that is compatible with the regular work week.

Thanks to their place in the alphabet, Foxtrot companies — the sixth letter — have routinely had their training days scheduled for the sixth day in the week, Saturday.

Smith said this schedule often requires range personnel to work weekends. When inclement weather was a factor, training can even be delayed until Sunday. He said it wasn't uncommon for Foxtrot training days to even be pushed back into the following week, forcing companies to "double up" on training in order to meet their goals.

"(The training units) do a pretty good job of managing this, but it means paying overtime to get the support that they need," Smith said. "You're also stressing drill sergeants, support personnel and (ammunition) handlers."

There are other expenses involved with how Foxtrot companies were organized on post. The troop surge that took place in the wake of 9/11 demanded more housing for new Soldiers on post.

Unfortunately, Smith said, Fort Jackson's training battalions were equipped to



Leader file photo

**The Army Training Center is adding a 10th battalion for Basic Combat Training. The battalion will comprise five companies from other battalions to even out the training load and schedule.**

house only five units each.

To accommodate new training demands, the post installed mobile buildings to house the additional sixth companies. In some cases, though, those facilities are today located more than a mile from their unit headquarters.

"(The restructuring) pushes the brigades back into their own footprint," he said. "Each brigade has a battalion that's geographically separated from its own headquarters. This will create two footprints for the 193rd Infantry Brigade and 165th Infantry Brigade, and all their units will be co-located nearby."

It will also help the post cut the cost of maintaining mobile buildings, a cost he described as "astronomical."

"We'll close out those contracts once they're complete, and move (Soldiers) into hard-stand buildings that are already funded," he said. "And that's a pretty big savings."

"Provisional battalions, because they're temporary by nature, can't have their own unit designations," Smith said.

Because the provisional battalion is part of 165th Infantry Brigade, the "Lightning Brigade," it has been designated the "Lightning Battalion."

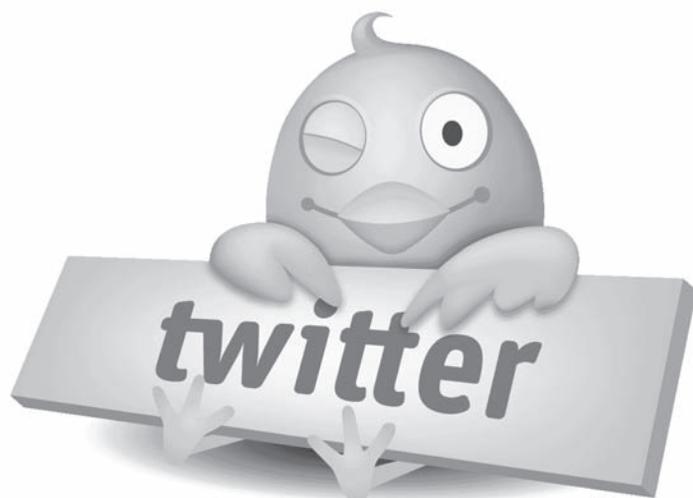
The next step is securing a proper designation for the organization, Smith said.

"TRADOC seems to be on board with it, but there's still some analysis being done," he said. "We're expecting it to be approved, and then it will become a full-fledged battalion. That's a long process with a lot of Department of the Army-level organizations involved with that."

The battalion's first company is scheduled to start training in November.

The activation ceremony is scheduled to take place 1 p.m. today at Victory Field.

Milton.W.McBride3.ctr@mail.mil



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# Don't leave school in debt

## Scholarships available to Service members, families

By **ANDREW McINTYRE**  
Fort Jackson Leader

The price for a college education can be very expensive. Barbara Martin, Army Community Services Employment Readiness Program manager, said the more college scholarships military dependents can receive the less money they will have coming out of their pockets.

Since 2001, college tuition rates increased more than 40 percent for public institutions and 28 percent for private institutions, according to the National Center for Education Statistics.

Military dependents, who are eligible, can receive unused education benefits transferred to them from their Service member. Each Service member can only be awarded up to 36 months of education assistance benefits.

Along with these education benefits, college scholarships are available to help with the high cost of college tuition and fees.

"Traditionally, college scholarships start around late winter and run through early spring," Martin said. "After the deadline has passed, decisions are normally made in the summer, and the money is awarded for the following academic year."

Martin said the first goal for military dependents should be to get organized and to apply.

"Start applying for just a few scholarships. As you become seasoned in the application process, you should then apply for more scholarships," Martin said.

Martin said she and Antoinette Houston-Walker, TRIO program manager with the Education Center, host a series of education and employment workshops together that will start in January and run through March.

"I call it my scholarship campaign, and it's where I educate military families on the resources available for financing college education," Martin said. "I provide different scholarship finders and information that will keep them up to date on what scholarships are still available, which ones have gone away and what scholarships are best for them." Martin said.

Martin said there are a number of scholarships that



*Courtesy photo*

**Chanse Sonsalla, a senior at Spring Valley High School and daughter of a Fort Jackson officer, was recently announced as a semi finalist for the National Merit Scholarship. A number of scholarship opportunities are available to military family members.**

many military spouses and dependents are unaware of, like the Army Emergency Relief Scholarship. Many of the Army's families are more familiar with the AER loan program, however the AER program also awards college scholarships.

More than 130 South Carolina residents received the Army Emergency Relief scholarship for college assistance this year.

"A total award amount of \$353,800 went to South Carolina residents. Armywide, we awarded 3,639 scholarships for a total of \$8.8 million," said Tammy LaCroix, scholarship program manager for the Headquarters Army Emergency Relief.

"The best time to get started on filling out college scholarship applications is now," Martin said.

Houston-Walker said the best place to begin is to first fill out the Free Application for Federal Student Aid, or FAFSA, form. There may be money available through the applicant's school that is not advertised, but will be divvied out based on FAFSA calculations.

"Many scholarships will require you to fill out a FAFSA form, some will require an essay, some will require a GPA," Martin said. "All scholarship applications are different, but in the workshop we use a spreadsheet to help (applicants) prioritize the scholarships by deadline and requirements, so that they do not get overwhelmed with trying to fill out a bunch of applications."

Martin said a list of scholarships available for military family members and books that help spouses and children find suitable scholarships are also available.

One scholarship Martin highlighted is the Military Spouse Career Advancement Account Scholarship.

The Military Spouse Career Advancement Account Scholarship is a career-development program that provides up to \$4,000 in tuition assistance for military spouses, whose Service member is on active duty in in the ranks of private to sergeant, warrant officer, chief warrant officer 2, second lieutenant and first lieutenant.

Martin said taking out a loan should be a military dependent's last resource.

"There is too much money out there that people are giving away for (students) to get a loan," Martin said. "The goal is to go to school, gain a good education and not have to pay so much back in student loans. If you start out with debt when you get out of school and are still looking for a job, it's kind of like your taking three steps back."

*Andrew.R.McIntyre.civ@mail.mil*

# AUSA opens with call for budget resolve

By **DAVUD VERGUN**  
Army News Service

WASHINGTON — “We are the greatest land power the world has ever seen. We are the indispensable Army of the indispensable nation,” said Secretary of the Army John McHugh, referring to remarks President Barack Obama made of the U.S. being the world’s go-to nation when trouble arises.

The secretary added that the Army has a capability and capacity that no one else can replicate. McHugh was the keynote speaker Monday, at the opening ceremony of the Association of the United States Army Annual Meeting and Exposition held at the Walter E. Washington Convention Center, here.

Soldiers are now in some 150 countries, he continued, including the 10th Mountain Division (Light Infantry) and 1st Cavalry Division in Afghanistan. In the Philippines, Soldiers from the Joint Special Operations Task Force are part of the Army’s rebalance to the Pacific. In Korea, Soldiers of the 2nd Infantry Division are ensuring stability in that volatile region. In Ukraine, Soldiers from the 173rd Airborne Brigade were in Exercise Rapid Trident.

More recently, he said, Soldiers from the 101st Airborne Division (Air Assault) and Army engineer units deployed to Liberia to

help fight the Ebola epidemic. Soldiers of the 1st Infantry Division headquarters deployed to Iraq.

“Yes, we are the indispensable nation,” McHugh explained. “When trouble comes, no matter the challenge, they don’t call Beijing. They don’t call Moscow. They call us, the United States Army. And, despite predictions of many, the calls keep coming.”

Airplanes and ships alone cannot win wars, McHugh said.

“As important as they are, no Hellfire-equipped drone ever reclaimed lost territory,” he said. “No Tomahawk missile ever conducted a ground counteroffensive. No bomber ever mentored or trained soldiers of allied nations building up capacity. Now, more than ever, we, this nation, need our Soldiers.”

As budget constraints force a draw-down, the Army must maintain a balance between readiness, modernization and manpower, he said. But that could be even more difficult next year.

If sequestration returns in fiscal year 2016, the tough choices and gains made during the reprieve this past year will dissipate and “another round of indiscriminate cuts will gut our force so we’re unable to meet the president’s defense strategic guidance,” McHugh said.

“As I’ve told Congress repeatedly, this is a time for predictability. This is not a time for politics,” he said, referring to the

need for predictable, long-term funding.

Immediately following the Opening Ceremony, McHugh and Chief of Staff of the Army Gen. Ray Odierno held a joint press conference.

Odierno said the next eight to 12 months will be one of the most important times in the nation’s history, as decisions are made about what the nation will do with its military. He was referring primarily to budget decisions and how that will impact the force and operations that are and will be required.

Even as the uncertain legislative process grinds on, the Army is busy planning for a range of options.

The Army Operating Concept, to be unveiled this week, will show the way ahead for the Army in the next 10, 15 and 20 years, Odierno said. “I’m excited about it and I think our Soldiers are excited about it.”

One reporter questioned how the Army could come out with a new operating concept with so much budget uncertainty and global instability. Odierno responded that the Army has to continue planning, even as unpredictability and uncertainty increase. “The intellectual has to precede the physical.” Also, the Army Operating Concept itself addresses the Army amidst global turmoil and uncertainty.

While the Army Operating Concept will be the intellectual guiding force, the devel-

opment of that leader who can operate in unpredictable environments will be vital, McHugh added.

Odierno then addressed a question on how well the U.S. military was doing against ISIL, or the Islamic State.

“We’re watching the situation very carefully,” he responded. “The airstrikes are helping slow down the (enemy) advance. It’s buying us time so we can continue to train the Iraqi security forces.”

But it’s more than just training them, he acknowledged, something the Army has been doing with the Iraqi security forces for a number of years.

The problem with the Iraqi security forces over the last few years is they haven’t trusted their leaders, so they “abandoned their posts, which was really disappointing to me,” Odierno said.

“While airstrikes are not going to solve the problems by themselves, you’ll need forces on the ground,” he continued. “That buys us time so we can train Iraqi forces on the ground as well as the Peshmerga forces in the north.”

It will be a coalition effort and will not be resolved overnight, he said.

“People don’t realize how difficult it is to conduct airstrikes, making sure you don’t have collateral damage,” he said. “So we’re going to be very careful.”

“We were surprised by (the Islamic State’s) capability,” Odierno admitted.

## News and Notes

### ACTIVATION CEREMONY

An activation ceremony for Lightning Battalion (Provisional), 165th Infantry Brigade, is scheduled for 1 p.m., today at Victory Field.

For more information, call 751-8128 or email [ruta.r.hurt.mil@mail.mil](mailto:ruta.r.hurt.mil@mail.mil).

### BREAST CANCER AWARENESS

A breast cancer awareness banquet is scheduled from 6 to 9 p.m., Friday at the NCO Club. Tickets cost \$16.

For more information and to register, call 751-5251.

### FAMILY FIELD DAY

Fort Jackson’s 2014 Archaeology

Month celebration is scheduled from 10 a.m. to 2 p.m., Saturday at Twin Lakes. The event will include artifacts, displays, posters and activities.

For more information, call 751-7153.

### HEALTHY RELATIONSHIP BINGO

Army Community Service is hosting a healthy relationship bingo event from 6 to 7:30 p.m., Tuesday at the Joe E. Mann Center. Registration is required by Oct. 17. Limited child care is available.

For more information and to register, call 751-6316.

To submit an announcement, email

[fjleader@gmail.com](mailto:fjleader@gmail.com).

Information subject to change.

## Reel Time Theaters

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3D: Adult \$7.50/Child (6-11): \$5.00  
3319 Jackson BLVD

\*\*Ticket sales open 30 minutes prior to each movie\*\*  
\*Movie times and schedule are subject to change without notice\*

Friday October 17  
**Dolphin Tale 2** (PG) 7 p.m. 1h 47m

Saturday October 18  
**No Good Deed** (PG-13) 2 p.m. 1h 14m  
**A Walk Among The Tombstones** (R) 4:30 p.m. 1h 54m

Sunday October 19  
**No Good Deed** (PG-13) 2 p.m. 1h 14m  
**This is Where I Leave You** (R) 4 p.m. 1h 43m

Wednesday October 22  
**No Good Deed** (PG-13) 2 p.m. 1h 14m  
**A Walk Among The Tombstones** (R) 4:30 p.m. 1h 54m

Friday October 24  
**No Good Deed** (PG-13) 7 p.m. 1h 14m

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# Knowledge is key in preventing Ebola

## *Pentagon Emergency Management*

On Sept. 30, the first travel-associated case of Ebola was diagnosed in the United States. Since then, several people in the U.S. have been quarantined and tested for the Ebola Virus Disease.

It is important to understand how this disease is transmitted along with knowing the signs and symptoms and staying abreast of the latest news and guidance to help protect yourself and others.

### Background

The 2014 Ebola Virus Disease, or EVD, epidemic is the largest in history, affecting multiple countries in West Africa. There are more than 8,000 reported cases, the vast majority in West Africa.

There are several factors for the increased risk of spread in that region — limited infrastructure for adequate health measures at border points, care-seeking behaviors across borders, and cross-border surveillance and contact tracing across and beyond borders.

Many organizations, including the Centers for Disease Control and Prevention, have deployed personnel to assist in the containment of the disease and treatment of affected people. Increased monitoring at points of entry is in place in the United States in an effort to mitigate this risk.

Knowledge and education are the keys to preventing the spread of this deadly disease.

### Infection and Transmission

The risk of contracting EVD is low unless you come into direct contact with

the blood or bodily fluids (urine, saliva, feces, vomit, sweat and semen) of a person who is sick with Ebola. EVD can live on hard surfaces (door knobs and countertops) for several hours; however, the virus in body fluids (such as blood) can survive up to several days at room temperature. EVD can be killed with hospital-grade disinfectants (such as household bleach).

### Symptoms

Symptoms may appear anywhere from two to 21 days after exposure to EVD, but the average is eight to 10 days. Symptoms include:

- Fever (greater than 101.5 F);
- Severe headache;
- Muscle pain;
- Weakness;
- Diarrhea;
- Vomiting;
- Abdominal (stomach) pain;
- Unexplained hemorrhage (bleeding or bruising)/

### Prevention

■ Practicing good hygiene is the key to preventing any spread of an infectious disease — whether it is the flu, a cold, or even the Ebola virus.

■ Wash your hands frequently. As discussed earlier, EVD can live on hard surfaces for several hours. Soap is always the best; however, hand sanitizer works too.

- Know the symptoms of EVD.
- Avoid physical contact (like shaking hands) with people showing symptoms of EVD.

For more information, visit [www.cdc.gov/vhf/ebola/about.html](http://www.cdc.gov/vhf/ebola/about.html) or [www.who.int/csr/disease/ebola/en/](http://www.who.int/csr/disease/ebola/en/).



US ARMY TRAINING AND DOCTRINE COMMAND (TRADOC)

## TEN KEY INDICATORS OF POTENTIAL TERRORIST-ASSOCIATED INSIDER THREATS TO THE US ARMY

1. **Advocating violence, the threat of violence, or the use of force to achieve goals that are political, religious, or ideological in nature.**
2. **Advocating support for international terrorist organizations or objectives.**
3. **Providing financial or other material support to a terrorist organization or to someone suspected of being a terrorist.**
4. **Association with or connections to known or suspected terrorist.**
5. **Repeated expression of hatred and intolerance of American society, culture, government, or principles of the U.S. Constitution.**
6. **Repeated browsing or visiting internet websites that promote or advocate violence directed against the United States or U.S. Forces, or that promote international terrorism or terrorist themes without official sanction in the performance of duties.**
7. **Expressing an obligation to engage in violence in support of international terrorism or inciting others to do the same.**
8. **Purchasing bomb making materials or obtaining information about the construction of explosives.**
9. **Active attempts to encourage others to violate laws, disobey lawful orders or regulations, or disrupt military activities.**
10. **Family ties to known or suspected international terrorist or terrorist supporters.**

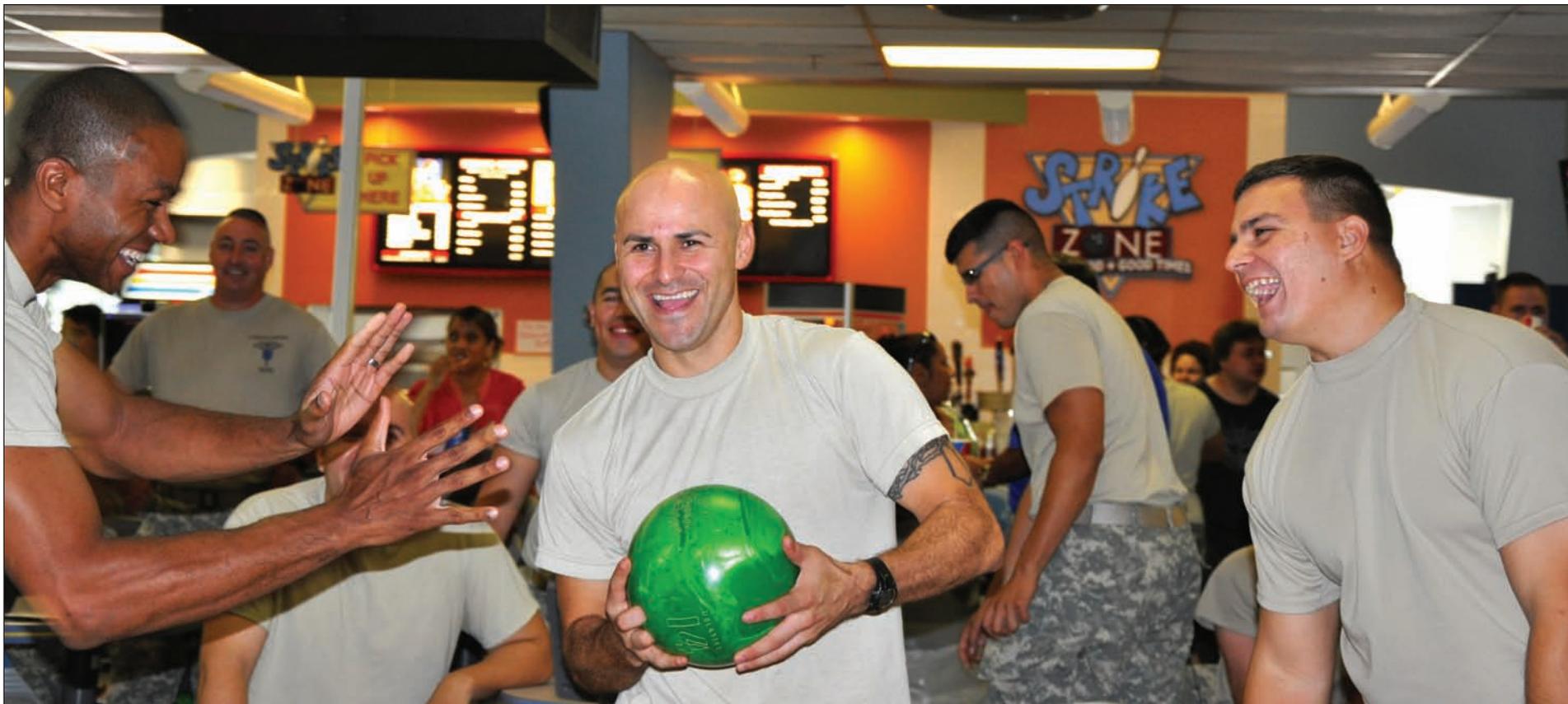


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Photos by SPC. JASMIN SAENZ, Moncrief Army Community Hospital

Above, Capt. Edward Myles, left, commander of Medical Company, Moncrief Army Community Hospital, and Sgt. 1st Class Robert Holder, also with Medical Company, are taunting the company's 1st Sgt. Ricardo Gutierrez during Moncrief Army Community Hospital's team-building exercise Oct. 3 at Century Lanes Bowling Alley. Below, the five highest scores among enlisted Soldiers were by Staff Sgt. Robert Burns, Sgt. 1st Class Robert Holder, Sgt. Maideah Africa, Spc. Ethan McAllister and Sgt. 1st Class John Mullen.

## MACH bowls a strike for team building

### Moncrief Army Community Hospital

Soldiers with Moncrief Army Community Hospital participated in a team-building exercise at Century Lanes Bowling Alley Oct. 3. The event, which was attended by more than 75 Soldiers, included free food, free bowling and a friendly competition between officers and enlisted Soldiers.

For the competition, the five highest scores from the officers and the five highest scores from the enlisted Soldiers were tallied and averaged to come up with the final score. The winners of the competition were the enlisted Soldiers, who had a combined average of 171 points, with the highest score of 222 going to Staff Sgt. Robert Burns, of the Hospital Education Program.

"It was great to see our Soldiers just relax and be themselves," said 1st Sgt. Ricardo Gutierrez, Medical Company.

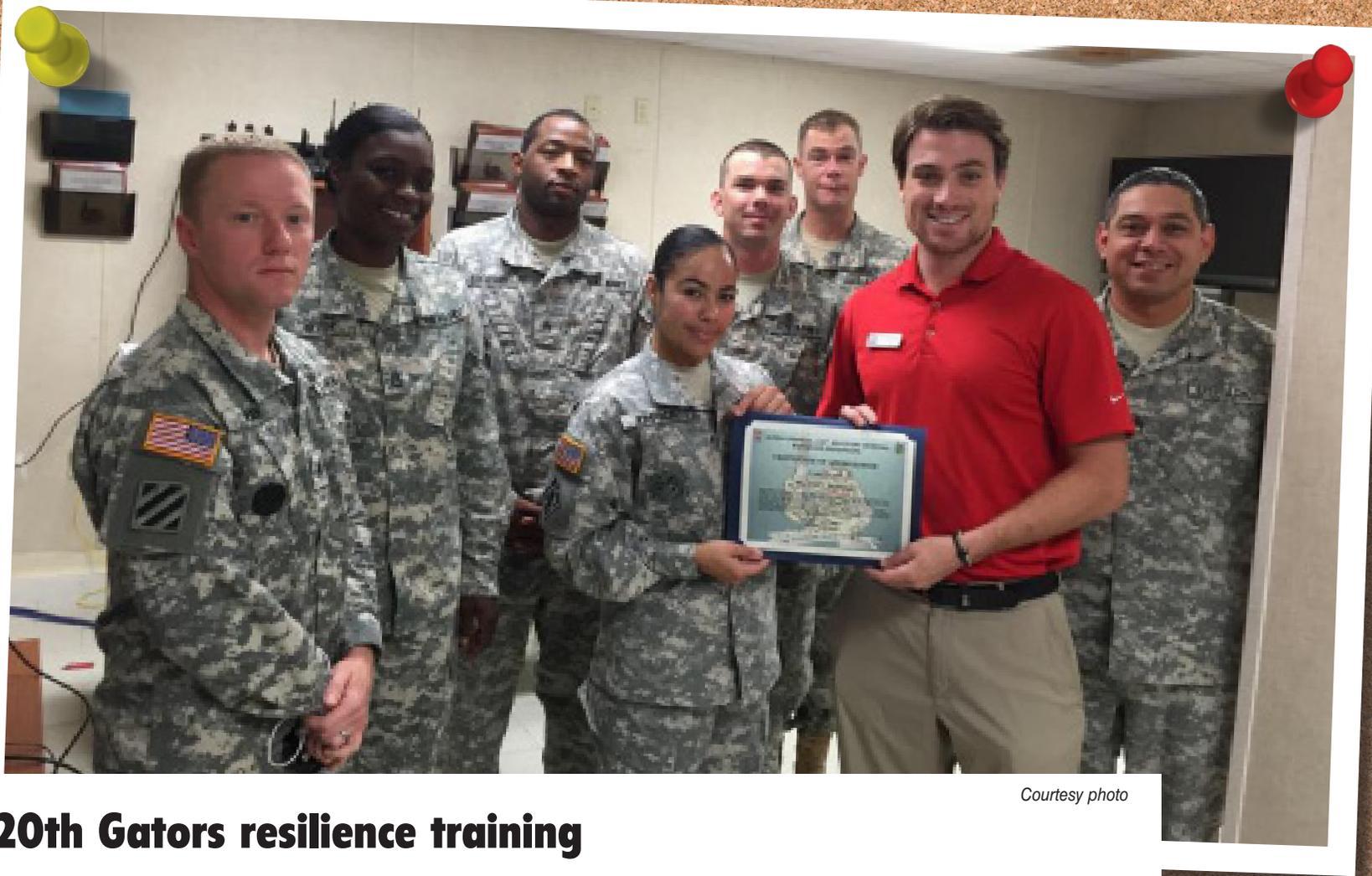
Gutierrez said it was a great time to see the Soldiers of Moncrief get a break from the hospital and enjoying a day of activities, food, and esprit de corps among the team.

Civilians and family members came out to show their support.

Gutierrez said more team building events are planned that put "community" back into Moncrief Army Community Hospital.



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*Courtesy photo*

## 120th Gators resilience training

Capt. Johanna Johnson, commander of Company A, 120th Adjutant General Battalion (Reception), presents a certificate of appreciation to Scott Barnicle, an instructor with the Master Resilience School. Barnicle offered training to the company's Soldiers on identifying strength in oneself and others.



## American Legion USARCENT visit

Janet Jefford, the national president of American Legion Auxiliary, and other members of the organization enter Patton Hall, the headquarters for U.S. Army Central, Oct. 2 during a tour of Shaw Air Force Base.

*Photo by SGT. SHARMAIN BURCH, USARCENT*



## 120th Soldiers visit local school

Staff Sgt. Toyah Steptoe, Company A, 120th Adjutant General Battalion (Reception) talks to a student during the Sandlapper Elementary School Shining Stars table talk event. Soldiers from the unit answered questions during the students' lunch break.

*Courtesy photo*

## Soldier role model

Chief Warrant Officer 4 Robert Moody, U. S. Army Central safety officer, reads to the children of Beatrice Charles' and Kayla Anderson's second-grade classes at Lemira Elementary School in Sumter, Oct. 8. The school set a goal of finding 100 male role-model volunteers to read to children in grades K-5.

*Photo by SGT. SHARMAIN BURCH, USARCENT*



# Army digital photo contest opens

By **ROBERT DOZIER**  
IMCOM

JOINT BASE SAN ANTONIO, TEXAS — The Army announced that entry submissions for the Army Digital Photography Contest will be accepted through Nov. 30. This annual contest allows online entries from contestants in two divisions: active-duty personnel and other Army Morale, Welfare and Recreation patrons.

The purpose of the contest is to recognize the artistic eye of enlisted Soldiers, commissioned officers and civilians alike for their simple and true captures of garrison life around the world. Any Army MWR patron with an AKO address may participate.

From 3,238 entries last year, IMCOM awarded recognition and cash prizes to first place winners from Fort Knox, Kentucky; Selfridge Air National Guard Base, Michigan; Fort Polk, Louisiana; Fort Jackson, South Carolina; Torii Station, Japan; Stuttgart, Germany; Fort Campbell, Kentucky; Fort Leavenworth, Kansas; Hohenfels, Germany; Grafenwoehr, Germany; Camp Zama, Japan; Aberdeen, Maryland; Yongsan, Korea and Presidio of Monterey, California.

Prizes this year are \$300 for first place, \$200 for second place and \$100 for third place in each category. Contestants may enter and could win in more than one of these categories: animals; design elements; digital darkroom; military life; still life; people; and nature/landscapes.

Photographers may submit their entries



U.S. Army photo by PHILIP VELEZ

**Philip Velez takes on military life in this 2014 Army Digital Photography Contest first place entry '3.14.' Winners received cash prizes from the IMCOM G9 Family and Morale, Welfare and Recreation Division.**

online at <http://www.armymwr.com/recreation/artsandcrafts/default.aspx>. Winners will be selected in February, and Contest may be viewed at the same web address.

# ANTITERRORISM VIGILANCE



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# Army announces top Soldier, NCO

By **DAVID VERGUN**  
Army News Service

FORT LEE, Va. — The Best Warrior competition concluded Oct. 9 and the winners are:

Non-commissioned Officer of the Year: Sgt. 1st Class Matthew Carpenter, a psychological operations specialist with 3rd Battalion, 10th Special Forces Group (Airborne), at Fort Carson, Colorado.

Soldier of the Year: Spc. Thomas Boyd, a cryptologic linguist with Headquarters and Headquarters Detachment, 500th Military Intelligence Brigade, Schofield Barracks, Hawaii.

## CARPENTER

The Army excelled at keeping the competition a mystery, Carpenter said, and this was a special compliment coming from a Special Forces Soldier proficient in Military Information Support Operations. None of the graders gave so much as a clue throughout the week's events, he said.

Although his training keeps him in top-notch shape, Carpenter said the Chemical, Biological, Radiological and Nuclear portion of the exercise was the most difficult, because he had to perform first aid and carry a wounded patient, all while wearing cumbersome CBRN gear.

Fortunately, he said the weather was cool enough to keep him going.

The weapons portion was his favorite, shooting and assembling the M-4 carbine and Squad Automatic Weapon, as well as the live-fire portion. He also liked land navigation, which he said was "a relaxing stroll in the woods."

Asked after his win why he joined the Army, he replied with a blush that he needed to pay back his student loans.

His advice to aspiring Best Warriors: study hard, get into shape and represent your unit well.

## BOYD

Like Carpenter, Boyd is in a military occupational specialty where keeping secrets is important. He said he couldn't disclose which languages he learned as a linguist, but admitted that his British accent came from living in London for much of his life. His dad is a U.K. citizen, and his mother American.

Boyd had dual citizenship but renounced his U.K. citizenship to get his top-secret clearance. However, he still has a lot of friends in the U.K., where he earned his master's degree in War Studies at Kings College in London.

He too said his win was a big surprise and it has not sunk in yet.

One thing that Boyd admitted was that as a cryptologic linguist, the job involves a lot of desk work. The physical aspect, he said, is just as important to Soldiers and he hopes to instill that discipline in his Soldiers; albeit in a persuasive and friendly manner.

## VISIT FROM CHIEF

Army Chief of Staff Gen. Ray Odierno and Sgt. Maj. of the Army Raymond Chandler arrived at Fort Lee Oct. 9, to view the events and speak with the Soldiers.

"You'll run into tough problems wherever you go," Odierno told an NCO competitor. "You've got to figure out how to solve it, and we depend on you to do that. I know it took a lot of work to get here.



Photo by DAVID VERGUN, Army News Service

**Sgt. 1st Class Matthew Carpenter, right, and Spc. Thomas Boyd pose for a photo moments after winning the Best Warrior competition Oct. 9, at Fort Lee, Va.**

"You're representing a lot of non-commissioned officers here," he continued, "so I really, truly appreciate the great leadership you've shown and the great effort you've put into this."

Odierno then spoke to the entire group of 28 during a break in the competition.

"To be non-commissioned officers and good Soldiers, it's about that mix of the physical and the mental," he said. "You've got to be physically fit. You've got to be mentally capable of making decisions, especially when you're getting tired. Part of this is to stress yourself physically and thinking through problems while under that stress.

"Being non-commissioned officers in the future is about taking on challenges. We're going to continue putting you in places where significant challenges exist," he continued. "It's about overcoming those and overcoming unknowns and figuring out the right solutions. That's the kind of leaders we want; adaptable leaders who can think on their feet, who can accomplish tasks you might not be prepared to do and might not have seen before, but now have to figure out."

## SPECIAL GUESTS

Retired Command Sgt. Maj. Bennie Adkins, who received the Medal of Honor for valor during the Vietnam War, visited the Best Warrior competitors while they were out in the field testing.

"I was impressed with the quality of the Soldiers that I have seen," he said, adding that he wants to continue to be an ambassador for the Army and the U.S. military, and

having received the Medal of Honor recently, there are a lot more requests for appearances and speaking engagements than he previously had.

Adkins was the guest speaker at the awards ceremony, where he recounted some of his exploits, including the incident where a tiger saved his life during a firefight in the jungles of South Vietnam.

"I love cats to this day," he said.

The tiger scared away North Vietnamese forces who had his small band of warriors surrounded and overwhelmed.

Sgt. 1st Class Jason Manella, last year's winner of the Best Warrior competition, said it was an honor to meet Adkins just before the awards ceremony, Oct. 9.

Like Adkins, Manella said he has been busy with appearances and speaking engagements. The highlight of the past year, he noted, was parachuting from a French aircraft during the June D-Day 70th anniversary of the landings. He and the French soldiers landed on Normandy beach. He also got to jump with the British in England.

Manella, who is in the Army Reserve, said he has helped mentor one of the Reserve Soldiers who was competing this year.

While he is happy to mentor and help others, he remarked that he has gotten a lot of help himself from Army and Veterans Affairs health care providers who assisted him through a traumatic brain injury and recovery.

Besides continuing to represent the Army as the 2013 Best Warrior, Manella said he hopes to inspire others with traumatic brain injury to overcome the stigma by coming forward and asking for help.

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Like us on Facebook at [www.facebook.com/fortjacksonleader](http://www.facebook.com/fortjacksonleader).

# Know which flu vaccine to get for your child

Centers for Disease Control and Prevention

Children 6 months and older should get an annual influenza, or flu, vaccine. A flu vaccine is the best way to prevent the flu. Some flu vaccines come as a “shot” and some as a “nasal spray.”

Although the flu shot and the nasal spray vaccine both protect against the flu, there is evidence that the nasal spray vaccine may work better in younger children than a regular flu shot.

The Centers for Disease Control and Prevention now recommend the nasal spray vaccine for healthy children 2 to 8 years when it is available.

## WHY SHOULD I GET MY CHILD VACCINATED?

Each year, many children get sick with the flu. Some are hospitalized and some die. Young children are the most likely to get sick with the flu. Children younger than 5 are at high risk of getting serious flu complications. Vaccinating your children is the best way to protect them.

## SHOULD MY CHILD GET A NASAL SPRAY VACCINE?

Recent studies suggest that the nasal spray flu vaccine may work better than the flu shot in children between 2 and 8. Specifically, in these studies the nasal spray flu vaccine prevented about 50 percent more cases of flu than the flu shot in younger children.

## WHAT IF I CANNOT GET THE NASAL SPRAY?

If the nasal spray vaccine is not immediately available, get the flu shot for your children to protect them from the flu. Don't delay vaccination if you can't find nasal spray flu vaccine.

## WHY MIGHT IT BE HARD TO FIND NASAL SPRAY?

Typically, there are more flu shots and a smaller amount of nasal spray flu vaccines available. If the nasal spray flu vaccine is not available or is not appropriate for your child, the flu shot is recommended.

## SHOULD ALL CHILDREN 2 TO 8 GET THE SPRAY?

No. Some children 2 to 8 years old should not get a

nasal spray vaccine. This includes:

- Children who are getting aspirin therapy, or are taking medicines that contain aspirin;
- Children who have a weakened immune system (immunosuppression);
- Children with a history of egg allergy;
- Children 2 to 4 years old who have had asthma or wheezing during the last 12 months;
- Children who have taken influenza antiviral medications (for example, Tamiflu(r) or Relenza(r)) within the last 48 hours.

These children may be able to get a flu shot instead.

There are other precautions for the nasal spray vaccine:

- Children with asthma who get the nasal spray may have an increased risk of wheezing.
- The safety of the nasal spray vaccine in children with other health conditions that put them at increased risk of serious flu complications (e.g., diabetes, heart disease, neurological conditions, etc.) has not been established.

Check with a health care provider if you have questions about which vaccine your child should get.

## Flu shot schedule

Moncrief Army Community Hospital will offer free walk-in influenza vaccine clinics for beneficiaries ages 4 and older.

- Solomon Center: Oct. 27, 8 a.m. to 2 p.m.
- Commissary: Today, 9 a.m. to 2 p.m.
- Main Exchange: Saturday, 10 a.m. to 2 p.m.

Patients who are enrolled at Moncrief Medical Home may receive influenza vaccines from 8 to 11:30 a.m. and 1 to 4:40 p.m., Mondays, Tuesdays, Wednesdays and Fridays; and from 9 to 11:30 a.m. and 1 to 4:30 p.m., Thursdays.

Influenza vaccines are also available on the 10th floor at MACH for beneficiaries 4 and older during the following times:

- Mondays, Tuesdays 8 a.m. to 4 p.m.
- Wednesdays 8 a.m. to 6 p.m.
- Thursdays 8 a.m. to 4 p.m.
- Fridays 6 a.m. to 4 p.m.

For more information, call 751-4669.

Walk-in flu shots for children 3 and younger are available at MACH, Room 6-39, from 9 to 11 a.m. and 1 to 3 p.m., Mondays, Wednesdays and Fridays.

In addition, TRICARE retail network pharmacies will administer free seasonal influenza vaccines during the 2014/2015 flu season. Beneficiaries who receive the influenza vaccination from non-military facilities are asked to provide immunization data to the MACH shot immunization team on the sixth floor of the hospital.

## Prescription home delivery available

TRICARE beneficiaries can switch to home delivery for any medication taken regularly. There are several ways to switch:

- Call Express Scripts at (877) 363-1303.
- Ask your provider to fax your prescription to Express Scripts at (800) 895-1900.
- Ask your provider to e-Prescribe to “Express Script Mail Pharmacy.”
- Mail your prescription along with a completed mail order form to Express Scripts Inc., P.O. Box 52150, Phoenix, Az. 85072-9954.

The first shipment will usually arrive within two weeks.

Switching to home delivery can also save money — \$38 for every brand-name drug compared to using a network pharmacy. In addition, there is no copay for a 90-day supply of generic drugs.

Express Scripts stocks all drugs on the TRICARE formulary.

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[www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).

# TRICARE provides vaccine coverage

## TRICARE

TRICARE covers clinical preventive services, which include vaccines, for all beneficiaries. TRICARE covers age-appropriate doses of vaccines that have been recommended and adopted by the Advisory Committee on Immunization Practices for use in the United States. TRICARE coverage is effective the date the recommendations are published in the Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report. Refer to the CDC's Web site at [www.cdc.gov](http://www.cdc.gov) for a current schedule of recommended vaccines.

TRICARE Prime enrollees may receive vaccines and other clinical preventive services from their primary care manager or from any network provider without referrals or prior authorizations, at no cost. TRICARE Standard and TRICARE Extra beneficiaries may receive vaccines from any TRICARE-authorized provider (network or non-network) at no cost.

Beneficiaries may also receive TRICARE-covered vaccines from retail network pharmacies. Network pharmacies can administer vaccines for measles, mumps, shingles and many other preventable diseases.

The next time you need a vaccine, keep the following things in mind if you would like to visit a retail network pharmacy:

- Although all 50 states authorize pharmacists to administer vaccines, state laws vary on which vaccines may be administered in retail pharmacies. You should contact your pharmacist for more information.
- There is no copayment or cost-share for covered vaccines administered at participating retail network pharmacies.
- Approximately 40,000 retail pharmacies nationwide can administer covered vaccines using the Express Scripts, Inc. commercial vaccine network.

For more information, including a retail network pharmacy directory and a complete list of vaccines that are covered at pharmacies, please visit [www.tricare.mil/vaccines](http://www.tricare.mil/vaccines) or call Express Scripts at 1-877-363-1303. To find a retail network pharmacy near you, call Express Scripts at 1-877-363-1303 or visit the Express Scripts Pharmacy Locator at [www.express-scripts.com/TRICARE/pharmacy](http://www.express-scripts.com/TRICARE/pharmacy).

TRICARE coverage of several of the most popular vaccines is described below. For a current schedule of recommended vaccines, refer to the CDC's Web site at [www.cdc.gov](http://www.cdc.gov).

### INFLUENZA VACCINE

There are two forms of influenza vaccines distributed in the United States: a shot and a nasal spray. TRICARE covers both and follows the CDC's guidelines. Flu vaccines may be received at no cost from any TRICARE-authorized provider or at one of the TRICARE retail network pharmacies that participates in the vaccination



program. To find a participating pharmacy, visit [www.express-scripts.com/TRICARE/pharmacy](http://www.express-scripts.com/TRICARE/pharmacy) or call 1-877-363-1303.

The flu shot contains a dead virus and can be given to all patients 6 months and older. This type of vaccine is safe for pregnant women or women who may become pregnant during the flu season because it can be used in any trimester. Children between the ages of 6 months and 8 years receiving the flu vaccine for the first time should receive two doses, with at least four weeks between shots.

The nasal spray contains a live, weakened virus, and it can be given to healthy people between 2 and 49.

Although TRICARE recommends that all beneficiaries get vaccinated, it is important to remember that certain people are at a higher risk of getting the flu:

- Pregnant women;
- People who live with or care for children younger than 6 months;
- Health care and emergency medical services personnel;
- Everyone between the ages of 6 months and 24 years;
- People ages 25–64 with chronic health disorders or compromised immune systems;
- People with diabetes, cardiovascular disease, asthma, or HIV.

### HUMAN PAPILLOMAVIRUS VACCINE

The human papillomavirus, or HPV, vaccine is a limited benefit and may be covered when the beneficiary has not been previously vaccinated or completed the vaccine series.

- Females: The HPV vaccine Gardasil (HPV4) or Cervarix (HPV2) is covered for females ages 11–26. The series of injections must be completed before age 27 for coverage under TRICARE.

- Males: The HPV vaccine Gardasil (HPV4) is covered for all males ages 11–21.

### SHINGLES VACCINE

Shingles is a viral disease that affects more than 1 million Americans every year. More than half of those cases occur in people 60 or older.

TRICARE covers the shingles vaccine for beneficiaries 60 and older. The shingles vaccine is in high demand. If you would like to receive this vaccine, please check with your provider or pharmacy to ask if it is available.

Medicare only covers the shingles vaccine under Medicare Part D (prescription drug plan). For TRICARE For Life beneficiaries who do not have Medicare Part D, TRICARE will be the primary payer for the vaccine. Beneficiaries may get the shingles vaccine from any TRICARE-authorized provider (network or non-network) or from a TRICARE retail network pharmacy.

Note: Medicare-eligible TRICARE beneficiaries are not eligible for no-cost preventive services, including vaccines, from TRICARE. For these beneficiaries, deductibles and cost-shares apply when receiving TRICARE-covered clinical preventive services that are not covered by Medicare.

### NON-COVERED VACCINES

Immunizations recommended specifically for travel outside the United States are not covered, except for immunizations required for active duty family members whose sponsors have permanent change-of-station orders to overseas locations.

These immunizations are covered as outpatient office visits. You must include a copy of the sponsor's change-of-station orders when filing the claim.



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## Calendar

### Today

#### Lightning Battalion (provisional) activation ceremony

1 p.m., Victory Field  
RSVP is required by Oct. 13. For more information, call 751-8128 or email [ruta.r.hurt.mil@mail.mil](mailto:ruta.r.hurt.mil@mail.mil).

### Saturday

#### NCO Club fire sale

8 a.m. to noon, 2584 Essayons Way  
Customers may preview the items from 8 a.m. to noon, Friday.

### Tuesday

#### Victory Spouses' Club luncheon

11 a.m. to 1 p.m., NCO Club  
Special guests will be Linda Schaert of Moncrief Women's Clinic and Lisa Hartzog of the American Cancer Society. To RSVP, email [vsreservations@gmail.com](mailto:vsreservations@gmail.com). Reservations are required by noon, Oct. 16.

### Friday, Oct. 31

#### AUSA Fort Jackson and Palmetto State Chapter golf tournament

Noon, Fort Jackson Golf Club  
For more information, call 776-7365 or email [sbbutler@bellsouth.net](mailto:sbbutler@bellsouth.net).

### Monday, Nov. 3 and Tuesday, Nov. 4

#### Military clothing reclamation sale

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

### Friday, Nov. 7

#### Time Warner job fair

9 a.m. to noon, Strom Thurmond Building, Room 222  
For more information, call 751-5256.

### Tuesday, Nov. 18

#### Hiring our Heroes job fair

10 a.m. to 1 p.m., Solomon Center

## Announcements

### DOMESTIC VIOLENCE AWARENESS

An information booth in honor of Domestic Violence Awareness Month will be placed at the Commissary, 10 a.m. to noon, Oct. 24.

### CPAC HEALTH FAIR

The Civilian Personnel Advisory Center will conduct a health fair from 9 a.m. to noon, Nov. 20 in the Marion Room at the Solomon Center. For more information, call 751-4016.

### YOUTH SPORTS REGISTRATION

Registration is open through Dec. 5 for

youth basketball (ages 4 to 15) and cheerleading (ages 3 to 13). Participants must be registered with Child, Youth and School Services and have a current physical on file. Coaches are needed. For more information, call 751-5040/7451.

### MARRIAGE RESILIENCY CLASSES

ScreamFree marriage classes will be offered Thursdays through Nov. 6, from 6 to 8 p.m. at the Chaplain Family Life Center. Meals will be provide. For more information, call 751-4966.

### IMMIGRATION EXAMS

The Department of Preventive Medicine provides a physical exam, tuberculosis screening, laboratory tests and required immunizations for TRICARE beneficiaries who need to complete an immigration exam for U.S. Citizenship and Immigration Services. For more information or to schedule an appointment, call 751-5251.

### SPORTS SHORTS

■ Halloween Howl 5K, 8 a.m., Oct. 25, Twin Lakes. To register, visit <http://bit.ly/1vQkJ9M>.

■ Commander's Cup bowling for active-duty Service members is scheduled for Nov. 3, 4 and 6. Each battalion may have up to three teams of four Soldiers per day. Team member names for the first day are due Oct. 30.

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

### TSC MOVE

The Training Support Center has moved to 1565 Washington St. Limited staffing and services will be available through Oct. 27. DA photos will continue to be taken in Building 12-650 until Oct. 23 and will be taken at the new location beginning Oct. 27. For more information, call 751-4619.

### MILITARY CHILD OF THE YEAR

Operation Homefront is seeking nominations for the 2015 Military Child of the Year. Nominees must be legal dependents of Service members and between 8 and 18 years old. Nominations close Dec. 12. For more information, visit [www.militarychildoftheyear.org](http://www.militarychildoftheyear.org).

### THRIFT SHOP NEWS

■ Consignors are eligible for the Thrift Shop's new layaway and credit program.

■ Halloween items will be accepted through today. They will expire Oct. 23.

■ Thanksgiving items will be accepted through Nov. 13. They will expire Nov. 20.

■ Christmas items will be accepted Nov. 18 through Dec. 11. They will expire Dec. 18.

■ September through November are college months at the Thrift Shop. Customers wearing a college shirt or hat will receive a discount.

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

### PWOC MEETINGS

The Protestant Women of the Chapel meet Tuesdays from 9 to 11:30 a.m. and Mondays at 7 p.m. at the Main Post Chapel. Free child care is available. The group offers outreach and ministry to women associated with the military. For more information, email [jacksonpwoc@gmail.com](mailto:jacksonpwoc@gmail.com).

### AAFES NEWS

■ AAFES has started its free layaway program for holiday shoppers.

■ AAFES customers may enter the "Be: Ware This Spooky Night" contest through Oct. 31 for a chance to win Exchange gift cards. For more information, visit [www.shopmyexchange.com/patriotfamily](http://www.shopmyexchange.com/patriotfamily).

### COMMISSARY NEWS

The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit [www.commissaries.com/rewards\\_subscribe.cfm](http://www.commissaries.com/rewards_subscribe.cfm).

### SAT TESTING

The Education Center will administer SAT testing Oct. 30. Testing is available to eligible service members only. For more information and to register, call 751-5341.

### AMMUNITION HOF NOMINATIONS

The Ammunition Hall of Fame is accepting nominations through Nov. 30. For more information, visit [www.jmc.army.mil/Historian/HallofFame.aspx](http://www.jmc.army.mil/Historian/HallofFame.aspx) or email [usarmy.ria.jmc.mbx.ammo-halloffame@mail.mil](mailto:usarmy.ria.jmc.mbx.ammo-halloffame@mail.mil).

### SOLSE LOOKING FOR SOLDIERS

The Special Operations Logistical Support Element is looking for active-duty Soldiers (with the MOS 88M, 88N, 92A, 92F, 92Y or 92W) who are airborne qualified or willing to go to airborne training. Eligible Soldiers must qualify for a Permanent Change of Station move; be in the rank of E5 through E7; have no physical limitations; have a General Technical score of at least 100; and possess a secret clearance with the ability to get a top secret

clearance. If interested, submit your Enlisted Record Brief to [SOLSERe Recruiting@jdi.socom.mil](mailto:SOLSERe Recruiting@jdi.socom.mil).

*Information is subject to change.*

*Visit the community calendar at <http://jackson.armylive.dodlive.mil/> for a full listing of calendar events.*

*Send your announcements to [fjleader@gmail.com](mailto: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.*

## Housing happenings

### RENT CONCESSIONS

Junior non-commissioned officers will save \$150 off the rent for four months in new construction three- and four-bedroom homes if they move in this month. Pro-rated rent for homes in PT 5 and PT 7 is offered during October. This offer applies to all active duty service members, retirees and DoD civilians who schedule an October move-in. For more information, call 738-8275.

### LIFEWORKS EVENTS

■ Friday, 6 to 8 p.m.; family craft fun time, open to all ages.

All events take place at the Community Center unless otherwise noted. For more information and to register, email [emcdaniel@bbcgrp.com](mailto:emcdaniel@bbcgrp.com) or call 738-8275.

## 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.*

### VIETNAM VETERANS OF AMERICA

The Vietnam Veterans of America Inc., Chapter 303 will host a seminar about the impact of contaminated water at Camp Lejeune, North Carolina, from 1957 to 1987. The seminar is scheduled for 7:30 p.m., Tuesday at American Legion Post 6 at 200 Pickens St.



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# Saluting this Basic Combat Training cycle's honorees

**DRILL SERGEANTS OF THE CYCLE** Photos by OITHIP PICKERT, Public Affairs Office



**Staff Sgt.  
Darrell Smith**  
Company A  
1st Battalion,  
34th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Christopher Tise

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Chelsea Medina

**HIGH APFT SCORE**  
Pvt. Marissa Cornelius

**HIGH BRM**  
Pvt. Richard Radzunas  
Pvt. Dakotah Niewald



**Sgt. 1st Class  
Swann Warren**  
Company B  
1st Battalion,  
34th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Spc. William Iarose

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Jamie Cahoe

**HIGH APFT SCORE**  
Pvt. Tony Mcallister

**HIGH BRM**  
Pvt. Kaleb Vandermark



**Staff Sgt.  
Starzane Stevenson**  
Company C  
1st Battalion,  
34th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Pfc. Nicolas James

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Briana Lewis

**HIGH APFT SCORE**  
Pvt. Jacob Garza

**HIGH BRM**  
Pvt. Caleb Shaffer



**Staff Sgt.  
Pete Steffen**  
Company D  
1st Battalion,  
34th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Spc. Douglas Harnett

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Tommi Weinheimer

**HIGH APFT SCORE**  
Pvt. Stephen Krejci

**HIGH BRM**  
Pfc. Amaury Obregon



**Staff Sgt.  
Jason Longoria**  
Company E  
1st Battalion,  
34th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Spc. Jessica Hayashida

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Tayla Benjamin

**HIGH APFT SCORE**  
Pvt. Sabrina Marmol

**HIGH BRM**  
Pvt. Derek Blanchard



**Sgt. 1st Class  
Julie Carrizales**  
Company F  
1st Battalion,  
34th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Jeffrey Jento

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Sean Paradise

**HIGH APFT SCORE**  
Pvt. Janell Borja

**HIGH BRM**  
Pvt. Shijiro Tims

## Weekly honors



**Sgt. 1st Class  
Julio Velasquez**  
Cadre of the cycle  
187th Ordnance Battalion



**Staff Sgt.  
Courtney Gaston**  
Instructor of the cycle  
187th Ordnance Battalion

**Report Suspicious Activity or Behavior**

**iWATCH  
ARMY**

**iREPORT** **i KEEP US SAFE**

**See Something Say Something**

## LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Oct.30 Leader must be submitted by today. Announcement submissions are due one week before publication. For example, an announcement for the Oct. 30 Leader must be submitted by Oct. 23.

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



Photo by STAFF SGT. JENNIFER C. JOHNSON, U.S. Army Military District of Washington

Runners of the first wave take off during the Army Ten-Miler celebrating the race's 30th anniversary at the Pentagon in Arlington, Va., Sunday.

# Army Ten-Miler hits 30-year mark

By STAFF SGT. JENNIFER C. JOHNSON  
U.S. Army Military District of Washington

WASHINGTON — A total of 35,000 runners and 720 teams from around the globe came to the nation's capital to participate in the annual Army Ten-Miler celebrating the race's 30th anniversary.

The race is the Army's premiere running event, beginning and ending in front of the Pentagon, after guiding runners past some of the nation's most iconic monuments.

Solonei DaSilva from Brazil finished first in the men's division in 48:28. Paulo Roberto Paul, another runner from Brazil, finished second in 48:29. Franck Almeida from Brazil finished third in 48:32.

Kerri Gallagher from Arlington, Virginia, finished first

in the women's division in 54:50. Spc. Caroline Jepleting, a runner from the U.S. Army World Class Athlete Program, finished second in 56:34. Caitlin Bullock, from Durham, North Carolina, finished third in 57:17.

"This is my first time participating with the Army Ten-Miler team," said Jepleting, who ran with the WCAP Army Ten-Miler team and was the top female military winner. "It felt good running this race, and I was really impressed with my time. I'm hoping to be back next year to do even better."

Produced by the U.S. Army Military District of Washington, the Army Ten-Miler is the third largest 10-mile race in the world. The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals and enhance community relations.

"Congratulations to all our finishers," said James Vandak, the Army Ten-Miler race director. "The Army Ten-

Miler is the spirit of sport and the spirit of a nation. We hope that all our runners experienced this spirit and will be back to run Army again next year."

All proceeds raised go toward the Army Family and Morale, Welfare and Recreation programs for Soldiers and their families.

"Army Ten-Miler is like a big family homecoming," said Retired Col. Gregory Gadson, wounded warrior and Army Ten-Miler participant. "You're able to exercise and have fun doing it. I look forward to participating next year."

Race day events were held in the Pentagon's parking lot and included live music provided by the U.S. Army Band Downrange, a demonstration by the Golden Knights Army Parachute Team, "Hooah" Tents from Army installations showing military pride, youth runs, various children's activities and interactive Army displays.

# Stretching provides multiple benefits

One of the most underrated forms of exercise is stretching. At the same time, one of the most important elements of exercise is stretching. For some reason, exercisers seem to view stretching as a chore or annoyance. Many come and work out with high intensity, giving it everything they have. Exercisers are seen weightlifting and running and crunching and attending exercise classes, but rarely are they seen stretching.

Skipping this important step in exercise can slow down or even put a stop to a person's regular exercise routine. Often exercisers do not realize how important stretching is until they suffer an injury that puts their workout program on hold.

I often view stretching as a way to keep my engine oiled. The body takes a brutal beating from exercise, and stretching is a great way to recover. My mission is always to spread the gift of health and educate on important wellness lifestyle habits. Stretching is one of those habits. Maybe it is time to stop skipping or limiting when it comes to stretching. Take a moment and learn more about exactly what happens to your body when you stretch and when you don't stretch.

## GET READY TO EXERCISE

Warm up your muscles before you dive into your exercise routine of the day. Try moves or exercises on a smaller scale that mimic the exercise routine you plan to do. This way you warm up the specific muscles involved in your workout. You do not need to spend too much time stretching at the beginning of your workout. Try to hold stretches about three to five seconds each. You want to save longer stretch holds for later when your muscles are warm and more pliable.

## INCREASE YOUR CIRCULATION

Circulation is healthy blood flow. This is how nutrients feed our muscles and cartilage. When you stretch you send fresh circulating blood to those areas to reduce muscle soreness after your workout. You also keep the cartilage flexible. Cartilage is a connective tissue found between our joints and other areas of the body. Since cartilage is stiffer and less flexible than muscle it needs stretching to help protect the joints or muscles it connects to. When you skip stretching, this connective tissue gets stiffer, which increases your risk of injury.

## REDUCE SORENESS

Another benefit to stretching is cutting down on being sore. Soreness is a result of tiny tears that happen to

## THE WEIGH IT IS

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your muscle when you train for strength. If you pushed your workout harder than normal, soreness is likely to happen. The best remedy for less soreness is a good stretch at the end of your workout. You stretch the muscle through a complete range of motion, which reduces soreness. The flow of blood and rich nutrients sent to your muscles through stretching is like medicine without side effects.

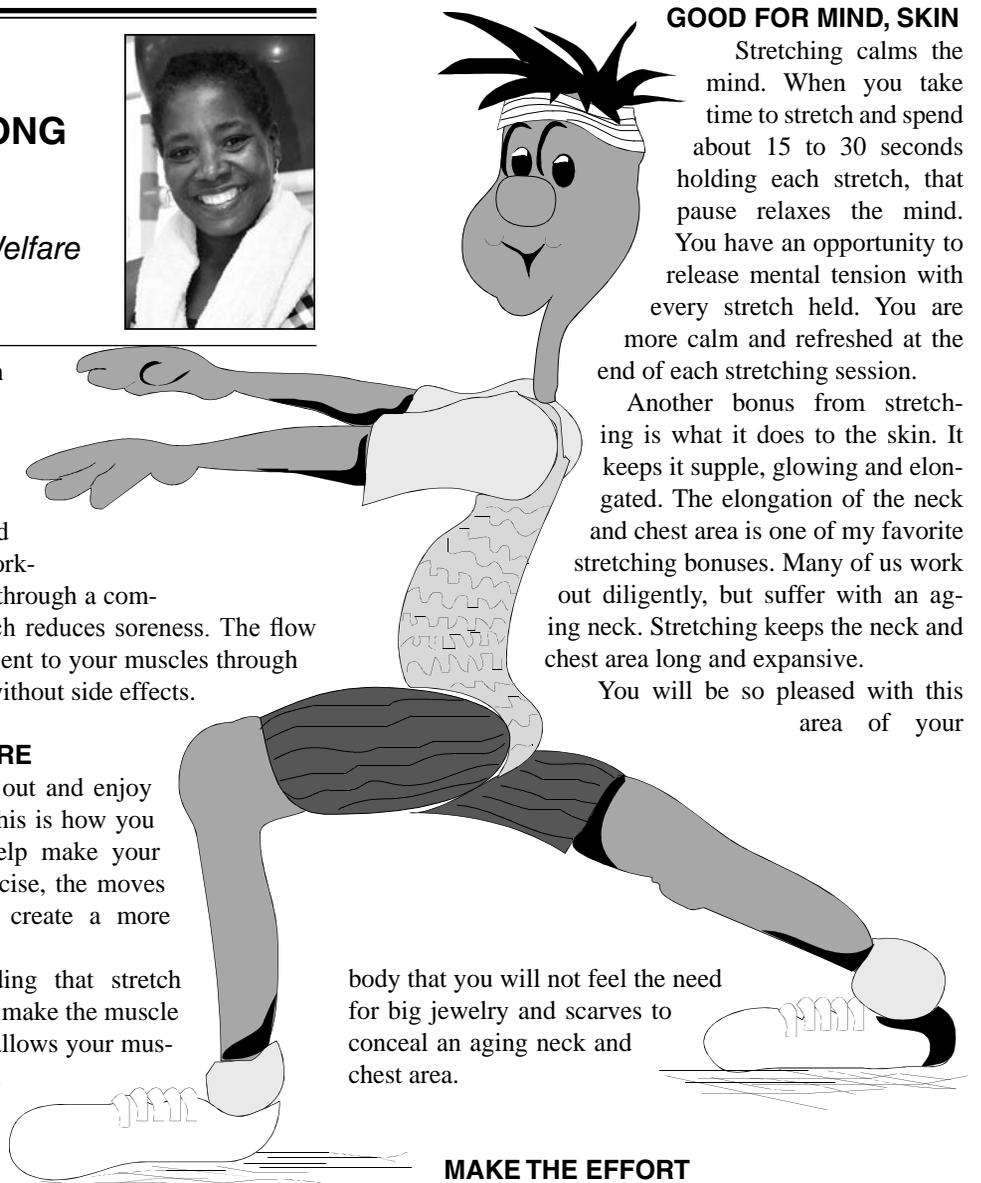
## IMPROVE YOUR POSTURE

When you stretch, hang out and enjoy the stretch for a little bit. This is how you elongate the muscles to help make your body leaner. When we exercise, the moves compact our muscles and create a more bulky appearance.

By stretching and holding that stretch about 15 to 30 seconds, you make the muscle longer. Holding the stretch allows your muscles to go through its full range of motion. When you devote proper time to stretching and holding the stretches, you improve your muscular balance and your resting posture.

## BACK ACHE RELIEF

When we stretch, our back and spine receive immediate relief. The muscles found along the spine are used throughout our day. From bending to standing to lifting and, of course, exercising — all these movements increase muscle contractions. You can lessen back pain with regular stretching. Regularly stretching your total body reduces stress on the spine — the less spinal stress, the less back pain.



## GOOD FOR MIND, SKIN

Stretching calms the mind. When you take time to stretch and spend about 15 to 30 seconds holding each stretch, that pause relaxes the mind. You have an opportunity to release mental tension with every stretch held. You are more calm and refreshed at the end of each stretching session.

Another bonus from stretching is what it does to the skin. It keeps it supple, glowing and elongated. The elongation of the neck and chest area is one of my favorite stretching bonuses. Many of us work out diligently, but suffer with an aging neck. Stretching keeps the neck and chest area long and expansive.

You will be so pleased with this area of your

body that you will not feel the need for big jewelry and scarves to conceal an aging neck and chest area.

## MAKE THE EFFORT

I know it can be challenging to spend time stretching with everything we have to do, but stretching truly enhances any workout. It does not tire you out, but calms you down and leaves you feeling less scattered.

Set a goal to stretch for 10 minutes daily. You can do this while watching TV or listening to music. The more time you spend stretching, the more you come to enjoy and look forward to that time spent caring for your body.

Remember, stretching is the way to keep the body oiled and flowing beautifully.

For questions and comments, call 318-2428 or visit [www.fortjacksonmwr.com/fitness](http://www.fortjacksonmwr.com/fitness).

## W O R S H I P SCHEDULE

### 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, Magruder Chapel  
 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

7:30 a.m. Confessions, Solomon Center

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/EPISCOPAL

#### ■ 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., 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