

THURSDAY, OCT. 9, 2014

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY
WWW.FORTJACKSONLEADER.COM

CG LOOKS AHEAD TO 2015

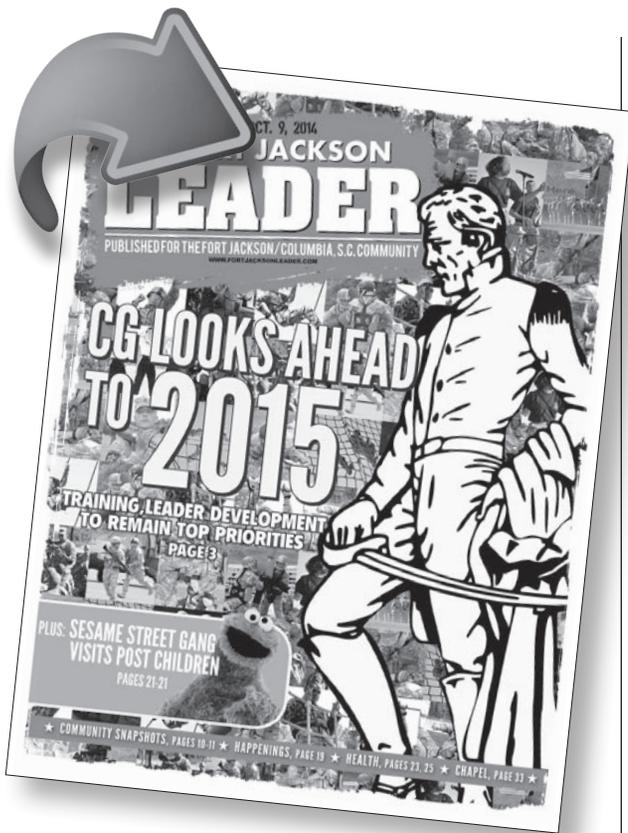
TRAINING, LEADER DEVELOPMENT
TO REMAIN TOP PRIORITIES

PAGE 3

PLUS: SESAME STREET GANG
VISITS POST CHILDREN

PAGES 20-21

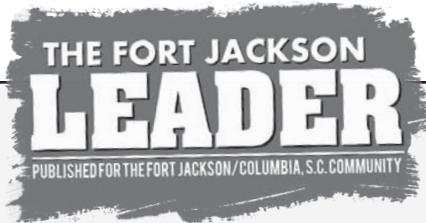
★ COMMUNITY SNAPSHOTS, PAGES 10-11 ★ HAPPENINGS, PAGE 19 ★ HEALTH, PAGES 23, 25 ★ CHAPEL, PAGE 34 ★



ON THE COVER

Photo illustration by WALLACE McBRIDE

Maj. Gen. Bradley Becker, Fort Jackson commanding general, discusses his outlook for Fort Jackson for the coming year. SEE PAGE 3.



Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

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

The civilian printer is responsible for commercial advertising.

For display advertising rates and information call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail sbranham@chronicle-independent.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

Commanding General.....Maj. Gen. Bradley A. Becker
Garrison Commander.....Col. Michael S. Graese
Public Affairs Officer.....Michael B. Pond
Editor/Staff writer.....Susanne Kappler
Staff writer.....Wallace McBride
Staff writer.....Andrew McIntyre

Website: www.fortjacksonleader.com

Facebook: www.facebook.com/FortJacksonLeader

OP-ED

Plan properly to have a safe holiday weekend

Columbus Day has been a federal holiday since 1937. Each of you deserves some rest and relaxation. Celebrate and enjoy this time off with your family and friends. As you embark on your long weekend, please be careful and emphasize safety.

If you are traveling, go online and check out the unique hazards of the location you plan to visit. Columbus Day often means one last trip to the coast. Think safety: Never swim alone, always use sunscreen and don't let alcohol impede your judgment.

With seasonal changes approaching, consider using this weekend to prepare for winter risks and hazards. Remember — and remind your co-workers of — the factors brought by the fall, like shorter days, much cooler nights and foraging wildlife. Past harsh winters taught us to be proactive in not only identifying hazards around the house, but also doing minor maintenance, such as checking and insulating water pipes before harsh weather transforms minor problems into major damage.

For those of us relaxing at home, now is a good time for a pre-season inspection of heaters and for testing and replacing smoke detector batteries. More helpful fire pre-

COMMENTARY

By **LT. GEN. DAVID HALVERSON**

IMCOM commanding general,

and

COMMAND SGT. MAJ.

JEFFREY HARTLESS

IMCOM Command Sergeant Major

vention tips can be found at <http://www.nfpa.org/safety-information/fire-prevention-week>.

Finally, limit the use of alcohol. If you drink, don't drive. Have a designated driver. The Army Safety Center has several tools you can use at <https://safety.army.mil/> to plan a road trip and keep you and your family from harm.

We are extremely proud of all that you do for our nation's Army. IMCOM supports our warfighters across the globe and our people are the key to our success. Enjoy your weekend. You earned it.

Army Strong!

DEPLOYING SOLDIERS ENCOURAGED TO VOTE EARLY

Service members who are deploying to Liberia, Syria, Iraq or Senegal in the next 30 days are reminded to submit their ballots for the elections Nov. 4 before deploying. Mail services in those regions may not be reliable.

Follow the Leader on



www.twitter.com/fortjacksonpao

LETTERS

The Leader welcomes letters to the editor. All letters should include the name, hometown and phone number of the writer. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. For more information, call 751-7045.

'I'm very optimistic about 2015'

Fort Jackson CG looks back, explains way ahead for post

By **SUSANNE KAPPLER**
Fort Jackson Leader

Maj. Gen. Bradley Becker, Fort Jackson's commanding general, invited members of the media to Fort Jackson Oct. 1 to look back on his first year in command here and to provide a glimpse into what installation personnel can anticipate in fiscal year 2015 and beyond.

Becker said that in the last fiscal year Fort Jackson trained about 70,000 Soldiers, 45,000 of them in Basic Combat Training. That means 54 percent of the Army's new Soldiers and 61 percent of the Army's new female Soldiers receive their initial training here, making Fort Jackson the largest Initial Entry Training installation in the Army.

However important, Becker emphasized that numbers are not his primary focus.

"What's been important to me and what I've tried to focus on isn't about the numbers, but really about the quality of the Soldiers and leaders that we're producing," he said.

He explained that Fort Jackson has taken a number of steps over the last year to maintain and improve the quality of training and leader development.

"We instituted the Army Learning Model 2015, which, to break it down very simply, is about experiential learning," Becker said.

Becker referenced Benjamin Franklin, who is credited with saying, "Tell me, and I forget. Teach me, and I may remember. Involve me, and I learn."

"And that kind of gets at the heart of experiential learning — getting the Soldiers involved in understanding what they're doing so they are learning as opposed to just being able to repeat something through rote memorization," he explained.

In cooperation with his senior enlisted adviser, Command Sgt. Maj. William Hain, Becker said he has also taken steps to make sure that the installation's drill sergeants get a chance to attend career- and leadership-enhancing schools, such as the Ranger School, Airborne School or the Master Resiliency Training School.

In the past, drill sergeants were often unable to attend those programs because of mission requirements.

"Yes, we're busy. And, no, we don't have a lot of excess drill sergeants, but we owe it to these non-commissioned officers who are the best in the Army to get them to the schools that they need," Becker said. "We want to send these NCOs back out to the Army the very best they can be."

Another focus last year was the installation's command outreach program, which also is a new line of effort in the post's strategic plan. Becker said Fort Jackson active-



Photo by DAVID SHANES, command photographer

Maj. Gen. Bradley Becker, Fort Jackson's commanding general, speaks to drill sergeants and graduates at a recent Basic Combat Training graduation. Becker offered a look back on his first year in command here and an outlook into Fort Jackson's future during a media round table Oct. 1 at Post Headquarters.

ly cooperates with numerous schools, the Greater Columbia Chamber of Commerce, the University of South Carolina, Benedict College and local and state political and business leaders. In addition, the post has hosted numerous Come See Your Army tours for the public; the 282nd Army Band has played various concerts in the region; and Fort Jackson Soldiers, civilians and family members have volunteered in organizations across the Midlands.

"I feel really good about what we've done to strengthen our bonds with Columbia and the Midlands community, and we're going to continue that in 2015 and make it even better," Becker said. "I want to get more folks onto the fort and see what we do and understand what we do and make a connection with their Soldiers here."

OUTLOOK

Becker said the priorities for Fort Jackson will remain on training, leader development, quality of life and command outreach in fiscal year 2015. The number of Soldiers who will train here is projected to be unchanged from last fiscal year.

"The bottom line, I'm very optimistic about 2015. I'm excited about how we've come along with training and how we ... apply the Army Learning Model and experiential learning," he said.

However, the situation beyond fiscal

year 2015 is less clear, he said. Depending on upcoming legislation, the Army's budget may be cut significantly with the beginning of fiscal year 2016, which could force the Army to lower its number of Soldiers to 420,000 from the current projected end strength of 450,000.

Becker emphasized that, at this point, it is unclear what the impact on Fort Jackson would be and that no decision has been made by Army leaders how specific installations will be affected by possible further troop cuts.

"What do I tell my leaders here? Like I said, this is going to be another great year of training here at Fort Jackson," Becker said. "There's a lot going on in the world. And so we, here at Fort Jackson, looking at what we can control, we've got to continue to produce Soldiers and leaders who can succeed in a complex and rapidly changing environment. ... My job as the commanding general here is to make sure that we get the resources we need to be able to train those Soldiers and develop those leaders who can be successful in that future environment."

Fort Jackson has been part of the Army's Supplemental Programmatic Environmental Analysis, which analyzes the environmental and economic impact of personnel cuts on 30 Army installations.

Becker said a public listening session is planned for early next year, during which

members of the local community will have a chance to voice their opinion about possible cuts at Fort Jackson to Army leaders. A date and location for the session has yet to be determined.

Becker expressed gratitude at the outpouring of support from the local community to prevent cuts on Fort Jackson. About 17,000 people signed a petition by the Greater Columbia Chamber of Commerce in support of the post.

"We are the largest Initial Entry Training site. It's difficult to replicate what we do somewhere else, though it's not impossible," he said. "I don't think any installation in the United States Army should feel safe if sequestration-level cuts go into effect in 2016."

Despite the challenges budget cuts may pose, Becker remained optimistic about Fort Jackson's mission and its ability to execute it.

"We have great drill sergeants. We have great cadre. We have great leaders here. We have great non-commissioned officers," he said. "And I'm very confident that we are producing the best Soldiers and the leaders in the world. And I'm very confident that they are going to be successful whatever the Army asks them to do in a very complex and rapidly changing environment. For that I sleep well at night."

Susanne.Kappler1.ctr@mail.mil



Photo by ANDREW McINTYRE

Pvt. Jonathan Gonzalez, left, and Pvt. Kevin Thomas Jr., both with the 3rd Battalion, 13th Infantry Regiment, fill out Joint Hometown News Service Program release forms Monday. The program allows Soldiers to share their accomplishments with news outlets in their hometowns.

Start spreading the news

Program allows Soldiers to share their accomplishments

By **ANDREW McINTYRE**
Fort Jackson Leader

Fort Jackson Soldiers are telling their Army stories with the help of the Joint Hometown News Service Program. The program allows Soldiers to fill out a form with basic information about their accomplishments, which is then forwarded to news organizations in their hometowns.

Veran Hill, community relations assistant with the Public Affairs Office, said the Joint Hometown News Service Program is a Department of Defense program that Soldiers may participate in to showcase their accomplishments throughout their career.

“My briefing is the first opportunity Basic Combat Training Soldiers have to tell their hometown, family or friends about their graduation and the start of their Army career,” Hill said. “This is done by completing the Joint Hometown News Service Release Form.”

This week, Soldiers with the 3rd Battalion, 13th Infantry Regiment who will graduate today filled out the forms.

Pvt. Kevin Thomas Jr., a native of Hendersonville, North Carolina, said he wants to tell his 6-year-old

daughter Alexi that he has accomplished his goal of graduating Basic Combat Training and that he did it for her and his wife, Ashley.

“Once the people in my hometown see this in the newspaper, they will be very proud of me because both of my parents were in the military,” Thomas said. “The Hometown News Release will give me the opportunity to let my family know that I have achieved my goal.”

Pvt. Jamal Rismay, of Bloomfield, Connecticut joined the Army to become an Army medic. He said he used the release form to let everyone in his hometown know about his graduation and his Army career and to inspire people that they can also do something with their life.

“My brother and uncle influenced me to join the Army. I am glad that I chose to take their advice,” Rismay said. “I’ve finally finished this long process of becoming a U.S. Army Soldier and I thought I would share my experiences with everyone else in my hometown.”

Hill said Soldiers can list up to three locations anywhere in the United States where they would like to have their accomplishments recognized.

“Normally, BCT Soldiers provide locations of where those who influenced them to join the Army live — for

example their parents and a family friend — who may live in three different states,” Hill said. “The Soldiers’ accomplishment will be recognized in all three states through the local newspaper, radio or television network.”

Spc. Jennifer Aracena, a native of Queens, New York, said she chose to use the Joint Hometown News Service release form for a different reason.

“I want to recognize my family,” Aracena said. “My uncle did 30 years in the military, however many people where I am from do not really join the military, so for me this was a unique experience. ... I am one of the few in my family to join the military so I appreciate their support. I think when the people back in my hometown hear that I’ve graduated. I think they’ll be excited and very proud of me.”

Hill said Soldiers who have graduated basic training may also share significant accomplishments such as being named Soldier of the Quarter, NCO of the Quarter, Drill Sergeant of the Cycle, graduations and promotions by going online to the Joint Hometown News Service program to list their accomplishments and the place where they would like to be recognized.

Andrew.R.McIntyre.civ@mail.mil

Army takes top honor at Warrior Games

Army News Service

WASHINGTON — Winning a total of 71 medals, the Army team took home the prestigious Chairman's Cup Saturday, from the fifth annual Warrior Games in Colorado Springs, Colorado.

The Chairman's Cup is awarded to the top overall service branch at the Warrior Games and it's a prize that the Marine Corps had claimed for the first four years of the games.

This year, the Army team of 40 wounded, ill and injured Soldiers and veterans earned 17 more medals than the Marines, who finished with a total of 54. Army athletes took home 23 gold medals, 27 silver and 21 bronze in seven adaptive sports.

Army's medal run began Sept. 29, with two gold and two silver medals in cycling. Then on Sept. 30, Army surged into the lead with 27 medals in the swimming competition. Active-duty 1st Lt. Kelly Elmlinger took three of Army's seven golds, placing first in the three classes she entered: women's 50-meter freestyle, 100-meter freestyle and the 50-meter backstroke.

Teammate Army Reserve Sgt. Kawaiola Nahale grabbed gold in the 50-meter breaststroke and three silvers in the 50-meter backstroke, 50-meter and 100-meter freestyle.

In the men's competition, medically retired Maj. Raymond O'Donnell captured golds in the 50-meter freestyle and the 50-meter backstroke. He also snatched up three silvers in the 100-meter freestyle, 50-meter backstroke and the 50-meter breast stroke. Combat medic Master Sgt. Rhodeen Galloway brought home one gold, two silvers and a bronze medal.

"Being able to come here today and represent the Army in swimming meant a lot to me. It shows how far I've progressed. I've come full circle since having much of my body rebuilt," said O'Donnell, whose pelvis and hips were shattered and his spinal cord damaged when he was thrown from his Humvee while serving as an adviser in Afghanistan.

"These Warrior Games are an incredible platform for us to go out there and compete with our brothers and sisters from the other branches of the service," O'Donnell said.

On Oct. 1, Army earned the first team medals with gold in archery and a bronze in sitting volleyball. Army archers also took four individual medals.

Then on Oct. 2, Army athletes took 30 medals in track and field. Army swept the women's 1,500-meter run with Katie Kuiper earning gold, Samatha Goldstein silver and Anne Oravec bronze. Army also swept the women's shot put with Monica Southall taking gold, Kadina Baldwin silver and Jessica Brennan bronze.

Army's Michael Smith earned four golds. He won the 100-meter dash, 200-meter competition and 400-meter



U.S. Army photo by STAFF SGT. SEAN K. HARP

Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey presents the Chairman's Cup trophy to the Army team captain Frank Barroquero during the Warrior Games tailgate celebration at the U.S. Air Force Academy's Falcon Stadium in Colorado Springs, Colo., Saturday. The Chairman's Cup is awarded to the top-performing service branch at the Warrior Games. The Army's win broke a four-year streak for the Marine Corps.

dash. He also captured the men's discus-throw gold with a final of 28.52 meters. Army's Kelly Elmlinger also tied for a silver in the mixed 100-meter dash with a 20.84-second run, seconds ahead of some of the men.

On Friday, the Army took four medals in shooting and a silver in wheelchair basketball, where the Marines finally bested the Army, 43-30.

"Over the past five years, the Warrior Games have been a celebration of overcoming great adversity and a representation of the strength and the heart of all American Service members," said Col. Chris Toner, commander of the U.S. Army Warrior Transition Command and assistant surgeon general for Warrior Care and Transition.

"Army athletes showed true commitment and dedication to their sport. They exemplify our warrior ethos of never giving up, and I am left forever impacted by the champion performance of all of the athletes over the past

week of competition. Congratulations to each of you on your victories and winning this year's Chairman's Cup."

The Chairman's Cup was presented to Army team captain Frank Barroquero by Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey prior to the Air Force-Navy football game Saturday at the Air Force Academy's Falcon Stadium in Colorado Springs.

The overall medal count for the 2014 Warrior Games:

- Army: 71 medals
- Marine Corps: 54 medals
- Air Force: 48 medals
- Navy/Coast Guard: 28 medals
- Special Operations Command: 22 medals

Editor's note: A news release from the Warrior Transition Command contributed significantly to this article, as did an earlier report from ARNEWS correspondent J.D. Leipold.



Fort Jackson Leader

4 min. · Fort Jackson, SC

Join us on Facebook. Visit www.facebook.com/fortjacksonleader and click "like."

Like · Comment · Share



Follow the Leader on

TWITTER

www.twitter.com/fortjacksonpao

Do you know where your money goes?

How much do you spend on eating out each month? Have ever really thought about it? Chances are, you may be spending much more than what you think. If you're not paying close attention, those "small" purchases can start to add up.

Gasoline for your car, utilities for your home and food are all things you need. But, your morning latte from the coffee shop? Not so much. Living within your means and spending responsibly means figuring out what is essential and what is not. Simply spending your paycheck and not overdrawing your account isn't enough. Ask yourself, "How much am I saving for unexpected expenses? How much am I saving for my child's college education or for my retirement?"

Budgeting can make your life more manageable. When you plan for periodic expense or emergencies, you are not sent into panic mode and end up making costly mistakes. First, determine how much money you'll need for essentials. Essentials include your rent or mortgage, utility bills, child care costs, food, savings, etc. Next, you should budget in your nonessential items such as cable and Internet, movies and other entertainment.

After you've listed what your monthly expenses are,

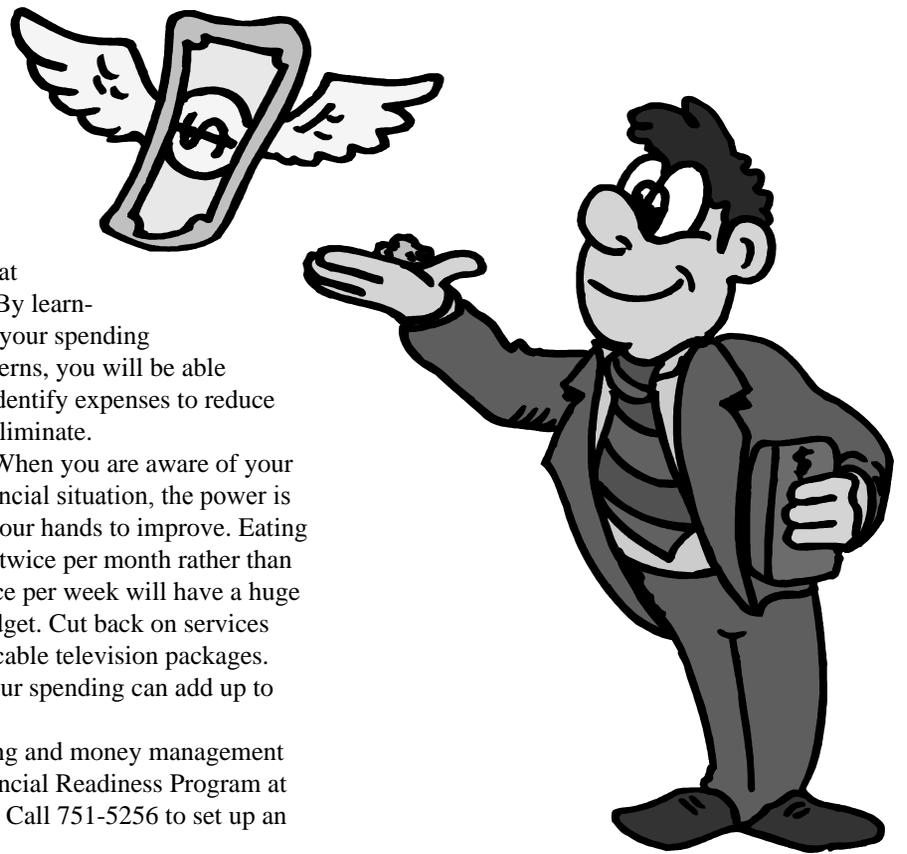
review and compare them to your bank statement. Highlight all of the restaurants that you've visited and be sure to write down those where you used cash. This will help open your eyes to your actual spending, not just what you think you're spending. By learn-

ing your spending patterns, you will be able to identify expenses to reduce or eliminate.

When you are aware of your financial situation, the power is in your hands to improve. Eating out twice per month rather than twice per week will have a huge

impact on your monthly budget. Cut back on services such as cell phone plans or cable television packages. Making small changes in your spending can add up to more money in the bank.

For guidance on budgeting and money management techniques, contact the Financial Readiness Program at Army Community Services. Call 751-5256 to set up an appointment.



FINANCIAL ADVICE

By **ANGELA CROSLAND**
*Army Community Services
 Financial Readiness*

News and Notes

HAGEN DENTAL CLINIC MOVE

Hagen Dental Clinic will move to a transitional facility at 4556 Scales Ave. Wednesday to allow for the renovation of the current building. Hagen Dental Clinic will operate throughout October with reduced appointment availability. Patients who cannot be treated will be offered the opportunity to be seen by a civilian network provider. Hagen Dental Clinic will be closed Tuesday for the move. Oliver Dental Clinic will assume the sick call mission that day. For more information, call 751-3255.

ACTIVATION CEREMONY

An activation ceremony for Lightning Battalion (Provisional), 165th Infantry Brigade, is scheduled for 1 p.m., Oct 16 at Victory Field. RSVP is required by Monday. For more information and to RSVP, call 751-8128 or email ruta.r.hurt.mil@mail.mil.

BREAST CANCER AWARENESS

A breast cancer awareness banquet is scheduled from 6 to 9 p.m., Oct. 17 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., Oct. 18 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., Oct. 21 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.

Information subject to change.

Reel Time Theaters

We're saving a seat for you.

Ft. Jackson Movie Schedule

PH (803)751-7488
 Adult \$5.50/Child (6-11): \$3.00
 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

<p>Friday October 10 When the Game Stands Tall (PG) 7 p.m. 1h 55m</p> <p>Saturday October 11 As Above So Below (R) 2 p.m. 1h 40m The November Man (R) 4:30 p.m. 2h 18m</p> <p>Sunday October 12 The Identical (PG) 2 p.m. 1h 47m Dolphin Tale 2 (PG) 4:30 p.m. 1h 47m</p>	<p>Wednesday October 15 The November Man (R) 2 p.m. 2h 18m As Above So Below (R) 5 p.m. 1h 40m</p> <p>Friday October 17 Dolphin Tale 2 (PG) 7 p.m. 1h 47m</p> <p>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</p> <p>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</p> <p>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</p> <p>Friday October 24 No Good Deed (PG-13) 7 p.m. 1h 14m</p>
---	--

Visit the Leader online at
www.fortjacksonleader.com



Photos by WALLACE McBRIDE

Grant Timm, 8, climbs a rock wall outside the Fort Jackson Fire Department as part of the annual Fire Prevention Week carnival. The day's activities included tours of the fire station, food, games, music by the 282nd Army Rock Band, and a visit by Sparky, the Fire Dog.

Celebrating Fire Prevention Week



Above, Julian Maroni, 9, takes aim at targets using a fire hose during Saturday's carnival activities. Below, a fire fighter gives children safety lessons during the tour of a mobile 'smoke house' safety trailer.



Students at Fort Jackson schools took part in an essay and poster competition for Fire Prevention Week, using the theme 'Working Smoke Alarms Save Lives: Test Yours Every Month.' During Saturday's carnival, Garrison Commander Col. Michael Graese and post Fire Chief Eric Harper presented trophies to the contest's winners.



Courtesy photo

187th celebrates Hispanic culture

Soldiers, civilians and family members with the 187th Ordnance Battalion celebrate Hispanic Heritage Month Oct. 3. The event included a brief overview on Hispanic American history and a potluck featuring traditional Hispanic dishes.



Courtesy photo

VolunTeens support flu shot drive

Twenty-seven Red Cross VolunTeens promote influenza prevention by disseminating the Fort Jackson influenza immunizations schedule and Red Cross influenza prevention health tips to patrons at the Main Exchange Sept. 27.



Photo by SGT. 1ST CLASS TIM MEYER, U.S. Army Central

Military appreciation picnic

Cocky, the University of South Carolina Gamecocks mascot; Col. Stephen Jost, commander of the 20th Fighter Wing; and Brig. Gen. Kenneth Roberts, chief of staff of U.S. Army Central, pose for a photo during a military appreciation picnic Sept. 26 at Shaw Air Force Base.



VSC welcome

The Victory Spouses' Club held a welcome reception for Lee Anna Suggs Oct. 5. Suggs is the wife of the new Soldier Support Institute Command Sgt. Maj. Matthew Suggs. Pictured are Lara Chamberlain, left, and Suggs.

Courtesy photo



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.

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: Oct. 15 and 16, 9 a.m. to 2 p.m.
- Main Exchange: Oct. 18, 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.

New civilian development option announced

By JADE FULCE
IMCOM

SAN ANTONIO — A program designed to set up GS-13 or equivalent employees for career success should begin in fiscal year 2016, a Department of the Army human resources specialist told a group of U.S. Army Installation Management Command employees Sept. 24, at the Fort Sam Houston Theater.

Enterprise Talent Management, or ETM, will prepare senior civilians to assume positions of greater responsibility across the Department of the Army, said Angel Maldonado, from the assistant secretary of the Army Manpower and Reserve Affairs' Civilian Senior Leader Management Office.

"In the past, there have not been structured developmental programs that allow civilians to attend leadership training and be able to get placed after the training has concluded," Maldonado said.

For the first time ever, the civilian community has evolved to a structured program to be more marketable as part of the civilian workforce transformation, Maldonado added.

ETM is modeled after the Senior Enterprise Talent Management program, known as SETM, which has been around several years. SETM was developed collaboratively as a Civilian Workforce Transformation initiative and administered by the Civilian Senior Leader Management Office, Assistant Secretary of the Army Manpower and Reserve Affairs, is open to GS-14 and GS-15 or equivalent employees who wish to apply for participation.

According to the Army Civilian Training and Leadership Development website, the SETM program comprises the following four modules:

- The Enterprise Placement Program is open to GS-15 or equivalent employees, who apply and are selected as Army Enterprise Employees. Army Enterprise Employees are slated for consideration for placement into positions across the Army that will broaden their skills and prepare them for greater challenges.

- SETM-Temporary Duty is a short-term developmental assignment program for GS-14 to GS-15 or equivalent employees. Participants are temporarily assigned to work on a special command-nominated project as part of a working group, or to fill a critical-need detail for a period not to exceed 179 days.



Photo by JADE FULCE, IMCOM

Angel Maldonado from the assistant secretary of the Army Manpower & Reserve Affairs' Civilian Senior Leader Management Office briefs IMCOM civilians about talent management policy and programs for career Army civilians, Sept. 24, at the IMCOM Theater in San Antonio.

- Senior Service College is open to applicants in grades GS-14 to GS-15 (or equivalent) who compete for allocated seats at the U.S. Army War College or the Industrial College of the Armed Forces. Attendance at SSC is designed to expand the participants' knowledge of the national security mission, understanding of complex policy and operational challenges faced by senior DOD and Army officials.

- The Defense Senior Leader Development Program is a two-year program designed to develop the enterprise-wide perspective needed to lead organizations in the joint inter-agency and multinational environment. This includes attendance at another service's Senior Service College, leader-

ship seminars and a follow-on developmental assignment.

Karen Perkins, IMCOM human resource director, said she hopes IMCOM employees understand that the command is all in on civilian leader development and the individual capitalizes on everything that the Army has to offer.

To take advantage of any of these opportunities, an employee must apply via the SETM automated system.

For more information and to learn about the opportunities available through SETM, go to www.csldo.army.mil. For more information about Army Civilian Training and Leadership Development, visit www.civiliantraining.army.mil.

Rapid Equipping Force to fall under TRADOC

By **DAVID VERGUN**
Army News Service

ARLINGTON, Va. — The Army has decided to retain the Rapid Equipping Force and move it under U.S. Army Training and Doctrine Command, despite the drawdown and pending sequestration, said Col. Steven Sliwa, REF director.

The move to TRADOC will be no later than the start of fiscal year 2016.

“However, that move could start as early as tomorrow,” said Sliwa, speaking at a National Defense Industrial Association breakfast.

Rapid Equipping Force, or REF, has not been unaffected by the drawdown, he said. REF is being downsized to a core number of personnel, but the structure will remain, allowing it to expand, should the need arise.

Some of the lost billets didn’t simply go away — some were transferred to Program Executive Office Soldier, known as PEO Soldier, Sliwa explained, adding that REF will remain headquartered at Fort Belvoir, Virginia, close to where PEO Soldier is located.

Another change is that “PEO Soldier has been designated as REF’s milestone decision authority,” Sliwa said, adding that REF has formed a close partnership and has a great working relationship with that organization since they partner on a number of issues.

The authority for REF moving to TRADOC and becoming an enduring organization, he said, was a memo signed by the under secretary of the Army, Jan. 30. The delay between when the memo was signed and the actual move is to ensure “authorities and relationships are worked out.”

NOT IN IRAQ — YET

The other big news is that REF plans to open a small office in Kuwait, said Sliwa, who returned Oct. 1, from a 10-day requirements assessment trip to Iraq and Kuwait.

Although REF does not currently have a presence in Iraq, that could change, he added.

The Kuwait office could also assist in Afghanistan, even as the REF’s Afghanistan office becomes smaller, commensurate with the lower troop levels there.

The Afghanistan REF office will retain the useful expeditionary lab, he said, which is capable of rapid prototyping custom-designed equipment to the warfighter.

The lab includes a 3-D printer.

An anticipated future change, Sliwa said, involves funding REF from the base budget instead of the overseas contingency operating budget, which is now the case.

“We’re working hard to get the budget into the base and I think we’ll be successful in the near future” he said.

The base budget does currently pay salaries and funds brick and mortar requirements such as “keeping the lights on,” he added.

GOOD MARRIAGE TO TRADOC

Because TRADOC anticipates the near-term needs of the Army, as well as the Army of 2025 and beyond, it’s a good organizational fit for REF, Sliwa said, since REF would also like to be able to better anticipate future needs so it’s better prepared to deliver, rather than just react.

As the Army moves to a regionally aligned force, TRADOC and REF need to be prepared to anticipate needs that are specific to that region. A Soldier in Africa or South America “could be on the edge of a future-named operation” and technology solutions need to be thought out in advance before that happens, he said.

The REF should always be anticipating things and asking questions like, “What if Korea went down tonight,” he said.

HOW REF WORKS

In a nutshell, when units downrange have an urgent requirement, they send a “10-liner” request to REF. That gets the ball rolling, he said.

First, a determination is made whether or not there’s other equipment already out there that could be re-purposed to fit the requirement, or perhaps a program manager, or PM, is working on something very similar that might accomplish the task.

If nothing in the inventory meets the need, then a determination of cost and priority is made. Also, the REF will check if there’s a commercial off-the-shelf, or COTS, product already available. If not, then industry and/or academia solutions might be sought, he said.

Although this sounds like a long, drawn-out process, it’s really fast, as the “rapid” in the REF name implies. If the item is purchased via COTS, it might just take a credit card swipe, but if the item is more complex and requires development, it might take weeks or even a few

months. The goal is within 90 days, if not much sooner, Sliwa said.

Unlike a program of record, the REF approach accepts a certain amount of prudent risk, he said, since purchases are typically limited and need to be done quickly. Some items turn out to have only a one-time use, but others can sometimes turn into programs of record. The latter include IED-detection equipment, hybrid power and language translation devices.

Not all requests come in the form of 10-liners from the field, he said. The Army G-3/5/7 also has authority to approve requirements and delegate authority to the REF — and sometimes does, as was the recent request for mobile Patriot missile radar.

One thing the REF does not do, Sliwa emphasized, is step on the toes of the PM and his or her program of record. REF “does its best work as a partner. When we partner with the PM, when we partner with industry, when we partner with academia, that’s when the REF magic really takes place.”

HINTS TO INDUSTRY

Since many, if not most in the audience were industry reps, Sliwa provided some suggestions on pitching products in these lean times when contractors are chasing fewer defense dollars.

Ideally, the product should be small, lightweight and use less energy. The direction that the Army is taking is being more mobile and expeditionary, he said. Green generators with solar panels and efficient computers were snapped up by the Army for those reasons. Also, the Army is always looking to lighten the Soldier’s load.

And, the system should work with other systems, as opposed to a stand-alone system, he said. Case in point might be communications and mission control gear working as a system of systems. Dual-use systems are even better, meaning the same system can also be used for something completely different.

The systems or products should ideally also be simple, easily maintained and not require a lot of training, he said.

Sliwa then checked off items the Army would be very interested in acquiring, including social media exploitation, improved optics and sensors, new positive ID tools along the lines of biometrics and facial recognition, remote surveillance capability, tunnel and underground facility detection devices and batteries with longer life.

ANTITERRORISM

WIGILANCE

Always Ready. Always Alert.

Because someone is depending on you.



U.S. ARMY
Army
Strong™



Calendar

Today

Warrant Officer recruitment briefing

9 a.m. and 11 a.m., Education Center, Room B304

For more information, visit www.usarec.army.mil/hq/warrant.

Tuesday

Time Warner job fair

9 a.m. to noon, Strom Thurmond Building, Room 222

For more information, call 751-5256.

Thursday, Oct. 16

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.

Tuesday, Oct. 21

Victory Spouses' Club luncheon

11 a.m. to 1 p.m., NCO Club

Special guests will be Linda Schaertl of Moncrief Women's Clinic and Lisa Hartzog of the American Cancer Society. To RSVP, email 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.

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.

Tuesday, Nov. 18

Hiring our Heroes job fair

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

Announcements

DOMESTIC VIOLENCE AWARENESS

Information booths in honor of Domestic Violence Awareness Month will be placed at the following locations.

- Main Exchange, 10 a.m. to noon, Tuesday.
- Commissary, 10 a.m. to noon, Oct. 24.

DHR CLOSURE

The Directorate of Human Resources, including all ID card offices and the Official Mail and Distribution Center, will close at 11:30 a.m., Friday for its organizational day. In case of an ID card emergency, call 895-1596 or visit the ID card location at Shaw Air Force Base.

ACS CLOSURE

Army Community Services will close at 11:30 a.m., Friday for its organizational day. For emergency financial assistance, call 751-5256 and leave a message. A case worker will return the call.

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 provided. 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.

HEARTS APART STATE FAIR TRIP

Hearts Apart families and foreign-born spouses of active-duty Soldiers are invited to a free outing to the South Carolina State Fair Friday. RSVP is required by today. For more information and to register, call 751-9770/1124 or email patricia.a.guillory@us.army.mil or miranda.broadus@us.army.mil.

SPORTS SHORTS

■ Sand volleyball and flag football play will resume Tuesday. The sand volleyball championship game is scheduled for Wednesday.

■ 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. 17. Local device fabrication stopped Sept. 8 and will reopen Oct. 17. DA photos will continue to be taken in Building 12-650 until today and will be taken at the new location beginning Oct. 14. For more information, call 751-4619.

THRIFT SHOP NEWS

- Consignors are eligible for the Thrift Shop's new layaway and credit program.
- Halloween items will be accepted through Oct. 16. They will expire Oct. 23.
- Thanksgiving items will be accepted Oct. 14 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.

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.

COMMISSARY NEWS

The Commissary rewards card allows shoppers to use digital coupons at any commissary. For more information, visit www.commissaries.com/rwards_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 or email 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.

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. Announcements are due one week before the publication date.

Housing happenings

OFFICE CLOSURES

All housing offices will be closed Monday in observance of Columbus Day.

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. Prorated 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.

RESIDENT SATISFACTION SURVEY

Residents who complete the annual resident satisfaction survey before Oct. 15 are entered into a prize drawing.

LIFEWORKS EVENTS

■ Saturday, 1 to 3 p.m.; Balfour Beatty Communities and the Directorate of Emergency Services will host their annual bike rodeo. The event will include speed checks, an obstacle course, a tune-up station, bicycle safety training, a decorating contest and a parade. For more information, call 738-8275 or email emcdaniel@bbcgrp.com. This event is for on-post residents only.

■ Friday, Oct. 17, 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 or call 738-8275.

CPAC CORNER

VOLUNTARY LEAVE TRANSFER PROGRAM

The Voluntary Leave Transfer Program provides a means for employees experiencing medical emergencies to receive leave donations from fellow federal employees.

When applying as a leave recipient based on the medical emergency of a family member, the leave recipient is not required to exhaust all of his or her sick leave, only the 12 weeks of sick leave for all family care purposes.

Medical certification substantiating the medical emergency is required. The use of donated leave should only be approved for absences based on the medical emergency. The use of donated leave for other purposes, including for sickness not related to the medical emergency, is not appropriate.

For more information, contact your CPAC representative.

These are the people in your neighborhood



Photos by WALLACE McBRIDE

At the close of Monday's Sesame Street/USO Experience for Military Families, the Muppet performers invite children to approach the staging area to interact with them, below. Since its debut in 2008, the Sesame Street/USO Experience for Military Families has performed more than 700 shows at dozens of military installations around the world.



The featured character during this week's Sesame Street/USO performance at the Solomon Center was Katie, left. A military child, Katie and her Muppet friends staged a series of half-hour shows Sunday and Monday to discuss the stresses of relocating to a new post. Katie is a Sesame Street character unique to the USO production.

Sesame Street tour comes to Fort Jackson

By WALLACE McBRIDE
Fort Jackson Leader

For a few days this week, Fort Jackson children got to spend time with one of Sesame Street's newest characters, Katie.

A military child, Katie — along with Cookie Monster, Elmo and others — staged a series of half-hour shows Sunday and Monday at the Solomon Center to discuss the stresses of relocating to a new post. It was part of the Sesame Street/USO Experience for Military Families, which has spent much of 2014 touring installations around the country.

"The USO and Sesame Street have worked together to create a show especially for military families," said Nicole McClendon, USO tour manager. "The kids come here to see Elmo and Cookie Monster, but they're going to meet a very special Muppet named Katie, whom you can only see at this show."

During the show, Katie finds out her family is moving to a new military installation.

"She talks to her friends on Sesame Street and, through some songs and dance, learns how to stay in touch with her old friends — and ways to make new

friends at the base she's going to," McClendon said.

"It's important for kids to know there's someone just like them on stage," McClendon said. "They come to see Elmo and meet a new friend who's just like them and (is) going through what they're going through."

Although the show is geared toward entertaining children, parents might also learn something, she said.

"Sesame Street obviously knows children," McClendon said. "They've been working with kids since 1969, and the USO knows the military and military families. We try to do something fresh and relevant for our families. I like to think our parents can get something out of it, too, even if it's just simple talking points."

Since its debut in 2008, the Sesame Street/USO Experience for Military Families has performed more than 700 shows at dozens of military installations around the world. This year's tour kicked off April 4 at Scott Air Force Base in Illinois, McClendon said, and recently entertained its 500,000th military family member.

As part of the production, crew members take photos of the audience, which are shared on the tour's website at www.uso.org/sesame.

Milton.W.McBride3.ctr@mail.mil



The Sesame Street Muppets interact with children during Monday's performance.

Protect yourself throughout flu season

Moncrief Army Community Hospital

Influenza, commonly known as the flu, is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death.

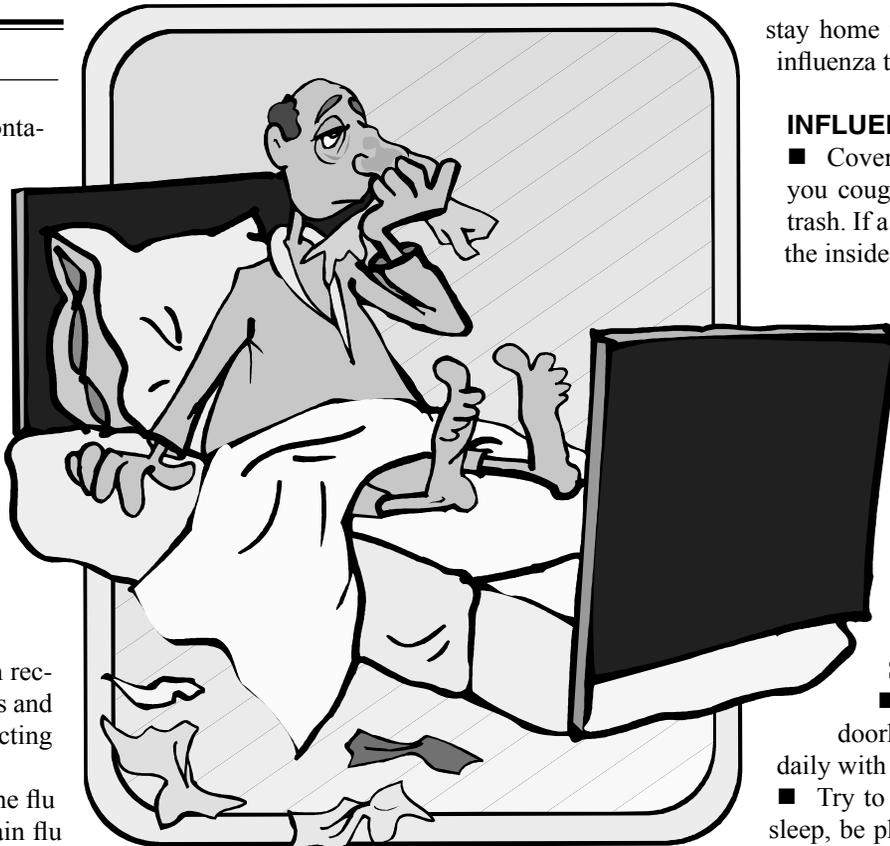
Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

The upcoming season's flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.

What should I do to prepare for this flu season?

The Centers for Disease Control and Prevention recommend a yearly flu vaccine for everyone 6 months and older as the first and most important step in protecting against the disease.

Although there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season.



In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with the flu,

stay home from work or school to prevent spreading influenza to others.

INFLUENZA PREVENTION TIPS

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the used tissue in the trash. If a tissue is not available, sneeze or cough into the inside of your elbow, not your hand.
- Wash your hands often, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth.
- Stay away from people who are sick.
- Symptoms of influenza can include fever, cough, sore throat, body aches, headaches, chills and fatigue. If you feel sick, contact your health care provider.
- If you are sick, limit your contact with other people as much as possible. Stay home from work or school.
- Clean high-touch surfaces — such as doorknobs, handles, light switches and desks — daily with household disinfectant.
- Try to stay in general good health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat healthy food.

Editor's note: Information from the Centers for Disease Control and Prevention and the U.S. Army Center for Health Promotion and Preventive Medicine was used in this article.

Moncrief Army Community Hospital

Moncrief Army Community Hospital
Military Base

Like us on Facebook to get the latest news regarding Moncrief, health tips, TRICARE updates and information from the Army Medical Command. Visit www.facebook.com/MoncriefACH.

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.

Leader deadlines

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

Announcement and photo submissions are due one week before publication. For example, an announcement for the Oct. 23 Leader must be submitted by Oct. 16.

Send all submissions to **FJLeader@gmail.com**. For more information, call 751-7045.

Army helps new moms maintain fitness

By **CHANEL S. WEAVER**

U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — It is widely known that U.S. Service members must meet stringent physical standards to serve, but maintaining a high level of fitness can be a challenge for pregnant and postpartum Soldiers.

That's why the Army provides Pregnancy Postpartum Physical Training, or P3T, developed several years ago to assist moms with staying healthy and fit. The intent is to provide safe, standardized physical training and education led by personnel trained in pregnancy and postpartum fitness.

"The program is designed to promote readiness through health by maintaining fitness levels of pregnant Soldiers and successfully integrating postpartum Soldiers back into unit physical readiness training," said Lisa Young, a health educator at the U.S. Army Public Health Command and program coordinator for P3T.

Army policy mandates enrollment for all pregnant and postpartum Soldiers. Upon confirmation of pregnancy, the Soldier is exempt from regular unit physical readiness training. After the Soldier receives medical clearance from her health care provider, commanders are instructed to make sure that all eligible pregnant or postpartum Soldiers enroll.

Here are some answers to basic questions about P3T:

WHY WAS P3T CREATED?

Based on several Army studies and current literature, it was shown that after 15 months of pregnancy and postpartum, Soldiers who return to unit physical training without intervention demonstrate reduced fitness levels, increased body fat and increases in injuries and illness rates. P3T offers specifically designed PT for these Soldiers to help them maintain overall health and well-being.

WHERE IS P3T AVAILABLE ACROSS THE ARMY?

There are currently P3T programs at 26 installations in the United States; 17 programs in Germany, Japan, Korea, and Italy; and remote P3T programs overseen at numerous small installations, Reserve and Army National Guard units.

WHAT ARE THE BENEFITS OF P3T?

Health experts say participation in P3T provides a Soldier with an exercise and health education program that meets the unique needs of pregnant and postpartum Soldiers. P3T provides a safe setting and trained leaders to assist Soldiers in making adjustments to their exercise regimen as the pregnancy progresses and to teach special skills that will help with delivery and recovery. It also provides emotional support and encouragement through group activities with others who are in similar circumstances.

"Getting to know other Soldiers who are also moms can help give the reassurance, positive reinforcement and mo-



Photo by BEN BUNGER, U.S. Army Public Health Command

The Army provides Pregnancy Postpartum Physical Training to help mothers stay healthy and fit.

tivation that are needed to meet the challenges of motherhood and return to required fitness levels," Young said.

HOW HAS IT HELPED WOMEN?

In a recent evaluation, postpartum participants reported that P3T was helpful to them in passing their diagnostic APFT, returning to their unit before or at 180 days post-delivery, and meeting body composition standards. They also perceived P3T participation as a positive influence in boosting their morale and as helpful in being able to continue to perform their duties on the job.

HOW OFTEN SHOULD A PREGNANT WOMAN EXERCISE?

According to the American Congress of Obstetricians and Gynecologists, in the absence of either medical or obstetric complications, pregnant women can accumulate 30 minutes or more of moderate-level physical activity most, if not all, days of the week to maintain health and well-being. A recent article in the Army Times states that such exercise improves mood, sleep and energy; prevents pregnancy-related diabetes; and promotes an easier birth and faster recovery.

WHAT ARE SOME TIPS FOR A HEALTHY POSTPARTUM TRAINING REGIMEN?

After the baby is born, fetal safety is no longer an issue,

but potential injuries for Soldiers continue due to persistent musculoskeletal and cardiovascular changes. Postpartum exercises are designed to regain pre-pregnancy fitness levels, meet mission requirements, pass the APFT and meet Army body composition standards. Exercise sessions should be conducted a minimum of five times a week.

This is a basic postpartum fitness session, according to Young:

- A 10-15 minute warm-up segment, which includes slow movements, dynamic stretching and slow-cadence calisthenics.
- A 10-20 minute muscular conditioning segment that may incorporate calisthenic drills, strength endurance exercises with free weights or resistance bands, situps, and pushups. The focus now is to prepare the Soldier to pass the situp and pushup portions of the APFT.
- A 30-45 minute cardio-respiratory segment that may include low-impact aerobics, speed and agility drills, cardio machines, circuit training, and ability group walk/jog/runs. The postpartum Soldier is encouraged to gradually begin running, increasing the frequency, so that after the first two weeks of returning to P3T, the Soldier is jogging/running three times a week.
- A 10-minute cool-down segment, which may include a slowing down of the aerobic activity followed by gentle stationary stretching. All Soldiers' heart rates must be at or below 100 beats per minute before leaving the area.

Saluting this Basic Combat Training cycle's honorees

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



**Staff Sgt.
Natonya Bartholomew**
Company A
3rd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Christopher Dearmon

SOLDIER OF THE CYCLE
Pvt. Abigail Backman

HIGH APFT SCORE
Pvt. Cristian Boriack

HIGH BRM
Pvt. Steven Durr



**Sgt.
Virginia Taib**
Company B
3rd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Lydia Eng

SOLDIER OF THE CYCLE
Pvt. Katarzyna Samsel

HIGH APFT SCORE
Pvt. Orlando Salinas

HIGH BRM
Pvt. Orlando Salinas



**Staff Sgt.
Sean Rodman**
Company C
3rd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Treowe Carlson

SOLDIER OF THE CYCLE
Pvt. Nikki Nestor

HIGH APFT SCORE
Pfc. Maribel Zamago

HIGH BRM
Pvt. Alexis Santos



**Staff Sgt.
Michael Deeds**
Company D
3rd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Soel Delgado

SOLDIER OF THE CYCLE
Pvt. Bryce Nixdorf

HIGH APFT SCORE
Pvt. Bryce Nixdorf

HIGH BRM
Pvt. Tyler Trimmer



**Staff Sgt.
Lia Wright**
Company E
3rd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Paul Brzinas

SOLDIER OF THE CYCLE
Pvt. Karlee Pearson

HIGH APFT SCORE
Pvt. Kristina Rivera

HIGH BRM
Pvt. Nathaniel Ellis



**Sgt.
Jessica Gemmell**
Company F
3rd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Eduardo Ramirez

SOLDIER OF THE CYCLE
Pvt. Jacob Angevine

HIGH APFT SCORE
N/A

HIGH BRM
N/A

Report Suspicious Activity or Behavior

iWATCH ARMY

iREPORT

i KEEP US SAFE

See Something

Say Something

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

Recurring meetings

WEEKLY MEETINGS

- Alcoholics Anonymous open meeting**.....Mondays, Wednesdays and Fridays, 9 a.m., 9810 Lee Road., 751-6597.
- Columbia Composite Squadron (Civil Air Patrol)**.....Mondays, 6:30 p.m., Owens Field, main conference room, *Tom.Alsup@gmail.com* or *www.scwg.cap.gov*.
- Family story time**Fridays, 11-11:30 a.m., Post Library, 751-5589
- 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.
- Play group**.....Wednesdays, 10 to 11:30 a.m., Room 8, 5614 Hood St., for children 3 and younger, 751-9035/6325.
- Protestant Women of the Chapel**.....Mondays, 7 to 8:30 p.m., and Tuesdays, 9 a.m. to noon, Main Post Chapel, *jackson@pwoc.org*.
- Range control briefing**Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.
- Sergeant Audie Murphy Club Association study hall**.....Thursdays, noon, NCO Academy conference room, *www.facebook.com/FJSAMCA*.
- Toastmasters International**Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307.
- Veterans of South Carolina**Tuesdays, 9 a.m., Flying J truck stop at 5901 Fairfield Road, *VOsc@sc.rr.com*.
- Walking away stress**.....Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

MONTHLY MEETINGS

- 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.
- 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.
- American Legion Post 182**.....First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.
- American Legion Post 193**.....Second Thursday of the month, 7 p.m., 102 Old Lexington Road, Chapin, 585-704-7554
- American Legion Auxiliary Post 193**.....Second Thursday of the month, 7 p.m., 102 Old Lexington Road, Chapin, 585-704-7554
- American Legion Post 195**.....Fourth Thursday of the month, 7 p.m., 534 Wildwood Lane, Lugoff.
- American Legion Louis D. Simmons Post 215**Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.
- American Legion Riders Motorcycle Group (ALR Chapter 193)**Third Tuesday of the month, 7 p.m., 102 Old Lexington Road, Chapin, 732-9569 or *goulets2@gmail.com*.
- 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*.
- American Legion Riders Motorcycle Group**Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.
- 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.
- 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.
- Combat Vets Motorcycle Association**Third Sunday of the month at noon, (774) 451-7504, e-mail *armyaguiar@yahoo.com* or visit *www.combatvet.org*.
- 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*.
- 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*.
- Fort Jackson Bass Club**.....First Monday of the month, 7 p.m., Joe E. Mann Center, *www.jacksonanglers.com*.
- Fort Jackson Homeschoolers**Second and fourth Tuesday of the month. For time and location, call 419-0760 or email *johnlazzi@yahoo.com*.
- Gold Star Wives, Palmetto Chapter**Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.
- Ladies Auxiliary Louis D. Simmons Post 215**.....Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.
- 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.
- 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*.
- National Federation of Federal Employees**Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622.
- National Active and Retired Federal Employees Chapter 87**Second Friday of the month, 11:30 a.m., Seawell's, 1125 Rosewood Dr., *kathrynhensley@hotmail.com* or *gillentinec803@aol.com*.
- Professional Mentorship Network**.....Fourth Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club, 751-8187.
- Purple Heart #402**.....Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.
- 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*.
- Seabees**Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.
- Sergeant Audie Murphy Club Association**First Tuesday of the month, noon, NCO Club, *www.facebook.com/FJSAMCA*.
- Sergeants Major Association**.....Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904, *William.huffin@us.army.mil*.
- Society of American Military Engineers**Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.
- 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*.
- 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.
- Veterans of Foreign Wars Post 641**.....Second Monday of the month, 2 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.
- Veterans of South Carolina**First Tuesday of the month, 7 p.m., Reflection Club House at 2 Cassia Ct., *VOsc@sc.rr.com*.
- Victory Riders Motorcycle Club**.....First and third Thursday of the month, 5 p.m., Magruder's Pub. E-mail *sec@fvictoryriders.com*.
- Vietnam Veterans of America Chapter 303**Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.
- 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.

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*.

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