

THURSDAY, AUG. 27, 2015

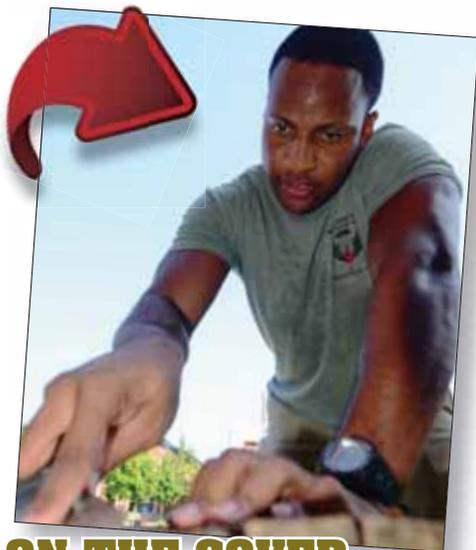
# THE FORT JACKSON LEADER

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## LENDING A HAND

TIME AGAIN FOR THE CFC — PAGES 6,7

★ COMMUNITY SNAPSHOTS, PAGES 16, 17 ★ MOVIES, PAGE 22 ★ WORSHIP, PAGE 23 ★ HAPPENINGS, PAGE 26 ★



## ON THE COVER

Courtesy photo

1st Lt. Brandon Hughes, a Combined Federal Campaign team member from the 193rd Infantry Brigade, scrapes paint off a trash receptacle at the Transitions Homeless Recovery Center. Hughes and other team members volunteered at the center to see how CFC donations help others. **SEE PAGE 6.**



Fort Jackson, South Carolina 29207

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# Community Calendar

SEND ALL SUBMISSIONS TO  
FJLeader@gmail.com

Deadline for events to be included in the calendar or Happenings is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — including rank, unit, and first and last names.

Questions? Call 751-7045.

## TODAY

### Positive Parenting

10 a.m. to noon, Classroom 10, 5614 Hood St. Open to active-duty, retired Soldiers; Families; DOD civilians. To register, call 751-6325.

### Neighborhood Huddle

Noon to 1 p.m., Legge Court playground. For those living in Howie Village/Mabry Manor area. Meet neighbors, bring suggestions and meet the garrison commander and command sergeant major.

## FRIDAY

### Victory Thunder motorcycle rally

9:30 a.m., Hilton Field.

### Women's Equality Day observance

10-11 a.m., auditorium, Soldier Support Institute. A celebration of women's right to vote.

## TUESDAY

### PWOC fall kickoff

9-11:30 a.m., Main Post Chapel. Protestant Women of the Chapel invites interested women of any faith. Free child care and home-school room for school-aged children. This year's theme is "Vintage Faith," which will comprise studies of Scripture and of famous Christians. A free lunch will be served.

### Healthy Relationships

11 a.m. to noon, Classroom 10, 5614 Hood St. How to communicate well, maintain positive values. Take your own lunch. For information or to register, call 751-6325.

### Comprehensive Soldier

and Family Fitness Spouse Course  
Three-day course for military spouses, Building 2289, corner of Beauregard Street and Magruder Avenue. To help spouses be at their best throughout the challenges of military life. For information or to register, call 751-9720.

## WEDNESDAY

### Maternity briefing

9-10 a.m., Room 8-85, Moncrief Community Army Hospital. For pregnant Soldiers, their Families. For information, call 751-6325/9035/6724/2731.

### Bright Honeybee play group

10-11:30 a.m., Classroom 8, 5614 Hood St. Designed to teach parents developmentally appropriate play for young children. For information, call 751-6325/9035/6724/2731.

## SEPT. 3

### Post newcomer orientation

8 a.m., NCO Club. Mandatory for Soldiers new to Fort Jackson.

### Baby Basics

10 a.m. to noon, Classroom 10, 5614 Hood St. Information for expectant parents. Open to active-duty and retired Soldiers, Families, DOD civilians. For information, call 751-6325.

### Stress Management

11 a.m. to noon, Classroom 10, 5614 Hood St. Open to active-duty and retired Soldiers, Families, DOD civilians. For information, call 751-6325.

### Story time

6:30-7 p.m., Thomas Lee Hall Library. For children 2 to 5.

## SEPT. 4

### Training holiday

### Retired Officers Wives Club luncheon reservations

Make or cancel reservations by 3 p.m. today for Sept. 9 luncheon. Social at 11:30 a.m.; lunch, at noon. For information, call 803-788-1094 or 803-783-1220

### Creative Journey

5-6 p.m., Joe E. Mann ballroom. Exploration of the arts for all Exceptional Family Member Program members. For information, call 751-5256.

## SEPT. 5

### Lt. Dan Band concert

7 p.m., Hilton Field. Free for Soldiers, veterans, Families.

## SEPT. 8

### Story time

11-11:30 a.m., Thomas Lee Hall Library. For children 2 to 5.

### Child-safety awareness initial training

5-7 p.m., Classroom 10, 5614 Hood St. Open to all active-duty and retired military, Family, DOD cardholders. Required for chaplains, teachers and others who work with children. To register, call 751-6325.

## SEPT. 9

### Maternity briefing

9-10 a.m., Room 8-85, Moncrief Community Army Hospital. For pregnant Soldiers and their Families. For information, call 751-6325/9035/6724/2731.

### Bright Honeybee play group

10-11:30 a.m., Classroom 8, 5614 Hood St. Open to active-duty, retired personnel and their Families. For information, call 751-6325/9035/6724/2731.

## SEPT. 10

### Baby basics

9 a.m. to noon, Classroom 10, 5614 Hood St. Information for expectant parents. For information, call 751-6325/9035/6724/2731.

### Community information exchange

Noon, NCO Club.

### Story time

6:30-7 p.m., Thomas Lee Hall Library. For children 2 to 5.

## SEPT. 12

### Dog Day at the waterpark

Noon to 3 p.m., Palmetto Falls waterpark. \$10 for first dog, \$5 for each additional dog. Dogs may not go on Lazy River or slides. Dog handlers must be 18 and older. For more information, call 751-6990.

### 9/11 5K run/walk

8 a.m., Twin Lakes Recreation Area. To register, call 751-3096/3486. Late registration, 6:30-7:45 a.m. day of event.

### Bowling outing

4:30-6 p.m., Century Lanes Bowling Center, 4464 Gregg St. For Exceptional Family Member Program members. For information, call 751-5256.

## SEPT. 15

### Story time

11-11:30 a.m., Thomas Lee Hall Library. For children 2 to 5.

## SEPT. 16

### Maternity briefing

9-10 a.m., Room 8-85, Moncrief Community Army Hospital. For pregnant Soldiers and their Families.



**South Carolina Gov. Nikki Haley recently issued an executive order allowing certain Guardsmen to carry concealed weapons while in uniform. Despite the order, S.C. National Guard members cannot carry concealed weapons on federal bases.**

## Concealed weapons on Fort Jackson? **STILL AGAINST REGS**

**By ROBERT TIMMONS**  
Fort Jackson Leader

In the wake of the July 6 shooting of Service members in Chattanooga, Tennessee, several states have rushed to allow their troops to carry weapons to defend themselves.

By July 30, governors of Florida, Louisiana, Oklahoma, Texas and Wisconsin had ordered their Guardsmen to be armed. North Carolina Governor Pat McCrory recently signed a similar bill into law.

After a lengthy study, South Carolina Gov. Nikki Haley issued Executive Order 2015-18 last week, ordering upgraded security at Guard installations and allowing certain Guardsmen to carry concealed weapons while in uniform.

Despite the order, S.C. National Guard members may not carry concealed weapons on federal bases.

Such weapons are “strictly prohibited on federal installations,” said Fred Vasquez, head of Fort Jackson’s physical security office.

When someone acquires a concealed-carry permit, he receives a list of places where he cannot take a weapon – and that list includes federal buildings and installations, Vasquez said.

Fort Jackson Regulation 190-11, which supplements Army Regulation 190-11, states that weapons must be registered at the weapons registration office. Those improperly bringing weapons onto the post risk confiscation of their weapons and personal confinement.

Guardsmen must follow federal rules and regulations, said Lt. Col. Cindi King, director of public affairs for the S.C. National Guard.

“We are still complying with federal policies,” she said.

Guardsmen may not carry concealed weapons onto Fort Jackson, or onto McCrady Training Center or McEntire Joint National Guard Base, either, because they abide by Department of Defense policies.

Only those specially trained by the State Law Enforcement Division may carry weapons into armories and Guard facilities when carrying out force-protection responsibilities, she said.

Gov. Haley’s order will allow the S.C. National Guard to better protect its more than 65 facilities statewide, King said. It gave the Guard “authority” to put protection measures into place and to work with SLED to begin arming select personnel at those facilities.

State Adjutant General Maj. Gen. Robert Livingston, South Carolina’s top military official, called such measures “proactive, realistic and sustainable.”

Some of the changes include placing additional barricades and increasing security checks.

The S.C. National Guard routinely reviews and updates its own protection measures, just as all military facilities have done since 9/11 and in wake of the recent escalation of terrorist attacks and threats to military and law-enforcement personnel, King said.

# Guard engineers match wits, skills

By SGT. 1ST CLASS JOE CASHION  
South Carolina National Guard

For a challenging two days, about 90 of the S.C. National Guard's best engineer Soldiers came together at McCrady Training Center to compete in the 2015 Best Engineer squad competition.

The 122nd and 178th Engineer Battalions matched skills last weekend in the Army Physical Fitness Test, construction and combat events, and – ultimately – an Army Service Uniform inspection that coincided with the annual Castle Rally banquet in downtown Columbia.

Planning the first-ever event took about nine months and included several challenges, said Capt. Paul Reed, training officer for the 178th.

“The biggest obstacle was getting Soldiers’ schedules to where we could bring them together as two battalions at the same time,” Reed said. “It was difficult but obviously not impossible.”

During the competition, 10-member squads competed in two phases of engineer effects – construction and combat.

Construction effects included horizontal construction, on ground or roads, and vertical construction – building from the ground up.

Combat effects included encountering, breaching and clearing a minefield, and showing proficiency with crew-served weapons.

“We have been looking forward to doing this,” said Sgt. Josh Killough, squad leader with 172nd Haul Platoon. “Our squad is ready.”

On the first day, Soldiers had to construct an 8-foot-by-8-foot building from the ground up, complete with walls, a staircase, and roughing in of plumbing and electricity. The catch was the time limit – only four hours.

“The time factor is the biggest thing,” said Capt. Jay Sirmon, a McCrady engineer officer assigned to the event. “Taking a squad and accomplishing a major task like this successfully in a short amount of time is a big challenge.”

During day two, Soldiers worked through a nine-station, 14-mile route of engineer-based Army Warrior tasks, testing their expertise and endurance.

“It’s a long weekend, but I enjoy training like this,” said Staff Sgt. James Oliver, squad leader with the 1782nd Engineer Company.

Following the completion of field tasks, competitors moved into garrison for the Army Service Uniform inspection and the awards ceremony during the Castle Rally dining out organized by the Palmetto Chapter of the Army Engineer Association and held at the Columbia Convention Center.

As a bonus for the competition and for



Above, Soldiers assigned to the 124th Engineer Company from Saluda, S.C., dig a culvert during the S.C. National Guard Best Engineer Competition.



Left, Soldiers from the 1223rd Engineer Company (vertical) from Jedburg, S.C., construct an 8x8 building as part of the Best Engineer Competition. Engineer units from across the state competed.

dining out, Maj. Gen. Guillermo Arturo Suarez Ferreira, a senior engineer with the Colombian army, observed the competition and was the keynote speaker for the banquet. Suarez observed the training exercise as part of a state partnership between Colombia and South Carolina.

Competition winners were squads from the 1221st Engineering Company, 122nd Engineering Battalion for construction piece.

Ultimately, the 1221st won overall.

Members of the victorious 1221st team were Staff Sgt. Travis Maroney, Sgt. Steven Cuddington, Sgt. Kevin O'Connor, Spc. Malcolm Brown, Spc. Antonio Passerini, Spc. Nathan Arroyo, Spc. Douglas Huffstetler, Spc. George Steele, Spc. Joshua Johnson and Spc. Robert Gedding.

At the end of the two days, Reed was

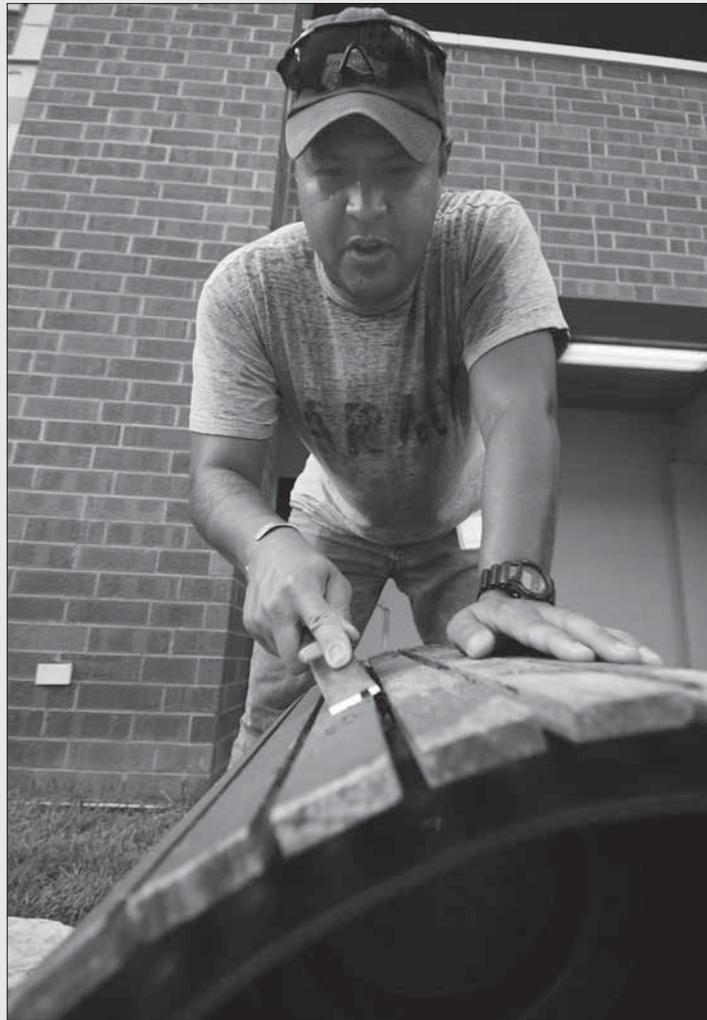
satisfied that all had gone well.

“We could not be more pleased with the outcome of the inaugural Best Engineer Competition,” he said. “The Soldiers who competed in the event are excited about next year already.”

“This event has continued to develop a healthy competition between the two major engineer battalions in South Carolina, which is only going to foster the professionalism of our two organizations.”



Photos by Robert Timmons



## Volunteer spirit

Above, Shirley Cherry of Army Community Service joins Sgt. Deandre Johnson and Staff Sgt. Lana Walls of Headquarters and Headquarters Company, 165th Infantry Brigade, to paint a room at Transitions Homeless Recovery Center on Tuesday. The three were among a group from the Fort Jackson Combined Federal Campaign team who have been volunteering throughout the city.

Right, Staff Sgt. Nestor Rodriguez, a CFC team member with Bravo Company, Special Troops Battalion, scrapes dried and cracking paint from a trash receptacle at the Transitions Homeless Recovery Center. Volunteers painted parts of the center to better understand the needs of organizations to which Soldiers and other federal employees can donate during the CFC campaign, which will begin Monday.

# Afghanistan, Iraq aren't just for Soldiers anymore

By JOSHUA FORD  
IMCOM PAO

Civilians who yearn to deploy with American Soldiers now have that opportunity – the Army is looking for civilians to support operations on contingency bases around the globe.

Working with the Expeditionary Base Operations Support program, the Army Installation Management Command aims to form an Army Civilian Expeditionary Workforce that will send small teams of civilian installation-management professionals to current or opening contingency bases.

The military has run such bases for nearly 15 years and has observed a lack of experience in base operation that has harmed management, Army leaders say.

“Working with the (inspector general) at United States Forces-Afghanistan, one of the management issues I was seeing was that the right skill sets weren't coming over to perform the required tasks,” said James R. Peterson, an employee at IMCOM Headquarters’ IG office who recently returned from deployment.

Army senior leaders across Afghanistan and Iraq found continuity challenges and capability gaps at contingency bases managed by rotational units. As a result, installation management was inefficient, costly and overly dependent

### HOW TO JOIN EBOS

Volunteers must be serving on appointments without time limits, be available and willing to deploy to contingency areas, have satisfactory ratings or better with no current performance or disciplinary issues, have valid passports and maintain proper security clearance.

They also must undergo medical screening, online training and IMCOM's expeditionary installation-management training at the IMCOM Academy and attend a weeklong training course at Camp Atterbury, Indiana, to prepare them to work in an austere environment.

Those interested should log into Army Knowledge Online and visit [www.us.army.mil/suite/page/662838](http://www.us.army.mil/suite/page/662838) for information.

on contractors.

The EBOS pilot will produce a roster of IMCOM civilians willing to deploy to advise and assist in contingency operation of installations anywhere in the world.

The civilians will be “on call” until they deploy.

With more than 31,000 employees operating more than

60 installations Armywide, IMCOM makes the best source for EBOS, said IMCOM Command Sgt. Maj. Jeffrey Hartless.

“IMCOM employees manage infrastructure and Soldier and Family support programs on more than 60 garrisons worldwide every day,” he said. “No other command can say that.”

Not only will EBOS make contingency base management more efficient, Hartless said, but it will help the Army the best services for Soldiers serving in contingency operations.

An added benefit, Hartless said, would be a more professional and well-rounded installation-management workforce.

Reginald J. Ghiden is chief for assistance and investigations in the office of the IMCOM inspector general.

“I wanted a change from the day-to-day that I had at the time,” Ghiden said. “I gained some job experience dealing with matters I don't ordinarily see in IMCOM, and got to operate in a leaner environment where I could make more direct contributions.”

If selected for the pilot program, an Army civilian also could receive financial benefits for serving overseas. Depending on the deployment location, they might qualify for locality and hazardous-duty pay.

# The WINDUP's in progress ...

## ... and here comes the CFC pitch

By **CHRISTINE SCHWEICKERT**  
Fort Jackson Leader

The commanding general has signed his ceremonial check and made an encouraging video. Once again, it's time to dig deep for the Combined Federal Campaign – a philanthropic partnership among the federal government and its employees, and charitable groups.

This year's goal for Fort Jackson isn't monetary. Rather, organizers aim to make sure every Soldier and civilian worker on post receives information on the campaign and an invitation to contribute.

"They see it every year, but their supervisors don't make the pitch," said Bill Smith, Army Training Center G8 resource manager and the man who will log this year's contributions.

"We want to make sure everyone at Fort Jackson is aware of the campaign and is able to participate."

Last year, 95 percent of folks on post contributed \$380,000 to the campaign, which raised \$839,999.08 from nearly 5,000 contributors in South Carolina. This year, Smith said, organizers are shooting for 100 percent exposure – not a dollar amount.

“

They see it every year, but their supervisors don't make the pitch.

— **Bill Smith**

Army Training Center G8  
resource manager

”

Campaign workers have been up and running since July, even though Soldiers won't officially know of the campaign until Sept. 1.

Capt. Amirah Cotton - G8 with the Army Training Center and Fort Jackson, and CFC program coordinator for 2015 – organized two community-service projects that preceded the official opening of the campaign.

It's a "longstanding tradition" for CFC unit representatives to tour the places donations might go, Cotton said. This year, she altered that tradition slightly by enlisting teams of volunteer workers.

"(It's) a great opportunity just to give some community-service hours" as well as money, she said.

Volunteers sorted and packaged donations to Harvest Hope Food Bank last Thursday and rolled new paint on the walls at the downtown Transitions homeless shelter on Tuesday. Both events are chronicled on the Palmetto State Combined Federal Campaign Facebook page: [www.facebook.com/pages/Palmetto-State-Combined-Federal-Campaign/535745223128173?fref=ts](http://www.facebook.com/pages/Palmetto-State-Combined-Federal-Campaign/535745223128173?fref=ts).

Donors to the CFC may choose the organizations to which they wish to contribute, be they local, national or international. Donors also may choose whether to give charities access to their names or to remain anonymous.

Campaign materials show a variety of places donations go – to wildlife preservation, family programs and medical research, among others. The two placards on medical research show Soldiers wearing digital-camo ACUs and sitting in wheelchairs.

One-time donations are allowed, as well as periodic payroll deductions through myPay.

The campaign will run Sept. 1 to Dec. 15.



Photo by **ROBERT TIMMONS**

**Maj. Gen. Roger Cloutier receives assistance in signing his Combined Federal Campaign donation forms from 1st Lt. Brandon Hughes, a CFC team member from the 193rd Infantry Brigade. The CFC campaign is the only time outside agencies can receive donations from Service members.**

## HOW YOUR DOLLARS HELP

Every dollar makes a difference.

### \$1 a week buys ...

- trained volunteer tutors to help 12 elementary school students with reading and math.
  - bilingual beginning-to-read books to help 10 children build early literacy skills.
  - three 30-minute appointments for health assessments and counseling for people facing physical, developmental or mental health challenges.
  - 1 acre of unprotected tropical rainforest to insure protection of natural areas vital to our climate and diverse species.
  - one hour of expert training for a citizens' group interested in preserving natural areas in their communities.
- ... **That's \$52 a year.**

### \$5 a week buys ...

- two months of meals for a home-bound person.
- five wigs for children with cancer undergoing chemotherapy.
- two nights of shelter for a troubled or neglected youth.
- after-school care (food, health, recreation and homework help) for one child for a year.
- clothing, shoes and a winter coat for one person who has lost everything in a home fire.
- temporary shelter for a family of four for three nights following a disaster, or shelter for 10 people for one

night.

- three bowling trips for seniors.
- gas or power for an elderly or disabled person threatened with a utilities termination notice.

... **That's \$260 a year.**

### \$10 a week buys ...

- two days of care for someone who's terminally ill.
- baby formula for 52 low-income infants (one each week).
- a full year of Scouting for two girls.
- five and a half weeks of work training.
- one month of preschool for a child at risk of falling through the cracks.
- financing for daily radio legislative updates during the legislative session and monthly for interim committees.
- a lightweight wheelchair for someone who is physically challenged.
- posters and other educational materials to inform national park visitors about steps they can take to help prevent increased air pollution in their parks.
- treatment for five mentally ill people attending recovery classes that provide education, peer support and healing strategies.

... **That's \$520 a year.**

Source: [www.cfctoday.org](http://www.cfctoday.org)

# Preventing Soldier suicides

## 1 month of awareness won't fix the problem

By **CHRISTINE SCHWEICKERT**  
Fort Jackson Leader

Statistics on suicide in the military seem cold. Rational. Impersonal.

■ Soldiers who have experienced recent demotions or family problems seem the most likely candidates for suicide – especially women.

■ About one-third of suicides among Soldiers are linked to mental problems present before the Soldiers enlisted.

■ Soldiers report higher rates of hyperactivity and anger-management disorders than do civilians, both of which can lead to suicide.

But suicide itself is anything but cold and rational – it's ugly and, even when you think you know what to do, it seems impossible to fight. The Army Medical Command calls suicide “the Army's unceasing enemy.”

A Fort Jackson Soldier killed himself in a very public manner barely a month ago, leaving those behind wondering what more they could have done.

“The one thing I was most proud about was how involved the leaders were” in addressing the risks faced by the suicidal Soldier, said Col. Milton Beagle, commander of the 193rd Brigade and a former colleague of the Soldier.

“The leaders had done everything you could have expected them to do ... down to the last day” the Soldier was alive, Beagle said.

“We take it for granted (that) we do know a lot about our people,” but sometimes “it just kind of gets you” that what you know might not be enough.

September is National Suicide Prevention Month. Big Army also will observe a month of educational and prevention activities under the mandate to “Take Action.”

Laly Rodriguez, suicide prevention program manager for Fort Jackson's Army Substance Abuse Program, wants those on post to ask themselves this month: How does your unit take action? And, what will you do personally to take action?

“We need to be involved with Soldiers,” she said. “What we have been doing isn't

really working” and one month focusing on suicide isn't enough:

“I want the entire year to make Soldiers resilient” enough to seek help, not death.

“I want to encourage commanders that they need to be somebody to trust. Most important – they need to know their Soldiers.”

She commended Beagle as someone who worked hard to know the Soldiers he commands.

“With me, it's always about seeing yourself” for who you really are, Beagle said of his methods – Soldiers bear primary responsibility for knowing their strengths, as well as their faults and foibles.

“We put those on the table early and often” for discussions among Soldiers or the command team.

Beagle also expressed thanks that “somebody got me (a) gift a long time ago” – an officer's guide from the 1950s.

That book, Beagle said, told him that “an officer should know those that they lead.”

Through the years, he has experimented with memorizing names. Once he had mastered names, he worked on memorizing one personal detail per Soldier.

Chief of Staff Col. Morris Goins has sought help himself – not because he was suicidal but because he found it difficult to cope with the loss of Soldiers during the height of fighting in Iraq.

“I needed help to process my experiences in Iraq after losing Soldiers,” Goins said. “I was not suicidal, but I did need help with my emotions.”

“It is OK to seek help,” he said, but the process may not be easy. Those who need help should “be ready to lay it all on the line when you go for help, or you will be wasting your time and the time of those there to help you.”

Last year, a non-commissioned officer at Fort Sill received accolades for preventing the death of a Soldier with whom he had once deployed. The Soldier had slit his wrists, then posted a picture of his injuries on Facebook alongside a one-word status: “Goodbye.”

“I need my Army family to reach out and find where (name of Soldier) is at and get

“  
I needed help  
to process my  
experiences in Iraq  
after losing Soldiers.  
”

— **Col. Morris Goins**  
Fort Jackson chief of staff



## SUICIDE PREVENTION MONTH ACTIVITIES

**AUG. 30** – During services, chaplains will offer information on suicide prevention and activities to mark the month. Brochures will be available.

**7-9 p.m. SEPT. 1** – Those associated with suicide prevention on Fort Jackson will be at gates 2 and 3 to hand out cards listing ways to identify and help those thinking about suicide.

Commanders also will distribute cards to their Soldiers.

**11:30 a.m. to 12:30 p.m. SEPT. 3** – Suicide-prevention information will be available at Moncrief Army Community Hospital.

his unit to put their arms around him soon!” wrote Sgt. Maj. Jeffery Powell. “He may be in serious danger.”

Less than five minutes later, colleagues found the Soldier at his overseas posting.

Big Army has taken steps to combat suicide, from conducting behavioral studies to determine the causes of suicide, to increasing screening and prevention efforts, to developing a so-called anti-stigma campaign to get Soldiers to seek help for invisible emotional wounds.

“If you don't feel good” and tell that to a commander, Rodriguez said, “I don't see that as a weakness.

“We need to talk (about it) just like dia-

**SEPT. 14** – Suicide-prevention information will be available in a booth at the main Exchange.

**9:30 a.m. and 1:30 p.m. SEPT. 18** - Guest speaker Dennis Gillan of Columbia, a board member of the American Foundation for Suicide Prevention, will speak about the loss of two brothers to suicide.

**9:30 a.m. and 1:30 p.m. SEPT. 21** – Chief of Staff Col. Morris Goins will speak about the need for counsel when things get tough.

Speaking events will be at the Solomon Center. Information on suicide prevention will be available at both.

betes – it's health.”

Chaplains, commanders, drill sergeants and counselors receive training in suicide-risk recognition and intervention. Soldiers and civilians receive cards that tell them to “Ask, Care and Escort” Soldiers in danger of suicide to the help they need.

“The loss of an American Soldier's life is a great tragedy, regardless of cause,” says a 2008 “posture statement” from the Army Suicide Prevention Program. “In the case of suicide, the Army is committed to providing resources for awareness, intervention, prevention and follow-up necessary to help our Soldiers, civilians and their Families overcome difficult times.”



# "I BECAME A SOLDIER..."

Post commander Maj. Gen. Roger Cloutier has an affection for meeting Soldiers in Basic Combat Training and listening to their stories. He says it reminds him that everyone on Fort Jackson is here to build the best Soldiers in the world.

## 2ND BATTALION, 60TH INFANTRY REGIMENT

### ALPHA COMPANY



PVT. SIMON KUNZ, 18

"My ninth-grade year, I decided I wanted to join the United States Army.

"I was overweight by 50 pounds, and I joined JROTC ... and I lost 50 pounds in one semester.

"I just continued to talk to the recruiter. I was an easy one (to recruit) – I was a walk-in.

"I was able to get the (military occupational specialty) I desired.

"I completely love the Army. It's something to be proud of."

### ALPHA COMPANY



PVT. JORDAN FRANCIS, 17

"I don't know exactly when (I thought of enlisting), except it was sometime in elementary school.

"(It was wartime, and) you'd hear about the Army. I thought that was kind of cool.

"When I got to my freshman year (of high school), there was a graduating senior who joined the National Guard. The Army or the National Guard always was No. 1.

"During my junior year, I did rappelling with the National Guard. I stayed in contact for over a year.

"I joined the National Guard because I'd like to keep my life as a civilian but still serve."

### BRAVO COMPANY



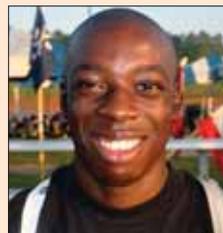
PVT. JESSICA CHAVERS, 17

"I joined (during high school) to get a head start on everyone else. There are not too many people (in high school) who can say they're in the Army and serving their country.

"I had an uncle (who went to Vietnam and earned) two Purple Hearts, and I wanted to be like him. "I want to make it a career.

"I will be back (in high school) as soon as I graduate (from basic)."

### CHARLIE COMPANY



PVT. DILLON GORDON, 21

"I kind of dropped out college, and I was seeing myself drop down into trouble.

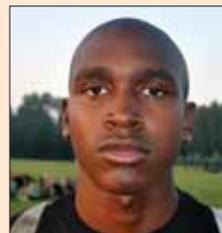
"Being here (in basic training), it was definitely a challenge – especially the first few weeks. (Now), everything seems like a system.

"The most challenging thing (about basic training) probably was being isolated (from family), but I got pretty much used to it.

"It's basically a decision that I don't regret making."

"I just want to make something for this country."

### DELTA COMPANY



PFC. ARMONI WARREN, 19

"I had a decision between going to college and playing football, and serving this nation.

"(I enlisted because) I wanted to better myself – be a better person.

"I've been trained well. It's made me better – more open minded and welcoming to anything and everything, (and) to be understanding."

### ECHO COMPANY



PVT. PAYTON LESLIE, 18

"My dad was in the military, and he really inspired me to join. I was the first female (in the family) who wanted to join. My dad always wanted me to join ...

"(During basic training), my drill sergeant (Sgt. 1st Class Gregory) Brooks helped push me more and more. He always ran with me and pushed me.

"His motivation helped me pass the PT test."

# The Army: an ever-better place to be a woman

**By 1ST LT. KRYSLYN K. BELFORD**  
Headquarters Company,  
193rd Infantry Brigade

Women always have supported men in the Armed Services – as mothers, wives and volunteers.

On May 15, 1942, women became active Service members for the first time with establishment of the Women’s Army Corps and Women’s Army Auxiliary Corps.

WAC/WAAC grew until 1978, when the Army integrated them into regular Army units.

Women slowly and gradually have been accepted as Soldiers, serving within 95 percent of military occupational specialties.

Women also make up about 16 percent of the active Army, earning the titles of Airborne, Air Assault, Sapper and even Ranger. For the first time in the Army, two women have graduated from Ranger School.

Field Artillery has been opened to women about five years; the first female received command of a company in 2012.

By January 2016, all branches – including combat positions – should be open to women or offer statements of explanation on why they are closed.



*Courtesy photo*

**1st Lt. Kryslyn Belford, in beret, joins drill sergeants with whom she has been pleased to work: Sgt. Brittany Burton, Staff Sgt. Elizabeth Favela, Staff Sgt. Ashely Baker, Sgt. Jessica Gemmell and Staff Sgt. Ivory Izevbizua.**

The Armed Forces – including the Army – are the most progressive career fields for women in the United States. Women in the Armed Forces receive the same incomes based on their respective pay-grade; receive the same benefits, such as health care; and are entitled to earn the same allowances.

In many civilian jobs and careers, women earn less than their male counterparts. On average, women earn 78 percent of salaries men earn for performing the

same jobs.

The Armed Forces does not tolerate such discrimination.

The Army also has included gender discrimination as a reportable criterion for Equal Opportunity offenses, which allows women who are targeted or discriminated against the opportunity to submit EO reports. The policy also mitigates and reduces gender discrimination within the Army workforce and community.

As an American woman, I have been

grateful for the opportunities the Army has provided.

I applied for an ROTC scholarship right out of high school, which allowed me to graduate with a bachelor’s degree and a commission as a second lieutenant.

I also am dual military. I have worked in a brigade S2 staff section in the 3rd Brigade Combat Team, 10th Mountain Division, Fort Drum, New York; as an executive officer for a Basic Combat Training company; and as the executive officer for a brigade headquarters company at Fort Jackson.

In the U.S. Army Forces Command, the highest-ranking female officer I worked with was our brigade engineer officer in charge – a major – and I knew only one female commander within the brigade.

In TRADOC, I have seen so many more women in leadership roles within S4 and S3, and as commanders. More female non-commissioned officers serve at Fort Jackson – about a third of the drill sergeants in my latest battalion were women.

Even with all these positives, I have observed two stigmas commonly associated with women in the Army.

The first involves women experiencing pregnancy.

See **WOMEN:** Page 22



Photos by PATRICK A. ALBRIGHT

1st Lt. Shaye L. Haver (fourth from left) answers a reporter's question about her 62-day journey through Ranger school at a press panel at Fort Benning, Ga., last week. From left to right are class graduates 2nd Lt. Erickson Krogh, 2nd Lt. Anthony Rombold, 2nd Lt. Michael Janowski, Haver, Staff Sgt. Michael Calderon, Spc. Christopher Carvalho, Capt. Kristen M. Griest and 2nd Lt. Zachary Hagner.

# It's about guts, not gender

By ARMY NEWS SERVICE

FORT BENNING, Ga. – The two women who earned slots as Army Rangers may have been the first to do so, but they probably won't be the last.

Capt. Kristen M. Griest – who, with fellow West Point graduate 1st Lt. Shaye L. Haver, passed the arduous course last week – said she knew other women who were eager to try.

“For whatever reason – whether it is timing or deployment or they are in some school at this point in time – they weren't able to go to this assessment,” she said. “But I know many very qualified women that I can think of that could pass the course or at least make a very good attempt.

“I would encourage them to go.

“If you mentally know you want to get through – and you have to want to get through – then you will make it.”

Griest and Haver were two of 96 Soldiers who graduated from Ranger School at Fort Benning. Nineteen women and 381 men began the combat and leadership course in April.

Both women said that earning the Ranger tab was all about becoming better leaders.

“I knew how badly I wanted to go (to Ranger School) when I was a second lieutenant, before I became a platoon leader,” Griest said. “I was hoping to go to this course because it is the best training the Army can provide, and I wanted to have that training before I had a platoon.”

Haver, an AH-64 Apache pilot, said: “The reasons I chose to come were the same as the men here – to get the experience of the elite leadership school ... and to give me the opportunity to lead my Soldiers the best that I can.

“If females continue to come to this course, they can be encouraged by what we have accomplished, but – hopefully – they're encouraged by the legacy that the Ranger community has left.”



1st Lt. Shaye L. Haver wants to go wherever being an aviator takes her.

The two women met every trial and test exacted upon the 94 men who also finished, said Maj. Gen. Austin S. Miller, commander of the U.S. Army Maneuver Center of Excellence.

“Up front – what we've been very consistent on is – we've said there will be no change to the standards ... and there weren't,” he said. “We also said ... we're going to be professional and objective as we work our way through this process, which is exactly what you would expect from a Ranger-qualified instructor or anybody else in the Army.”

Griest and Haver both said their performance as teammates was more important to their male classmates than their gender.

The women did not band for mutual support, Haver said. Instead, support came

from Soldiers closest to them – as it would in combat.

“We immediately integrated in our squad and became teammates that way,” Haver said. “When you are sucking, it's the person immediately next to you (you must rely on). We intentionally tried to rely on our squad mates – because they are the closest to us – and not the females around us.”

Often, she said, they would not have been able to choose female teammates – had they wanted to – because seldom were two women in the same squad.

Fellow Ranger School graduates expressed their appreciation for Griest's and Haver's abilities.

“At the end of the day, everyone was a Ranger,” said 2nd Lt. Erickson D. Krogh, an infantry officer. “It was the same

throughout, as long as the team pulled through and accomplished the mission.”

2nd Lt. Michael V. Janowski, also an infantry officer, said gender didn't have any effect on performance.

“When we were given resupply, and you're given 2,000 rounds of machine-gun ammo, the last thing you're caring about is whether your Ranger buddy is a man or a woman,” he said. “because you're not carrying all 2,000 rounds by yourself.”

Spc. Christopher J. Carvalho, a medic, also earned his Ranger tab. Sometimes, he said, Griest and Haver finished their tasks before the male candidates.

“One event in particular was the 12-mile ruck march, in which we had about 50 pounds-plus whatever weight we carried in water on our backs,” Carvalho said. “These two women finished well ahead of some of the males and well ahead of 60 other men who didn't complete their ruck march.

“So right then and there, that's what validated it for me, (that) these women are for real, they're here to stay.”

Looking to the future, Griest said, she wants to consider roles in combat arms – roles not yet open to women.

“I think Special Forces is something I would definitely be interested in,” she said. “I am trying to pursue civil affairs, which is under the special operations umbrella. But there are also several other options out there.”

Haver wants to stay in aviation.

“In the past decade,” she said, “females have served in those combat roles.

“I, myself, am attack aviation ... I plan to stay with aviation as far as that will let me go.”

Since Ranger School opened in 1950, 77,000 Soldiers have earned the Ranger tab. Of the 4,057 Soldiers who attempted the course in 2014, 1,609 tacked on the tab.

The Army plans another Ranger School assessment in November.



*Photo by ROBERT TIMMONS*

## **Part-time barista**

Starbucks barista Emmi Burlison shows post commander Maj. Gen. Roger Cloutier how to put together a beverage during the grand opening of the coffee company's newest location, on Fort Jackson. During opening festivities, Cloutier and garrison commander Col. James Ellerson learned how to be baristas.

# Need financial help? AER makes it easier

By **JENNIFER STRIDE**  
Fort Jackson Leader

Because they worry about the stigma attached to seeking financial help – alongside the often time-consuming process of obtaining leadership approval – some Soldiers have been reluctant to request assistance from Army Emergency Relief.

But that may be about to change. As of Sept. 9, all Soldiers, regardless of rank, will be given direct access to apply for AER.

Angela Crosland, an AER specialist at Fort Jackson, said that in the past, Soldiers needing help have left her office to go elsewhere because they fear what their commanders will think.

During the past six years, AER reports show, the number of requests for assistance from active-duty Soldiers has declined 35 percent, giving AER a reason to change its policy.

“Last year, we had approximately 670 cases,” Crosland said Tuesday.

“We have a lot of retirees and some widows that use our services, as well as active-duty Soldiers.”

Sudden financial difficulties stemming from divorce, identity theft, taking care of parents and getting scammed are the common circumstances that bring people to Crosland.



Until Sept. 9, regulations allow Soldiers holding the rank of sergeant and higher not to approach their chains of command to seek assistance from AER. When the rules change, all Soldiers, regardless of rank, will be allowed direct access to apply for AER – with some exceptions.

Soldiers in Initial Entry Training or with less than one year time in service – whichever is greater – still will be required to run AER requests up their chains of command to their commanders or first sergeants.

Soldiers exhibiting “high-risk behavior” in their personal financial mismanagement – as defined in Army directives – will have to request assistance through the “company-/battery”-level chain of command.

Those who opt to use direct access without a commander’s or first sergeant’s review will be limited to two assistance requests – loan or grant – within a 12-month period, regardless of rank.

“Getting financial training and having a good foundation early on in life is important, too,” Crosland said.

“We encourage financial training, and we also identify other available resources – on and off post – to help the people that come to us.”

Crosland hopes the policy changes will encourage more people who need assistance to use AER – instead of high-interest payday loans – to get the help they need.

## TRICARE changes medication rules

### DEFENSE MEDIA ACTIVITY

TRICARE beneficiaries who regularly take certain brand-name medications will be required to fill prescriptions at military treatment facilities or through a mail-in program beginning Oct. 1.

The new policy does not apply to active-duty troops, overseas beneficiaries, nursing-home residents or those with other health insurance that carries a prescription-drug program.

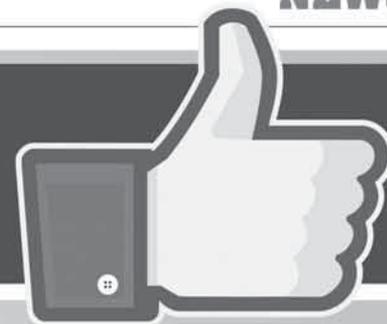
Drugs covered by the new policy could include those taken to treat chronic conditions such as blood pressure or cholesterol issues.

Generic medications are not affected by the new policy, he said.

TRICARE pharmacy beneficiaries who will be affected will receive a letter from TRICARE in early to mid-September. The letter will include instructions on making the transition from retail pharmacies to a military pharmacy or the Express Scripts mail-in program. Those with questions may call Express Scripts customer service at 1-877-363-1303 or look up the drug on the TRICARE website.

# Social security

Sharing information on Facebook may seem harmless, but if you're not careful, it could put your friends and loved ones in danger.



## A FEW BASIC PRECAUTIONS:

- ⚠ Never accept a friend request from someone you don't know, even if he or she knows a friend of yours.
- ⚠ Don't share information you don't want to become public.
- ⚠ Be cautious when listing your job, military organization, education and contact information. Providing too much information in your profile can leave you exposed to people who want to steal your identity or sensitive operational information.
- ⚠ Understanding what you should and should not post on Facebook goes a long way toward protecting yourself online, but you can do even more by adjusting your privacy settings.

## HERE'S HOW TO SET THE HIGHEST SECURITY SETTINGS ON YOUR FACEBOOK PROFILE:



### CHOOSE WHO CAN READ YOUR POSTS

Log into Facebook. Go to "Settings," "Privacy." There, you'll find three subjects:

- "Who can see my stuff?"
- "Who can contact me?"
- "Who can look me up?"

⚠ To maximize the security on your page, choose "Only me" or "Only friends." This will prevent other people from viewing your posts.

⚠ Under "Who can look me up?" Facebook will ask, "Do you want other search engines to link to your timeline?" Do not let other search engines link to your time line.



## MAXIMIZE PRIVACY AND PREVENT TAGGING:

When you post pictures on your time line, you can change the settings on who can see, comment or add things to it. You also can determine who can post on your time line.

⚠ Log into Facebook. Go to "Settings," "Timeline" and "Tagging."

### There, you will see three subjects:

- "Who can add things to my timeline?"
- "Who can see things on my timeline?"
- "How can I manage tags people add, and tagging suggestions?"

⚠ The best thing to do is make your posts viewable to just you or your friends only. Don't let friends of friends comment. Remain as private as you can.



⚠ When you're "tagged" in a post, someone has created a link to your profile. You can turn on "Tag Review" to review tags friends add to your content before they appear on Facebook. In the "How can I manage tags people add and tagging suggestions?" section, click "edit" and click the "disabled" button, changing it to "enabled."

## PREVENT OTHERS FROM COMMENTING ON YOUR PROFILE PICTURE:

Q Anyone can see your profile picture full size.



⚠ Through Photoshop, Microsoft paint or any other photo-editing software, you can change the size to 180 x 180 pixels. This will make the picture square and smaller. Save this and use it as your profile picture on Facebook.

## STOP FACEBOOK FROM SHARING YOUR LOCATION:

Geotagging is the process of adding geographical identification to photographs, videos, websites and instant messages. It's the equivalent of adding a 10-digit grid coordinate to everything posted on the Internet. You can prevent Facebook from sharing your location.

⚠ Geotagging typically happens automatically on your tablet or mobile phone. When you first installed Facebook on your tablet or mobile phone, it probably asked for permission to use your phone's location so you could "check in" at different locations and tag photos with location information. Revoke this permission in your phone's location-services settings.



⚠ Some apps also strip your geolocation. Kore-doko, deGeo (iPhone) and Photo Privacy Editor (Android) are just a few.

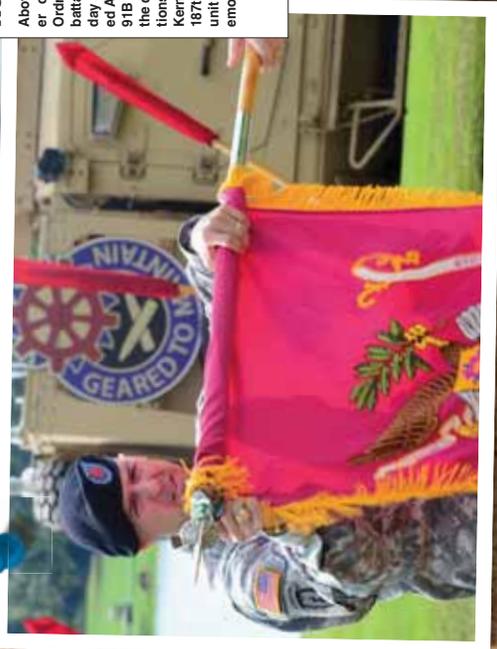
⚠ When you post to Facebook, you may see a light-gray location description in the lower left of the status box. Always check to see whether the location is posted. If it is, remove it. Simply hover your cursor or finger over the location and click the "X."



⚠ The Army's Social Media Handbook provides great information on safe networking, how to register your unit site, Army branding and standards, and Facebook reference guides. It's available at [www.us.army.mil/suite/doc/43167236](http://www.us.army.mil/suite/doc/43167236) (AKO login required) or [www.slideshare.net/usarmysocialmedia](http://www.slideshare.net/usarmysocialmedia) (login blocked on government computers).



**Rolling the colors**  
 Above, Capt. Eduardo Colon, commander of Headquarters Company, 187th Ordnance Battalion, salutes during the battalion's inactivation ceremony Friday at Victory Field. The 187th conducted Advanced Individual Training for the 91B military occupation specialty until the course was moved to other installations. Left, Command Sgt. Maj. B. Scot Kerman, senior enlisted leader for the 187th Ordnance Battalion, rolls up the unit colors during the inactivation ceremony. Photos by ROBTIMMONS



**Chaplaincy school gets a new commandant**  
 Incoming Commandant of the U.S. Army Chaplain Center and School, Chaplain (Col.) Peter Sniffin, takes the guidon from Army Chief of Chaplains, Maj. Gen. Paul K. Hurley, during the Change of Command ceremony Aug. 21, at the Armed Forces Chaplaincy Center.

Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School



**Soldiers & scholars**

Staff Sgt. Esteban Ibarra of the 17th MP Detachment and Sgt. Alicia Hubbard, a court reporter for the Staff Judge Advocate Office, have received the 100th Infantry Division Association scholarships for 2015. Two E-5 or E-6 Soldiers on Fort Jackson enrolled in degree programs receive the scholarships each year. Ibarra is pursuing a degree in education at Ashford University, and Hubbard is studying criminal justice and forensic psychology at Kapplan University.

Courtesy photo



**International honors**

Left, twelve international students attending courses at the Financial Management School on Fort Jackson received the International Military Student Badge in a ceremony Aug. 12. Students hailed from Afghanistan, Armenia, Ghana, Kuwait, Oman, Pakistan, South Korea and Turkey. Above, Kuwaiti Army officer Abdullah Al-huwael receives a promotion to the rank of major from Col. Eric F. Zellars and Maj. Tareq Hussain at the Financial Management School on Fort Jackson.

Courtesy photos



**BRIEFS**

**Army finds recruiting youth a difficult task**

The Army will achieve its mission of recruiting 59,000 civilians for Basic Combat Training, says Maj. Gen. Jeffrey Snow, commander of U.S. Army Recruiting Command on Fort Knox, Kentucky.

But, Snow said last week, the Army Reserve will fall about 2,000 short of its goal of 17,300.

The Delayed Entry Program also predicts a 7,000-recruitment shortfall. That will make meeting the active-duty accession mission difficult in fiscal 2016, said Kelli Bland, USAREC public affairs chief.

Snow said that “even though we will make our mission this year, that does not mean this isn’t an incredibly challenging recruiting environment.” He cited lower unemployment as another reason youth don’t sign up.

Only 29 percent of Americans ages 17 through 24 are eligible to serve in the Army. Obesity, medical issues and drug use are the top disqualifiers for the 71 percent who are ineligible.

**Post office clamps down on forbidden items**

Postal customers who wish to send parcels from overseas military post offices no longer will be allowed to submit handwritten customs forms and instead will have to fill out forms online as of Oct. 1.

The change applies to customers using post offices on U.S. military installations in the Pacific and Europe, said Matthew J. Lewis, postmaster at Camp Casey, South Korea. In Korea, the change will affect about 43,000 military customers, including Service members, Defense Department civilians, Family members and contractors, according to Postal Management Division Korea.

The change comes as U.S. Customs and Border Protection looks to further tighten screening of items entering the United States, he said.

Under the new system, once customers fill out the form online, the U.S. Postal Service computer system will sift the entries for “red flags,” Lewis said. If, for example, a customer lists among the contents such banned items as perfume or an aerosol spray can, the computer system will block shipment. The customer will be asked to remove the banned item.

**Correction**

The quotation displayed on page 6 of the Aug. 20 edition of the Fort Jackson Leader should have been attributed to Sgt. 1st Class Travis Bowen of Headquarters, Headquarters Company, 187th Battalion. A production error led to a garbled attribution.



Photo by JENNIFER STRIDE

Robyn Mabry of the Army Benefits Center-Civilian discusses retirement benefits with Rufus Barnes, a management-support specialist with the 165th Infantry Brigade on Fort Jackson.

Retirement planning:  
**Don't wait till 'later'**

By JENNIFER STRIDE  
Fort Jackson Leader

Few things strike more terror in the hearts of Army civilians than thoughts of retirement – forced or otherwise. Because no matter how carefully one has planned, the question always remains: Will I be able to live comfortably on the amount I’ve put aside?

Seeking answers from the Army Benefits Center-Civilian can seem daunting, too.

“Retirement is a life-changing event,” says Robyn Mabry, chief of the retirement benefits branch of the Army Benefits Center-Civilian at Fort Riley, Kansas. “We understand that people get nervous and get scared.

“We need to make it as pleasurable of an experience as we can.”

The best way to do that, Mabry said during a recent retirement seminar at Fort Jackson, is for retirement counselors to meet clients face to face – even though the ABC-C does offer online and telephone support for those seeking information. During the seminar, she offered just that opportunity, becoming what she called “the ‘human’ part of ‘human resources.’”

Mabry offered information on annuity supplements and computation, sick leave and health benefits, minimum re-

To contact the Army Benefits Center-Civilian, call 877-276-9287 toll free from 7 a.m. to 7 p.m. Eastern time, fax 1-785-239-6228 or visit [www.abc.army.mil](http://www.abc.army.mil). The ABC-C mailing address is 305 Marshall Ave., Fort Riley, KS 66442-5004.

irement ages, savings and spending accounts, and reductions, deductions and beneficiaries.

She stressed that it was important not to wait until retirement was close at hand, saying the best time to plan was long before eligibility.

“We don’t want you to wait to go to ABC-C until you are five years from retirement,” she said. “There are many things on (the ABC-C website and other sources), including new-employee orientation online.” During the past year, she said, ABC-C has helped nearly 11,000 Army civilians through the retirement process.

“I started at ABC-C as a phone counselor – as a GS-5 – and I’ve been doing this for 12 years now,” she said. “We’re patient. We take the time to answer all of your questions because, true enough, we have a lot of work to do, but it’s more important to make sure you walk away

with a good feeling about your retirement.”

After 12 years in the retirement system, Mabry now is a GS-13.

**HOW ABC-C WORKS**

Most people who contact the ABC-C want to know when they can retire and how much they’ll receive in retirement benefits.

Mabry manages a 20-person team, 12 of whom process requests for retirement estimates. It normally takes more than an hour to work one up one estimate, she said.

Lately, the demand for information has been particularly heavy – many Army civilians worry that they will be forced into retirement by looming reductions in force. During the past couple of months, she said, the team has worked overtime to whittle a backlog of 3,000 cases down to 1,800.

When a client calls the ABC-C during working hours, he or she will be connected to a real person, not an answering system. Most calls last nine to 12 minutes or more, and generate a typed synopsis to be filed with the Benefits Automated Tracking System. That way, every communication with a customer will be available during subsequent contacts.

# Retire

Continued from Page 18

“We will go through your estimate with you on the phone once we send it to you and answer any questions,” she said. “When you’re ready, and if you need help, we’ll go line by line to help you fill out your retirement application, or you can call anytime and just say you got a paper in the mail and ask what to do with it.”

The federal Office of Personnel Management grades ABC-C documents monthly on such things as service and timeliness. OPM grades all federal entities, allowing the ABC-C to see how its efficiency compares to that of other agencies.

Because getting a new benefits counselor up to speed takes about two years, it’s important that counselors be well trained, be personable and remain with ABC-C.

“That’s the way it has to be,” she said. “You have to build those relationships. (You) have to keep it at a personal level because we’re human resource managers.

“That’s what we do: We manage the human portion of it, and we must take care of the civilian workforce because it is our most valuable resource.”

## ‘THE HUMAN TOUCH’

Four years ago, nearly 40 percent of the civilian workforce – Baby Boomers all – was eligible for retirement.

That percentage has declined since because of the number of young people entering the workforce.

To provide services to as wide an audience as possible, the ABC-C offers online retirement seminars twice a month.

It takes three benefit counselors two to three hours to brief online.

The ABC-C also is trying to develop an online presence that will answer frequently asked questions.

Representatives also travel the country, offering two-day seminars like the one they held on Fort Jackson Aug. 11 and 12. More than 70 people within five years of retirement attended the sessions.

Some people just want face-to-face interaction, Mabry said – not online or telephone consultations.

“I’ve seen people that were terrified and didn’t trust computers who waited for face-to-face meetings to make decisions to retire,” Mabry said. “When it comes to something important like retirement, you can’t eliminate the human touch, or it could paralyze them.”

Rufus Barnes, a management support specialist with the 165th Infantry Brigade, attended the seminar, won-

dering how reductions in force might affect those pondering retirement.

“The seminar (helped) prepare me for leaving the federal service within the next three to four years,” he said. “I found out that my military deposit time was not all credited.”

Barnes spoke to Mabry. After she called ABC-C, Mabry was able to verify that only three of Barnes’s seven years of military deposits had been credited. She then advised him on how to correct the situation.

“She is very knowledgeable and has the passion – not just for the employee but for the Families, as well,” Barnes said of Mabry.

Retired Army Staff Sgt. Leon Dugar, now a civilian with the logistics office of the 165th Infantry Brigade, attended the seminar as well. Afterward, he received a phone call from ABC-C to work on his case.

“This was very informative and told me what my exact benefits are,” Dugar said. “She is one of the subject matter experts in that area, and I’m impressed by her being here.”

Dugar plans to retire at the end of September – his second retirement.

“There was a lot of stuff that I didn’t know, so it enlightened me a lot,” he said of the seminar. “Now that I have been to this, my hesitation to retire is gone, and the information I learned will make the transition easier.”



**TRICARE** beneficiaries can seek health-care advice and make same-day appointments for urgent health problems 24 hours a day with the Nurse Advice Line. The advice line, available free to beneficiaries, helps callers make informed decisions about their own care or decide when to see a provider after answering a series of questions about their specific concerns.

To reach the Nurse Advice Line, call 1-800-TRICARE (1-800-874-2273) toll free and choose option 1. The line is accessible all day, every day to those in the United States.

For more information — and to see the kinds of questions you will be asked when you call — visit [www.TRICARE.mil](http://www.TRICARE.mil).

# Women

Continued from Page 10

A constantly deploying FORSCOM unit is either training for deployment or deploying. If a woman becomes pregnant before a deployment, some seem to think she is trying to avoid the deployment and her responsibilities.

The second involves women's being seen as troublemakers if they report violations.

This stigma often surrounds people of both sexes who report violations, but women more often are assumed to be "complainers."

Even though any reports of potential EO or sexual-assault violations are not supposed to trigger reprisals, those who demand that issues be addressed often receive criticism for "stirring things up."

These appear to be the most common stigmas for women in the Army, but the command leadership and climate can make a difference and discourage them.

The Army continues to be one of the most progressive careers for women – they make up 15 percent of the Army population.

As the Army continues to grow and expand, so do the opportunities for women serving as Soldiers.

*Belford is executive officer for Headquarters Company, 193rd Infantry Brigade.*

## Reel Time Theaters

**Fort Jackson Movie Schedule** 3319 Jackson Blvd. PHONE: 803-751-7488

**Friday**

"Ant Man" (PG-13), 7 p.m.

**Saturday**

"Mr. Holmes" (PG), 2 p.m.

"Southpaw" (R), 4 p.m.

**Sunday**

"Southpaw" (R), 2 p.m.

"Paper Towns" (PG-13), 4:30 p.m.

**Wednesday**

"Ant Man" (PG-13), 2 p.m.

"Southpaw" (R), 4:30 p.m.

**Sept. 4**

"Southpaw" (R), 7 p.m.

**Sept. 5**

"Pixels" (PG-13), 2 p.m.

"Vacation" (R), 4:30 p.m.

**Sept. 6**

"Vacation" (R), 2 p.m.

"Mr. Holmes" (PG), 4:30 p.m.

**Sept. 9**

"Southpaw" (R), 2 p.m.

"Vacation" (R), 4:30 p.m.

**TICKETS**

Adult: \$5.50

Child (6 to 11): \$3

**3-D TICKETS**

Adult: \$7.50

Child (6 to 11): \$5

● Ticket sales open 30 minutes before each movie.

● Movie times and schedule subject to change without notice.



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# WORSHIP SCHEDULE

## ANGLICAN/LITURGICAL

**Sunday**  
8:30 a.m., worship, Bayonet Chapel  
(Communion observed every Sunday.)

## CATHOLIC

**Sunday**  
■ 7:30 a.m., Sacrament of Reconciliation, Solomon Center  
■ 8 a.m., Mass, Solomon Center  
■ 10:30 a.m., Reconciliation (after Mass or by appointment), Main Post Chapel  
■ 11 a.m., Mass, Main Post Chapel

**Monday through Thursday, first Friday**  
11:30 a.m., Mass, Main Post Chapel

**Wednesday**  
7 p.m., recitation of the Rosary, Main Post Chapel

## CHURCH OF CHRIST

**Sunday**  
11:30 a.m., worship, Anderson Street Chapel

## ISLAMIC

**Sunday**  
8-10 a.m., Islamic studies, Main Post Chapel

**Friday**  
12:45-1:30 p.m., Jumah services, Main Post Chapel

## JEWISH

**Sunday**  
■ 9:30-10:30 a.m., worship, Memorial

Chapel  
■ 10:30-11:30 a.m., book study, Post Conference Room

## LATTER-DAY SAINTS

**Sunday**  
9:30-11 a.m., worship, Anderson Street Chapel

**Wednesday**  
■ 3-5 p.m., LDS family social, Anderson Street Chapel  
■ 7-8 p.m., LDS scripture study, Anderson Street Chapel

## PROTESTANT

**Sunday**  
■ 9 a.m., service, McCrady Chapel (SCARNG), McCrady Training Center  
■ 9:30 a.m., Hispanic service, Magruder Chapel  
■ 9:30 a.m., service, Main Post Chapel  
■ 9:30 a.m., Chapel Next Bible study, Bayonet Chapel  
■ 10:30 a.m., gospel worship service, Daniel Circle Chapel  
■ 10:45 a.m., Sunday School, Main Post Chapel  
■ 11 a.m., service, Memorial Chapel  
■ 11 a.m., Chapel Next, Bayonet Chapel  
■ 5-6:30 p.m., youth group, Chaplain Family Life Center

**Monday**  
7 p.m., men's Bible study (PMOC), Chaplain Family Life Center

**Tuesday**  
9 a.m., Protestant Women of the Chapel Bible study, Main Post Chapel

**Wednesday**  
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

## ADDRESSES, PHONE NUMBERS

**Anderson Street Chapel**, 2335 Anderson St., 751-7032  
**Bayonet Chapel**, 9476 Kemper St., 751-6322/4542  
**Chaplain Family Life Center**, 5460 Marion Ave. (parking lot side), 751-4961  
**Daniel Circle Chapel**, 3359 Daniel Circle, 751-1297/4478  
**Education Center**, 4581 Scales Ave.  
**Installation Chaplain's Office**, 4475 Gregg St., 751-3121/6318  
**McCrady Chapel (SCARNG)**, 3820 McCrady Road (at McCrady Training Center)  
**Magruder Chapel**, 4360 Magruder Ave., 751-3883  
**Main Post Chapel**, 4580 Scales Ave., 751-6469/6681  
**Memorial Chapel**, 4470 Jackson Blvd., 751-7324  
**U.S. Army Chaplain Center and School**, 10100 Lee Road  
**Warrior Chapel (120th Adjutant General Battalion)**, 1895 Washington St., 751-5086/7427

## Fort Jackson Gate Operation Hours

### GATE 1

5 a.m. to 1 p.m. Monday through Friday  
3:30 - 6 p.m. Monday through Friday (outbound only)  
Closed on weekends and federal holidays.

### GATE 2

Open around the clock.

### GATE 4

5 a.m. to 8 p.m. Monday through Friday  
Closed on weekends and federal holidays.

### GATE 5

5 a.m. to 1 p.m. Monday through Friday  
3:30 - 6 p.m. Monday through Friday (outbound only)  
5 a.m. to 8 p.m. Saturday and Sunday

# AROUND POST

## Saluting this BCT cycle's honorees

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



**Staff Sgt.**  
**John Berry**  
A Company  
2nd Battalion,  
60th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Trevor Jergensen

**STUDENT LEADER  
OF THE CYCLE**  
Pvt. Daniel Schlumbohm

**HIGH BRM**  
Pvt. Timothy E. Griggs

**HIGH APFT**  
Pvt. Tabitha Laframboise



**Staff Sgt.**  
**Nabetse Acosta**  
B Company  
2nd Battalion,  
60th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Caitlin A. Cairo

**STUDENT LEADER  
OF THE CYCLE**  
Pvt. Carli Arends

**HIGH BRM**  
Pvt. Austin Sterenchock

**HIGH APFT**  
Pvt. Jacob D. Ham



**Staff Sgt.**  
**Blake Isbell**  
C Company  
2nd Battalion,  
60th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Rebecca Condes

**STUDENT LEADER  
OF THE CYCLE**  
Pvt. Faith Dudek

**HIGH BRM**  
Pfc. Melanie Morales

**HIGH APFT**  
Pvt. Alexis Perada



**Staff Sgt.**  
**Eric Herrera**  
D Company  
2nd Battalion,  
60th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Devontay Guevara

**STUDENT LEADER  
OF THE CYCLE**  
Pvt. Victoria Alvarado

**HIGH BRM**  
Pvt. Harmon Atwood

**HIGH APFT**  
Pvt. Devontay Guevara



**Staff Sgt.**  
**James Nylander**  
E Company  
2nd Battalion,  
60th Infantry Regiment

**HONOR GRADUATE  
OF THE CYCLE**  
Spc. James Z. Coburns

**STUDENT LEADER  
OF THE CYCLE**  
Pvt. Hunter M. Dechau

**HIGH BRM**  
Pvt. Kolton Johner

**HIGH APFT**  
Pvt. Matthew S. Hartley



**Staff Sgt.**  
**Kannisa Polk**  
C Company  
Lightning Battalion

**HONOR GRADUATE  
OF THE CYCLE**  
Pfc. Brandin L. Colglazier

**STUDENT LEADER  
OF THE CYCLE**  
Pvt. Tanner Bollum

**HIGH BRM**  
Pvt. Taylor Darwin

**HIGH APFT**  
Pvt. Tanner Bollum

# HAPPENINGS

## ANNOUNCEMENTS

### DRUG 'TAKE-BACK' DAY

Members of the Fort Jackson community may dispose of unused or expired prescription drugs during National Prescription Drug Take Back Day from 10 a.m. to 2 p.m. Sept. 26. Drop off drugs at the Main Exchange. For information, call the Army Substance Abuse Program at 751-4785 or the Fort Jackson Outpatient Pharmacy at 751-2385.

### SECURITY OFFICE CLOSED

The Physical Security Office will be closed Sept. 4-7. The Visitor Control Center at gate 2 (Forest Drive) will be open normal hours during this period.

### HOW TO START A BUSINESS

Those interested in starting their own businesses may attend Simple Steps for Starting Your Business, a five-part series that will provide the necessary tools, information and advice on business startup, action steps and mentoring. Participants must attend all five sessions: 9 a.m. to noon Oct. 2, 9, 16, 23 and 30, in Room 222 of the Strom Thurmond Building. Registration deadline Sept. 28. For information, contact Army Community Service Employment Readiness at 751-5256/5452, or email [Barbara.L.Martin10.civ@mail.mil](mailto:Barbara.L.Martin10.civ@mail.mil).

### EMPLOYMENT READINESS

Army Community Service offers classes in the Microsoft Office Suite for military spouses looking for employment. Classes through the LearnKeys self-paced online program include instruction in Microsoft Word, Excel, PowerPoint, Outlook and Access. The program is available for current military spouses, as well as surviving spouses. Call 751-5256 for information.

### FREE LEGAL EDUCATION

Officers interested in receiving a free legal education may apply for the Army's Funded Legal Education Program through Nov. 1. Commissioned officers between the ranks of second lieutenant and captain who will have two to six years of active federal service as of Sept. 1, 2016, are encouraged to apply. FLEP eligibility criteria are published in Army MILPER Message 15-013 and in AR 27-1, Chapter 14. All interested applicants should contact Maj. Danisha McClary in the Fort Jackson Office of the Staff Judge Advocate at 751-7657/5349.

### AG ASSOCIATION BREAKFAST

The Adjutant General's Corps Regimental Association, Carolina Chapter, fourth-quarter general membership breakfast will be 7-8:30 a.m. Sept. 10 at the NCO Club. Cost is \$10. Guest speaker will be Sgt. Maj. Kinzell Hendricks, adjutant general proponenty sergeant major. For tickets, call Mrs. Johnson at 751-3014.

### ENGLISH AS A SECOND LANGUAGE

Those needing basic language instruction may take part in classes offered by Army Community Services. Classes are open to all ID cardholders and DOD employees.



The Department of Defense and Fort Jackson Commissary are collecting donations for the Feds Feed Families drive to support federal employees in need. The campaign will run until October.

Donors may contribute any kind of nonperishable food but are asked to contribute the following staples, if possible:

- canned fruits (in light syrup or natural juice)
- canned vegetables (low sodium, no salt added)
- multigrained cereals (Cheerios, corn flakes, Grape Nuts, Wheaties)
- grains (brown and white rice, oatmeal, bulgur wheat, quinoa, couscous, macaroni and cheese)
- canned proteins (tuna, salmon, chicken, peanut butter or beans)
- soups (beef stew, chili, chicken noodle, turkey and rice)
- 100 percent juice (all sizes, including juice boxes)
- condiments (tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing, oils)
- snacks (individually packed snacks, crackers, trail mix, dried fruit, granola or cereal bars, pretzels, sandwich crackers)
- baking goods (flour, sugar, baking powder, baking soda, spices, boxed mixes)
- hygiene items (diapers, deodorant, feminine products, toilet paper, facial tissue, soap, toothpaste, shampoo)

For information, call 751-1124, or email [miranda.o.broadus.civ@mail.mil](mailto:miranda.o.broadus.civ@mail.mil).

### FOR FAMILIES

■ Fort Jackson Boy Scouts and Girl Scouts are recruiting for the school year. Those interested in Boy Scouts – from Cub to Eagle – may call Matthew Ewers at 803-409-9568, or email [fortjacksonpack89@yahoo.com](mailto:fortjacksonpack89@yahoo.com). Those interested in Girl Scouts – from kindergarten Daisies to older Cadettes and Seniors – may contact Dana Wangness at 803-608-6786 or email [fjacksons@hotmail.com](mailto:fjacksons@hotmail.com).

■ Spouses of differing cultures and countries who wish to receive support or make friends should call 751-1124/9770 for information on the foreign-born spouse support group offered by Army Community Services.

■ The Hearts Apart program provides activities for military family members separated from their Soldiers. For information, call Army Community Services at 751-9770/1124.

■ Parents may receive information on discipline for children 2 to 12 through the 1-2-3 Magic Program developed by Thomas W. Phelan. For information, call Army Community Services at 751-

*sweepstakes*. Those 18 and older may enter through Sept. 3 for a Sept. 9 drawing.

■ Military shoppers can rest easy with the selection of mattresses, pillows, comforters and bedroom furniture available at the Army & Air Force Exchange Service's Sleep 2015 catalog. The 36-page catalog features mattresses, mattress pads, pillows and sheets, as well as top-name furniture. The catalog is available at all main stores and online at [shopmyexchange.com](http://shopmyexchange.com), under the Interactive Product Catalogs link on the menu at the bottom of the page.

### COMMISSARY NEWS

■ Kraft is offering the Backpack of Savings promotion until Sept. 6, an in-store opportunity for patrons to win a backpack filled with \$65 of back-to-school essentials. In-store displays and coupons will be available.

■ The commissary's customer appreciation case lot sale will 9 a.m. to 6 p.m. Sept. 3-5. Check the web page at [www.commissaries.com](http://www.commissaries.com) under the "locations" link to see what will be available.

### THRIFT SHOP NEWS

The Fort Jackson Thrift Shop will accept summer clothing through today and begin receiving winter clothing Sept. 8. Those who have Halloween items they no longer need may bring them in Sept. 22 to Oct. 15. The Thrift Shop is at 4713 Lee Road in the Mini Mall. Call 803-787-2153 for information, or visit 9 a.m. to 5 p.m. Tuesdays and Wednesdays, or 9 a.m. to 3 p.m. Thursdays. Consignment hours are 9:30 a.m. to 12:30 p.m. Tuesdays through Thursdays, and bookkeeping hours, 9 a.m. to 1 p.m. Tuesdays and Thursdays.

## EVENTS OFF POST

### PALMETTO CAPITAL CITY CLASSIC

Soldiers interested in attending the Sept. 5 Palmetto Capital City Classic – which will pit the Benedict College Tigers against the Livingstone College Blue Bears on the football field – should request tickets from their units. A color guard and the 282nd Army Band will attend, and post commander Maj. Gen. Roger Cloutier will toss the coin to begin the game. Buses will take Soldiers to and from the game.

### OFFICER CANDIDATE REUNION

Alumni are invited to celebrate the 75th anniversary of the Army Officer Candidate School during a reunion April 24-28, 2016, at the Double Tree Hotel, 5321 Sidney Simmons Blvd., Columbus, Georgia. The event will include demonstrations and briefings, tours, a memorial/monument walk, a Hall of Fame induction ceremony and an award dinner. Cost is \$111 per night. To request a reservation, call 706-327-6868. Members and those who wish to become members may attend. For further information, call Nancy Ionoff at 813-917-4309 or visit [www.ocsalumni.com](http://www.ocsalumni.com).

9035/6724/2731.

■ The Exceptional Family Member Program works with civilian and other military agencies to provide activities, family support and respite care. For information, call Cheryl Jackson-Leysath at 751-5256.

■ Army Family Team Building offers classes in the basics of Army life, as well as personal and professional development. For information, call 751-5256 or visit [www.MyArmyOneSource.com](http://www.MyArmyOneSource.com), click on "online training" and select the level you want.

■ To participate in the Army Volunteer Corps, call Marilynn Bailey at 751-5444.

■ Survivor Outreach Services gives support to survivors of deceased Soldiers. For information, call Leslie S. Smith at 751-4867.

### EXCHANGE NEWS

■ The Army & Air Force Exchange Service is partnering with Unilever to offer military shoppers \$12,600 worth of electronics. Six Exchange winners each will take home a laptop, tablet, portable digital music player and \$25 gift card. Enter at [www.shopmyexchange.com/](http://www.shopmyexchange.com/)



Photo by DAVID SHANES

## August retirees

Retirees honored during a ceremony Tuesday morning were Lt. Col. Albert L. Downing, Lt. Col. Earle C. Trott, 1st Lt. Brendan L. Hostar, 1st Sgt. Angela M. Turhan, Sgt. 1st Class Roy M. Anglin, Sgt. 1st Class Jason S. LaBreck, Sgt. 1st Class Nelson T. Sherman and Staff Sgt. Casey S. McCoy.

# Admirers flock to 193rd chaplain's farewell

By MILFORD BEAGLE JR.  
Commander, 193rd Infantry Brigade

The 193rd Infantry Brigade and U.S. Army Chaplain Center and School managed to pull off a surprise retirement luncheon for Chaplain (Lt. Col.) Albert Downing, who has been brigade chaplain for three years and a Soldier for 24.

Like most Soldiers deeply humbled by their years of service – thinking they had gained more than they gave – Chaplain Downing would have been content to simply fade away.

“I didn’t want a lot of fanfare,” he said at the Saturday luncheon, at Fort Jackson’s NCO Club. “I simply wanted to slide out of the (exit) door.”

Those attending the event represented all aspects of Downing’s life and career – from fellow Soldiers posted at his first duty station, to his first chaplain’s assistant, to church members from congregations in which he has served, they filled the ballroom with joy.

The true mastermind behind the event was Inza Down-

ing, Downing’s bride of 17 years, who wanted the event to be “lively, happy and festive.” And indeed it was.

Family, friends and a host of grandchildren also attended. Grandchildren frequented the head table to give Grandpa numerous hugs.

During the festivities, those who knew the chaplain offered kind words and small tokens of appreciation. The audience enjoyed many stories that revealed secrets, and stirred both laughter and tears.

The funniest recollection came from a lifelong friend who claimed that the chaplain had “put Alka Seltzer in the baptismal pool before baptizing me,” referring to Chaplain Downing’s youthful antics.

Alongside my wife, Pam, I had the honor of presenting the Downings with the unit colors. I shared my first encounter with Downing, during which he admitted, “I delayed my retirement just for you.”

Downing is a selfless person who didn’t delay his retirement for me but for the team. We are so grateful that he did.

He could have retired a year ago but remained for an additional year to ensure that the 193rd would not go without

a unit chaplain.

Final remarks by Chaplain and Inza Downing perfectly wrapped up the celebration of their retirement, which won’t be official until Jan. 1.

Inza Downing thanked those who had traveled from as far away as Illinois to make the event special.

The chaplain himself ended his remarks with special comments for two of the most special women in his life – his mother and wife. His late mother, the chaplain said, “saw me receive my bachelor’s degree and be promoted to major – I love you, Mom.”

He referred to his wife as “my love, my dove, my undefined.”

In retirement, Downing will become full-time pastor of Oak Grove Baptist Church in Columbia and continue his support to the local community and Fort Jackson.

The 193rd will miss his physical presence, but his impact and contributions will linger.

Thank you, Chaplain and Inza Downing, for all that you have meant to the 193rd Infantry Brigade, the U.S. Army Chaplain Center and School, and Fort Jackson.



Leader file photo

More than 60 motorcyclists took part in last year's Victory Thunder motorcycle rally, which gives military and civilian riders an opportunity to unite and discuss the importance of motorcycle safety.

## Is that thunder? Or motorcycles?

### FROM STAFF REPORTS

Safety once again will be the theme of the Victory Thunder motorcycle rally.

Dozens of motorcyclists are set to meet Friday morning at Hilton Field, giving both experienced and novice bikers an opportunity to refresh their safety skills.

"The event is about mentoring operators on how to drive safely with motorcycles on the road," said Ron Ross, Fort Jackson garrison safety manager. "In this case, mentoring is about passing on seasoned riding skills to inexperienced riders."

The event will begin at 9:30 a.m. with a safety briefing

and a discussion about the morning's route. Riders will participate in a 30-minute ride, with the day's activities culminating in a barbecue lunch.

"At the last event, we had about 65 people," Ross said Wednesday. "We don't know what to expect until the day of the event. We also ask that (riders) inspect the bikes prior to the event and to bring a copy of that inspection checklist with them."

Friday's ride will be the second attempt to stage the annual motorcycle rally in 2015. Inclement weather forced postponement of the first effort. Ross warned that weather might be a deciding factor in this week's rally, as well.



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