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THE FORT JACKSON LEADER

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SHIFTING FOCUS

ARMY REVISES BASIC TRAINING

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ON THE COVER

File photo

The Army will begin implementing changes this month in how it runs Basic Combat Training. **SEE PAGE 3.**



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

Domestic Violence Awareness Month begins.

Post newcomer orientation

8 a.m., NCO Club. Mandatory for all Soldiers new to Fort Jackson. Spouses encouraged to attend.

School Board meeting

4 p.m., C.C. Pinckney auditorium

Evening story time

6:30 p.m., Thomas Lee Hall Library.

SATURDAY

5K breast cancer awareness run/walk

8 a.m., Moncrief Army Community Hospital parking lot. Free registration. T-shirts \$10; socks, tutus \$5 apiece. To register or to purchase apparel, call Army Public Health Nursing at 751-5200/5251 or visit Building 4555 (Preventive Medicine).

Fire Prevention Week kickoff

10 a.m. to 2 p.m., Fort Jackson Fire Department. Fire station tours, Smoke House safety trailer, Sparky the Fire Dog, games. The first 200 children who bring in fire safety homework will receive T-shirts. For information, call 751-1610/0891. (Roads around the fire station will be closed during the event. Drivers should find an alternate route.)

SUNDAY

Chocolate lovers Sunday brunch

11 a.m. to 2:30 p.m., Officers Club. \$14.95, members; \$19.95, nonmembers and guests; \$6.95, children 4 to 11. For information, call 803-782-8761; for reservations, 751-4906.

TUESDAY

Time Warner job fair

9 a.m. to noon, Room 222, Strom Thurmond Building. Open to military personnel, retirees, spouses seeking customer-service positions. For information, call 751-5256.

Healthy Relationships

11 a.m. to noon, Classroom 10, 5614 Hood St. Discussion-based class designed to foster emotionally healthy relationships. Open to Soldiers, retirees, DOD civilians and Families. For information, call 751-6325 for information or to register.

WEDNESDAY

Job-Searching Strategies for Military Spouses

8:30 a.m. to noon, Room 222, Strom Thurmond Building. Covers resume-

writing, interviewing skills. Open to military, DOD cardholders. For information, call 751-5256, or email Barbara.L.Martin.civ@mail.mil.

Newlywed/Not-So-Newlywed Game

6-8 p.m., Joe E. Mann ballroom. Dancing, games. Open to active-duty and retired military, DOD civilians, Families. For free child care, call 751-4865. For information, call 751-6325.

OCT. 8

Stress Management

11 a.m. to noon, Classroom 10, 5614 Hood St. Workshop designed to help participants manage the effects of stress. Call 751-6325 for information or to register.

OCT. 9, 12

No school for students at C.C. Pinckney, Pierce Terrace

OCT. 14

Deer hunt deadline

Hunt will be Nov. 7 and 14, Alpine Lodge at Heise Pond. Semi-guided deer hunt for active-duty and retired Soldiers, ID cardholders with hunting licenses. Hunters chosen by lottery Oct. 15. Cost \$35. Call 751-3484.

OCT. 15

Anger Management

11 a.m. to noon, Classroom 10, 5614 Hood St. Class focuses on identifying, managing anger triggers. Call 751-6325 for information or to register.

OCT. 16

Family day at the State Fair

10 a.m. to 2 p.m., 1200 Rosewood Drive. Hearts Apart Families (those living separately from deployed Soldiers) and foreign-born spouses are invited to a day at the S.C. State Fair. Those who arrive at the main entrance on Rosewood Drive at 10 a.m. will receive free admission with their military IDs. For information and to reserve a spot, email patricia.a.guillory.civ@mail.mil, call 751-9770; or email miranda.o.broadus.civ@mail.mil by Oct. 15.

OCT. 19

Child-safety awareness refresher training

5-6 p.m., Classroom 10, 5614 Hood St. One-hour refresher course emphasizing how to identify, report child abuse. Required annually for law enforcement, chaplains and others who work with children. Open to

active-duty and retired military, DOD civilians, members. Call 803-751-6325, to register.

OCT. 20-22

Comprehensive Soldier and Family Fitness Spouse Course
Building 2289, corner of Beauregard Street, Madgruder Avenue. Free resiliency course for military spouses. Call 751-5913 for information.

OCT. 21

Activation, 3rd Battalion, 39th Infantry Regiment
1 p.m., Victory Field. RSVP by Oct. 15 to Staff Sgt. Lakeshia Ross, 751-8128.

OCT. 22

Resume writing and interviewing skills
9 a.m. to noon, Room 222, Strom Thurmond Building. Targeted to military spouses but open to military, DOD cardholders. Call 751-5256 for information or to register.

Budgeting, banking and checkbook management

11 a.m. to 1 p.m., Room B-206, Education Center. How to develop a budget, keep personal financial records. Call 751-5256 for information or to register. (Please provide your lunch.)

OCT. 23

No school for students at C.C. Pinckney, Pierce Terrace

OCT. 24

Stop the Violence aerobathon
10 a.m. to noon, Solomon Center. All participants should wear purple to show support for an end to domestic violence. For information, call 751-3700.

Terror at Twin Lakes

6:30-10:30 p.m., Twin Lakes Recreation Area. Free but not recommended for small children. For information, call 751-0891.

Basic changes

This month, new Soldiers will face many new tasks

By **C. TODD LOPEZ**
Army News Service

WASHINGTON — This month, the Army will change how it runs Basic Combat Training, toughening up its introduction to soldiering.

One change will include peer evaluations, something tested with the 193rd Infantry Brigade on Fort Jackson.

Soldiers also will learn techniques that can be used worldwide, not just in the desert terrains of Iraq and Afghanistan. And trainers will give more prolonged explanations and demonstrations of skills to be learned, and increase the frequency and rigor of testing.

With peer evaluation – Fort Jackson called it a “Warrior Ethos assessment” – Soldiers in BCT units will evaluate one another on how they adhere to standards, perform on tasks and even whether they shine when the drill sergeant is away in the same way they shine when he’s glowering at them in formation.

“Nobody is going to know you more than the guy next to you,” said Command Sgt. Maj. Dennis Woods of TRADOC’s Center for Initial Military Training.

“If I am the instructor, all of your buddies you are with know the things you are doing that the instructor never caught,” he said. “Maybe you are only spotlighting when the instructor is around. But when he’s not around, everybody has to pull your weight.

“This peer evaluation lets Soldiers see themselves through the eyes of their peers.”

This month, the peer evaluation piloted at Fort Jackson also will be implemented at Fort Leonard Wood, Missouri; Fort Sill, Oklahoma; and Fort Benning, Georgia.

An Army of preparation

The driving force behind changes to BCT is a shift in what the Army thinks Soldiers will need when they make their first salutes at their first permanent units.

During the 14 years after 9/11, Soldiers knew they probably would go to the Middle East after basic. The Army was well equipped and well financed to recruit, train and equip Soldiers for ongoing war.

That no longer is the case.

Additionally, Soldiers went to their first units ready to fight the ongoing conflicts. The Army trained Soldiers with a focus on the desert, convoys, improvised explosive devices and countering insurgents, for example. When Soldiers deployed, most would fall in on a combat environment already manned by American Soldiers who had warmed all the seats for them.

Now, with conflict in Iraq and Afghanistan over for most all of the force, Soldiers must be ready to deploy almost anywhere in the world. And when they get there, they may not find American Soldiers already on the ground.

Instead, they must be ready to clear the ground for those who will follow. They must be trained to execute decisive action through combined arms maneuver and must be trained up on wide-area security.

“We are transitioning from an Army at war to an Army in preparation,” said James Walthes, a key designer of the new BCT program of instruction with Victory College.



Leader file photo

Changes in Basic Combat Training are designed to create Soldiers who think more effectively and efficiently wherever they are sent. Instructions will be more detailed, and Soldiers will be tested and retested to show they retain what they learn.

Testing and retesting

Army BCT includes a red, white and blue phase. Each phase includes lessons that focus on the social, physical and cognitive development of new Soldiers. At one time, the Army tested Soldiers to make sure they had learned what they were supposed to learn in each phase.

In October, the Army will re-introduce end-of-phase testing. Soldiers will be evaluated at the end of each phase on what they were supposed to learn – and each phase will build on and retest Soldiers on what they learned during previous phases.

Once, Soldiers took tests after each lesson. That created problems with knowledge retention, Woods said. There simply wasn’t enough time to get in the skill and knowledge application repetition that makes new ideas stick.

“I’d give you a bunch of first-aid training, and then test you on it,” he said. “And if you pass, we move on to the next subject.

“But we weren’t doing enough repetitions of these activities to make sure you have it under stress. There are more repetitions now and more time spent on a task.”

Soldiers failing to pass those end-of-phase tests might, at the discretion of the commander, be recycled back to an appropriate part of BCT so they can relearn what they failed to capture the first time. Then they will be able to retake those phase tests.

“When commanders identify individuals who are not

able to meet the requirements of BCT, they will have the opportunity to new-start or recycle those Soldiers,” said Thriso Hamilton Jr., of Victory College, who worked with Walthes on changes in BCT. “Those Soldiers ... are going to be afforded a second opportunity to go through the training, and that will increase the numbers of those who graduate.”

Fewer warrior tasks

The Army also plans to increase focus on Army values and discipline as well as emphasis on physical readiness; update rifle marksmanship training; reduce theater-specific training; update the existing field-training exercise; and increase the rigor of other training courses.

In the past, BCT Soldiers learned 15 warrior tasks, 81 individual tasks and six battle drills. The new BCT will drop three warrior tasks and add one.

Some instruction will be moved out of BCT and placed into a Soldier’s first unit of assignment.

Hand-to-hand combat

New BCT instruction will combine the use of hand-to-hand fighting techniques with rifle fighting techniques to create a Soldier “capable of operating across the full range of force,” says a TRADOC document referring to training revisions.

BRIEFS

Two soldiers to shoot for gold at Olympics

FORT BENNING, Ga. – Two Soldiers from the U.S. Army Marksmanship Unit will compete in the 2016 Olympics in Rio de Janeiro after earning automatic berths on the Olympic Team.

Sgt. 1st Class Michael McPhail, a 2012 Olympian, will compete in the 50-meter prone rifle event, and 2008 Olympic gold medalist Staff Sgt. Glenn Eller, in the men's double trap.

The nomination for the Olympic Team is McPhail's second bid for an Olympic medal. McPhail finished ninth in the men's 50-meter prone rifle event during the 2012 Olympic Games in London.

2016 will mark the fifth time Eller has been on an Olympic Team.

DENTAC, MEDDAC among most efficient

WASHINGTON – Ten Army organizations that streamlined their business operations by eliminating redundancies and saving the service millions of dollars have been recognized by the Pentagon.

"It's not just the cost savings and avoidance ... You actually introduce real efficiencies for our Soldiers, for their Families and our civilians," Acting Undersecretary of the Army Eric K. Fanning said at ceremony last week.

The Army Medical Command took the Lean Six Sigma AR 10-87 Organizational Deployment Award for outstanding efforts in the deployment of LSS methodologies and the achievement of exceptional process improvement results.

Team awards for outstanding contributions went to the Army Dental Command and Army Medical Command, among others.



Photo by ROBERT TIMMONS

Big shots

Pvt. Tatiana G. Rivas, a Soldier in Training, receives her inoculations during initial Army in-processing at the 120th Adjutant General Battalion (Reception) on Sept. 24. The 120th provides new recruits their shots, uniforms and personnel actions before the Soldiers are shipped to a company to begin basic training. Fort Jackson units train more than 50 percent of the country's Initial Entry Training Soldiers.

ARCENT, Pakistanis build mutual trust at exercise

By MAJ. ANGEL JACKSON
USARCENT Public Affairs

SHAW AIR FORCE BASE – U.S. Army Central and members of the S.C. Army National Guard recently welcomed Pakistani soldiers during exercise Inspired Gambit 15 at McEntire Joint National Guard Base.

Held Sept. 14-24, Inspired Gambit is a USARCENT-led, bilateral exercise focused on tasks associated with and aviation support to counterinsurgency operations. Included in the exercise were information exchanges on engineering, explosive ordnance disposal and public affairs.

Brig. Gen. R. Van McCarty, assistant adjutant general of the S.C. Army National Guard, discussed the need to train on complex operational systems.

"We need to find ways to train, take the initiative and – where we can have partners involved - we need to do

so because that's where we build the future," McCarty said.

Military-to-military exercises such as Inspired Gambit 15 serve as training exercises to strengthen tactical proficiency in critical mission areas and support long-term regional stability. Inspired Gambit also helped strengthen relationships between the U.S. and Pakistani militaries, and contribute to mutual readiness.

"In the aviation community, a lot of your tactics, techniques and procedures are very similar, but there are differences," said Col. David Wilson, USARCENT International Military Affairs division chief. "It's exercises like this that help to identify those differences so that we can get back to common understanding."

Brig. Gen. Nasir Saleem Akhtar, commander of Pakistan's 303rd Aviation Group, said the integrated planning process by Pakistan and the United States was the mainstay of the exercise. The smooth and rapid transi-

tion of both staffs was encouraging and aided their mutual learning, he said.

"The fact that it all transpired in an atmosphere of great trust and friendship really emerges as the heart of this exercise," Akhtar said. "I sincerely hope that the understanding, confidence and friendship developed in the course of the exercise shall go a long way in fostering mutual ties between both the countries to have common interests in building peace and stability worldwide in general, and in South Asia in particular."

USARCENT regularly participates in bilateral and multilateral partnership events, including more than 50 exercises in the Middle East alone.

It has been in Central Asia and the Middle East for more than 20 years.

With forward headquarters in Kuwait, Qatar and Afghanistan, USARCENT provides the strategic land power that prevents conflict and shapes the environment.



"I BECAME A SOLDIER..."

Fort Jackson commander Maj. Gen. Roger Cloutier loves to meet Soldiers in training and hear their stories. He says it reminds him that everyone on post is here to train the best Soldiers in the world.

2ND BATTALION, 39TH INFANTRY REGIMENT

ALPHA COMPANY



PVT. KESHUN MCLENDON

"I've wanted to join the Army since fifth grade.

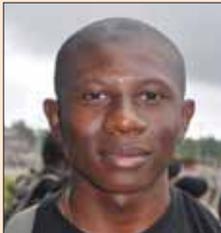
"I'm a jack of all trades. I can do just about anything, ... but there are a lot of things I want to do in life, and the Army is a great building block to do anything I want to do.

"Not everyone makes it through Basic (Combat Training). Knowing I was one of those people" who did makes McLendon proud.

"My grandfather was in the Army. He was excited for me to go.

"He passed two days before I shipped."

BRAVO COMPANY



PVT. ANTWAN MCELVEEN, 18

"I joined the National Guard. I love everything they stand for – the seven Army values (and) military discipline.

"I'm a private now. I can show others the way as I find the way myself."

McElveen will study at the University of South Carolina.

He will work with chemical, biological and nuclear weaponry.

CHARLIE COMPANY



PVT. BRIANNA RAYMER, 19

Joining the Army "was something I've always wanted to do, (but) my parents tried pushing me through college.

"As soon as I finished my first year of college, I signed up.

"My Family's big on helping people." Raymer said that also was something she hoped to do in the Army.

"I want to make my parents proud."

DELTA COMPANY



PVT. JEFFREY COFFEE, 20

"I joined the military to be a good example to my daughter (who is 15 months old), and to travel and to get in a trade." Coffee will be a tactical helicopter mechanic.

"My wife, Whitney, inspired me. She has supported me to do anything I put my mind to.

"I'm kind of curious to know how it's going to be on deployment."

Being in the Army will "help with my work ethic. (It already has) helped me become a better person."

ECHO COMPANY



SPC. WILLIAM ADAMS, 28

"My wife is a Soldier ... She's part of the reason I joined.

"When I was an Army (spouse), I met all these Soldiers that had done so much for their country.

"As I got older, I realized ... I wanted to join up and do my part, ... to serve however I can. I'm a plumber.

"I became a Soldier because I have ... a Family. (At graduation), I'll get to meet my little girl ... for the first time."

LIGHTNING PROVISIONAL BATTALION



PVT. RYAN CUNNINGHAM, 19

"I've wanted to join the military ever since I was first learning to talk." Cunningham would see Soldiers march on TV, and "I wanted to grow up to be like that."

"I really didn't have many people around to motivate me" during childhood. "I had a hard life. I was pretty much a wreck."

But in high school, Cunningham said, he found JROTC. He wanted to join the regular Army after graduating, but initially, his parents were "not too enthused."

JROTC was "the biggest influence in my life. (It) taught me Army values. The biggest one they taught was selfless service.

"As I get done with (Advanced Individual Training), any free time I get, I want to go over to the JROTC at high school."



Courtesy photo

Geoffrey Rhodes (holding the flag), a training developer/project manager at Fort Jackson's Soldier Support Institute, runs in the Stop Soldier Suicide 10K in Belmont, N.C., last weekend. He came in 22nd – a small irony because statistics say a Soldier commits suicide every 22 seconds. After the race, Rhodes presented the flag he had carried and coin for finishing to the parents of a fallen Soldier.

Step up to help those who stood for you

By **BILLY BLACKMON**
Soldier Support Institute

Did you know that 22 or more veterans take their own lives every day?

More veterans die yearly from suicide than from all of our nation's wars since Vietnam.

Now that I have your attention, stop to think for a moment. Ask yourself: "How many Family members, friends and associates do I know who wear or have worn a military uniform, or who struggle with issues related to Post Traumatic Stress Disorder?"

If your answer is just "one," then the reality of this tragic end to any life should start to resonate.

Many Americans take a laissez-faire attitude toward suicide, choosing to mind their own business, but I submit to you that "suicide prevention" is everyone's business.

I spent nearly 28 years of my adult life in an Army uniform – retiring as a command sergeant major – and never would have talked about thoughts of suicide because doing so was seen as a career ender, especially for a leader. Those who sought professional mental health counseling were viewed as weak leaders and Soldiers.

About two months ago, I was feeling bad, couldn't sleep at night and wanted to be separated from Family, friends, and work. For years, I had suppressed my emotions, trying hard to not think about them.

I became numb to my true feelings, deciding never to talk about my combat experiences and how seeing the loss of my fellow Soldiers affected me.

I can recall the first senior officers to come forward and speak out about their PTSD were Gen. Carter Ham and Brig. Gen. Gary Patton.

Ham said: "21 December, 2004, was my worst day. Twen-

ty-two Soldiers within my command were killed from a suicide bomber during the Iraq war."

Patton also talked about the 69 men and women killed under his leadership during a yearlong tour in Iraq.

These two extraordinary generals spoke to CNN's Barbara Starr about their experiences with PTSD in hopes that it would persuade more suffering Soldiers to share their stories with others.

During the interview, both talked about how losing Soldiers negatively affected their quality of life and ability to perform their jobs. To quote Ham: "I was withdrawn but still wanted to be there; I felt like what I was doing was not important because my Soldiers were killed. This is something I will never forget and do not want to forget."

Patton said he remained haunted by the loss of his Soldiers and often woke at night thinking he was under attack. The brain has a funny way of recreating the exact sounds and smells of battle and the metallic taste some get in their mouths.

I want to tell you about another extraordinary individual and former Soldier who gave me the courage to write this story, and continue getting help for PTSD. He is retired Sgt. 1st Class Geoffrey Rhodes.

I met Geoffrey at work and was drawn to him because of the 75th Ranger Crest tattooed on his right forearm. I, too, am a proud member of the 75th Ranger Regiment. We share a common Ranger bond, which broke the ice and started us to talking.

He served two tours in Operation Iraqi Freedom/Operation Enduring Freedom and lost several friends after returning home because they had committed suicide as a result of PTSD.

Geoffrey and former specialist Joshua Ambrose started a campaign to raise awareness for Service members suffer-

GET THE FACTS

- www.stopthe22aday.com
- stopsoldiersuicide.org
- http://www.mentalhealth.va.gov/suicide_prevention

ing from PTSD. Both found healing in helping others. Their movement is called "Stop the 22 a Day."

Geoffrey spends many hours a week and on weekends participating in sponsored 5K and 10K runs and Spartan races to raise awareness "Stop the 22 a Day."

He says that "if I could save just one, then the life I live would not be in vain."

Not all wounds are visible, but the signs are.

Everyone deals with demons in his own way.

So many veterans suffering from PTSD choose to hide their emotions because they can't be seen as weak in front of their comrades, and they must set the example for other Soldiers.

We must find a way to break the silence.

For 28 years, I lived the Army slogans, "Be All That You Can Be," "An Army of One" and "Army Strong."

Soldiers always have answered the "call of duty" when America needed them.

Today, we need America to answer our call for help.

We're not looking for handouts. We are survivors, not victims.

Service men and women always have been and always will be the most valuable asset of America.

It took a lot of courage to write this article and expose myself to potential criticism, but that's a chance I'm willing to take. There is a road to recovery, and – thanks to Geoffrey and others – I'm getting the assistance I need to heal.

Army Strong!

This month, focus on respect – not anger

By **ROBERT TIMMONS**
Fort Jackson Leader

Respect is one of the core Army values. Respect also is the key to a healthy relationship.

In signing a proclamation supporting Domestic Violence Awareness Month, Fort Jackson Garrison Commander Col. James Ellerson has lent his voice to the chorus declaring that living the Army values is about more than just talk – it requires action.

“Every couple experiences relationship challenges,” the proclamation says. “But no matter how tough times get, all couples need to commit to living by core values and working through problems in a healthy way.”

It starts with respect.

The proclamation ends by asking readers to join the Fort Jackson Family Advocacy Program to help prevent domestic violence in the ranks.

Army Community Services’ Family Advocacy Program teaches different coping skills and has resources to help Families before violence occurs.

While domestic violence remains a problem, the numbers of incidents at Fort Jackson have dwindled, said Annette McLeod, FAP manager.

“Our number are very low compared to the Army, TRADOC and the civilian population,” she said. They are low, she said, because commanders “have taken ownership of the program,” attempting prevention.

Such efforts aim to “reach Families very early” and intervene at the lowest level – preferably before violence occurs, McLeod said.

“Commanders see (potentially harmful domestic situations) at the earliest and get involved,” she said.

The Soldiers then are referred to Family Advocacy Program for classes to help alleviate marriage stress or teach adequate coping methods.

One such program will be the Date Night Social on Wednesday, where more than 35 couples will learn more about their spouses during dinner, dancing and a revised version of the “Newlywed Game” designed to show how well spouses know each other.

Post commander Maj. Gen. Roger Cloutier and his wife, Diane, already have committed themselves to attending the event.

The awareness month begins today and will run through Oct. 31.

RECOGNIZE IT • REPORT IT • PREVENT IT



‘It Starts with Respect’

Following is the list of activities for Domestic Violence Awareness Month:

■ Tuesday: 11 a.m. to noon, S.C. State House. “Silent Witness” demonstration

■ Wednesday: 6-8 p.m., Joe E. Mann Center. Date Night Social: Newlywed/Not-So-Newlywed Game. Open to active-duty Soldiers, retirees, DOD civilians and Families. Limited child care will be provided; call 751-4865.

■ Oct. 10: 8-11 a.m., Finlay Park. Mayor’s Domestic Violence Walk

■ Oct. 10-13: 10 a.m. to noon, Main Exchange. Domestic violence outreach.

■ Oct. 20: 10 a.m. to noon, post Commissary. Domestic violence outreach.

Awareness centers will be available throughout October at the Post Exchange and Commissary, as well as the 165th Brigade, Balfour-Beatty Community Center, C.C. Pinckney Elementary School, the credit union, the Education Center, the Family Life Center, the Family Readiness Center, the Hood Street

Child Development Center, the Military Police station, Moncrief Army Community Hospital, the North East Clinic, Pierce Terrace Elementary School, the Post Chapel, the Soldier Support Institute, the Solomon Center, the Staff Judge Advocate Office, the Strom Thurmond Building, the Thomas Lee Hall Library, the Welcome Center and Youth Services.

For further information on programs and activities, call the post’s Family Advocacy Program at 751-6325.

Out with the fattening, in with the sensible

Eating clean is a key strategy whenever you begin a body makeover. All the exercise you're willing to do can't promote weight loss the way truly making over that kitchen can.

Most people are all too aware of how challenging workouts can be – but changing eating habits can be just as challenging, if not more so.

The biggest challenge to maintain proper nutrition's is change. Eating is not something you can quit, like smoking. It's something you modify. And you want the activity to remain pleasurable.

Because you won't stop eating, you must learn how to eat right – and that can be quite a challenge.

Let's look at some steps that can help you get a better grip on putting food in its proper place.

Everything should begin with a makeover – a kitchen makeover, that is.

It is almost impossible to eat well when your cupboards are filled with “no-no” foods. As you get ready for your nutritional makeover, you must do your part to help get your cravings under control. That means you need a fresh start, which begins with eliminating items that will sabotage your efforts.

Try to avoid the farewell eating party. This is what many do, eating everything in their cupboards to say goodbye to the good ol' days of junk food indulgence. This is not an effective way to make a fresh start.

Instead, look at what you can gain – more control over your eating choices.

Why not embrace the concept of “Out with the old, in with the new,” and view the makeover process as a welcome breath of fresh air?

Try imagining how you will look when you learn to control your overeating. That type of visual can help make you victorious.

Clear out the cabinets first

Below is a list of items that should be removed from your kitchen:

- White rice, potatoes, pasta
- Boxed instant meals (The salt levels are lethal.)
- Salty, fried snack foods such as potato chips, cheese puffs, corn chips and nachos
- Cookies
- Pastries, cakes, doughnuts (Little Debbie has to go.)
- Vegetable oil
- Sugary cereals (and sugar, of course)
- Canned soups (more salt)
- Regular canned vegetables (more salt)

These items are processed and filled with high levels of saturated fat, calories, sodium and sugar. Eating them will crush your willpower and encourage cravings.

Now it's time to embrace the new

Below are items to get you off on the right track. There are so many healthy food choices today, so variety definitely is out there.

- Whole grains such as brown rice, whole-wheat pasta, barley, whole-wheat bread
- Nuts – especially walnuts and almonds
- Natural peanut and almond butters
- Whole-grain cereals
- Dried beans (These should become a staple.)
- Lentils (another staple)
- Healthy oils such as peanut, olive, sunflower and sesame
- Canned tomatoes and vegetables with no salt added
- Tuna packed in water
- Canned salmon and mackerel

These foods are close to their natural states and filled



THE WEIGH IT IS

By PAMELA JAMES-LONG

with antioxidants, vitamin E and other nutrients our bodies need.

Whole grains are loaded with fiber, so you feel fuller longer. This allows you to have greater willpower.

Cook with oils high in polyunsaturated fat – peanut or sunflower oils – and olive and sesame oils, which are high in monounsaturated fat. All of these are heart-healthy fats.

Now, hit the fridge

I know it's a bit painful to clean out the cupboard, but you're not done yet. You must give your refrigerator a makeover, as well.

The same rules that applied for our pantries go for the fridge and freezer. Make sure you have items that are healthy, full of flavor, and low in fat and

Here's what should go from the fridge:

- Soda (sugar, sugar, sugar)
- Yogurt with artificial sweeteners (sugar, sugar, sugar)
- Barbecue sauce, soy sauce, ketchup (salt and sugar)
- Frozen entrees (salt)
- Whole milk (high fat)
- Juices (sugar, sugar, sugar)

See the theme here? Sugar must go.

You can find sources of vitamins and minerals from

eating more real fruit, which is higher in vitamins and minerals, lower in sugar and calories, and more satisfying because you are eating instead of drinking.

Whole milk is high in fat, so replace with 1 percent or skim to retain the benefits milk brings to the waistline.

Ketchup, barbecue sauce and sauces in general are notoriously high in fructose corn syrup.

Creamy sauces are high in calories and fat.

Frozen entrees are high in sodium and flour-based carbohydrates.

Here's what to put into the fridge:

■ Bottled water, sparkling water or filtered water (Brita is a good investment.)

■ Nonfat plain Greek yogurt

■ Fresh fruits and veggies (all the nutrients without added sugars and salts)

■ Homemade chili, soups and casseroles (Make them in advance and freeze for future meals.)

■ Fresh herbs (for seasoning)

■ Cracked black pepper (for seasoning)

■ Crushed red pepper, Mrs. Dash (for seasoning)

Cooking with non-salt seasoning wakes up the true flavor of your food.

Eat healthy at home

Eating at home more is the No. 1 leader in weight-loss victories. When you prepare meals at home, you know exactly what goes in them and in you.

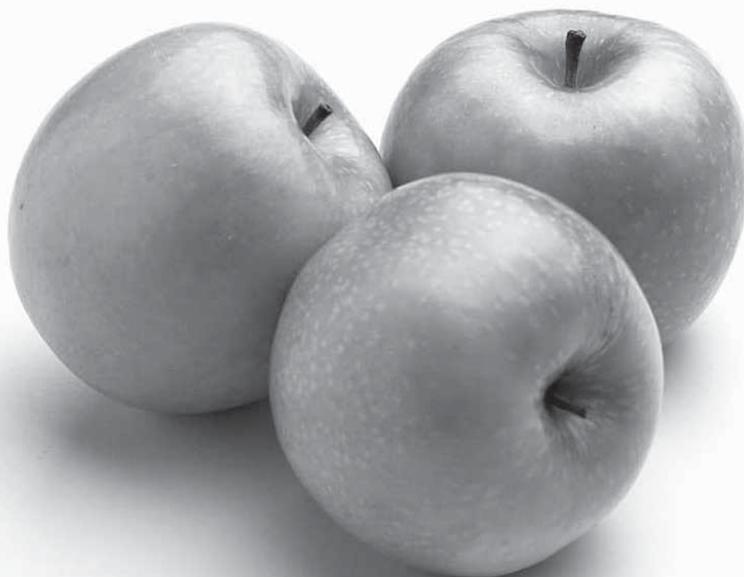
It takes just a little time to prepare meals at home, and the value and freshness truly is worth the effort.

Once you get into the habit of eating at home, you will choose to do it more often.

Now that your pantry and fridge are stocked and ready, you have increased your chances of succeeding in your mission of getting healthier eating under control.

Remember: Makeovers take time, but you can do it.

Take the inspiration you feel to help yourself and, before you know it, you become an inspiration to others.



'It's been a privilege'

Navy chaplain detours to stint at MACH

By **NICK SPINELLI**

Moncrief Army Community Hospital

Navy Chaplain (Lt.) Jack R. Carmody has just completed his latest duty assignment - a nine-day tour as chaplain for Moncrief Army Community Hospital.

How exactly did a Navy Reserve chaplain wind up at an Army hospital?

"My unit serves the 5th Fleet in Bahrain, and I was slated to go there this summer but was unable to do so," Carmody said. "A fellow Sailor, a physical therapist, had previously performed his drill time at Moncrief, so I asked the garrison chaplain's office and found there was a real need at the hospital.

"It seemed like a mutually beneficial opportunity."

Navy chaplains typically are familiar with a wide variety of settings. They serve on shore and at sea, and serve the Marine Corps and the Coast Guard as well as the Navy. And the assignment at Moncrief was more than just the first time Carmody served an Army command.

"I've never performed hospital chaplaincy before this," he said. "It's very different than any other context I have been in. Everyone is in some kind of medical crisis, which often can put a military career in crossroads.

“
The opportunity
to serve God
and country was
appealing to me.

— Navy Chaplain
(Lt.) Jack R. Carmody



"The patients that come through the doors of the hospital are looking for help and need someone to talk to, be it for counsel or encouragement.

"It's been a privilege to be able to provide that, even if only for a short time."

Patients weren't the only ones Carmody was able to

minister to.

"Patients have real need, but the nurses, doctors and staff need just as much support — emotionally and spiritually — in order to perform their jobs," he said.

Carmody has been in the Navy Reserve for four years as a chaplain, and serves full time as an assistant pastor at Chapin Presbyterian Church in Chapin.

"I love serving a congregation, but I felt a call to try to make an impact beyond the walls of the church," he said. "The opportunity to serve God and country was appealing to me."

Now that he has completed his drill time, Carmody has returned to the responsibilities at his home church — but he wants it known that he remains available to the staff and patients of Moncrief.

"I'm still at Fort Jackson at the Navy Reserve Center once a month, so I'll probably pop my head in from time to time for a visit," he said.

Moncrief commander Col. Traci E. Crawford said the hospital would be more than happy to have him.

"Chaplain Carmody's time ministering to our staff and patients has been wonderful," she said. "We wish he could have stayed longer, and he was a welcome addition to the Moncrief family."

COMMUNITY SNAPSHOTS



September retirees

Retirees honored at a ceremony Tuesday at the post theater were Col. Edelmiro Fonseca, Lt. Col. Raymond Stuhn, Lt. Col. Stanley B. Robinson, Master Sgt. Christopher M. Pair, Sgt. 1st Class Linda McCallum, Sgt. 1st Class Dwayne G. Dwyer, Sgt. 1st Class Jonathan D. Bernier, Sgt. 1st Class Derwin Epps, Sgt. 1st Class John E. Mullen, Staff Sgt. Jose C. Turrubiates, Staff Sgt. Otis L. Taylor and Staff Sgt. Michael Binns Jr.

Photo by DAVID SHANES



Muslim Soldiers celebrate Eid-al-Adha

Muslim Soldiers on Fort Jackson celebrated Eid-al-Adha, the Feast of Sacrifice, last Thursday at the Main Post Chapel. The celebration takes place on the 10th day of Hajj – an annual pilgrimage to Mecca – and commemorates God's commandment to the Prophet Abraham to sacrifice his son. To spare an obedient Abraham, God mercifully allowed him to sacrifice a ram instead. The day is marked with food and prayer.

Courtesy photos





Army 1st Lt. Joshua Fletcher, left, and Air Force Tech Sgt. Quinton Beach spar during U.S. Armed Forces Taekwondo Team practice.

Army News Service photos

U.S. team kicks for the **GOLD**

By GARY SHEFTICK
Army News Service

FORT INDIANTOWN GAP, Pa. — Staff Sgt. Jonathan Fennel of Task Force Marshall at Fort Jackson is in Pennsylvania, preparing the U.S. Armed Forces Taekwondo Team to compete in the ancestral home of their martial art.

About 7,000 athletes from more than 100 nations will participate in the 6th *Conseil International du Sport Militaire* in Mungyeong, South Korea, starting Friday. The United States will field teams in 16 sports ranging from track and field to soccer, basketball and martial arts.

Fennel thinks the host Taekwondo team will have a marked advantage this year.

“They’re going to make it one of their headlined sports because it’s their national pas-

time,” he said. Two members of the U.S. Taekwondo team, though, feel almost as if they will be competing on home turf.

Capt. Jessica Meyer is stationed in South Korea and came back to the United States for the training camp on Fort Indiantown Gap, Pennsylvania.

Sgt. 1st Class Edward Forquet said his family spent a lot of time visiting cousins in South Korea. His mother is Korean and introduced him to Taekwondo at age 4. He expects many of his Korean relatives to cheer him on during the games.

“It’s going to be like a little mini Family reunion, I guess,” Forquet said. He is a fourth-degree black belt who serves with the Army Special Operations Command on Fort Bragg.

This year, Forquet took gold at the Taekwondo state championships in both North



Army Capt. Jessica Tackaberry Meyer, left, and Maj. Punnarin Koy, assistant coach, perform a kicking drill.

Carolina and Virginia, after deployments had kept him from competing for more than a decade. He said that bringing home gold from South Korea would be a greater challenge because he’ll compete against athletes from other nations who train together all year.

The U.S. Armed Forces Taekwondo Team has practiced together only since Sept. 15, when they began their training camp.

“We have a very new team this year,” Fennell said. “They’re very physically capable, and they’re training hard every day.

“We hope to use this as a growth year and springboard into medals next year,” Fennell said — but he hasn’t completely given up on bringing home gold from South Korea.

“Anything can happen,” he said. “Any one of them (on the U.S. team) can surprise the world.”

Basic

Continued from Page 3

Soldiers now use Pupil sticks to simulate how they might use their rifles as weapons once they run out of ammunition. That training will be enhanced and combined with combatives, which is hand-to-hand combat.

“If all I ever teach a Soldier is how to shoot a rifle or throw a grenade, then when they interact with a person, death is the only thing on the table,” Woods said. “Sometimes, a good smack to the face solves the problem. That’s hand-to-hand fighting.”

Safer physical-readiness training

“When Soldiers come in, they know nothing about how the Army conducts physical fitness,” Hamilton said.

The Army now will ensure that Soldiers undergo physical-readiness training with the proper technique, so that they can do it safely, Hamilton said.

During the first two weeks of red phase at the beginning of BCT, Soldiers will learn how to do PRT in a session separate from ones in which they actually perform PRT. By separating the teaching of PRT from actually doing the PRT, new Soldiers will better be able to absorb instruction on correct movement patterns, cadence, precision and body positioning.

“This ensures the Soldiers conduct exercises properly,” Hamilton said. “When they do that and you train them correctly the first time, it reduces injuries.”

Additional changes

To make it easier for Soldiers to find their way home

– or a combat objective – the Army has changed the land-navigation portion of BCT by reducing the amount of classroom instruction, creating more demanding end-of-course land-navigation evaluations and changing from four-Soldier navigation teams to two-Soldier teams. Smaller teams will keep unskilled Soldiers from simply “tagging along” with more skilled Soldiers.

Beginning this month, Soldiers will be introduced to fewer weapons. The M16 and M4 rifles will remain the centerpiece of weapons training, but Soldiers will become familiar with weapons that are less common in their first assignments.

Soldiers coming into BCT in October also can expect more training and use of weapons optics, and to shoot more often in full battle gear, as they would in actual combat, Woods said.

Training the trainer

The curriculum at the U.S. Army Drill Sergeant Academy already has changed to prepare new drill sergeants to teach the new BCT program of instruction.

“There’s a lot more emphasis on ‘This is the weapon (and) this is how you use it’ and more in-depth detail on how to operate the weapon,” said Sgt. 1st Class Ryan McCaffrey, a drill sergeant leader.

“It’s the same with PRT. We are trying to get the sergeants to understand the concepts of PRT and understand why we do movements the way we do.”

Drill sergeants will be able to explain “why we do pushups, or why we do the different exercise and condition drills, and tie it into the warrior tasks and battle drills,” he said. “Then Soldiers understand how their physical training ties into what they do on the battlefield.

“We are not looking for Soldiers that just say ‘yes’ and ‘no.’ We want Soldiers who can think.”

BASIC CHANGES

Tactical training

Then: Training deemed unnecessary for conflicts in Iraq, Afghanistan.

Now: Soldiers will be taught to camouflage themselves, their gear and their fighting positions.

Rifle marksmanship

Then: Basic Rifle Marksmanship training conducted without use of tactical gear, optics.

Now: Soldiers will qualify “in kit” and with full optics.

Man-to-man combat

Then: Soldiers received little training with Pupil sticks.

Now: Combatives and Pupil stick training will be combined to allow Soldiers to learn a full range of force.

Physical Readiness Training

Then: Training and PRT take place at same time, giving Soldiers less time to learn safe-training skills.

Now: Soldiers will learn exercise tempo and form to maximize training effectiveness.

Land navigation

Then: Soldiers training in four-person groups.

Now: Two-Soldier groupings will force all to learn. Tracking devices will be issued, training time increased and tests made more demanding.

Land mine defense

Then: Training targeted to Iraq, Afghanistan.

Now: Soldiers will receive broad training not specific to certain theaters. Additional training will be delivered at Soldiers’ first assignments.

Source: TRADOC

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 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, 751-8887
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

Saluting this BCT cycle's honorees

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



**Staff Sgt.
Juana Trujillo**
A Company
2nd Battalion,
39th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Heather Kenney

**STUDENT LEADER
OF THE CYCLE**
Pvt. Alicia Osorio

HIGH BRM
Pvt. Genesis Medina

HIGH APFT
Spc. Brandi Tipton



**Staff Sgt.
Randy Fisher**
B Company
2nd Battalion,
39th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Drake Felder

**STUDENT LEADER
OF THE CYCLE**
Pvt. Stephane Gadji

HIGH BRM
Pvt. John Cardenas

HIGH APFT
Pvt. Marissa Branscom



**Staff Sgt.
Olaitalosaga H. Sauvo**
C Company
2nd Battalion,
39th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Natalia Rivera-Rivera

**STUDENT LEADER
OF THE CYCLE**
Pvt. Jordan Crawford

HIGH BRM
Pvt. Sheila Valiente

HIGH APFT
Pvt. Bailey Schwingdorf



**Staff Sgt.
Lionel Woodard**
D Company
2nd Battalion,
39th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Shoni Esquiro

**STUDENT LEADER OF
THE CYCLE**
Pvt. Vicky Sanchez

HIGH BRM
Pfc. Cyrus Pardue

HIGH APFT
Pvt. Stephanie Buehler



**Staff Sgt.
Carroll Hinson**
E Company
2nd Battalion,
39th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Christine Hawkins

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

HIGH BRM
Pvt. Luis Vasquez-Alvarez

HIGH APFT
Pvt. Kimberley Smith



**Staff Sgt.
Percy Gordon**
A Company,
Lightning Battalion

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Nathan Campbell

**STUDENT LEADER
OF THE CYCLE**
Pvt. Christopher Turchio

HIGH BRM
Pvt. Jesse Harvey

HIGH APFT
Pvt. Deana Cruz

HAPPENINGS

ANNOUNCEMENTS

STREET BLOCKED FOR CARNIVAL

The intersection of Hill Street and Jackson Boulevard – near the Fort Jackson fire station – will be blocked off from 8 a.m. to 3 p.m. Saturday, during the carnival kicking off Fire Prevention Week. Those not attending the open house and carnival must choose another route.

HR OFFICES TO CLOSE OCT. 9

The Directorate of Human Resources – to include the ID card offices in Rooms 109, 114 and 200 at 5450 Strom Thurmond Blvd. and the Official Mail and Distribution Center at 4400 Green St. – will close for Organizational Day at 11:30 a.m. Oct. 9. Those with ID card emergencies should contact or visit the alternate ID card location at Shaw Air Force Base, Sumter, or call 803-895-1596.

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 tools, information and advice on business startup, action steps and mentoring. Participants must attend all five sessions: 9 a.m. to noon Oct. 9, 16, 23 and 30, in Room 222 of the Strom Thurmond Building. Registration deadline Friday. For information, call 751-5256/5452, or email 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. Available for military, 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. Applicants should contact Maj. Danisha McClary in the Office of the Staff Judge Advocate at 751-7657/5349.

FOR FAMILIES

■ Hearts Apart Families (those living separately from deployed Soldiers) and foreign-born spouses are invited to a day at the S.C. State Fair., from 10 a.m. to 2 p.m. Oct. 16. Those who arrive at the main entrance at 1200 Rosewood Drive by 10 a.m. will receive free admission with their military IDs. For information and to reserve a spot, email patricia.a.guillory.civ@mail.mil, call 751-9770; or email miranda.o.broadus.civ@mail.mil by Oct. 15.

■ Military Family members who have ideas on how the Army might improve their lives may participate in drawing up the Army Family Action Plan, an Army-wide initiative aimed at enhancing the quality of life for Soldiers, retirees, survivors, Department of the Army civilians and Families. Issues that Families identify as important are forwarded to the Department of the Army for action. Interested parties may visit the AFAP Issue Management system on the My Army One Source web page: www.myarmyonesource.com. For issue forms, visit the Family Readiness Center (Building 4512) of Army Community Service or contact marilynn.s.bailey.civ@mail.mil.

■ 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 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 751-9035/6724/2731.

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

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

■ 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, click on "online training" and select the level you want.

■ The Fort Jackson Soldier Family Assistance center serves Warriors in Transition and their Families by encouraging self-development and wellness, and by meeting individual needs. For information, call 751-2508, or email JacksonWTUFamilies@conus.army.mil.

■ Those needing basic language instruction may take part in classes offered by Army Community Services. Open to ID cardholders, DOD employees. For information, call 751-1124, or email miranda.o.broadus.civ@mail.mil.

SPORTS

Those with licenses may participate in semi-guided deer hunts on Nov. 7 and 14, at Alpine Lodge at Heise Pond. Only active-duty and retired Soldiers, and ID cardholders may participate. Hunters will be chosen by lottery Oct. 15. Cost is \$35, which covers lunch. For information, call 751-3484.

THRIFT SHOP NEWS

The Fort Jackson Thrift Shop is accepting winter clothing. Those who have Halloween items they no longer need may bring them in

through 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.

EXCHANGE NEWS

■ The Army & Air Force Exchange Service has teamed with Unilever to give military shoppers a chance to win \$500 in the Unilever NCAA Sweeps. Enter at www.shopmyexchange.com/sweepstakes. No purchase is necessary. Entrants must be 18 or older and enter by Oct. 29.

■ AAFES will waive the \$3 service fee for items placed on layaway and paid for by Dec. 24. Purchases of \$25 or more are eligible for layaway. Customers must deposit 15 percent of the purchase price to hold items on layaway.

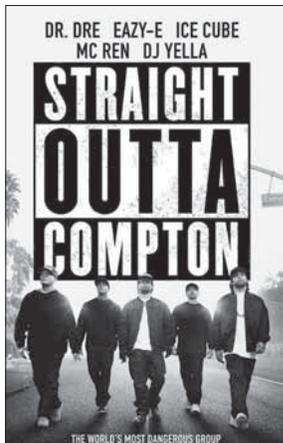
■ AAFES has begun the Apply Today sweepstakes to coincide with the launch of the reinvented MILITARY STAR rewards program. Shoppers who apply and are approved for new accounts automatically will be entered to win \$1,000 in credit. Twenty-five winners will be selected in October. Apply at the Exchange or at myecp.com.

EVENTS OFF POST

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.ocalumni.com.

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



"Straight Outta Compton" will play at Fort Jackson this weekend.

Friday

"Straight Outta Compton" (R), 7 p.m.

Saturday

"American Ultra" (R), 2 p.m.

"Hitman: Agent 47" (R), 4 p.m.

Sunday

"Straight Outta Compton" (R), 2 p.m.

"Sinister 2" (R), 4:30 p.m.

Wednesday

"Hitman: Agent 47" (R), 2 p.m.

"Straight Outta Compton" (R), 4 p.m.

Oct. 9

"Sinister 2" (R), 7 p.m.

Oct. 10

"The Gift" (R), 2 p.m.

"War Room" (PG), 4 p.m.

Oct. 11

"War Room" (PG), 2 p.m.

"We Are Your Friends" (R), 4:30 p.m.

Oct. 14

"Hitman: Agent 47" (R), 2 p.m.

"War Room" (PG), 4:30 p.m.

Oct. 17

"We Are Friends" (R), 7 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.