

THURSDAY, NOV. 12, 2015

# THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COUNTY

WWW.FORTJACKSONLEADER.COM

# SAVING A SPECIES

POST WELCOMES TWO PAIRS  
OF ENDANGERED WOODPECKERS

— PAGE 6

★ HAPPENINGS, PAGE 4 ★ I BECAME A SOLDIER, PAGE 7 ★ WORSHIP, PAGE 16 ★ HONORS, PAGE 18 ★

# 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.

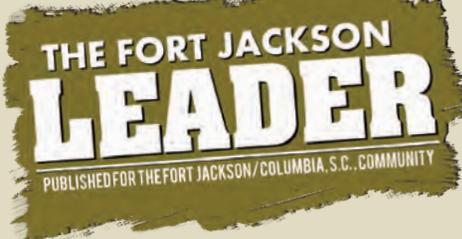
Questions? Call 751-7045.



## ON THE COVER

Photo by JENNIFER STRIDE

**Nicole Hawkins, a wildlife biologist at Fort Jackson, puts the finishing touches on an artificial cavity box designed for endangered red-cockaded woodpeckers. SEE PAGE 6.**



**Fort Jackson, South Carolina 29207**

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## TODAY

**Sgt. Audie Murphy Club induction**  
 9 a.m., NCO Club. Staff Sgt. Courtney Cabbage of A Company, Special Troops Battalion will be inducted into the Fort Jackson Chapter of the Sgt. Audie Murphy Club.

### Baby Basics

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

### Community information exchange

Noon, NCO Club.

### Community pot luck RSVP due

11:30 a.m. to 1 p.m. Tuesday. Balfour Beatty will offer a Crock Pot Recipe Exchange at the Community Center. RSVP by today to Debra Rector, 803-738-8275, or [drector@bbcgrp.com](mailto:drector@bbcgrp.com).

## FRIDAY

### Columbia City Ballet's "Frosty the Snowman"

10:30 a.m., 4:30 p.m. at the Solomon Center. Free to military children. For tickets, call 751-6990.

### RSVP for book club today

10 a.m. to noon Wednesday, Balfour Beatty Community Center. New community book club will meet. RSVP by today to Debra Rector, 803-738-8275 or [drector@bbcgrp.com](mailto:drector@bbcgrp.com).

### Wine glass painting RSVP due

6-7:30 p.m. Nov. 20, Balfour Beatty Community Center. RSVP by today to Debra Rector, 803-738-8275 or [drector@bbcgrp.com](mailto:drector@bbcgrp.com).

## SATURDAY

### Columbia City Ballet's "The Nutcracker"

7 p.m., Solomon Center. \$5 per Family, for those ranked E7 and higher. Free to Families of those E6 and lower. Attendees must be active-duty or Reserve Soldiers, or members of the National Guard. Tickets at Victory Travel, 751-5812.

## SUNDAY

### Seafood 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.

## MONDAY

### Child-safety awareness refresher training

5-6 p.m., Classroom 10, 5614 Hood St.

Annual refresher for those who work with children. Open to active-duty, retired military; DOD civilians; some Family members. For information, call 751-6325.

## TUESDAY

### Sixth Annual Caregiver Conference

9 a.m. to 12:30 p.m., Solomon Center. Free event honors, educates those who care for veterans. Registration 8:30 a.m. day of conference.

### Steps to Federal Employment for Military Spouses

9-11:30 a.m., Room 222, Strom Thurmond Building. Targeted to military spouses but open to all military and DOD cardholders. For information, call 751-5256 or email [Barbara.L.Martin.civ@mail.mil](mailto:Barbara.L.Martin.civ@mail.mil).

### Investment seminar

11:30 a.m. to 1 p.m., NCO Club. Center. Former DENTAC commander Col. Jamie Houston will lead a lunch-and-learn session on managing personal investments. RSVP to Army Community Services at 751-5256. Please do not bring in food from outside.

## WEDNESDAY

### Job-Searching Strategies for Military Spouses

8:30 a.m. to noon, Room 222, Strom Thurmond Building. Open to military, DOD cardholders. For information, call 751-5256 or email [Barbara.L.Martin.civ@mail.mil](mailto:Barbara.L.Martin.civ@mail.mil).

### Personal financial management for first-term Soldiers

8:30 a.m. to 4:30 p.m., Room B-206, Education Center. A mandatory class for first-term junior enlisted Soldiers. Call 751-5256 for information or to register.

### Bright Honeybee play group

10-11:30 a.m., Classroom 8, 5614 Hood St. Designed to help parents learn developmentally appropriate play. Open to active-duty, retired personnel; Family. For information, call 751-6325/9035/6724/2731.

## NOV. 19

### Financial Planning for Initial Permanent Change of Station

9-10:30 a.m., Room B-206, Education Center. Mandatory for junior enlisted Soldiers preparing to PCS for the first time. For information, call 751-5256.

### Anger Management

11 a.m. to noon, Classroom 10, 5614

Hood St. Class focuses on identifying, managing anger triggers. For information, call 751-6325.

### Breastfeeding

2-5 p.m., Classroom 10, 5614 Hood St. Training, support for mothers who wish to nurse. For information, call 751-6325/9035/6724.

### Vista Lights

5-9 p.m., Gervais Street businesses. Commander Maj. Gen. Roger Cloutier and Columbia Mayor Steve Benjamin will light the tree topper at 7 p.m. Military Families are invited to a VIP area at the Blue Marlin, which will offer drinks and hors d'oeuvres.

## NOV. 20

### Civilian Personnel Advisory Center health fair

9 a.m. to noon, Marion Room, Solomon Center. Insurance carriers will answer questions on updates, changes to 2015 health plans. For more information, contact Gloria Dawkins, 751-4016.

### Family of the Year ceremony

4 p.m., Solomon Center.

## NOV. 21

### Turkey Trot 5K run/walk

8 a.m., Semmes Road recreation area.

## NOV. 26

### Thanksgiving Day buffet

11 a.m. to 2 p.m., Officers' Club. \$17.95, members; \$21.95, nonmembers. Reservations required. Call 803-782-8761.

## DEC. 2

### 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. Call 751-6325 for information or to register.

# A hero finally rewarded

By **ROBERT TIMMONS**  
Fort Jackson Leader

Graduations and award presentations are old hat to Bob Fisette, a former drill sergeant and retired Vietnam veteran.

Fisette saw hundreds of Soldiers be graduated and shipped off to Advanced Individual Training before heading to the jungles of Southeast Asia.

He also saw those returning from duty there have medals pinned to their chests in front of the Army's newly graduated basic trainees.

Yet with all that, he never thought he would be the one standing before a field of fresh graduates, receiving a Purple Heart and a Bronze Star Medal for Valor earned during a deployment that came decades before.

Retired Sgt. 1st Class Bob Fisette finally will be given the medals by Fort Jackson commander Maj. Gen. Roger Cloutier during basic training graduation ceremony Thursday on Hilton Field. They will come to him during the Department of Defense's celebration of the 50th anniversary of the Vietnam War.

"I was presented the ribbon in Vietnam," he said. "Not the medal – just the ribbon. When I came back to the States, I waited, thinking the medal would be presented to me."

He waited. And waited some more. After Fisette helped another veteran get his medals years after the fact, Fisette's wife "got on it," he said. The medal ultimately was sent to him but not awarded during a ceremony.

The Purple Heart "has my name engraved on it and everything," he said.

Fisette's wife, Clara, didn't stop with acquisition of the actual medals. She asked for help from the South Carolina chapter of the Military Order of the Purple Heart.

The chapter adjutant, retired Command Sgt. Maj. Charles Cook, said Clara Fisette "got all this started by asking me if I knew someone at Fort Jackson who could present these medals to him, since they were just paper in his file after Vietnam, (and) he always felt something was left out.

"Maj. Gen. Cloutier and everyone at Fort Jackson were very gracious and wanted to do this very well," Cook said. "Their first response was to present these awards in a large ceremony during a Basic Combat Training graduation.

"Then, they got creative. It is going to be a very good day.

"It is very important to let the veterans know that their nation recognizes their service and sacrifice, but it is another measure to have the Army, their branch, make that same acknowledgment.

"This ceremony will acknowledge Sgt. 1st Class Fisette's sacrifice, and it will – at the same time – honor all of the veterans in the stands who have a brand-new Soldier standing on the field.

"I am very proud to have had a small hand in this. All I did was make contact. Fort Jackson's leadership took the ball and ran with it."

The command put on a full-court press, creating a ceremony filled with events above Fisette's old pay grade. He will be the guest of honor, seeing Soldiers in training up close at the side of Fort Jackson's commander.

When he troops the line in a Vietnam-era Jeep with



Army News Service photo

**During the Vietnam War, Fort Jackson conducted training in a mock Vietnamese village, even dressing Soldiers as Viet Cong guerrillas to make lessons more realistic.**

Cloutier, Fisette – the veteran of a combat tour in Korea and two in Vietnam – will be transported back to a time at Fort Jackson when he did everything he could to prepare privates for the rigors of combat.

Turning civilians into Soldiers was important to him – at Fort Jackson and in the jungles of Vietnam. Fisette would meet his former trainees during his deployments.

"I went over in '67" and fought in ferocious battles during the Viet Cong surprise offensive during Tet 1968, he said.

"I was an adviser with the Military Assistance Command, Vietnam – MACV – teaching the Vietnamese how to fight, to call in supplies," Fisette said.

"Two days into my first assignment, I attended a funeral for Vietnamese soldiers killed. It wakes you up real fast."

At the Presidential Hotel in Saigon, Fisette met some of the troops he had trained.

"They said, 'Did you hear about So-and-So?'" he remembered. "I felt so bad because I didn't know. I felt like I didn't train them enough.

"The Soldiers said, 'Don't worry; you did fine,' but I felt awful.

"You only need a piece of metal about an inch long to end it."

As a drill sergeant, "you begin to feel like they are your children" and don't want anything to happen to them.

After two days of drinking with the Soldiers, everyone went his own way.

Later, while Fisette taught at the Communications School at Fort Campbell, Kentucky, some of the troops would come to see him to thank him for their training.

"I told them to be careful," he said.

Despite warning Soldiers to be careful, Fisette would be recognized for exposing himself to deadly mortar fire to assist Vietnamese soldiers of the 3rd Battalion, 14th Infan-

try Regiment, 9th Infantry Division, Army of the Republic of Vietnam during the battle of Tuk Chup Mountain on Nov. 11, 1970.

On Jan. 17, 1971, Fisette was wounded.

He retired May 31, 1974, out of Fort Jackson and spent his time in the Columbia area before settling in Sumter.

During the intervening years, he said, "a lot has changed (at Fort Jackson). Everything has changed from wood to brick." As the former Camp Jackson became more permanent, the wood gave way to long-lasting concrete or brick structures.

To finally be awarded his medals in front of the Soldiers who "came in as young kids (and) who leave basic training as young adults who know respect, obedience, hygiene and finances" is important to Fisette.

"It's a wonderful feeling to be awarded these medals," he said.



**THE BRONZE STAR is awarded to those who have served in the Army and distinguished themselves by heroic or meritorious achievements of service. The "V Device" denotes participation in acts of heroism involving conflict with an armed enemy.**



**THE PURPLE HEART is awarded in the name of the President to those who have been wounded or killed while serving on or after April 5, 1917.**

“  
Two days into my first assignment, I attended a funeral for Vietnamese soldiers killed. It wakes you up real fast.”

— **Bob Fisette,**  
a former drill sergeant and retired Vietnam veteran

”

# HAPPENINGS

## ANNOUNCEMENTS

### GRIEF CAMP MENTORS NEEDED

The TAPS Good Grief Camp seeks active, Reserve or veteran Service members to volunteer as mentors to surviving military children Nov. 21. TAPS is a nonprofit organization that provides hope and healing to Families who have lost loved ones in the Armed Forces. The TAPS Good Grief Camp brings together military surviving adults and children across the area, encouraging them to share with others while learning about grief and trauma from experts. The program provides each child an active-duty mentor for a day. For information or to register, visit [www.taps.org/GoodGriefCampMentor/](http://www.taps.org/GoodGriefCampMentor/).

### DES OFFICE CLOSURE

The Directorate of Emergency Services Police Administrative Office will be closed Nov. 26 and 27.

### HELP FOR THOSE FLOODED OUT

If your landlord or property manager has terminated your lease or failed to make timely repairs after recent floods, contact the Fort Jackson Housing Services Office for assistance. The office can help you find temporary housing and short-term leases. The office is 4514 Stuart Ave. and is open 7:30 a.m. to 4:30 p.m. Monday through Friday. Or call a housing counselor at 751-5788/7566 for assistance.

### PERSONAL VEHICLE SAFETY

Soldiers and Department of Defense civilians should be aware that some of their personal vehicles are subject to manufacturers' safety recalls. Vehicle owners may see whether their vehicles are subject to recall by visiting [vinrcl.safercar.gov/vin/](http://vinrcl.safercar.gov/vin/). Service members also may contact their servicing Vehicle Processing Center to determine whether their vehicles will be accepted for shipment or storage when the Soldiers transfer or are deployed. If he wishes his vehicle to be stored, an owner must provide documented proof from a certified mechanic/dealership authorized by the manufacturer to perform recall-

notice repairs or a printout from the SAF-ERCAR website showing his vehicle has no unresolved recalls.

### 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. For military spouses, surviving spouses. Call 751-5256 for information.

### FOR FAMILIES

■ The Georgia Aquarium in Atlanta is offering discounted general admission for Military Families on Mondays through December. The friends and Families of current and former military, and veterans are eligible for a 30 percent discount, while the member of the military gets in free. Those wishing to take advantage of the discount must present their military IDs at the aquarium ticket counter. Online tickets are not available. For more information on the aquarium, visit [GeorgiaAquarium.org](http://GeorgiaAquarium.org).

■ On-post mothers are invited to "No Excuses, Mom" weekly exercise sessions. Those living in the Balfour Beatty communities meet at 8:30 a.m. Tuesdays at 520 Brown Ave. Residents of other communities meet at the SKIES building at 6100 Chesnut Road. Participants should provide their own water, towels and mats. Children are welcome. Workouts last 30 to 45 minutes. For more information, visit [www.facebook.com/group/noexcusemomm-columbia.sc/](http://www.facebook.com/group/noexcusemomm-columbia.sc/)

■ 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.

■ 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.

■ 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.

■ Those needing basic English-language instruction may take part in classes offered by Army Community Services. Open to ID cardholders, DOD employees. For information, call 751-1124.

### SPORTS

Children and youth who wish to play winter basketball or learn cheerleading may register through Nov. 20. Cost for basketball is \$20 for those who are 4 and 6 years old, and \$40 for those 6 to 15. Cost for cheerleading is \$20 for 3- to 5-year-olds and \$40 for 6- to 12-year-olds. For information, call sports director Darius Lane at 751-7451 or [darius.k.lane.naf@mail.mil](mailto:darius.k.lane.naf@mail.mil).

### HEALTH

■ TRICARE beneficiaries with questions about their health care may call the TRICARE Nurse Advice Line at 1-800-TRICARE (874-2273) toll free, all day, every day.

### HOUSING NEWS

■ Winners of the 2015 Halloween decorating contest were: first place, Staff Sgt. Herman Thomas and Family, \$50 gift card; second place, Staff Sgt. Daniel Allen and Family; third place, Staff Sgt.

Humberto Dovalina and Family.

■ New hours for Balfour Beatty Community Center are 8:30 a.m. to 5:30 p.m. Monday through Friday, and 9 a.m. to 3 p.m. Saturdays. Balfour Beatty maintenance hours remain 7:30 a.m. to 4:30 p.m. Monday through Friday.

■ Missing out on the latest news? Call or stop by the Balfour Beatty Community Center to update your phone numbers and email addresses in order to receive voice broadcast and email notifications – and "like" the Balfour Beatty page - Fort Jackson Family Homes – on Facebook.

■ If you will be on leave for an extended period, call the work-order desk at 803-787-6416 to let them know your leave dates. If you'd wish, housing personnel can check on your house while you are away.

■ If you are a Balfour Beatty resident relocating to a community where Balfour Beatty Communities manages the housing, choose to stay with Balfour Beatty and receive a \$100 reward. Contact the housing office for details and to view other locations.

### THRIFT SHOP NEWS

The Fort Jackson Thrift Shop is accepting winter clothing. Through today, the shop will accept Thanksgiving items. It will accept Christmas items Tuesday through Dec. 3. 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

Army & Air Force Exchange Services 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.

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

'Pan' will begin at the post theater on Friday.



### Friday

"Pan" (PG), 7 p.m.

### Saturday

"No Escape" (PG-13), 2 p.m.

"Crimson Peak" (R), 4 p.m.

### Sunday

"The Intern" (PG-13), 2 p.m.

"Hotel Transylvania 2" (PG), 4:30 p.m.

### Wednesday

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

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

### Nov. 20

"Crimson Peak" (R), 7 p.m.

### Nov. 22

"The Martian" (PG-13), 2 p.m.

"Bridge of Spies" (PG-13), 4:30 p.m.

### Nov. 25

"The Martian" (PG-13), 2 p.m.

"Captive" (PG-13), 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.

# It's all for the birds

## Endangered woodpeckers find new homes on Fort Jackson

By **JENNIFER STRIDE**  
Fort Jackson Leader

Just after sunrise, a couple of red-cockaded woodpeckers called to each other.

The two – a male and a female – were snuggled into handmade tree cavities on Fort Jackson after being relocated the night before from Poinsett Combat Range, seven miles south of Shaw Air Force Base.

Four of the endangered birds were relocated Friday night – two males and two females – into two small areas called recruitment clusters, located on several of the 26,645 uniquely identified acres of the 52,000 that make up Fort Jackson.

“Red-cockaded woodpeckers are an endangered species,” said Nicole Hawkins, the wildlife biologist in the Environmental Department, Wildlife Branch of Fort Jackson’s Directorate of Public Works. “We (Fort Jackson) are directed by the U.S. Fish and Wildlife Service – because we’re federal property – to recover that species.”

Army guidelines also dictate what to do on Army properties, including the recovery of endangered species.

During the past 10 years, as the result of programs like the one at Fort Jackson, populations of red-cockaded woodpeckers have increased nearly 30 percent, to about 6,000.

### THE BIRDS

The birds are about the size of a common cardinal – 7 inches – and have a wingspan of about 15 inches. They have black and white horizontal stripes on their backs, black caps on their heads and black circling white cheek patches.

During certain times of the year, males can have small red streaks on the sides of their heads – or the tops, for juveniles. The streaks are called

“cockades,” from the ribbons worn on hats in the 1800s.

Red-cockaded woodpeckers live in clusters – on average, two adult breeding birds and four “helpers” in each cluster, requiring about 200 acres of old-pine forest for foraging and nesting.

In the spring, a female red-cockaded woodpecker will lay one egg a day until she has two to five eggs in her nest. She and the helpers will incubate the eggs for 10 to 11 days, until they hatch.

The hatchlings are fed insects until they are big enough to leave the nest.

### THE HABITAT

“These RCWs were translocated to recruitment clusters within the area of Fort Jackson licensed to the South Carolina National Guard,” Hawkins said. That area comprises McCrady Training Center.

That area is home to the longleaf pine, the tree in which red-cockaded woodpeckers build their nesting cavities. The decline of that tree as the result of harvesting and urban sprawl has affected the woodpecker population adversely.

“A restored longleaf pine ecosystem is one of the most diverse in the world,” Hawkins said. “It rivals that of a tropical rain forest.”

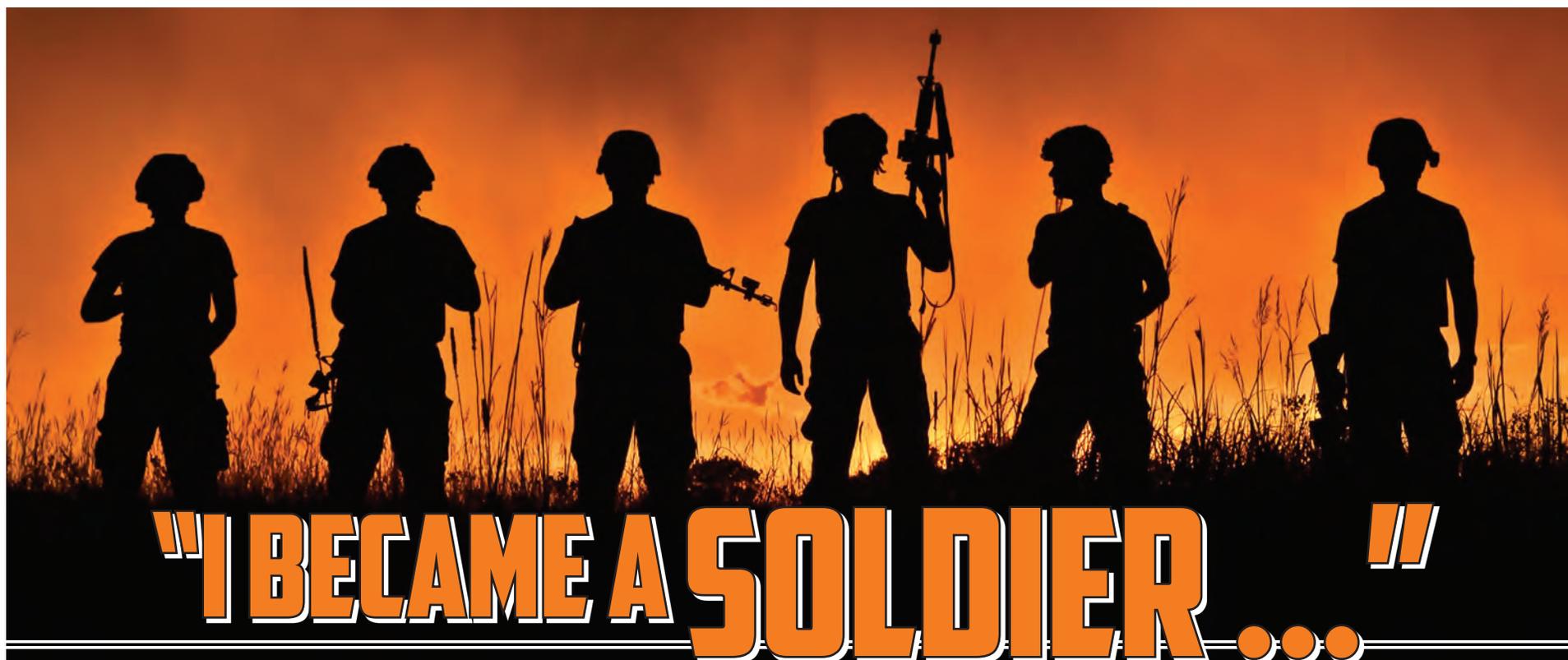
To survive, red-cockaded woodpeckers require not only the longleaf pine but an open, parklike area with a fire-return interval of about three years.

Fort Jackson’s practice of burning off underbrush every three years promotes an abundance of diverse and dense herbaceous understory that supports bugs for the birds to eat, Hawkins said.

**Nicole Hawkins, Fort Jackson’s wildlife biologist, checks a male red-cockaded woodpecker just pulled out of his transport box and prepares to put him into a handmade cavity box 20 feet up in a tree. The bird was translocated to Fort Jackson from Poinsett Combat Range, seven miles south of Shaw Air Force Base.**

*Photo by Jennifer Stride*

See **BIRDS**: Page 14



Post commander Maj. Gen. Roger Cloutier has an affection for talking to new Soldiers and hearing their stories. He says it reminds him that everyone on Fort Jackson is charged with building the best Soldiers in the world.

## 1ST BATTALION, 61ST INFANTRY REGIMENT

## 3RD BATTALION, 39TH INFANTRY REGIMENT

### ALPHA COMPANY



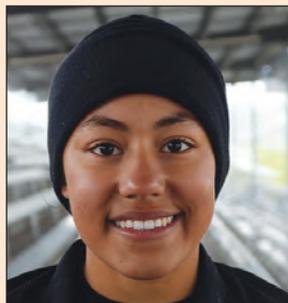
**PVT. DASHAWN SPRINGS, 19**

"I joined the Army to basically serve my country well. I come from a family full of women, and there were not a lot of men in my life, but most of the men I knew were in the military. I was always intrigued by the Army, and the tradition grew on me real well.

"My favorite part of basic training is the DFAC (dining facility). I really love the food and the people. It's getting to know everyone else. Everyone has a different background and different reasons (for joining). You get to listen to their reasons and get to know other people.

"I would tell people that everyone needs to be disciplined - in the military, you need discipline."

### BRAVO COMPANY



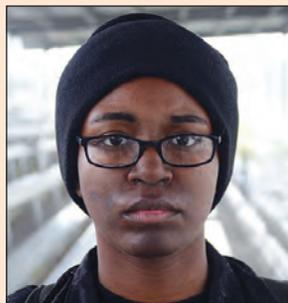
**PVT. KIRA NIKO, 18**

"I joined the Army to prove myself, to make myself stronger and to serve my people - to give back to my country. My father is in the Army, so he also inspired me.

"My favorite part of basic training was Victory Forge. It was constant attacks and constantly tasks you. It is really hard and shows you how important your training is.

"I would tell (anyone else who thought about enlisting) to don't expect it to be easy. It's hard."

### CHARLIE COMPANY



**PFC. TANAI ENGLISH, 22**

"I joined the Army because I looked up to my dad a lot. He was in the military, and he really motivated me.

"I wanted to challenge myself physically and mentally. I will be having the same MOS as him - 88M (motor transport operator).

"My favorite part of basic training was the confidence course. It was really motivating navigating the obstacles. It was a really fun time.

"What I learned was how to work as a team. A lot of people who aren't in (basic training) don't learn as much as they do when they are in the military. You learn a lot from your battle buddies. Without your battle buddies, you really can't do anything.

"My mom was a little worried because I was the first born, but my dad was really excited when I joined."

### DELTA COMPANY



**PVT. KESTON ALONZO, 19**

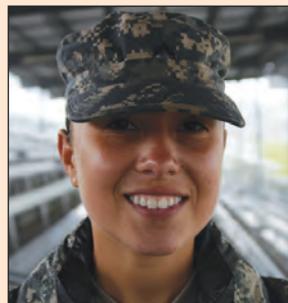
"I joined the Army because I have a lot of relatives in the Army, and I wanted to continue on that legacy of serving the United States of America. I would also like to become an officer to help my country through my (knowledge) that I have.

"I want to become an officer because it is the best way to affect the United States Army - not only the Soldiers in the Army but the civilians all around the world.

"My family knew that I could go to college, and they knew I could touch people a certain way, so they were excited when I joined the Army.

"My favorite part of basic training is sleeping because you don't get enough of it."

### ECHO COMPANY



**PVT. VICTORIA ALMODOVAR, 19**

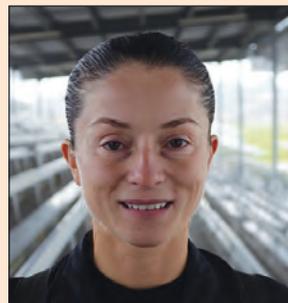
"I joined the Army because I wanted to become a part of something bigger than myself and to challenge myself.

"At first (my Family was) nervous (about my enlistment) because I was more of a shy, timid person and could be more confident.

"My favorite part of basic training was being able to train with all the Soldiers of Echo Company and watching us all grow into the Soldiers we are now.

"Basic training was hard. A lot of the reason it was hard was because of the weather, for one - that was really tough for me. And getting used to the Army and not being able to go home.

### BRAVO COMPANY



**SPC. VALDETA MEHANJA, 31**

"I was born in Kosovo, and during the war, I was a refugee to Germany. So after the war, I went back to Kosovo, where (the) U.S. helped us become independent.

"Shortly, I started working for the (United Nations), and when Iraq War started, I went over as a contractor for the U.S. Army. I stayed there for over a year, from 2004 to 2005; then I went to Afghanistan as a contractor in communications.

"I fell in love with aviation while in Iraq and Afghanistan.

"I came to the States after helping my Family financially. I was able to save enough funds to support myself and my dreams of becoming a pilot.

"Ever since when I went to Iraq, and before when they helped Kosovo become independent, I wanted to thank America for everything they have done for my country and my Family."

# Reduce, reuse, recycle ... and celebrate

From Staff Reports

The Fort Jackson Recycling Center will celebrate America Recycles Day from 9 a.m. to 2 p.m. Friday.

The annual celebration and collection event will be at 5671 Lee Road. On this day, the center will accept electronic waste, tires, batteries and fire extinguishers, as well as its usual fare and invites those who are interested to visit its interactive exhibits.

Organizers hope the event will spark interest in reducing the amount of solid waste – paper, cardboard and plastics, for instance – going to the landfill rather than being recycled.

“It’s really a shame that we don’t take more pride in Fort Jackson,” said Lisa McKnight, solid-waste program manager and environmental outreach coordinator for Fort Jackson. Instead, post workers have found broken televisions dumped on fire breaks and at least one kitchen sink in the woods.

The one bright spot on post is the schools, she said, where each classroom designates a recycling monitor who collects materials to take to the center.

“Why we can’t do what we teach our kids to do is beyond me,” McKnight said.

The Defense Department requires Fort Jackson to recycle 50 percent of its municipal solid waste, and Army regulations 200-1 and FJ 200-8 require that everyone on the installation recycle.

But during the past fiscal year, McKnight said, the post recycled only 30.9 percent of its solid waste.

## TALKIN’ TRASH ON FORT JACKSON

- More than 400 recycling bins and cardboard boxes dot the post.
- Fort Jackson sends an average of 600 tons of trash to the landfill each month.
- Those who find excitement in dumpster-diving on post will find that most receptacles contain recyclables along with trash.
- Fort Jackson’s Thrift Shop offers a Reuse Center where donors can contribute gently used items for sale.
- Through the Unit Incentive Program, the Recycling Center gives out \$10,000 quarterly to military units that collect recyclables and take them to the center.
- Items accepted for recycling are newspapers and magazines; plastics Nos. 1 through 7; aluminum cans; green, clear and brown glass; cardboard; 48-inch-by-40-inch pallets; steel scrap; white or mixed-color paper; and cooking oil.
- Fort Jackson’s Recycling Center has a Learning Center where children and adults can use interactive displays to learn the importance of recycling.

Source: Lisa McKnight;  
Fort Jackson Recycling Center

# The Army wants you to help make it better

By **CHRISTINE SCHWEICKERT**  
Fort Jackson Leader

Those with ideas on how to make life with the Army better for everyone are invited to help craft a revised Army Family Action Plan.

For 30 years, AFAP has solicited ideas from its Soldiers, Families and civilians, giving them a voice in Army policies and practices. On Fort Jackson, that process will involve questionnaires, as well as a town hall-like Facebook event Dec. 4.

“If they really have a strong voice, (those with ideas) need to find their delegate or be a delegate themselves” during the online forum, said Marilynn Bailey, Fort Jackson volunteer coordinator.

Each brigade, institute and directorate on post has been asked to name a delegate with access to Facebook.

Delegates will collect suggestions from those in their areas and then post them to a group forum that Bailey will moderate online, aided by a handful of facilitators from Army Community Services. The method will allow more suggestions to be made in less time, Bailey said.

“This is not a big old gripe session,” she cautioned

Friday, but a way to make suggestions to better life Armywide. For example, she said, one recommendation a few years ago led to the Army’s raising of life-insurance benefits for surviving Families.

After the online forum – scheduled for 9 a.m. to 4 p.m. Dec. 4 – Bailey and the Facebook delegates will decide which suggestions to send to Big Army.

Those who wish to make suggestions may find forms detailing the necessary information at [www.myarmyonesource.com/AFAPIssue-Management](http://www.myarmyonesource.com/AFAPIssue-Management) or pick up paper forms from Bailey at the Family Readiness Center, Building 4512, Stuart Street on Fort Jackson. The main ACS office – in Room 120 of the Strom Thurmond Building – also has forms.

The form asks those making suggestions to identify the issues for which they have suggestions, to justify why they think problems exist and to suggest remedies.

Suggestions must affect the military community and not one or a few individuals; may pertain to any subject; and may not be a chain-of-command or customer-service issue.

Those with questions on the process may call Bailey at 751-5444 or email [Marilynn.S.Bailey.civ@mail.mil](mailto:Marilynn.S.Bailey.civ@mail.mil).

“  
This is not  
a big old  
gripe session.”  
— **Marilynn Bailey**  
Fort Jackson volunteer  
coordinator



**What is the AFAP?**

The Army Family Action Plan gives active-duty and Reserve-component Soldiers, Army civilians, Family members, survivors and retirees a voice in shaping their standards of living by identifying issues and concerns to Army senior leadership. Since its inception in 1983, the AFAP remains the only such partnership between a branch of the U.S. military and its constituents.

Source: U.S. Army

## What could be better? visiting general asks

By **ROBERT TIMMONS**  
Fort Jackson Leader

Lt. Gen. David Halverson sought out the concerns of several agencies on Fort Jackson before giving the keynote address at a dining out last Friday.

Among the agencies Halverson visited in his role as Army assistant chief of staff for installation management were Family Morale, Welfare and Recreation, and the post's child-development centers.

FMWR Director Daniel Ahern spoke with Halverson about construction projects that would improve Fort Jackson and its golf course. Ahern lauded the course as one of the best courses in the Department of Defense.

"When I was at Fort Bragg, I was jealous of the Fort Jackson golf course," Ahern said. "They pulled in six figures a year," and Fort Bragg couldn't dream of earning that much.

The course also does well during down times, he said.

Last winter, the course was "down 5,000 rounds" of golf but still made a profit, Ahern said.

Halverson also viewed damage from flooding at Semmes Lake.

Later, he met with officials at the Lee Road CDC. He spoke to Child Youth and School Services coordinator Rose Edmond and others at the facility about the state of Army Families, especially children.

"It is important for us to assist them," he said. "But we have to be proactive." He likened the help to a cell phone app that solves people's problems.

Among that help, he said, would be helping Soldiers learn to interact with their Families after being away.

"How do I talk to my wife and children since I've been away?" he said rhetorically. "Now I am a drill sergeant, and I am away again. "We need to be enablers of readiness."

Later that evening, Halverson gave the keynote speech at the 81st Regional Support Command's dining out, speaking about the role drill sergeants play in an ever-challenged, ever-changing Army.



Photo by ROBERT TIMMONS

**Lt. Gen. David Halverson, the Army's assistant chief of staff for installation management, views the flood damage at Semmes Lake during his visit Friday.**

# Rev up your metabolism to lose weight

Once you decide to exercise and eat well, you join the ranks of those who have decided to lose weight.

To find the best way to become fit and healthy, you read articles and books, and speak with trained professionals. At each venture, you find useful advice.

And you encounter a common theme – “Speed up your metabolism.”

But what does it mean?

Is your metabolism slow or fast?

If metabolism is a key component to weight loss, how do you turn it on?

Experts say your metabolism involves a complex network of hormones and enzymes that not only convert food into fuel but affect how efficiently you burn that fuel.

“The process of metabolism establishes the rate at which we burn our calories and, ultimately, how quickly we gain weight or how easily we lose it,” says Dr. Robert Yanagisawa, director of the Medically Supervised Weight Management Program at Mount Sinai Medical Center in New York.

Our bodies run on energy from the food we eat. When we eat, food breaks down into chemicals. Those chemicals either release energy or absorb it – that is, the reactions are either “catabolic” (energy releasing) or “anabolic” (energy absorbing).

Absorbed energy builds things, such as bones, fat and muscle. Released energy can move muscles, “burning” itself to power weight loss.

Another term you may have run across is your “basal metabolic rate” or BMR, which determines how your body releases or absorbs energy for weight loss or weight gain.

BMR is an energy measured in calories – the calories our



## THE WEIGH IT IS

By PAMELA JAMES-LONG

body needs just to stay alive.

These calories have a specific job: They keep your bodily tissues alive and support the functioning of your vital organs.

The effort and energy needed to exercise and digest food means you have to consume calories (eat) and then use them.

A few things to keep in mind:

- We don’t all burn calories at the same rate.

- Metabolism naturally slows about 5 percent every 10 years after age 40.

- Men burn more calories at rest than women do.

- The more muscle you have, the more you rev that metabolism.

- And, finally, what’s in your gene pool helps or slows your journey.

Learn how your body responds to weight loss. That way, you increase your chances for success.

For some, weight loss will be quick; for others, not so fast.

Just remember: There is great satisfaction in enjoying the

journey – not just arriving at the destination.

## How can it work for me?

Aerobics helps you burn more calories in the short term, while weight training builds muscle tissue that boosts metabolism speed (fat burning) for hours after you have stopped exercising.

Muscle is very active tissue: A pound of muscle burns about 35 calories a day, while a pound of fat burns only two.

For women, the estrogen hormone makes it hard to bulk up from heavy lifting, so don’t be afraid to build your lean muscle tissue.

When performing aerobics conditioning, aim for a steady yet challenging pace for 20 to 30 minutes. That constant, steady pace will release energy/calories, helping your body lose weight.

No weight-loss strategy is complete without a healthy eating plan. Small, frequent meals help keep your metabolism in high gear.

When you hold off eating, your body goes into starvation mode and holds on to calories.

Get into the habit of eating smaller meals more often, including in those meals lean poultry, fish and meats. Whole grains, fresh fruits and vegetables should be the stars on your plate. Limit saturated fats, sodium and sugar, as well as alcohol consumption.

Coupling exercise with a regular healthier-eating plan can really rev up your system, making you stronger, leaner and more energized.

*Pamela James-Long is a fitness and wellness coordinator for FMWR.*

# Bird

Continued from Page 6

The thin trees also allow sunlight to reach the ground.

The survival of the red-cockaded woodpecker depends wholly on keeping that ecosystem intact.

## THE RELOCATION PROCESS

A lot of work goes into both maintaining the ecosystem and relocating the woodpeckers.

It starts with the post’s five-year management plan, which includes recruitment-cluster and bird-recovery plans. Post leadership reviews the plan in order to ensure a win-win situation – meeting the needs of the birds without compromising the training mission.

“We coordinated the placement of these recruitment clusters and the movement of the RCWs very closely with the garrison commander of McCrady Training Center, Col. Todd Shealy, and range operations at McCrady,” Hawkins said. “The command staff at McCrady has been very supportive of our RCW management and recovery activities.”

Fort Jackson’s core team working with Hawkins on the relocation – Keith Sutton, a game warden at Fort Jackson; Travis Dodson, a natural resource specialist with the wildlife branch; and Hutch Collins and Shawn Woodard, both contracted to the wildlife branch from Stell Environmental Enterprises – put a lot of time and effort into the project.

Days before the latest relocation, the team found and marked eight longleaf pines suitable for the birds and drilled posts to make cavities.

Then, while 20 feet up in the air and supported by a special harnesses and tiny ladder, they ground off the outer layer of bark, cut sections out of the trees and placed the artificial cavities in them.

Once they had secured the cavities in place, they covered them with putty and paint to match the natural bark on the tree.

All of the materials, tools and ladders had to be moved to and from the sites, often on washed-out trails, using all-terrain vehicles.

The day before the release was extraordinarily busy. Hawkins spent most of it riding a four-wheeler in the rain and drizzle, out to the sites to put up tree ladders again.

At each tree, she climbed 20 feet and began banging on it with a rubber mallet to check the cavities, ensuring that no other animal had inhabited the spaces, before securing wire mesh screens over the cavity openings.

That afternoon, once cavities were ready, she and the rest of the team left Fort Jackson, taking with them extra cavity boxes with special cloth tubes attached, to Poinsett Combat Range to capture the four selected birds.

Julie Hovis, biologist for the Shaw Air Force Base, coordinated the effort to capture the birds. The whole relocation process and plan required the coordination among many entities – Fort Jackson, the SCARNG at McCrady, the wing commander of Shaw, the natural resources office there, Poinsett Com-

bat Range, the S.C. Department of Natural Resources and the Fish and Wildlife Service.

Once captured, the birds – in their temporary homes, each marked with the occupying bird’s sex, number and identifying band information – rode to Fort Jackson in the cab of the duty truck, with windows down to keep the temperature constant.

At about 7 p.m., the team arrived on post with their catch. They loaded the birds, tools and scopes onto all-terrain vehicles, split into two teams and drove through the dark woods to the now-ready recruitment clusters.

The teams stayed in contact by radio. Once on site, Hawkins climbed the ladder again, removed the screen, got a male bird out of his temporary box and ushered it gently into a tree cavity, immediately covering the opening with a screen.

She repeated the process with the female bird in a nearby tree.

After all four birds had been situated, the teams took down the ladders and waited, watching and listening to make sure the screens held and the birds were calm.

When they had determined all was well, they left.

Well before sunrise the next day, the team met again and headed back to the two sites where the birds had spent the night.

Relieved that the screens were in place, the teams set up scopes and used binoculars to watch the openings for signs of movement.

As it began to grow light out, Hawkins heard pecking and saw the male woodpecker pecking at the screen, trying to get out.

Shortly after that, the nearby female be-

gan pecking, as well. Several minutes later – at sunrise – Hawkins and Collins – in tandem – pulled the strings attached to the screens, causing them to pop off and free the birds simultaneously.

Within seconds, the male flew to a nearby tree.

The female exited her cavity shortly after.

Then silence ...

Waiting ...

Suddenly, the male called out, and the female answered.

The other team, by radio, also reported success.

Hawkins let out a sigh of relief.

“That’s the best possible outcome we could have had,” she said. “We’ll know more in the spring.”

## THE FUTURE

During April through July of next year, the team at the wildlife branch will monitor the woodpeckers’ nesting activities.

When any hatchlings reach 5 to 10 days old, the team will band the birds for future tracking and report the additions to the bird population.

“We prefer to band on day seven or eight,” Hawkins said. “Their eyes aren’t open yet, but they’re old enough to support the three bands we put on (their right legs), and the U.S. Fish and Wildlife Service band and color band on the left leg.”

Hawkins hopes to see a positive result this spring – an increase in the population from its current 33 – and looks forward to the next relocation of endangered woodpeckers to Fort Jackson.

# Don't fall ill with the flu – get a vaccine

By **JOHN AMBROSE**  
and **MAJ. ELISABETH HESSE**  
Army Public Health  
Center (Provisional)

The days get shorter, the air gets cooler and the leaves begin to change color. Everyone knows the signals for the beginning of fall but may not know that the signals are the same for flu season.

Flu is a contagious respiratory illness caused by the influenza virus. It spreads when viral particles from an infected person travel through the air from a cough, sneeze or even talking. Symptoms usually start one to four days after the virus has entered the body. People who are infected actually can spread the virus a day before they feel sick.

Common symptoms of the flu include fever, chills, cough, sore throat, muscle aches and fatigue.

The U.S. Centers for Disease Control and Prevention estimates that 200,000 Americans a year are hospitalized for influenza, and deaths from influenza can range from 3,000 to 49,000 per year.

Some people are at higher risk of influenza hospitalization or death than others, including children younger than 5, adults

older than 65, pregnant women, residents of nursing homes and people with certain medical conditions, including asthma, chronic lung disease, heart disease, blood disorders and diabetes. Other at risk are those with weakened immune systems, such as people with HIV and cancer and those taking chronic steroids.

The best way to prevent flu infection is by getting a flu vaccine.

Everyone older than 6 months should receive a vaccine against the influenza virus.

Vaccines come in two main forms – one given by an injection into the muscle, the other by a nasal spray.

## Which vaccine is right for you?

The nasal spray is best for those ages 2 to 49. Some people should not receive this form of the vaccine, including those allergic to the vaccine or to eggs, or pregnant women, those with weakened immune systems and children with asthma. For everyone else, the injectable flu vaccine is good for those 6 months and older.

Those who have had allergic reactions to the flu vaccine or to eggs should talk to their doctors before being vaccinated.

## Can you get the flu from the flu vaccine?

Neither flu vaccine can cause an influenza infection; however, since the flu vaccine takes one to two weeks to take effect, being exposed to the influenza virus before or during this time may lead to infection. Infections that are not influenza – such as a cold – also can cause similar symptoms. Some strains of influenza also may not be covered by the vaccine.

## What are the side effects?

Some people experience mild side effects after a vaccination, the most common being soreness at the injection site and low-grade fever. Those taking the

nasal spray may experience a runny nose, sore throat and mild headache.

As we continue through this fall and flu season, make sure you cover your mouth when you cough or sneeze, wash your hands frequently and – most important – get a flu vaccine.

Because the influenza virus can spread before you even know you're sick, being vaccinated doesn't protect only you – it also protects everybody around you.

## Beat the flu

For information on influenza and the influenza vaccine, visit the Defense Health Agency Immunization Healthcare Branch, [www.vaccines.mil/flu](http://www.vaccines.mil/flu); or the U.S. Centers for Disease Control and Prevention, [www.cdc.gov/flu/protect/vaccine/index.htm](http://www.cdc.gov/flu/protect/vaccine/index.htm).



# 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

Open 5 a.m. to 6 p.m.  
Monday through Friday for inbound and outbound traffic.

### GATE 2

Open around the clock daily.

### GATE 4

Open 5 a.m. to 6 p.m.  
Monday through Friday for inbound and outbound traffic.

### GATE 5

Open 5-10 a.m. Monday through Friday for inbound and outbound traffic.  
Closed 10 a.m. to 4 p.m.  
Reopened 4-6 p.m. for outbound traffic only.

Open 5 a.m. to 6 p.m. Saturday and Sunday.

# Scarf-like mask protects at moment's notice

By ARMY NEWS SERVICE

ABERDEEN PROVING GROUNDS, Md. – Army researchers have developed an easy-to-slip-on mask to protect against riot-control chemicals that affect respiration.

Researchers at the Army Edgewood Chemical Biological Center developed the idea after specialized operators expressed a need for a mask to protect against riot control agents such as 2-chlorobenzal-malonitrile, also known as “CS” or tear gas.

The operators also wanted a mask that could protect users who have beards or must operate while wearing other equipment on their heads.

Users now wear a traditional full general-protective mask when disseminating riot agents. The mask isn't flexible, and users must remove any existing equipment on their faces to put it on. The process can take time that operators might not have during emergencies.

“The solution we envisioned would easily integrate with the user's helmet, communications headphones and protective eyewear, so that it could provide a simple solution for all users,” said researcher

Dave Caretti.

Members of law enforcement, who use CS and other riot-control agents, also could use this type of mask to avoid wasting time with a traditional full-face respirator that they can't wear with other gear.

To begin work on this proposed solution, researchers Caretti, Dan Barker and Doug Wilke entered their proposal for Integrated Respiratory and Eye Protective Scarf or IREPS with the research center's Internal Innovative Development of Employee Advanced Solutions Program.

The program accepted the design and gave the team one year to craft it.

The final design is a simple, comfortable wrap that can be donned without removing other head-borne gear. The wrap includes a material with one-way stretch so it can be pulled around the user's head-ear cups, as well as the back of a protective helmet for full protection.

The filter component passed the National Institute for Occupational Safety and Health, or NIOSH, standards for protection from a CS riot control agent and demonstrated a filtration capacity of up to 140 minutes.

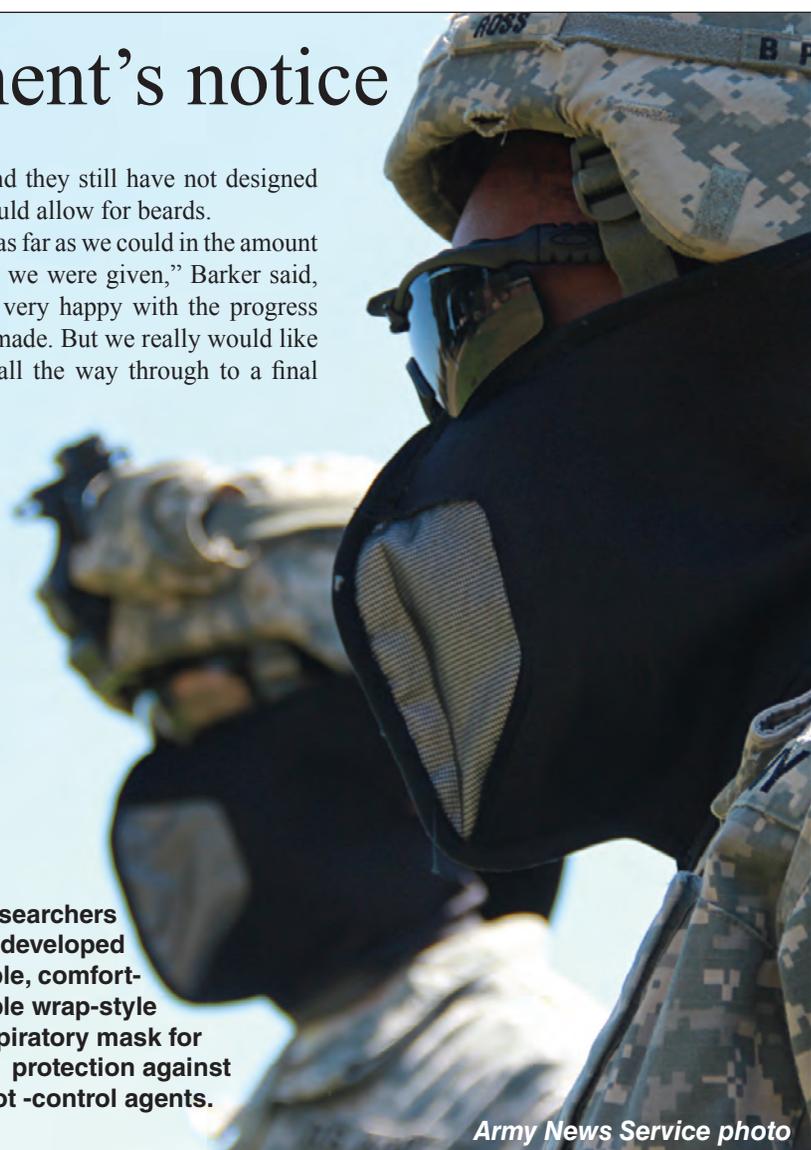
The team also is working to develop a mask that would allow users to wear sun-

glasses – and they still have not designed one that would allow for beards.

“We got as far as we could in the amount of time that we were given,” Barker said, “and we're very happy with the progress that we've made. But we really would like to see this all the way through to a final system.”

**Army researchers have developed a simple, comfortable wrap-style respiratory mask for protection against riot-control agents.**

*Army News Service photo*



# HONORS

## Saluting this BCT cycle's honorees

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



**Staff Sgt.  
Douglas Shoup  
Alpha Company  
1st Battalion,  
61st Infantry Regiment**

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Christopher A. Sereno

**STUDENT LEADER OF  
THE CYCLE**  
Pvt. Harold Etheridge

**HIGH BRM**  
Pvt. Timothy W. Brace

**HIGH APFT**  
Pvt. Deana Hulshizer



**Staff Sgt.  
Jessa Ambroise  
Bravo Company  
1st Battalion,  
61st Infantry Regiment**

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Samantha Parish

**STUDENT LEADER OF  
THE CYCLE**  
Pvt. Timothy Brice

**HIGH BRM**  
Pvt. Toler Kerns

**HIGH APFT**  
Pvt. Jocelyn Rodriguez



**Staff Sgt.  
Brent Saddoris  
Charlie Company  
1st Battalion,  
61st Infantry Regiment**

**HONOR GRADUATE  
OF THE CYCLE**  
Spc. Owen Wilkinson

**STUDENT LEADER OF  
THE CYCLE**  
Pvt. Maria Miller

**HIGH BRM**  
Pvt. Kayla Cosme

**HIGH APFT**  
Spc. Owen Wilkinson



**Staff Sgt.  
Dustin Reider  
Delta Company  
1st Battalion,  
61st Infantry Regiment**

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Haylee Fava

**STUDENT LEADER OF  
THE CYCLE**  
Pvt. Seth Poston

**HIGH BRM**  
Pvt. Logan Keigley

**HIGH APFT**  
Pvt. Joseph Coronado



**Staff Sgt.  
Michael Savage  
Echo Company  
1st Battalion,  
61st Infantry Regiment**

**HONOR GRADUATE  
OF THE CYCLE**  
Spc. Oliver Kreuzer

**STUDENT LEADER OF  
THE CYCLE**  
Pfc. Anna Rebecca Parkson

**HIGH BRM**  
Pvt. Johnnathony Martinez

**HIGH APFT**  
Pvt. Danoe Lopez



**Staff Sgt.  
Tirza Moss  
Bravo Company  
3rd Battalion  
39th Infantry Regiment**

**HONOR GRADUATE  
OF THE CYCLE**  
Pvt. Joseph Crooks

**STUDENT LEADER OF  
THE CYCLE**  
Pvt. Abby Cook

**HIGH BRM**  
Pvt. Joseph Archilla

**HIGH APFT**  
Pvt. Dimitrov Wuepper