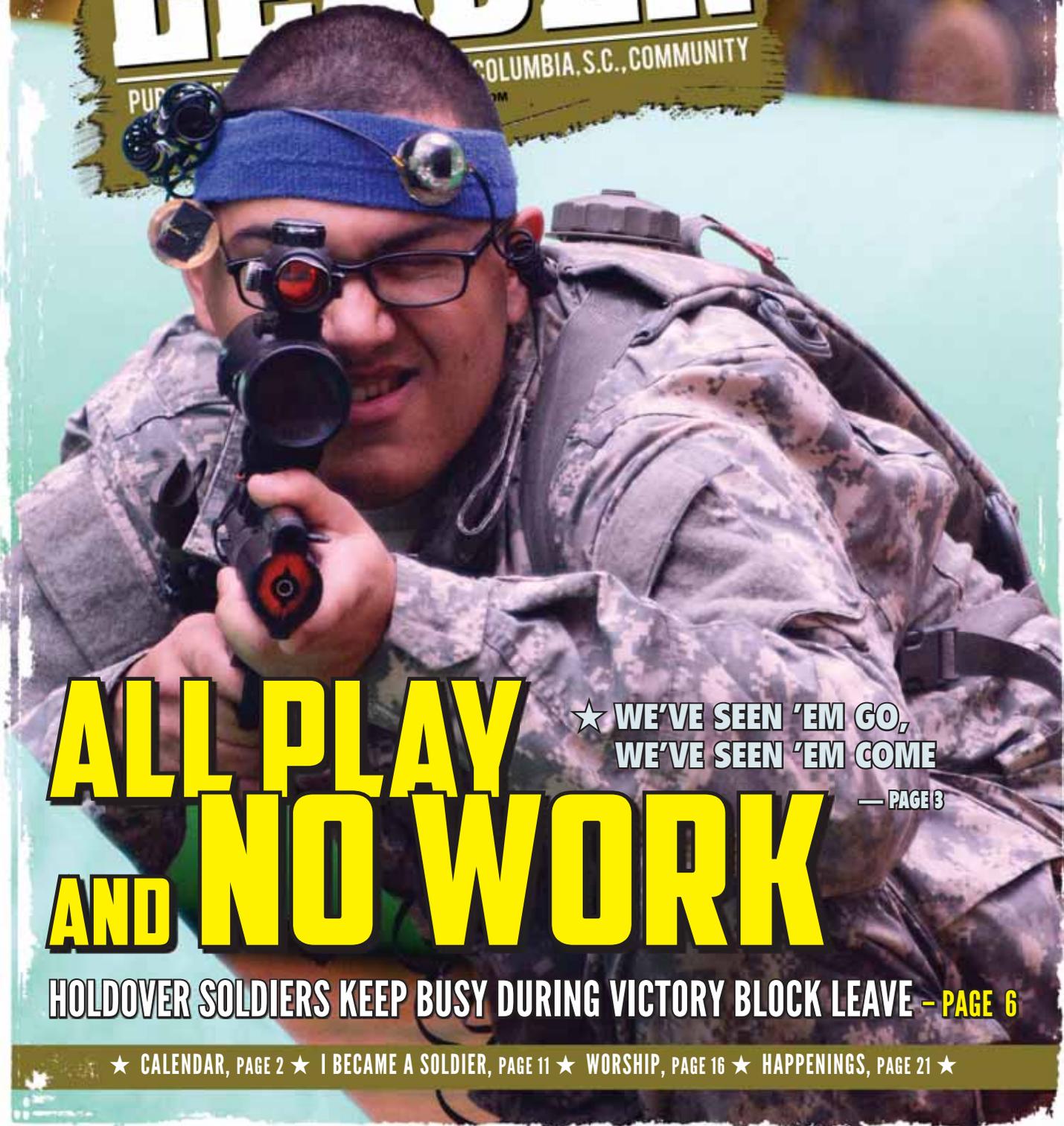


THURSDAY, JAN. 7, 2016

# THE FORT JACKSON LEADER

PUBLISHED WEEKLY  
COLUMBIA, S.C., COMMUNITY



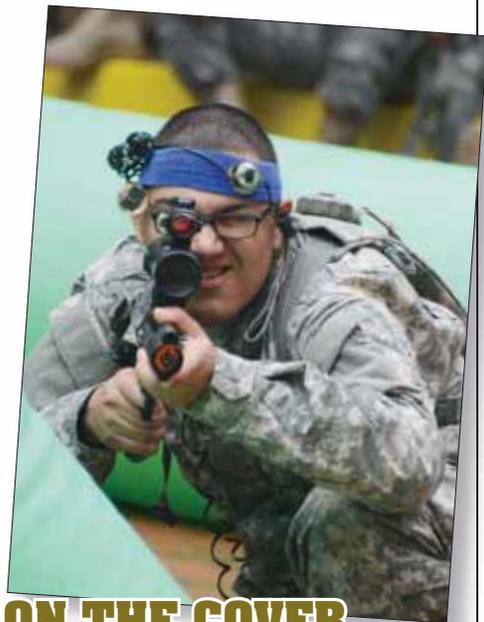
# ALL PLAY AND NO WORK

★ WE'VE SEEN 'EM GO,  
WE'VE SEEN 'EM COME

— PAGE 3

HOLDOVER SOLDIERS KEEP BUSY DURING VICTORY BLOCK LEAVE — PAGE 6

★ CALENDAR, PAGE 2 ★ I BECAME A SOLDIER, PAGE 11 ★ WORSHIP, PAGE 16 ★ HAPPENINGS, PAGE 21 ★



## ON THE COVER

Photo by JENNIFER STRIDE

**A Soldier on holdover during Victory Block Leave prepares to take down an enemy during a laser tag battle sponsored by the Directorate of Family and Morale, Welfare and Recreation. SEE PAGE 6**



Fort Jackson, South Carolina 29207

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# Community Calendar

SEND ALL SUBMISSIONS TO  
FJLeader@gmail.com

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

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

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

Questions? Call 751-7045.

## TODAY

**Post newcomer orientation**  
9 a.m., NCO Club. Mandatory for Soldiers new to Fort Jackson.

## Stress Management

11 a.m. to noon, Classroom 10, 5614 Hood St. Call 751-6325 for information or to register.

## School Board meeting

4 p.m., C.C. Pinckney Elementary School. Representatives of the Richland School District 2 magnet program will present parents of fifth- and sixth-grade students with school and program options. For more information, visit [www.richland2.org/Departments/administration/EnrollmentandRegistration/Pages/ChoiceProgram.aspx](http://www.richland2.org/Departments/administration/EnrollmentandRegistration/Pages/ChoiceProgram.aspx).

## SUNDAY

**First meeting of Pagan Circle Sacred Well Congregation**  
11 a.m., Magruder Chapel, 4360 Magruder Ave. All pagan, earth-centric and nature-based worshippers invited. For information, call Rachel Lichtenberger at 270-484-2738, or email [ralich41274@gmail.com](mailto:ralich41274@gmail.com).

## MONDAY

**Combined Federal Campaign victory luncheon**  
11:30 a.m., Officers' Club.

## TUESDAY

**Job-Searching Strategies for Military Spouses**  
8:30 a.m. to noon, Room 222, Strom Thurmond Building. For information, call 751-9460/5452, or contact [Barbara.L.Martin10.civ@mail.mil](mailto:Barbara.L.Martin10.civ@mail.mil).

## WEDNESDAY

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

## Steps to Federal Employment for Military Spouses

9-11:30 a.m., Room 222, Strom Thurmond Building. For information, call 751-9460/5452, or contact [Barbara.L.Martin10.civ@mail.mil](mailto:Barbara.L.Martin10.civ@mail.mil).

## Bright Honeybee play Group

10-11:30 a.m., Classroom 8, 5614 Hood St. Designed to help parents learn developmentally appropriate play. Call 751-6325/9035/6724/2731.

## Retired Officers' Wives luncheon

11:30 a.m. social, noon lunch,

Officers' Club. Please make or cancel reservations by 3 p.m. Friday by calling 803-788-1094 or 803-783-1220.

## JAN. 14

**Hazardous-Substance Management**  
8:30 a.m., Environmental Division conference room, 2563 Essayons Way. Mandatory course for those managing hazardous or controlled waste, or those handling hazardous-waste/-substance violations. For information, call 751-4231.

## Exceptional Family Member

**Program Creative Journey**  
5-6 p.m., Joe E. Mann ballroom. Call 751-5256 to reserve a spot.

## JAN. 15

No school for C.C. Pinckney, Pierce Terrace Elementary

## Exceptional Family Member

**Program bowling outing**  
4:30-6 p.m., Century Lanes. Call 751-5256 to reserve a spot.

## JAN. 18

Martin Luther King Jr. holiday

## JAN. 19

**Helping Hand awards**  
9 a.m., Solomon Center.

## JAN. 21

**Personal finance record-keeping**  
11:30 a.m., Room B-206, Education Center. Ninety-minute session on balancing a checkbook, using other products of banks and credit unions.

## JAN. 22

**MLK Day celebration**  
11:30 a.m., NCO Club. Fort Jackson will celebrate the legacy of Martin Luther King Jr. Guest speaker, state Rep. Bakari Sellers. Tickets \$10.50. For further information, call Sgt. 1st Class Rachele Walker-Woods at 751-4117.

## JAN. 27

**Is Business Ownership Right for You?**  
9 a.m. to 3 p.m., Room B205, Education Center. For information or to register, call Matt Thornton at 1-888-896-9444.

## FEB. 1

**Child-safety awareness initial training**  
5-7 p.m., Classroom 10, 5614 Hood St. Two-hour training workshop on how to

recognize, respond to child abuse. Call 751-6325 to register.

## FEB. 2

**Resume-Writing and Interviewing Skills**  
9 a.m. to noon, Room 222, Strom Thurmond Building. For information, call 751-9460, or email [Barbara.L.Martin10.civ@mail.mil](mailto:Barbara.L.Martin10.civ@mail.mil).

## FEB. 3, 9, 29

**Scholarship seminar for military Families**  
9-10 a.m. or 1-2:30 p.m., Room 222, Strom Thurmond Building. Only one session required. Targeted to military spouses, military parents. For information, call 751-9460, or email [Barbara.L.Martin10.civ@mail.mil](mailto:Barbara.L.Martin10.civ@mail.mil).

## FEB. 19

**171st Blackhawk Farewell Ball**  
5:30 p.m., Columbia Metropolitan Convention Center. The 171st Infantry Brigade will hold its Blackhawk Farewell Ball to commemorate the legacy of the 171st and honor its Soldiers, civilians and Families. Social hour will begin at 5:30 p.m., dinner at 6:30 p.m. and dancing at 8:30 p.m. Cost is \$40 for E-4s and below, \$45 for E-5s and E-6s, and \$50 for E-7s and above, as well as civilians. Valet service will be available, as will limited child care. Tickets are available from the 171st Brigade.

## FEB. 26

**'A Night in New Orleans'**  
6 p.m., NCO Club. The Victory Spouses Club will offer its third annual dinner, as well as a live and silent auction. Attendees should wear formal attire, as well as Mardi Gras beads and masks. Cost of reservations is \$25 per individual or \$45 per couple until Feb. 12, or \$30 per individual and \$50 per couple thereafter. For tickets or information, contact Heather Stout at [vsreservations@gmail.com](mailto:vsreservations@gmail.com).



Photos by JENNIFER STRIDE

Privates Andrea Mendoza and Jessica Leavelle charge their phones and make final calls home from Charlotte Douglas International Airport on Sunday before being bused back to Fort Jackson after Victory Block Leave.

# Out they go and back they come

By **ROBERT TIMMONS**  
Fort Jackson Leader

Many of Fort Jackson's Soldiers in Training experienced their first instances of "Hurry up and wait" in the wee hours of the morning, lying or standing in line for hours to board buses leaving post and then waiting even longer for their flights home for the holidays – and their journeys back to training.

Fort Jackson began sending Soldiers home for Victory Block Leave by bus, train and plane Dec. 17 and 18. Basic Combat Training shut down until this past Sunday, giving drill sergeants time with their families without worry about the details of the current training cycle.

Around the Army, that lapse in training is called exodus.

Fort Jackson calls it Victory Block Leave.

"I wish we didn't have to go (on leave) because during basic training, you are transforming yourself from a civilian to a Soldier," Pvt. Alexander Malkiewicz said before going home on leave. "You are kind of breaking away from what you are taught your whole life during that transformation process."

Malkiewicz had completed three weeks of basic training.

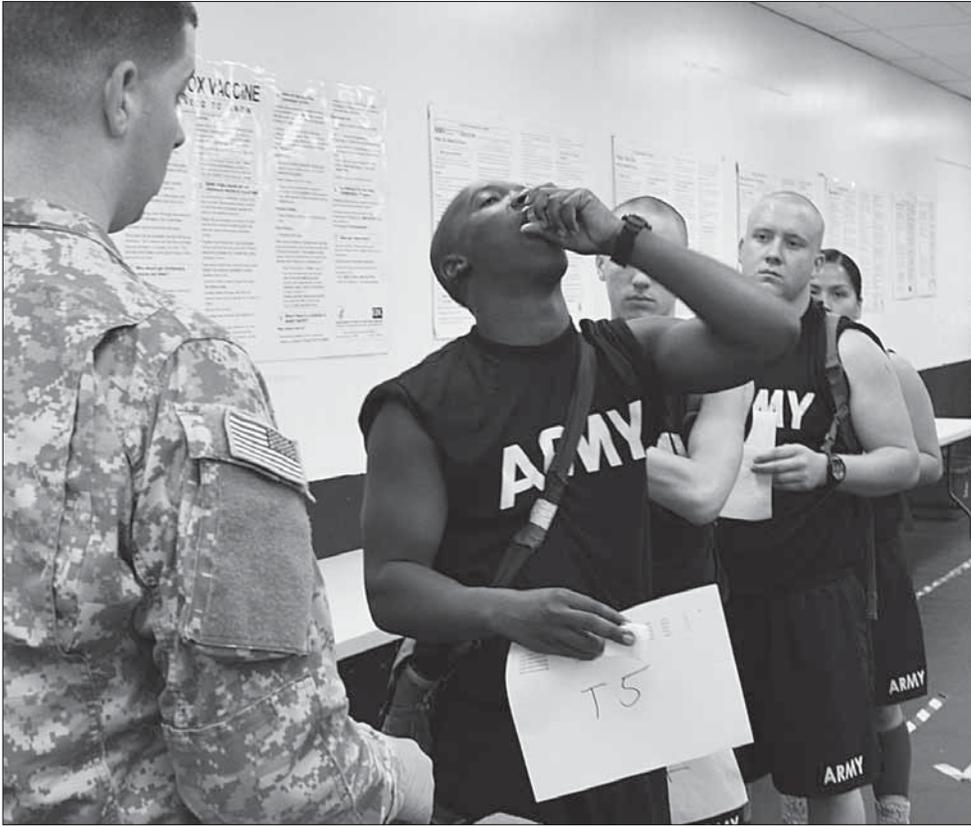
"Going back to the civilian world kind of pushes you back a little bit (from your training)," Malkiewicz, from Bravo Company, 1st Battalion, 61st Infantry Regiment, said as he rested outside the USO at Columbia Metropolitan Airport, awaiting his 5 p.m. flight to Los Angeles – a departure nearly seven hours away.

The long hours of waiting didn't seem to break Soldiers' spirits.

"It's not the first time we had to do the hurry up and wait," Pfc. Deja Moore and Pvt. Jenny Ramirez of Alpha Company, of the 1-61st echoed as they waited in line at the airport counter to check in.



Soldiers heading back from Victory Block Leave on Sunday prepare to board a bus that will take them from Charlotte Douglas International Airport back to Fort Jackson to continue their training.



Leader file photo

A Soldier in Training goes through medical inprocessing at the 120th Adjutant General Battalion. A recent report by the Army Medical Command found that 17 percent of Soldiers did not achieve medical readiness and that one-third of those not medically ready were behind in dental or medical exams.

# Illness, injuries, drugs lower Army readiness

By ARMY NEWS SERVICE

The Army Medical Command has released its first-ever “Health of the Force” report, providing a snapshot of the health of active-duty Soldiers throughout America.

Using statistics from 2014, the report tallies injuries, behavioral health, chronic disease, obesity, tobacco use, sleep disorders and hospital admissions across 30 Army installations. It also tracks key Performance Triad measures – sleep, activity and nutrition.

Some of the highlights of the report:

- Seventeen percent of Soldiers did not achieve medical readiness. One-third of those not medically ready have overdue dental or medical exams.

- Injuries affect nearly 300,000 Soldiers annually, with some experiencing more than one injury a year, affecting readiness and increasing the burden on medical systems. The report lists 1,295 new injuries per 1,000 Soldiers in 2014.

- About 15 percent of Soldiers experienced a diagnosed behavioral-health disorder. Adjustment, mood and anxiety disorder were most common.

- About 14 percent of Soldiers experienced one or more diagnosed chronic conditions. Cardiovascular con-

ditions topped the list, with arthritis, asthma and chronic obstructive pulmonary disease following.

- Thirteen percent of Soldiers were classified as obese during Army Physical Fitness Tests.

- About 32 percent of Soldiers reported tobacco use.

- About 10 percent experienced a diagnosed sleep disorder. No installations reached the targeted score of 85 or above of 100 possible points on sleep, activity or nutrition. Additionally, only 15 percent of Soldiers met the recommended target for sleep, 38 percent met the target for fitness and 13 percent met the target for nutrition.

- About 2 percent experienced a diagnosed substance-abuse disorder.

- About 17 chlamydia infections were reported per 1,000 Soldiers.

Many of the shortfalls the report identifies fall in areas Soldiers can address individually, as part of improving personal readiness.

Now-retired Army Surgeon Gen. Lt. Gen. Patricia Horoho said in the preface to the report that Army leaders “must have the knowledge and resources to influence cultural change that best facilitate personal health readiness and create environments where the healthy choice is the easy choice.”

## Problems out, resolutions in

By SANDRA BARNES  
ASAP Employee Assistance  
Program Coordinator

To most people, January brings a sense of renewal.

As 2016 begins, many people will pledge to lose weight, or quit drinking or smoking.

It’s a good time for reassessment:

- How did you do last year?
- What do you want to do differently this year?
- What’s holding you back?

Nothing will change unless you initiate the change, find a new direction and take a new path. Sometimes, that seems easier at the beginning of a new year.

For those dealing with stubborn problems such as addiction, the holidays have been an especially tough time.

In the new year, it’s especially important for them that all of us focus on restoring emotional well-being and become attentive to how we respond to stress. What each individual does can affect many others.

We all should be on the lookout for increases in substance use and make sure that substance abusers seek professional help.

If you have an area in your life that you would like to change or improve, do you have the desire to discover the need to change, the courage to accept change and the will to enforce it?

Find the obstacle. Then, make today the day you decide to do something about it.

*If you have questions about the abuse of alcohol or other drugs, if you suspect you might have a problem, or if you know someone does, call the Army Substance Abuse Program at 751-5007/6597.*



Gear up to fitness in the new year!

### 2016 BIGGEST LOSER CHALLENGE

(Monday, Jan 11 - Monday, Mar 14.)



Choose one of these categories: Fitness, Weight Loss or Total Lifestyle Change. Our staff will help you reach your goals with personal training, healthy eating consultations, and group exercise. And remember, all classes are free!

### MLK BIKE RIDE

Monday, Jan 18 (8 a.m.)

Free event at Marion Street Station! Bike and helmet will be provided, but supplies are limited.



For fitness info, call Pam Long at 751-3700.

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

## STORY TIME AT THE LIBRARY

Every Tuesday from 11:30 a.m. - 12 p.m.  
4679 Lee Road, Fort Jackson, SC • 751-5589

Free event for children age 6 and younger.  
Join us for stories, songs and a small activity.



FREE EVENT!

### FORT JACKSON BOXING SMOKER 30 JAN 2016 - SOLOMON CENTER



Featuring Efen Afante of WLTX as the emcee for the evening.



Also featuring special guest, Ms. South Carolina, Daja Diall!

With live music from *Soulution*.



For more information, call Mike Garcia at 751-7146.

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS



### IT'S PENNY CARNIVAL TIME! Friday, Jan. 22 (7 - 9 p.m.) at the Solomon Center

Gallop on over to the Child, Youth & School Services Penny Carnival, where everyone is a winner and nothing cost more than a penny!

Don't forget to crack open your "piggy bank" for a sure shootin' good time!

For more information please call 751-4869

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

### NATIONAL CHAMPIONSHIP



VS

MONDAY, JAN 11

At Magruders Club & Pub  
(3305 Daniel Drive • 790-0381)

Watch SC's own Clemson Tigers take on Alabama for the national title! Catch all the game action on one of our 18 tv's!

- » Doors open at 4:30 p.m.
- » Happy hour from 4:30 - 6:30 p.m.
- » Bogo wings for the game (\$8 wing minimum)
- » \$5.00 domestic pitchers



FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS



### Welcome Back and Happy New Year!

The Fort Jackson NCO Club is open for lunch, Monday - Friday from 11a.m. to 1:30 p.m.

Featuring our full southern style buffet including our famous fried chicken, fresh salad bar, full beverage station and delicious desserts. Only \$8.75 per person.

Also try our full breakfast buffet with omelet and waffle station every Thursday (6:30 - 9:30 a.m.) We hope to see you soon.

For more information, call 782-2218.



FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

## FIRST FRIDAY GOLF TOURNAMENT

Friday, Jan 8 (12:30 p.m.)  
at Fort Jackson Golf Club

Captain's Choice. Teams must have a total team handicap of at least 40. No individual with more than 20 of the team's total.

Singles will be paired with PGA Professionals.

For info, call 787-4437.



FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

CMYK

+



Photo by ROBERT TIMMONS

Pvt. Mohamed Kadar Idle, an Advanced Individual Training student with Charlie Company, 369th Adjutant General Battalion, prepares to gun down his rivals during a friendly game of laser tag Dec. 30 on Fort Jackson. Idle, 19, was one of many Soldiers living in the barracks during Victory Block Leave.

# Holdover dishes out holiday cheer, activity

By **CHRISTINE SCHWEICKERT**  
Fort Jackson Leader

It may not have been the Christmas some of them dreamed of – gray and wet, and far from the bosom of Family and friends – but the nearly 300 Soldiers held over at Fort Jackson through the holidays at least were busy.

They took in the lights at Riverbanks Zoo and Saluda Shoals Park. In the rain.

Those who dared – or who already knew how – tackled ice skating at the Plex complex in Irmo the day after Christmas, with varying degrees of success. One Soldier branded his attempt on the ice as “more terrifying” than rappelling down Victory Tower.

And, at a few specially arranged times, throngs of them did what every Soldier is good at:

They ate.

And ate.

And ate – mostly brown things: Meat. Potatoes. Chocolate.

“Some of them didn’t even eat anything (healthy),” said Staff Sgt. Adam Gamache, a drill sergeant with the 2nd Battalion, 60th Infantry Regiment who shepherded the holdovers on a trip to Golden Corral on Dec. 29. “They just went to the dessert area and piled it on.”

Billeted at the recently renovated barracks of the 2-60th, the holdovers also had video games and movies at their disposal.



Photo by CHRISTINE SCHWEICKERT

Privates Raymond Costa and James Nichols of the 1st Battalion, 61st Infantry Regiment, left and right front, wolf down a meal at Golden Corral on Dec. 29. Buses delivered Soldiers to the restaurant in shifts, so they could pile their plates, eat and rotate out.



Army News Service photos

Soldiers cool down after a 2-mile run with their assigned weapons before participating in an obstacle course, as part of the Ranger Training Assessment Course last winter at Fort Benning, Ga.

# Army opens its arms (wider) to women

By ARMY NEWS SERVICE

2015 marked a year of gains for women in the Army, highlighted by the graduation of the first females from Ranger School to the opening of every military occupational specialty to all Soldiers.

## Three women earn Ranger tab

Two women were among the Soldiers who received the coveted Ranger tab in August – 1st Lt. Shaye L. Haver and Capt. Kristen M. Griest, both graduates of the U.S. Military Academy at West Point, New York.

Army Chief of Staff Gen. Mark A. Milley attended the graduation.

“I’m proud of everything each of these (69) Rangers has endured,” Milley said then, “and I am confident they will go on to serve our Army and our nation. For those who have made it through this arduous course, you know that there is only one standard: the Ranger standard.”

Maj. Lisa Jaster earned her Ranger tab in October.

## All MOSes open to women

Beginning this month, all Defense Department positions will be open to women

“They’ll be allowed to drive tanks, fire mortars and lead infantry Soldiers into combat,” Defense Secretary Ash Carter said last month. “They’ll be able to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers and everything else that was previously open only to men.”

## Support for breastfeeding grows

New Army policy provides more guidance to commanders on how to support Soldiers who choose to breast-

feed or express milk upon returning to duty.

Army Directive 2015-43 addresses how commanders not only will provide Soldiers with a location – even during field exercises – to express breast milk, as well as a means of storage and/or time to transport or discard their breast milk.

The policy states that “commanders will designate a private space, other than a restroom, with locking capabilities for a Soldier to breastfeed or express milk.”

It also requires commanders to ensure that Soldiers have adequate time to express milk and that they consider the unique situations of each mother “for at least one year after the child’s birth.”

## Army’s top doc black and female

Lt. Gen. Nadja West has been named the Army’s first black surgeon general. She also was the Army’s first female black lieutenant general and the highest-ranking woman to graduate from West Point.

West became the Army’s 44th surgeon general and commanding general of MEDCOM in December.



West

## Academy commander a first

In December, Brig. Gen. Diana Holland was appointed the first female commandant of cadets at the U.S. Military Academy.

She took command last Tuesday. Holland’s other first was her previous assignment to 10th Mountain Division, which had never had a female general.



Above, Col. Diana Holland becomes the first woman to hold the title of deputy commanding general for support in a light infantry division. Below, Maj. Veronica Damasco checks out Parker McPherson with his mother, Brea. Research has found that infants who are breastfed boast improved immune systems and other long-term health benefits.





Photo by ROBERT TIMMONS

## Post opens visitors' center at Gate 4

Fort Jackson has opened a new visitors' center, in the U.S. Army Reserve Center just outside Gate 4, off Percival Road. Those doing business within the center must be buzzed in. The center at Gate 2 will remain open as operations are phased in at Gate 4.

## Notice

Because of concern for worker safety, Fort Jackson will close a small section of Sumter Street near Building 2300 – a place where construction workers must cross to get to worksites. Utility work also is scheduled for the area. Drivers should look for an alternative route until the road reopens in November.



Follow us on

**Twitter**

@FortJacksonPAO





The **Fort Jackson Public Affairs Office** requires a readership survey periodically to assess the content of **The Fort Jackson Leader**.

The survey will be available until Feb. 1 on **Facebook, Twitter, the Fort Jackson website**, and via **email**.

Completing the survey will take approximately **15 minutes**.

Your feedback is important to us. We eagerly await your responses.

**Find the survey online here:**

**<https://surveyplanet.com/566f10177ad8364b5bb86418>**

# Want free \$\$\$ for college?

By **BARBARA MARTIN**

Manager, Employment Readiness Program,  
Army Community Services

Now is the time to start your search for college scholarships. Application deadlines will begin cropping up after the New Year and culminate, for the most part, by May.

Scholarships are free money that can offset the cost of college expenses.

According to student-loan provider Sallie Mae, 45 percent of students receive at least one scholarship. The average total amount: \$7,677.

As college costs rise, that money can come in increasingly handy. Bloomberg News notes that in 2012, tuition rates rose an average of 4.8 percent across the board, outpacing inflation.

By investing time applying for scholarships, you can avoid being handed a huge bill alongside your diploma.

Take advantage of free online scholarship searches first.

Military Families should visit [www.military.com](http://www.military.com) and click on "Scholarship Finder" – or go directly to [aid.military.com/scholarship/search-for-scholarships.dp](http://aid.military.com/scholarship/search-for-scholarships.dp) – where you can set up a profile to meet your specific needs. After you do that, you will receive daily emails from a variety of sources.

Don't limit yourself to military scholarships only.

Fort Jackson's Army Community Service Employment Readiness Program and the TRIO Program will co-sponsor scholarship seminars in February to provide information on military and civilian scholarships.

Seminars will be 9-10:30 a.m. and 1-2:30 p.m. Feb. 3, 9 and 29, in Room 222 of the Strom Thurmond Building. You need attend only one session to learn where military spouses and parents of military teens may find the resources to finance college education.

Please register at 751-9460/5452.

You also may qualify for other scholarships too.

Here are two general scholarship-finder websites:

- CareerInfoNet: [www.careerinfo.net.org/scholarshipsearch/?ES=Y&EST=scholarship+search](http://www.careerinfo.net.org/scholarshipsearch/?ES=Y&EST=scholarship+search)
- FastWeb: [www.fastweb.com](http://www.fastweb.com) (Click on "Scholarship Search.")

The Army Community Service Employment Readiness Program Job Center has scholarship resources at your fingertips. You can browse through Peterson's book, "Scholarship, Grants & Prizes" – containing more than 3,600 scholarships – or just pick up a list of military scholarship websites.

ERP staff can also help you set up an effective scholarship search.

## WHERE TO FIND SCHOLARSHIPS FOR MILITARY FAMILY MEMBERS

- **Army Family members (applications accepted January through May):** [www.aerhg.org](http://www.aerhg.org)
- **Federal Employee Education and Assistance Fund:** [www.feea.org/programs/scholarships](http://www.feea.org/programs/scholarships)
- **General search:** [aid.military.com/scholarship/search-for-scholarships.dp](http://aid.military.com/scholarship/search-for-scholarships.dp)
- **Military Children's Scholarship:** [militaryhandbooks.com/view-military-handbooks/childrens-scholarship-handbook/](http://militaryhandbooks.com/view-military-handbooks/childrens-scholarship-handbook/)
- **Military Spouse Career Advancement Accounts:** [portal.acc.af.mil/mycaa/](http://portal.acc.af.mil/mycaa/)
- **National Family Member Association:** [www.military-family.org/spouses-scholarships/](http://www.military-family.org/spouses-scholarships/)
- **South Carolina/Free Tuition for Veterans' Children:** [va.sc.gov/documents/2015%20Free%20Tuition%20Application.pdf](http://va.sc.gov/documents/2015%20Free%20Tuition%20Application.pdf)
- **Spouse Education and Career Opportunities Military Scholarship Database:** [myseco.militaryonesource.mil/Portal/SpouseProfile/SpouseFundingSources/Search](http://myseco.militaryonesource.mil/Portal/SpouseProfile/SpouseFundingSources/Search)
- **THANKUSA Scholarship Opportunity:** [www.thank-susa.org](http://www.thank-susa.org)
- **U.S. Department of Veterans Affairs:** [www.vba.va.gov/survivors](http://www.vba.va.gov/survivors)



# "I BECAME A SOLDIER..."

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

### ALPHA COMPANY



PVT. HEZEKIAH KALMER

"I joined the Army because it was the next logical step in my life. I knew by joining I would create a great career opportunity for myself. I hope the experience is fulfilling to my ambition to be the best I can possibly be.

"I have enjoyed every aspect of (Basic Combat Training) because I know it is there to make me a better Soldier.

"My (military occupational specialty) is 91A, an M1 Abrams Tank systems maintainer. I chose this MOS because it requires a lot of technical skill. I like challenge, and it seemed like (the MOS) would be the most intellectually demanding from my choices.

"My Family is proud of me and support me in everything I do."

### DELTA COMPANY



PVT. JOE JOHN ESCOBEDO

"I joined because this has always been what I wanted – but I had a child, and that stopped me for 10 years. (Being) a father, you realize something – you've got to tell your child to follow their dream. I noticed I wasn't following my own advice. So, to be a better father, I'm showing by example how to become what you want.

"One of the biggest (things I have learned in basic training) is that you are not alone – we fight as a team.

"My MOS is weapons repair. This (also creates) a lot of civilian job openings, but I'm here to be a Soldier.

"Every morning that I wake up, I am honored to be here."

## 1ST BATTALION, 13TH INFANTRY REGIMENT

### ALPHA COMPANY



PVT. SHAYQUAN TAYLOR

"The person that influenced me to join (the Army) was my older sister. I convinced her to improve her life by joining; she is now in the National Guard. What I know I will achieve by joining is create an opportunity to get school paid for and have structure in my life.

"I expected to be stressed (in basic), and I got that. What I learned about myself is that whenever I decide to do something, I can do it, and ... that when it comes to working with others, I am better working in a team than as an individual.

"I am an 88 November (transportation management coordinator). I believe it will challenge me (to work) with others. I chose it due to my talents in logistics.

"Where I see myself going in the Army is as far as I decide to go. ... I look forward to seeing where I (will) be in five years."

### BRAVO COMPANY



PVT. CORY WOOTERS

"I have always wanted to join the Army, ever since I was a young boy. I also chose to join to support the small Family I have.

"I have learned in basic training (that) you get in a lot less trouble if you confess what you did wrong before it is even asked.

"I am a 13B, cannon crew member. I'm not sure about the challenges that are coming my way, but I intend to take them with my head held high.

"My parents are proud of my choice but afraid because of everything going on in the world. It has caused a lot of stress for my wife and daughters, but they understand I will do what I need to do to make sure they are taken care of."

## 2ND BATTALION, 13TH INFANTRY REGIMENT

### DELTA COMPANY



PVT. DESTINY SLACK

"I grew up in a military Family. I respect the values of the Army and strive to live them each day. I already knew what to expect (in Basic Combat Training) – my dad's a drill sergeant.

"I see myself being a drill sergeant someday.

"I've learned that being small (Slack is 5 feet tall) means nothing because we can always achieve great things.

"Right now, I'm a 14T – Patriot Missile Operator. I'm working on my associate's degree; then I'm planning re-classing to (Criminal Investigation Division) when I turn 21. It's tough, and that's a challenge I'm excited for."

### FOXTROT COMPANY



PVT. JEREMIAH WALKER JR.

"I joined the Army for the benefits and building a career. Seeing other military personnel and retirees influenced my choice. By joining the military, I think I would get a sense of confidence in myself and everything I do.

"The good thing about basic training is meeting many different people and automatically bonding. (In basic), I still need to learn to follow more. My potential can go far with the right motivation, and working with others is a skill.

"(My MOS) is 25B, information technologist. The challenge for me is (that) I don't have an undying love for computers – I just know the basics. I chose this MOS because computers are the wave (of the future) and is great to get into.

"I always wanted to join (the Army), and now I'm living that opportunity gives me the sense of I'm doing something way bigger than me."

# 'The Force' was with the Army first

By JACQUELINE M. HAMES  
Defense Media Activity

The Army has a flying saucer – a real, honest-to-goodness flying saucer. It also has a jet pack, a hover car and an all-terrain walking vehicle.

If all that that sounds like something out of “Star Wars,” that’s because the Army’s experimental technologies influenced Hollywood.

The technologies, developed in the 1950s through the 1970s, were public knowledge, and concept artists and directors took inspiration from them. Army veteran and artist Ralph McQuarrie, “the godfather of the Star Wars aesthetic,” created stunning concept art of hovercraft, androids and cybernetic walkers for George Lucas’s films.

A combat veteran of the Korean War who survived a bullet wound to the head, McQuarrie knew about the Army’s experiments, said Command Sgt. Major Dennis J. Woods, command sergeant major of initial military training and senior enlisted adviser on Fort Eustis, Virginia. Some of those technologies are on display at the Army Transportation Museum on Fort Eustis.

“(The museum) represents the Army’s attempt at problem solving over time – and then, how many of these objects have led to other developments,” Woods said.

The museum itself – a single-story brick building just inside the main gate of Fort Eustis – appears small. To its right are old Jeeps and a few dry-docked marine vehicles. Parking is sparse. But ...

“We have over 35,000 square feet of galleries and indoor exhibits,” said museum director David S. Hanselman, “and then we have four outside, thematic exhibit areas that include the four major nodes of transportation: rail, aviation, maritime and, of course, vehicles.”

The museum is one of more than 60 that share a central mission – to train and educate Soldiers on the history and heritage of the Army. Fort Jackson itself has several museums – the Basic Combat Training Museum, an Adjutants General Corps museum and a chaplaincy museum.

The Transportation Museum boasts the most diverse collection of artifacts in the Army museum system, Hanselman said.

Dioramas and text displays fill the indoor space. Visitors walk through the exhibits chronologically, from the beginning of the Army’s transportation history through the Iraq and Afghanistan wars.

## Experimental vehicles

Larger experimental machines sit outside – cars, aircraft and marine vehicles, with examples from World War II forward.

“What we have ... in our experimental craft (is) a lot of one-of-a-kind experimental craft, and a couple of those are kind of direct descendants of the ‘Star Wars’ technologies that you see on the screen today,” he said.

The Cybernetic Walker, quite similar to its fictional Imperial Walker counterpart, sits with the aviation artifacts. Two extra legs support the bright orange, elephant-sized walking machine.

“Normally, it’s just the four legs that it stands on,” he said. “It does work ... but it’s a hydraulic nightmare. It actually had to be tethered to a hydraulic tank because it would blast through so much hydraulic oil in operation.”

The walker was developed as a concept vehicle for lifting heavy loads over any kind of terrain, since helicopters were only just coming of age. It could carry 500 pounds of cargo and was easy to maneuver, but being tethered to a hydraulic tank limited its usefulness.

A hovercraft in the exhibit – shaped like a 1950s convertible – is known as the Ground Effects Machine resembles the landspeeder



Top, the Cybernetic Walking Machine, which may have inspired the Imperial Walker, or AT-AT in ‘Star Wars,’ was able to support 500 pounds of cargo over rough terrain, climb over large obstacles and walk at a speed of 5 miles per hour.

Above left, the De Lackner Aerocycle was created for individual mobility on the battlefield.

Above right, the ‘Eve of Destruction’ is on display at the U.S. Army Transportation Museum on Fort Eustis, Va. The Vietnam gun truck is the only one of its kind to return from the war, and was used as a model for convoy vehicles in the Iraq and Afghanistan wars.

Photos by Sgt. Jose A. Torres Jr.

that Luke Skywalker tools around in during “Star Wars: A New Hope.”

“It’s a hovercraft, pure and simple,” Hanselman said. “But they made it to look like an automobile with the thought that the general public would accept this and want one in every driveway.”

The idea never took off, but the Army bought two GEMs to test their capabilities. The craft could cross water and smooth ground but had trouble on rough terrain.

## Past failures, future successes

The museum can seem like a graveyard for failed experiments – rocket belts, aerocycles, flying saucers – but both Hanselman and Woods emphasized that failures paved the way for progress.

“As history geeks, we find out ... that you learn more, probably, from your failures than you do your success,” Hanselman said. “For every success, there’s 100 failures out there, ... but some of those failures will help tell the story of how you got to the success that everybody knows.”

Woods hopes the older technologies can be re-purposed with newer, composite materials. For example, the flying saucer could be a viable drone, computer stabilized and able to fly in any direction.

“This is what we were doing in the past,” Woods said. “Just imagine what we’re up to now.”



## Today's word: 'snuggle'

Students from C.C. Pinckney Elementary School read to their parents – or have their parents read to them – in the last days before winter break in mid-December. The event is one of several throughout the year in which Pinckney students learn through communication and collaboration.

*Courtesy photos*



## Youth of the Month

Tavon Richardson, a junior at Ridge View High School, was honored as December Youth of the Month for Fort Jackson's Boys and Girls Clubs. Tavon, 17, is known for his constant participation and his positive attitude.

*Courtesy photo*



## Spreading cheer

Lt. Col. John Gagan engages a Korean veteran in conversation Dec. 17, as staff members from Fort Jackson headquarters spread cheer at the Dorn Veterans Affairs Hospital. At left, Chief of Staff Col. Morris Goins converses with another vet. A brass quintet from the 282nd Army Band played carols at the event.

*Photo by CHRISTINE SCHWEICKERT*

# New year, new uniforms, higher allowance

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

The Army has released its 2016 list of clothing items issued to Soldiers in basic training, including clothing in the Operational Camouflage Pattern and accessories to complement it.

Soldiers will receive a 7 percent increase in their clothing allowances.

Items in the “clothing bag” change year to year as the needs of the Army change. Soldiers must acquire and maintain current items.

Additions to the clothing bag this year include four sets of Army Combat Uniforms in the Operational Camouflage Pattern, as well as a number of items that match the new color scheme.

Changes result from recommendations that come from a number of sources, including TRADOC, Soldier feedback and user evaluations. The Army Uniform Board considers the recommendations and submits them to the Army’s chief of staff for

adoption.

Soldiers in basic training will get new ACUs beginning this month. Soldiers already in the force can continue to wear the Universal Camouflage Pattern ACU until Sept. 30, 2019.

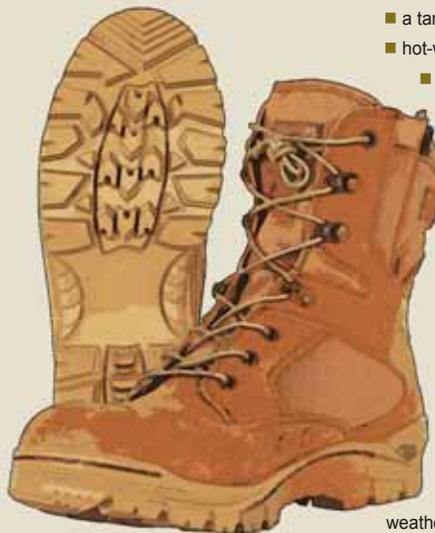
Male and female clothing bags contain 60 identical items, although men receive about 80 items total and women, 70.

Men receive nine items more than women because men are issued seven tan underwear briefs as well as two white cotton crew neck T-shirts. Women receive a larger cash allowance to buy undergarments.

Both men and women receive cash allowances as part of their initial issue of uniforms in basic training. For men, that \$94.33 cash allowance is meant for running shoes and socks for physical training.

For women, the cash allowance of \$391.27 allows for the purchase of running shoes, physical training socks, underwear, black dress pumps and a handbag.

## NEW ITEMS IN THE ARMY CLOTHING BAG:



- a tan riggers belt
- hot-weather combat boots in coyote color
- temperate-weather combat boots in coyote
- ACU Operational Camouflage Pattern patrol cap
- ACU Operational Camouflage Pattern coat
- ACU Operational Camouflage Pattern trousers
- tan drawers, men’s brief
- lightweight cold-weather drawers
- mid-weight cold-weather drawers
- black light-duty utility gloves
- coyote glove inserts
- black glove inserts
- tan moisture-wicking T-shirt
- lightweight undershirt, cold weather
- mid-weight undershirt, cold weather

# A little civility can go a long way

By **SANDRA BARNES**  
ASAP Employee Assistance  
Program Coordinator

With the new year, why not institute new civility in the office?

We spend so much of our lives at work that it's important to enjoy what we do and that we get along with our coworkers. It helps to be able to count on people when the job itself becomes stressful, but that doesn't always happen.

Office etiquette is about conducting yourself respectfully and courteously. The more cordial the workplace, the easier it is to get the job done.

The Golden Rule is the same in the office as in any other setting: "Do unto others as you would have them do unto you." Coworkers will respond to you better if you're pleasant to be around and show respect. When you do, they'll treat you the same way.

When coworkers are considerate of one another, the workplace becomes more productive and pleasant.

Here are tips to help bring harmony to the workplace:

- Greet fellow workers with a smile.
- Be friendly.
- Treat everyone with respect and dignity.
- Say "Please," "Thank you" and "Excuse me."
- Be a team player.
- Show consideration for the feelings of others.

- Respect people's differences.
- Listen attentively.
- Listen and look before you interrupt.
- Be sensitive to your coworkers' privacy.
- Practice your "indoor voice."
- Avoid terms of endearment ("Honey," "Dear," "Son," "Doll" and "Babe").
- Show respect for one another's workspace.
- Leave a room the way you found it.
- Clean up behind yourself.
- Follow the professional dress code.
- Don't gossip about coworkers' private lives. Gossiping shows that you can't be trusted.
- If conflict arises, do not make personal remarks.
- Don't whine. No one wants to be around someone who complains all the time. Complaining shows that you're a person to avoid.
- Think positively.
- Be conscious of the time. Don't make a habit of being tardy or calling in sick. Not being on time says you think your time is more important than that of everybody else.
- Meet deadlines. Remind yourself that someone counts on you to do your part of the job.
- Remember that everyone has a life. Show respect for everyone's downtime by avoiding late-night emails, phone calls or anything else that might require someone from the office to respond after hours. Save those for the next business day.

- Always be on time for meetings.
  - Don't criticize publicly.
  - Never use profanity.
  - Never yell at coworkers.
  - Pitch in and help out.
  - Live up to your end of the job.
  - Be willing to admit your mistakes and apologize.
  - Don't argue with the boss.
  - If you are a supervisor, don't show favoritism.
- Treat everyone equally.
- Monitor the volume when listening to music, voice mail or speakerphone.
  - Don't use fancy ring tones for your cell phone. Set your phone to vibrate.

These simple suggestions for appropriate workplace behavior can help everyone be more conscientious and considerate of coworkers and the work environment.

Workplace etiquette is about more than just dealing with people while you're with them. It's about building relationships that grow and last for years.

Respect, kindness and consideration are the basis of good manners, and – unfortunately – good manners are not always present in the workplace; but if managers, supervisors and employees strive to maintain a positive workplace and treat one another with respect and dignity, good manners can become a way of life at the office.

If you have a questions about the Employee Assistance Program, call 751-4785.

# WORSHIP SCHEDULE

## ANGLICAN/LITURGICAL

**Sunday**  
8:30 a.m., worship, Bayonet Chapel

## 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., Rosary, Main Post Chapel

## CHURCH OF CHRIST

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

## ISLAMIC

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

**Friday**  
12:45 a.m., Jumah services, Main Post Chapel

## JEWISH

**Sunday**  
■ 9:15 a.m., worship, Memorial Chapel

■ 10:15 a.m., book study, Post Conference Room

## LATTER-DAY SAINTS

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

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

## PAGAN

**Sunday**  
11 a.m., Pagan Circle Sacred Well Congregation meeting, Magruder Chapel

## PROTESTANT

**Sunday**  
■ 9 a.m., service, McCrady Chapel (SCARNG), McCrady Training Center  
■ 9 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., worship, 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 p.m., youth group, Chaplain Family

Life Center

**Monday**  
9 a.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., 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**, 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**, 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

## 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.



Photo by JENNIFER STRIDE

**Soldiers at Charlotte Douglas International Airport on Sunday fill a bus that will take them on the final leg of their journey back to Fort Jackson after Victory Block Leave.**

## Return

Continued from Page 3

While both professed to be so tired “we have bags under our eyes,” they obviously were happy to be stepping away from training for a few weeks.

“I am really excited,” Moore said as she waited to fly home to New Jersey. “I know my mother will be excited. She will ask me why not stay (at home), but I don’t want to stay.”

Before Fort Jackson Soldiers were delivered to the airport, bus or railroad depot, they first waited in higgledy-piggledy lines at the Solomon Center so long that they would rival those at any Disney theme park. Then they clambered onto buses to be taken to their departure points, received a briefing and were able to drop into amnesty boxes items not allowed on commercial transportation.

After waiting in long queues to depart Fort Jackson, Soldiers found they also had to hurry up and wait to return. Those arriving at airports in Charlotte and Columbia picked up their luggage from baggage claim and then had to wait until enough Soldiers arrived before loading onto buses and heading back to post.

Drill sergeants at Columbia Metropolitan Airport and in Charlotte began taking their posts at 7 p.m. Saturday in order to expedite Soldier travel back to the installation. Roughly 70 buses were scheduled to bring Soldiers back from Charlotte alone.

Some troops found Victory Block Leave fulfilling and had interesting stories to tell.

Pvt. Jessica Leavelle, a 21-year-old native of El Paso, Texas, with Bravo Company, 1st Battalion, 34th Infantry Regiment, became engaged, while the Family of Pvt. Kameran Nabors, an 18-year-old native of Leesville, Louisiana, laughed at his hair-

cut “because the last time they saw me, I had an Afro.”

Michael Alger, a 19-year-old private with Delta Company, 3rd Battalion, 13th Infantry Regiment, said his Family also was surprised by his haircut.

“They knew what to expect,” he said, because his grandfather had been a full-bird colonel. “But they said I looked bald. They couldn’t stop rubbing my head.”

Cadre from the 3rd Battalion, 39th Infantry Regiment were integral in ensuring that Soldiers arrived at Fort Jackson safely and on time. The battalion pushed more than 4,000 Soldiers through the bus, train and airport terminals and back to their training units on Fort Jackson.

“The Soldiers look excited,” said Staff Sgt. Joseph Nicholson, a drill sergeant with the 3-39th’s Echo Company.

“Some look like they are just coming back from vacation, while others look like they are nervous.

“Most of all, they are just looking to get back to work.”

Soldiers found the holiday leave had recharged their batteries and said they were looking forward to going back to training.

Though he got to see his Family and girlfriend, Pvt. Freddy Hernandez, a Houston native with Delta Company, 2nd Battalion, 13th Infantry Regiment, said he wished he “would have stayed here to keep training.”

The break was welcome, he said, but – like Malkiewicz – he wanted to keep concentrating on his training so he could move his career forward.

His Family is proud, he said, even though “I feel like I haven’t done anything yet.”

Twenty-seven-year-old Pfc. Anthony Jones of Echo Company, 2nd Battalion, 39th Infantry Regiment didn’t like going back to training but understood it must be done.

“I don’t particularly like it because it’s ‘basic’ training,” said Jones, a Chicago native, “but I still know the reason and what’s at the finish line.”

## Holdovers

Continued from Page 6

On the Sunday after Christmas, Soldiers bused to Charleston for a Stingrays hockey game and special dinner.

The following Wednesday, they traveled to Charlotte for a Hornets basketball game at which they presented the American flag pre-game and shot free throws after the game had ended.

That morning, the Directorate of Family, Welfare, Morale and Recreation had set up bouts of laser tag.

FMWR arranged most of the outings for the week, with aid of the USO.

Overall costs to FMWR: about \$12,000, according to Chuck Stoudemire, FMWR delivery programmer. That’s about the cost of airline tickets for five Soldiers who would have flown home to Alaska or Hawaii, given the money.

According to those who stayed behind, the money was well spent.

“It’s been a really fun week,” said Pvt. Dallas Morgan of Bravo Company, 120th Adjutant General Battalion. “The drill sergeants are really helpful with us, (and) they’ve been taking us on trips.”

Pvt. Cody Lane of Charlie Company, 1st Battalion, 61st Infantry Regiment, appreciated the welcome the community had given the Soldiers during their travels.

“People are taking photos and clapping hands,” he said.

That kind of treatment “kind of makes us feel human again,” said Pvt. Matthew Haines of Charlie Company, 369th AG Battalion.

First Sgt. Hilario Velasquez of Bravo Company, 2-60th, said the group of about 270 holdovers had been a good one, presenting few discipline problems beyond using their cell phones when they shouldn’t have. The group, he said, grew by one or two each day, as basic trainees and Soldiers in Advanced Individual Training trickled in.

One Soldier even left post and returned in four days.

His Family bored him, he told employees of FMWR setting up activities, and he knew he’d be busy on post.



Courtesy photos

**Soldiers who attended the Charlotte Hornets pro basketball game during holdover were allowed to shoot free throws after the game, above.**

**Even when they were confined to barracks, Soldiers could play pool, watch movies and view video games – which some said made the post more fun than home.**

# Put your best face forward: Exercise it

By **PAMELA JAMES-LONG**  
 FMRW Fitness and Wellness Programmer

We take time to work our bodies into good shape but often forget a part that's always exposed: the face.

Makeup cannot take the place of toned skin that glows with health. Even at its best, it's only a cover-up.

I'm not knocking makeup – nor am I endorsing surgery – but it's important to know all the ways to promote youthful-looking skin. Those include exercises that don't hurt your face or your wallet.

The results of facial exercises are very rapid, a plus in a society that craves instant gratification. Facial muscles are tiny, so they plump quickly – in as little as a few weeks.

Facial muscles also aren't like others in your body. They're directly attached to the skin that covers them, so the moment you begin pumping them up, they'll improve your skin.

You soon will notice a healthier glow because exercises deliver oxygen by boosting blood flow, reversing the effects of aging.

Still, you'll have to be committed and consistent. As with any other workout routine, you'll get out of it what you put into it.

## Looking at the face

The face has 14 bones and about 40 muscles, along with numerous branches of nerves, arteries and veins.

The only times we fully use all those muscles is when

we smile, cry or laugh. Because such instances can be few and far between, we need a regular regimen to target the muscles, plumping them to increase blood flow.

Because of its exposure to the sun, wind, excessive heat and cold, and pollution, our skin also ages faster than unexposed parts of the body. Hormonal changes, depleted collagen production, stress and diet also help create wrinkled, sagging, discolored and dull skin.

Behavior also affects skin tone, so you should avoid:

- Aggressively scrubbing your face.
- Using downward strokes when cleansing or applying moisturizers.
- Squinting your eyes.
- Leaning your chin or cheek on your cell phone or your hand.
- Sipping beverages through straws.

## Now, for the exercises

Following are five exercises to get you started. Repeat each 50 times daily for the best results.

That may seem like a lot, but it really isn't. Just take some of your previous facial-beauty time and use it to work out your face in the mornings.

■ **Strengthening the eye socket.** Standing in front of a mirror, widen one eye, wink and hold for about 1 second. Do 50; then repeat with the other eye. This exercise pumps blood into the eye area and strengthens the upper and lower eyelids.

■ **Reducing under-eye bags and puffiness.** Standing in front of a mirror with your eyes wide, use your lower eye-

lids to look up. This might feel a little like squinting, but it isn't. Your cheeks should not help you make this movement. If done correctly, the exercise will lift the muscle directly under the eye. This is tricky, but once you get it, you'll never want to go without it. It will help lift the eyelid, reduce puffiness and reduce bags under the eyes.

■ **Increasing eye blood flow.** Standing in front of a mirror with your eyes wide open, place two fingers on each temple and apply a slight pressure to the temples, pulling the fingers upward. Next, close your eyes about 1 second and release. Again, this may feel as if you're squinting – but you're not. Repeat 50 times to get rid of baggy lower eyelids and hooded eyelids.

■ **Lifting the corners of your mouth.** Standing in front of a mirror; smile. Hold the smile while you try to move the corners of your mouth down and up without letting go of your smile. This will take practice and patience. Repeat this mouth drop and lift 50 times.

■ **Lifting the cheekbone.** Standing in front of a mirror, open your mouth about ¼ inch. Put an index finger on the inside of each inner jaw, at the corners of your mouth. Holding your mouth open – but not pulling it – try to squeeze the sides of your mouth together and release. Repeat 50 times to lift the cheekbone and plump the lips by lifting the corners of your mouth.

These five exercises will give you a natural, noninvasive program to rebuild and maintaining facial tone.

Contact Pamela James-Long at 751-3700 or [www.fortjacksonmwr.com/fitness](http://www.fortjacksonmwr.com/fitness).

## RECURRING MEETINGS

### MILITARY

**Disabled American Veterans, 92nd Buffalo Chapter 20**, 11 a.m. third Saturday (except July and August), DAV Headquarters, 511 Violet St., West Columbia. For information, call 803-260-1067.

**Adjutant General's Corps Regimental Association**, Carolina Chapter, 11:30 a.m. to 1 p.m. second Friday, NCO Club. For information, call 751-8347.

**American Legion Post 182**, 6 p.m. first Tuesday, Officers' Club. For information, call 803-351-2333.

**American Legion Louis D. Simmons Post 215**, 5 p.m. fourth Sunday, 2432 Chappelle St. For information, call 803-765-0175.

**Columbia Composite Squadron, Civil Air Patrol**, 6:30 p.m. Mondays, main conference room, Owens Field. For information, contact [Tom.Alsup@gmail.com](mailto:Tom.Alsup@gmail.com) or [www.scwg.cap.gov](http://www.scwg.cap.gov).

**Fleet Reserve Association Branch and Unit 202**, 12:30 p.m. third Tuesday, 2620 Lee Road. For information, call 803-647-0040 or visit [turner6516@gmail.com](mailto:turner6516@gmail.com).

**Ladies Auxiliary, Louis D. Simmons Post 215**, 3 p.m. fourth Sunday, 2432 Chappelle St. For information, call 803-765-0175.

**Ladies Auxiliary, Veterans of Foreign Wars Post 641**, 2 p.m. second Sunday, 534 S. Beltline Blvd. For information, call 803-782-5943/0148.

**Ladies Auxiliary, VFW Post 4262**, 5 p.m. second Sunday, 5821 North Main St. For information, call 803-754-1614.

**Military Chaplains Association, S.C. Chapter**, noon second Tuesday, NCO Club. For information, call 751-

7316 or email [samuel.j.boone.civ@mail.mil](mailto:samuel.j.boone.civ@mail.mil).

**Purple Heart No. 402**, 7 p.m. fourth Tuesday, American Legion Post 6, 200 Pickens St. For information, call 803-351-2333.

**Range operations briefing**, 1 p.m. Fridays, Room 302, Education Center. For information, call 751-7171.

**Retired Enlisted Association**, 5:30 p.m. third Friday, third floor, Moncrief Army Community Hospital. For information, call 803-740-2319 or email [jrodgers11@sc.rr.com](mailto:jrodgers11@sc.rr.com).

**Retired Military Police Association**, 9:30 a.m. second Saturday, Golden Corral, 5300 Forest Dr. For information, call 803-438-2090, 803-776-4401 or 864-634-7360.

**The Rocks Inc.**, James Webster Smith Chapter, 6 p.m. third Tuesday, Post Conference Room.

**Seabees**, 7 p.m. second Monday, West Metro Chamber of Commerce and Visitors Center. For information, call 803-755-7792/0300.

**Sergeant Audie Murphy Club Association**, noon first Tuesday, NCO Club. For information, visit [www.facebook.com/FJSAMCA](http://www.facebook.com/FJSAMCA).

**Sergeant Audie Murphy Club Association study hall**, noon Thursdays, NCO Academy conference room. For information, visit [www.facebook.com/FJSAMCA](http://www.facebook.com/FJSAMCA).

**Sergeants Major Association**, 4:30 p.m. last working Thursday of the month, Magruder's Pub. For information, call 803-338-1904

**Society of American Military Engineers**, 11:30 a.m. fourth Thursday. For information, call 803-254-0518 or 803-765-0320.

**Swampfox Warrant Officer Association**, 11:30

**MEETING NOTICES** run once monthly. If you wish your meeting to be published in the Fort Jackson Leader, send information on the time, date and place the meeting will occur to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). If you have a question, call 803-751-7045.

a.m. to 12:45 p.m. first Thursday, Officers' Club. For information, visit [fortjacksonwoa@yahoo.com](mailto:fortjacksonwoa@yahoo.com).

**Veterans of Foreign Wars, Gandy-Griffin Post 4262**, 7 p.m. third Tuesday, 5821 N. Main St. For information, call 803-754-1614 or 803-447-2320.

**Veterans of Foreign Wars, Post 641**, 7:30 p.m. second Monday, 534 S. Beltline Blvd. For information, call 803-782-5943/0148.

**Vietnam Veterans of America, Chapter 303**, 7 p.m. third Tuesday, American Legion Post 6, 200 Pickens St. For information, call 803-312-4895.

### PROFESSIONAL

**National Active and Retired Federal Employees, Chapter 87**, 11:30 a.m. second Friday, Seawell's, 1125 Rosewood Drive. For information, email [kathrynhensley@hotmail.com](mailto:kathrynhensley@hotmail.com) or [gillentinelc803@aol.com](mailto:gillentinelc803@aol.com).

**National Federation of Federal Employees**, 11:30 a.m., second Tuesday, first floor, 4200 Sumter Road. For information, call 751-2622.

**Professional Mentorship Network (for women)**, 11:30 a.m. to 1 p.m. fourth Tuesday, NCO Club. For information, call 751-8187.

## ANNOUNCEMENTS

### LEGAL HELP FOR RETIREES

The Legal Assistance Office has limited appointments for retirees this coming Saturday and Sunday. To schedule an appointment, call 751-4287. Additional weekend appointments will be advertised as they become available.

### CIF CLOSURE

The Central Issue Facility will be closed Monday through Jan. 15 in order to complete inventory. Soldiers and civilians required to clear the installation next week must move the date forward to this Friday. During inventory, CIF will handle only emergencies and initial-entry Soldiers. Normal operations will resume Jan. 19.

### MLK DAY CELEBRATION

Fort Jackson will celebrate the legacy of Martin Luther King Jr. at 11:30 a.m. Jan. 22, at the NCO Club. The theme for this year's event is "Remember! Celebrate! Act! A Day On, not a Day Off!" Guest speaker will be state Rep. Bakari Sellers of Bamberg County, the son of Cleveland Sellers, a former student activist jailed without cause during the 1968 Orangeburg Massacre and current president of Voorhees College in Denmark, South Carolina. Tickets cost \$10.50 and are available at the post's Equal Opportunity Staff Office, brigade equal-opportunity advisers and unit equal-opportunity officers. For information, contact Sgt. 1st Class Rachelle Walker-Woods, equal-opportunity officer for the 193rd Infantry Brigade, at 751-4117, or the Equal Opportunity Staff Office at 751-2990.

### CID SEEKS APPLICANTS

The Army Criminal Investigation Command has broadened its pool of eligible candidates for special agent warrant officer to select commissioned officers, warrant officers from other technical fields and Military Police investigators. CID special agent warrant officers plan, organize, conduct and supervise criminal-intelligence operations, investigative support programs and

high-risk protective-services operations. They are crucial to CID's overt and covert investigations and represent the Army's interest in investigations conducted with the Department of Defense, Department of Justice, and other federal, state, local and foreign investigative agencies. The application-submission window is open through Feb. 1. Applicants should contact their local CID offices for information.

### MACH SICK CALL

The Moncrief Army Community Hospital sick call – in the Urgent Care Clinic/Integrated Medical Health Home waiting room – is for only permanent-party members on active duty whose primary-care managers are at the hospital or Moncrief Medical Home. Soldiers in training will be seen at McWethy Troop Medical Clinic. Sick call is for acute care only. Appointments for routine care will not be made during sick call hours. Patients may sign in from 5-7 a.m. Monday through Friday (excluding training/federal holidays), or call in for appointment at 751-4464. The sick call appointment line will not schedule appointments after 7 a.m. Prospective patients must be signed in or call before 7 a.m. to schedule a same-day appointment. For other appointments, call 751-CARE (2273) between 7:30 a.m. and 4 p.m.

### 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 SAFERCAR website showing his vehicle has no unresolved recalls.

### FOR FAMILIES

■ Army Community Service will offer citizenship classes from 6-7:30 p.m. Monday evenings, at the Sandhills Branch of the Richland County Library and 8:30-10 a.m. Fridays in Room 222 of the Strom Thurmond Building on post. Classes will prepare permanent legal residents for citizenship. For information, call 751-5518.

■ The Foreign-Born Spouse Group is an opportunity for those from different cultures to meet and get to know one another, and to become more familiar with life in America. For information, call 751-1124/9770.

■ Those needing to brush up on their English may attend classes on English as a Second Language. Classes and materials are free to ID cardholders and DOD employees. For information, call 751-1124, or email [Miranda.O.Broadus.civ@mail.mil](mailto:Miranda.O.Broadus.civ@mail.mil).

■ The Hearts Apart support group aims to help Families who are separated from their Soldiers. For information, call 751-9770/1124.

■ 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.

### THRIFT SHOP NEWS

The Thrift Shop is at 4713 Lee Road, in the Mini Mall. Call 803-787-2153 for information, or visit 9 a.m. to 3 p.m. Tuesday and Thursday or 9 a.m. to 5 p.m. Wednesday. 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.

### SPORTS NEWS

The recreation division of Family and Morale, Welfare and Recreation has several events on tap for the coming weeks:

**Tuesday** – Letters of intent due for intramural, recreational basketball leagues are due at sports office. Captains will meet Jan. 19. League play will begin Jan. 20.  
**Jan. 23** – New Year 5K, 8 a.m. at Semmes Lake. Sign up on FMWR website.  
**Jan. 30** – Boxing smoker at Solomon Center.

### HOUSING NEWS

■ Fort Jackson Family Homes, managed by Balfour Beatty Communities, has earned an A-List award for the Pierce Terrace 7 neighborhood as a result of resident feedback on an annual customer-satisfaction survey. The survey, performed by CEL & Associates, revealed customer satisfaction with Balfour Beatty's leasing and operations, housing features, appearance and condition, as well as quality of maintenance, resolution response time and resident communications.

■ 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. Saturday.

■ If you will be on leave for an extended period, call the work-order desk at 803-787-6416 to ask housing personnel to check on your house while you are away.

## EVENTS OFF POST

### OFFICER CANDIDATE REUNION

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



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

**Friday**  
"The Hunger Games: Mocking Jay Part 2" (PG-13), 7 p.m.

**Saturday**  
"Creed" (R), 2 p.m.  
"The Hunger Games: Mocking Jay Part 2" (PG-13), 4:30 p.m.

**Sunday**  
"Spectre" (PG-13), 2 p.m.  
"The Good Dinosaur" (PG), 4:30 p.m.

**Wednesday**  
"The Hunger Games: Mocking Jay Part 2" (PG-13), 2 p.m.  
"Spectre" (PG-13), 4:30 p.m.

**Jan. 15**  
"The Good Dinosaur" (PG), 7 p.m.

**Jan. 16**  
"The Hunger Games: Mocking Jay Part 2" (PG-13), 2 p.m.  
"Sisters" (R), 4:30 p.m.

**Jan. 17**  
"Krampus" (PG-13), 2 p.m.  
"Brooklyn" (PG-13), 4 p.m.

**Jan. 20**  
"The Hunger Games: Mocking Jay Part 2" (PG-13), 2 p.m.  
"Spectre" (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.