

THURSDAY, JULY 28, 2016

THE FORT JACKSON

NEWSLETTER

COMMUNITY



TRUST IS KEY

CADETS DEVELOP LEADERSHIP SKILLS ON POST, P3

BATTLING HOT WEATHER WITH PREVENTION, ICE P.12-13

DOUBLE DUTY: TWIN SISTERS ATTEND BASIC TRAINING TOGETHER AT FORT JACKSON P.6



ON THE COVER

Cadet Chrystal Jemmott, a senior at the University of North Georgia, smiles after training with Alpha Company, 1st Battalion, 61st Infantry Regiment. **SEE PAGE 3**

Photo by ROBERT TIMMONS



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.

TUESDAY

Hiring Our Heroes Career Fair

A free fair for veterans, transitioning Service members and military spouses. The workshop is for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation and interviewing. Employment workshop begins at 8:30 a.m. The hiring fair is 10:30 a.m. – 1:30 p.m. at the Solomon Center, 6510 Strom Thurmond Blvd. Jobseekers are encouraged to pre-register for the hiring event at www.hiringourheroes.org/events.

AUG. 5

DES Night Out/Jackson Jubilee

3-6 p.m. at the Solomon Center. The event will feature DES static displays, entertainment for children (inflatables), Family Readiness Groups, Unit competition for attendance (special prizes for unit participation), door prizes, information booths from on and off post organizations/agencies and businesses. The event is open to the Fort Jackson community. For more information contact Marilyn Bailey, ACS/Army Volunteer Corps Coordinator, 751-5444.

AUG. 10

Steps to Federal Employment for Military Spouses

9 a.m. – 12 p.m., Strom Thurmond Bldg., Room 222. Information on civil service and NAF employment. The event is targeted to military spouses, but open to all military and DOD ID card

holders. To register call 751-9460/5452 or email Barbara.l.martin10.civ@mail.mil

AUG. 13

Run for the Fallen

8 a.m. at Hilton Field. Sign up at the MWR website.

AUG. 17

Association of the United States Army luncheon

11:30 a.m., Fort Jackson NCO Club. The cost of the event is \$11 and may be mailed to AUSA, P.O. Box 10188, Fort Jackson, SC 29207. The featured speaker for this event is retired Gen. Carter F. Ham, president and CEO, Association of the U.S. Army. R.S.V.P. sbbutler@bellsouth.net by Aug. 11.

AUG. 17

Neighborhood Huddle

Noon, playground on McLeod Court for residents of Howie Village and Mabry Manor. Housing residents are invited to meet the housing staff and garrison leadership to discuss housing-related concerns.

AUG. 23

Steps to Federal Employment for Military Spouses

9 a.m. – 12 p.m., Strom Thurmond Bldg., Room 222. Information on civil service and Non-appropriated Funds employment. The event is targeted to military spouses, but open to all military and DOD ID card holders. To

register call 751-9460/5452 or email Barbara.l.martin10.civ@mail.mil.

AUG. 27

Fort Jackson Fight Night

6 p.m., Solomon Center. Featuring Efen Afante of WLTX as the MC for the evening, plus live music from Souolution. Presently, the post need boxers and coaches to help represent Fort Jackson in the event. Contact Mike Garcia at 751-7146 or michael.j.garcia5.naf@mail.mil for information on how to join.



By Demetria Mosley



Photos by ROBERT TIMMONS

Folks on Fort Jackson will be seeing a lot of this patch over the next few months as Reserve Officer Training Corps cadets are attending Drill Cadet Leadership Training. In DCLT cadets learn how Basic Combat Training is done by being assigned leadership positions in training units.

Cadets: trusting NCOs key

Reserve Officer Training Corps students develop leadership skills at Fort Jackson

By ROBERT TIMMONS
Fort Jackson Leader

As normal college students prepare for their final year of undergraduate study they are focused on many things from buying books to enjoying the last summer before graduation.

That is not the case for the Reserve Officer Training Corps cadets who are on post for intense on-the-job education in the Drill Cadet Leadership Training program.

According to the U.S. Army Cadet Command, DCLT is a four-week program providing cadets an opportunity to apply leadership skills, interact with highly skilled and experienced non-commissioned officers and drill sergeants to improve their command task skills in a real-world training environment.

"This particular time of the year we are augmented with a total of six cadets from colleges in the surrounding area," said 1st Sgt. Brandon Cain, the top NCO in Alpha Company, 1st Bat-

talion, 61st Infantry Regiment. "They are down here augmenting us and seeing how basic training is done. They are also helping us out too."

Cadets with Alpha Company, served as platoon leaders and helped cadre show Soldiers in Training how to navigate certain tasks such as the Omaha Beach Buddy Fire Range. The cadets were out in the heat with the SITs encouraging them to keep moving.

They also played a part in ensuring troops were hydrated and not becoming a heat casualty.

Cadet Joseph Hyatt, from the University of Georgia, said the heat mitigation techniques used during training at Fort Jackson will go with him throughout his career.

"I've learned every time we do any kind of strenuous training you use mandatory heat mitigation things like the arm immersion tank," he said.



Cadet Dillon Heard from the University of North Georgia relaxes after watching Soldiers in Training navigate the Omaha Beach buddy fire range July 22. Heard and other cadets like him are on post as part of Drill Cadet Leadership Training.

See CADETS: Page 8



Photo by SGT. JAVIER AMADOR

Basic Combat Training Soldiers call in a medical evacuation request for their simulated casualty July 20, during their company's final field training exercise at Fort Jackson, S.C. before graduation. The final FTX allows the Soldiers to apply all of their training under the most rigorous and stressful conditions similar to real combat operations.

Echo Mission adapts to new battlefields

By SGT. JAVIER AMADOR
108th Training Command

In the hot, humid late afternoon of July 20, a platoon of Basic Combat Training Soldiers are conducting a patrol near their command post during their final field training exercise deep inside one of Fort Jackson's isolated training areas.

A loud whistle breaks the silence and almost immediately, shouts of "incoming!" echo through their formation.

They quickly drop to the ground to minimize their exposure. After the loud bang of the artillery simulation pyrotechnic "impact" has passed, complete chaos overtakes them.

There are casualties crying for help as well as status reports and "nine line" request, providing vital information such as location and tactical situation for the medical evacuation team by radio to their command post.

On this day, the artillery shell contained a simulated "chemical weapon" and the platoon was denied evacuation by air. The Soldiers leading their platoon needed another plan and they had to act on it immediately.

All the while, their instructors, drill sergeant, Staff Sgt. Jack Lee, Fox Company, 1st Battalion, 34th Infantry Regiment, and Reserve drill sergeant, Sgt. Leah Anderson of Company D, 518th Battalion, 2nd Headquarters Brigade, 98th Training Division watch the events unfold, leaving everything in the hands of the BCT Soldiers as they go through their FTX facing

these challenges and more.

Fox Mission, formerly known as Echo Mission, is designed to keep Reserve drill sergeants current on Army training policies and techniques. The latest difference is that now, the Soldiers' final FTX before graduation has changed greatly. The old way of evaluating their training during their final FTX was done using "lanes" where each skill they learned, such as dealing with improvised explosive devices, was evaluated separately. Now, these skills as well as others are evaluated in situations simulating real combat.

The lanes simulate real life combat situations and stressors, said Lee.

This latest transition is driven by the newest mission requirements. Whether they are tactical or humanitarian, these missions demand that training has to change in order to best prepare the Army's newest Soldiers to succeed.

"The difference is (in) what's going on in the world today. Back when I was a drill sergeant, the emphasis was on training for the Cold War era where we taught tactics which were not effective in the Middle East. They were not effective in urban operations," said 1st Sgt. Earnest Jamison, of Delta Company, "BCT has been totally revamped. Not only do we teach them our different tactics, we teach the privates how to be leaders, better leaders who make better decisions."

See **ECHO**: Page 6

Fort Jackson Movie Schedule

3319 Jackson Blvd.
Phone: 751-7488

TODAY

Title (PG-13) 7 p.m.

FRIDAY

Now You See Me 2 (PG-13) 7 p.m.

SATURDAY

FREE SCREENING

SUNDAY

Finding Dory (PG) 1 p.m.
Warcraft (PG-13) 5 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 are subject to change without notice.

WWW.SHOPMYEXCHANGE.COM

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.



JACKSON JUBILEE

Friday, Aug 5 (3 - 6 p.m.)
At the Solomon Center

Jackson Jubilee will feature:

- » static displays from DES
- » Entertainment for children (inflatables)
- » Family Readiness Groups
- » Unit competition for attendance (special prizes for unit participation)
- » Door prizes
- » Information booths from on and off post organizations/agencies and businesses

This event is open to the Fort Jackson community. For more information call Marilyn Bailey, ACS/Army Volunteer Corps Coordinator, at 751-5444.

Bring your Family and explore your community!

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

PALMETTO FALLS WATER PARK SEASON MEMBERSHIPS ARE ON SALE NOW AT VICTORY TRAVEL!

6510 Strom Thurmond Blvd. Fort Jackson, SC 29207 • 751-5812.



There are still plenty of Reasons to Get a Palmetto Falls Water Park Season Membership or Day Pass:

1. Celebrate International Friendship Day on July 30 and all season members bring a friend for Free!
2. Celebrate National Friendship Day on Aug 7 with the flower of the day -- Zinnia! Get a packet of seeds for you and one for a friend while supplies last.
3. National Creamsicle Day is Aug 14; Buy one Creamsicle and get a second Creamsicle free!
4. Last Days to Play! School is starting soon - so bring a friend for free before school starts. School Age students get a pencil before school starts (while supplies last).
5. Last Day of the Season - Sep. 5

6. DOG DAY AT THE WATER PARK: SEP. 10 (12 - 3 p.m.)

The water park is going to the dogs. All members' dogs (up to two free, \$5 for each additional dog) get to run, play, jump and swim!

7. Every day at 6 p.m. season members enjoy members only specials at the Sand Bar Café.

Season memberships for DOD ID cardholders are just \$50 for a Family of 4. \$20 for single. Non DoD ID cardholders please see our website for information: fortjacksonmwr.com



FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

SUMMER SPECIAL AT VICTORY BINGO

(Bldg -12500 Huger St. Fort Jackson, SC 29207)



Sunday, July 31

- » Doors open at 9:30 a.m.
 - » Fun Games start at 11 a.m.
 - » Jackpots \$5,000 and \$2,000
 - » 8 Regular Games \$1,000
 - » Fun Games are Table Games
- For more info, call (803)751-3411.

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS



FREE EVENT

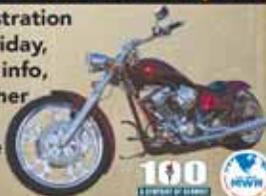
AUTOCRAFT CAR & BIKE SHOW

At Patriot's Park

(next to Palmetto Falls)

Saturday, July 30 (10 a.m. - 2 p.m.)

Car and bike registration due by COB on Friday, July 29. For more info, contact Ken Fletcher at 751-5755 or Chuck Stoudemire at 751-0891.



FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

FORT JACKSON FIGHT NIGHT



27 AUG 2016 - SOLOMON CENTER - 6 P.M.



FREE EVENT!

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



Plus live music from Solution! For more info, call Mike Garcia at 751-7146.

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS



Photo by DEMETRIA MOSLEY

Identical twins Pvt. Anabel Sanchez and Pvt. Liana Sanchez, 23, were originally supposed to be in the same company. It was eventually decided to separate them into different companies.

Double Duty

Twins attend basic training together at Fort Jackson

By DEMETRIA MOSLEY
Fort Jackson Leader

As new Soldiers shuffle in and out of Fort Jackson's 120th Adjutant General Reception Battalion for in-processing, a drill sergeant halts a female Soldier with an empty water hydration carrier

"Didn't I just scream at you to go fill up Sanchez," she yells. "Do you have a twin or something?"

The Soldier, knowing this wouldn't be her last time answering this question, replies quickly: "Yes, drill sergeant. I do."

Pvt. Anabel Sanchez and Pvt. Liana Sanchez, both 23, of Alpha and Bravo companies, 3rd Battalion, 13th Infantry Regiment, are identical twins who decided to serve their country through the Army National Guard.

The Los Alamos, California, sisters said joining the Army was a childhood dream for them both. The decision to finally pursue careers in the military came after the passing of their mother last year.

“Seeing her was like being able to go home. It helped with being homesick.”

— Pvt. Liana Sanchez

"We wanted to do something to make her proud," said Anabel. "She was always supportive of us wanting to go in, and we finally did this for her."

The twins were originally supposed to be in Alpha Company together, but upon meeting the two at reception, 1st. Sgt. Jeremiah Shepard, of Alpha Company, 3rd Battalion, 13th Infantry Regiment, recognized it was time to separate them.

"Everything I read about twins said that it's best to split them up," he said. "Twins are usually used to doing things together. When you split them up they have an opportunity to really learn what their strengths are and develop (them) without the other."

At first, neither of the girls took well to being split up. Both admit that it was probably for the best, though. What helped make the transition easier was being able to see each other at church.

"Sunday was the only day I looked forward to," said Liana. "Sometimes we got to see each other while out in the field, but on Sunday I got to talk with my sister and catch up with her. Seeing her was like being able to go home. It helped with being homesick."

After today's graduation, the twins are off to Advanced Individual Training at Fort Lee, Virginia.

"I'm excited about going home because I know as a Soldier in the National Guard my sister will be right there with me in my unit," said Anabel. "We get to be together again."

50,000 pounds of trash

Garrison commander lauds installation recycling efforts

By **DEMETRIA MOSLEY**
Fort Jackson Leader

Garrison Commander Col. James Ellerson Jr. said he wants to change the culture of recycling at Fort Jackson.

During the Environmental and Energy meeting at Post Headquarters yesterday, Ellerson recognized Fort Jackson's recycling efforts for the quarter.

"I want to change the mindset and culture of recycling and get more involved as an installation," he said. "It benefits all of us."

Ellerson and Recycle Center Branch Chief Ernest Dicks presented awards during the meeting to the three units who recycled the most in their category. The quarter's winners were: 3rd Battalion, 34th Infantry Regiment, for the Initial Recruit Training category; Moncrief Army Community Hospital for Large Unit; and Special Troops Battalion for the All Other category.

Collectively, the three units recycled approximately 50,000 pounds of trash, according to Dicks' report.

"I get a lot of help from the units. We have about 85 percent of the installation recycling," he said.



Photos by **DEMETRIA MOSLEY**

Above, a crew member from Fort Jackson's Recycling Center moves bundles of recycled cardboards. MACH, Special Troops Battalion and the 3rd Battalion, 34th Infantry Regiment, received recycling awards July 27 at the Post Headquarters for this quarter. Left, Garrison Commander Col. James Ellerson presents recycling award to Staff Sgt. Evelyn Romeo, from 3rd Battalion 34th, Infantry Regiment, who recycled the most in the Initial Recruit Training category. MACH recycled the most in the Large Unit category and Special Troops Battalion received the award for the All Other category.

NEWS DIGEST

Back to school already?

Fort Jackson Child, Youth and School Services Back to School Programs registration has begun.

Parents interested in registering their children for CYSS Before and After School Programs should visit Parent Central Services in the Joe E. Mann Building. Registration is open to children in grades K-12 of all active duty military, DA civilians working on Fort Jackson, and any other CYSS eligible patrons.

Registration hours: 7:30 a.m. - 4:30 p.m. Monday, Wednesday, and Friday; and 7:30 a.m. - 6 p.m., Tuesday and Thursday. Location: CYSS Parent Central Services Office in the Joe E. Mann Building, 3392 Magruder Avenue. Call 751-4865/4824 for more information.

All Back to School Programs require CYSS registration. The Parent Central Services Office, Child, Youth, and School Services, will now see customers on an appointment only basis. Walk-ins will be taken on an extremely limited basis.

Customers with appointments will take priority over walk-in customers. To make an appointment for a new

registration or to renew your registration, contact 751-4824 or 751-4865; or online at <http://webtrac.mwr.army.mil>.

Jackson Jubilee, Night Out scheduled for next week

Fort Jackson's directorates of Family, Morale, Welfare and Recreation, and Emergency Services are teaming up for a DES Night Out and Jackson Jubilee from 3 - 6 p.m. Aug. 5 at the Solomon Center.

At the event the DES will have a children's bike rodeo, safety displays, and a Military Working Dog demonstration. The Jubilee will also feature inflatable entertainment for children as well as information from on and off post organizations and businesses.

Children can earn prizes including bikes, helmets and school supplies.

Units and Family Readiness Groups are encouraged to attend the event, which is open to the Fort Jackson community.

For more information contact Marilynn Bailey, Army

Community Service / Army Volunteer Coordinator at 751-5444.

Exchange to match discounts during Sales Tax Holiday

As students and Families do their homework on finding the best deals for the new school year, the Army & Air Force Exchange Service is offering military shoppers A-plus savings that effectively double the Fort Jackson Exchange's everyday tax-free benefit.

As South Carolina rolls out "sales tax holidays" on back-to-school items, the Fort Jackson Exchange will match local sales tax discounts to offer an additional 8 percent off select items. South Carolina's tax holiday runs Aug. 5-7. Eligible items include items such as clothing, backpacks, computer and qualifying school supplies.

"At the Exchange, every day is a sales tax holiday," said Fort Jackson Exchange Main Exchange Store Manager Kevin Lowans. "When Families shop for back-to-school supplies during state sales tax holidays, the Exchange benefit becomes even more valuable."

USAG change of responsibility ceremony set for tomorrow

Command Sgt. Maj. John P. Drawbond Jr., will assume responsibility for U.S. Army Garrison from Command Sgt. Maj. Rod D. Celestaine at 1:30 p.m. tomorrow during a ceremony at the Fort Jackson Post Theater. The event will also serve as Celestaine's retirement ceremony. For more information contact Sgt. 1st Class Andrea L. Howard via email at andrea.l.howard2.mil@mail.mil or via phone at 751-5547.

Post boxing club looking for new members

The Fort Jackson Boxing Club is looking to recruit members for its co-ed organization. The club is open only to active duty members. For more information, contact Mike Garcia at 751-7146.

Reverse sprint triathlon scheduled for August

A 5K Run, 15K bike and 1500M swim will begin 8 a.m. Aug. 28. The deadline to register Aug 23. Call the Sports Office to register at 751-3096.

Cadets

Continued from Page 3

Cadet Chrystal Jemmott from the University of North Georgia said leading troops was also about looking into their well-being.

We need to "make sure they are hydrated by keeping track of their beads and making sure they are actually eating," she said. Soldiers use Ogdan beads (beads on string) to keep track of their water consumption.

For her being able to learn from other's experiences was one of the main things she will take with her when she is commissioned.

"The biggest thing I've learned is to just pick their brains," Jemmott said. "They all have different experiences and all the drill sergeants have different (military occupational specialties). You can see what their experience were in country, and out of country," and how to incorporate them into your career.

The cadets as a group, said they believe the working relationships between commissioned and non-commissioned officers is the most important lesson they can pull from their training.

"It's definitely a teamwork mentality when you are leading that platoon," Cadet Alexander Hernandez said.



Photo by ROBERT TIMMONS

Part of the duties of cadets assigned to Alpha Company, 1st Battalion, 61st Infantry Regiment as part of Drill Cadet Leader Training was to ensure Soldier followed proper heat category protocols such as unblousing their trousers to increase air flow. We need to 'make sure they are hydrated by keeping track of their beads and making sure they are actually eating,' Cadet Chrystal Jammott said.

"You have to bounce ideas off each other and make sure you don't step on each other's feet. It's about working together."

"I think it is very useful overall," Jemmott added. "They have so much

more experience than we have coming in as second and first lieutenants. They have all the experience and knowledge and know how things run. So we need to listen to them and develop off of that."

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Photo by SGT. DEVIN WOOD

Army Reserve Soldiers from the 344th Military Police Company, Clearwater, Fla., stand watch as wounded Soldiers are loaded onto a UH-60 Black Hawk helicopter as a part of a mass casualty scenario during Warrior Exercise 2016 at Fort McCoy, Wisconsin.

Realistic training leads to real-life preparedness

By SGT. DEVIN WOOD
Army News Service

In a combat theater, Soldiers face small arms fire and exploding ordnance attacks, but for Reserve Soldiers it can be difficult to simulate these real world threats during monthly battle assemblies.

To achieve the most realistic training possible, Reserve units teamed up with Active Army and Army National Guard units at Fort McCoy, Wisconsin, for the 84th Training Command's third and final Warrior Exercise of the year, hosted by the 86th Training Division from July 9 through 23.

During the exercise, Soldiers from the 320th Military Police Company had the opportunity to perform in a mass casualty scenario involving live role players, aviation units and combat medics.

"This environment is great," said Staff Sgt. Nikesha Cabrera, a squad leader with the 320th. "Probably half of my squad has never worked with medics or actually seen a Blackhawk (land)."

The 320th was one of 92 units from across the Army that honed their skills during the final WAREX, which allows units to train in tactical and combat training environments, enforces small unit leadership principals, and reinforces Army Warrior Training.

During the WAREX, the 84th Training Command set the stage with a Decisive Action Training Environment, combining virtual scenarios with real-life role players to create an intense environment designed to encompass the training audience, test them with multiple stressors, and assess them on how they react.

According to Cabrera, her Soldiers already knew how to per-

form basic warrior tasks like calling for a medical evacuation, but the pressure and urgency of a live scenario adds an extra layer of stress to the task and gives leadership the chance to observe how the Soldiers may react in a real life situation.

"This is the type of thing you learn in Advanced Individual Training," said Cabrera. "You're supposed to continually build on that, and if you don't, it can take a few weeks to actually relearn those things and reapply it. We'd like to think that, if it happens, you kick in to high gear and you know exactly what to do, but it doesn't always work like that."

According to Sgt. Michael Schreckengost, a team leader with the 320th Military Police Company, it's hard to get the level of training at home station that you can attain at a facility like Fort McCoy.

During the exercise, observer-controller coaches instructed Soldiers and got them going in the right direction. Without interfering with the scenario, they asked the Soldiers questions about the decisions they were making and how those decisions would affect the overall mission.

"Getting them out here, living in tents and grinding and sweating and being in 'the suck,' it gets them into a mindset," said Schreckengost. "(They're) away from distractions and they start zooming in and watching the (noncommissioned officers) and how things are going and they start getting engaged."

According to Cabrera, good training in the rear translates to good skills in real world practice. WAREX is designed to provide that for units that are midway in their readiness cycle.

"Exercises like this give the Soldier-Leader the confidence they need to go to war," said Col. William Woods, commander of 2nd Brigade, 86th Training Division.



**Transformation
Thursday**

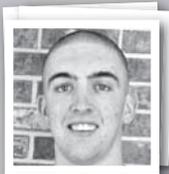
'I joined the U.S. Army because my grandfather served in the war. I'm here now because I want to continue that tradition.'

— **Mike Minniti,**
Brick Township, New Jersey

Photos by NICHOLAS SALCIDO

'I BECAME A SOLDIER ...' 3RD BATTALION, 13TH INFANTRY REGIMENT

SPC. THOMAS M. LESTER III, 22
Quincy, Massachusetts



"I joined the Army because I felt that I needed to give back to the country that has given me so much.

"The camaraderie and brotherhood found in the Army" is what is best about basic training. "Basic training is second to none, and has pushed me to better myself.

"I am a 68W – Combat Medic. I chose the military occupational specialty because I feel that it is the most fitting way that I can serve the United States.

"My Family is very proud of my enlistment, and their continued support is my biggest motivator."

PFC. JACKSON H. XU, 17
Honolulu



"I joined the Army to get disciplined and get a head start on my postsecondary education and career.

"I've been put out of my comfort zone and challenged to achieve and do things I never thought I would.

"My MOS is 68W – Combat Medic. I chose this MOS because I've been interested in a health career and want to experience the training.

"My Family was supportive about my enlistment. They understood that this is what I wanted to do and stood by my decision."

PVT. LUIS M. BURGOS AGUIAR, 23
Villalba, Puerto Rico



"I joined the Army to change my life and continue my studies in mechanical engineering.

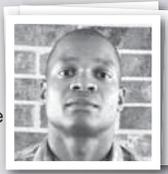
"I like the teamwork" in Basic Combat Training.

I am a "91B – Wheeled Vehicle Mechanic. I picked it because it goes good with my studies.

"My Family thinks this is a good choice because it's good for my life.

"I learned the teamwork and other customs of my battle buddy."

PFC. JEFF BLEUS, 30
Brooklyn, New York



I joined the Army "because of great educational benefits. My sister served and retired and made it sound like a great option.

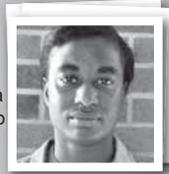
"Learning lots of leadership skills and staying fit" has been a good part of basic training. I "met a lot of good, tough people that pushed me to do my very best."

I am a "92R – Parachute Rigger because I've always wanted to jump out of a plane.

"My Family is proud I chose to serve.

"I want to become a jumpmaster and sergeant in the Army."

SPC. BLAIR A. INGRAM, 23
Fayetteville, North Carolina



"I come from the military town of Fort Bragg, so the military was not a form of taboo to my Family and I. So I joined the Armed Forces to follow the Family tradition.

"Basic Combat Training has taught me way more than I thought it could. However, my drill sergeants of 2nd Platoon are the ones to thank for selflessly donating their time to make me a better person.

"My MOS is 92A, which is an Automated Logistics Specialist. I picked this based upon its demand in the military and its importance."

SPC. JOHN H. PACE, 26
Hammond, Louisiana



"I joined the Army to make a positive impact on my country."

"Learning from our instructors on a day-to-day basis as well as meeting fellow Soldiers" is what's good about basic training.

"My military occupational specialty is 09S – Officer Candidate. I chose this because I wanted to be an officer."

"My Family supports my decision 100 percent.

"I have enjoyed the experience at Fort Jackson and feel lucky to have had such influential drill sergeants."

THE BIG HEAT

Post battles hot weather with prevention, ice

By **ROBERT TIMMONS**
Fort Jackson Leader

Even as the post enters the end of the 100 days of summer, Fort Jackson leaders take action to prevent heat injuries before temperature reaches triple digits.

"No one gets up and plans for anything bad to happen, but sometimes bad things do happen," said Vinson Washington, a Fort Jackson safety specialist. Units must practice preventative steps to mitigate the dangers.

The prevention measures taken on post include ensuring proper hydration; food and rest; the heat category system; and risk management.

Unfortunately, all the best prevention can't help those who aren't acclimated to the hot and humid South Carolina summers. While some Soldiers in Training grew up in the same type of climate, there are some who come from places, like Alaska, where climates are milder.

"We got to make sure we are watching them," Washington said, "keep an eye on them or assign them a battle buddy to ensure they are drinking water. It's gonna be a culture shock."

Commanders "build this into their risk assessments," said Rob Erhardt, Fort Jackson's safety director. "As they come along that risk starts to come down a little bit."

Soldiers' health is monitored by their battle buddies and the drill sergeants who look for changes in the troop's demeanor.

"When we are at training events like this and it's extremely hot, the key indicators that a Soldier is, or is becoming, a heat casualty is their change in mental status," said 1st Sgt. Brendan Cain, with Alpha Company, 1st Battalion, 61st Infantry Regiment during a training event at the Omaha Beach range. "They will go from alert, motivated, to totally withdrawn and slurring their speech. You can pretty much tell by how they interact with their platoon and their drill sergeants."

Sgt. 1st Class Perry Molden Jr., a drill sergeant with Bravo Company, 1st Battalion, 34th Infantry Regiment, said you can tell a Soldier will be a heat casualty "when they stop sweating after sweating profusely, they look pale or if they are wobbling or weaving."

See **HEAT**: Page 20

Right, Soldiers in Training with Alpha Company, 1st Battalion, 61st Infantry Regiment dunk their forearms in an arm immersion cooling tank at the Omaha Beach range. Soldiers put their forearms in the tank to cool down their core temperatures after strenuous activities.



Left, Pvt. Robert Vigil, a Soldier in Training from New Mexico, explains how Soldiers use Ogden beads to keep track of their hydration levels. "After every CamelBak we drink, we move two beads up," he said. Once all the beads have been moved the Soldier is properly hydrated.

Photos by **ROBERT TIMMONS**

How Hot is too Hot?

Help yourself (and others) avoid heat disorders this summer.

SUNBURN

SYMPTOMS

Skin redness and pain, possible swelling, blisters, fever, headaches.

FIRST AID

Take a shower, using soap, to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.

HEAT CRAMPS

SYMPTOMS

Painful spasms usually in leg and abdominal muscles. Heavy sweating.

FIRST AID

Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

HEAT EXHAUSTION

SYMPTOMS

Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.

FIRST AID

Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

HEAT STROKE (SUN STROKE)

SYMPTOMS

High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.

FIRST AID

Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Remove clothing. Use fans and/or air conditioners. DO NOT GIVE FLUIDS.

Source: National Oceanic and Atmospheric Administration



Photo by DAVID SHANES

July retirees

The monthly retirement ceremony was held Tuesday at the post theater to recognize the service of 13 members. This month's retirees are: Col. Richard W. Pacious, USARCENT; Capt. Edward D. Myles, MACH; Sgt. Maj. Darryl W. Hall, Soldier Support Institute; 1st Sgt. John P. Mosley, Jr., 2nd Armored Cavalry Regiment, Vilseck, Germany; Master Sgt. Anthony L. Hale, 108th Training Command; Master Sgt. Latasha M. Hunter, USAG, Fort Jackson; Master Sgt. Roger A. Winchester,

Jr., USC ROTC; Sgt. 1st Class Sean Mitchell, HHB, 6-52 ADA, Suwon Air Base, Korea; Sgt. 1st Class LaTanya N. Jackson, 921st Contracting Battalion, Redstone Arsenal, Ala.; Sgt. 1st Class James A. Febinger, 193rd Infantry Brigade; Staff Sgt. Johnnie E. Miles, Special Troops Battalion, USAG; Staff Sgt. Peppur Alexander, 369th Adjutant General Battalion, SSI; Staff Sgt. Nathan R. Speck, 610th Contracting Team, Fort Jackson.

Fort Jackson official saves man's life

By **ROBERT TIMMONS**
Fort Jackson Leader

For Service members and retirees, past military experience can come back in a flash.

Fort Jackson's deputy inspector general found himself having to draw on his military experience during a recent trip to Kentucky when he was part of a group who saved a man's life.

Renaldo Turner, and a TRADOC IG team, were on temporary duty in Louisville, Kentucky. After an inspection they stopped for dinner at a restaurant when a person "came in asking if there was any medical personnel" in the restaurant because there was a man slumped over in his car.



TURNER

Turner and Sgt. 1st Class Jason Cheely, TRADOC's assistant inspector general, sprang into action.

The team ran to the car and helped extricate the man who appeared he "was already deceased. He was cold and purple," Turner said.

While some on the scene said it was too late and the man was gone, Turner and his team urged rescue efforts to continue. Turner and Cheely continued using the rescue breathing techniques they learned in the Army.

They only stopped when a woman who identified herself as a nurse took over and commenced cardiopulmonary resuscitation.

It was "surreal almost as if moving in slow motion, but the actions of the team seemed instinctual," said Lt. Col. Larry Jordan, TRADOC's inspector general, who was at the scene.

"The guys sprang into action without a moment's hesitation," Jordan added. "I was proud of them and the fact they were willing to do something. Not everyone would. To me it is just another indication of what it means to live by the Army Values."

CPR continued until paramedics arrived. After being put into an ambulance, the man was resuscitated.

"The last word I received was that he was in intensive care and would make it," Turner said.



Photos by SPC. ANGELA LORDEN

Maj. Jessica Huwa, the deputy commander and operations officer for the 72nd Medical Detachment (Veterinary Service Support), provides veterinary care to a horse at the Kuwait Ministry of Defense's Military Equestrian Ranch. Approximately every two weeks, veterinarians from Camp Arifjan and the Kuwait army share experiences and knowledge.

Camp Arifjan and Kuwaiti veterinarians collaborate

By **SPC. ANGELA LORDEN**
USARCENT Public Affairs

Veterinarians from the 72nd Medical Detachment (Veterinary Service Support) and the Kuwait army shared experiences and knowledge July 17 at the Kuwait Ministry of Defense's Military Equestrian Ranch.

"They have three Kuwait army veterinarians here that we work with on an every-other-week basis doing equine-medicine work such as colic cases, lameness cases and pregnancy cases," said Maj. Jessica Huwa, the deputy commander and operations officer for the 72nd Med. Det. (VSS).

This enduring partnership was established around three years ago, said Huwa, a Prosperity, South Carolina native.

"It increases our capability and it increases their capability," she said. "Together ... We're increasing each other's capabilities"

Together, Camp Arifjan and Kuwaiti veterinarians have examined, assessed and treated animals at the ranch. The ranch, owned by the Kuwait military, is home to approximately 70 horses and 30 ponies.

"The Kuwait Ministry of Defense has an amazing equestrian program," Huwa said. "They participate and compete out in the civilian side of the house. They do endurance, jumping and a lot of the horses are used for ceremonial purposes. This center plays a major part in housing the animals as well as providing their veterinary care."

The Soldiers assist the Kuwaitis by providing their veterinary expertise even when they aren't physically there.

Maj. Ashraf Alam, a Bangladesh native and veterinarian with the Kuwait army, said that he sends photographs, X-rays and descriptions of patients and asks the Soldiers for their advice.



Veterinary care is provided to a horse at the Kuwait Ministry of Defense's Military Equestrian Ranch. Approximately every two weeks, veterinarians from Camp Arifjan and the Kuwait army share experiences and knowledge

"There was a horse suffering from lameness," Alam said. "There was an X-ray that was confusing. They gave us a concrete solution. It was a great help to us and the patient is now healed."

Capt. Robert Fathke, a Washington, D.C. native and a veterinarian for the 72nd, said that working together provides a mutual benefit.

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Photo by SPC. ANGELA LORDEN

Capt. Robert Fatkhe, a veterinarian with the 72nd Medical Detachment (Veterinary Service Support) talks with another veterinarian from the unit, Capt. Janas Gray, about blood samples taken from a horse at the Kuwait Ministry of Defense's Military Equestrian Ranch

Vets

Continued from Page 15

"We help them with any cases they might have and by help, what I really mean is we collaborate with them," Fatkhe said. "We have a lot of insight to share with them but they also have a tremendous amount of insight to share with us. As veterinarians, it's a very rewarding experience for both parties to collaborate with each other and learn from one another."

It's this collaboration that strengthens the relationship between Soldiers and the Kuwaitis, he said.

"We're the United States Army here in Kuwait," Fatkhe said. "This is an integral effort. It's a very important part of maintaining good relationships with our host nation."

This opportunity is one of the many contributions Army veterinarians make to support the U.S. Army Central's mission at Camp Arifjan, Kuwait, Huwa said.

"I think the opportunity should definitely be enduring," Huwa said. "It should be something that future rotations and future veterinary detachments continue to do. It only makes us better."

Echo

Continued from Page 4

There is currently a shortage of drill sergeants which the Reserve drill sergeants are helping to fill. They are serving longer and longer periods of active duty. While performing their duties as drill sergeants is their main responsibility, the additional periods of active duty experience gives them a greater opportunity to contribute their civilian skills, giving them added value as Soldiers.

Anderson is no exception. As a police officer, she needs to have the ability to read people in order to determine their intentions, a vital survival, as well as crime deterring, skill. It is also a skill she can use to help her active duty counterparts identify and address potential situations either faster or if they were not aware of them.

With the Army's shortage of drill sergeants comes different and rewarding opportunities for Soldiers interested in becoming one, both active duty and Reservist alike, should they decide to take up the challenge of becoming one.

"Not only do we take NCOs, we take specialists as well and a few things that I tell them is that it's a great career enhancer. And that in my opinion, one which I feel most drill sergeants will agree with, it's the best job in the Army because not only do you affect one life but a platoon of civilians. It's you who turns them into Soldiers and it's you who will make a lasting impression on them. They may forget everything about basic training but they'll remember their drill sergeant," said Jamison.



Photo by SGT. JAVIER AMADOR

A Basic Combat Training Soldier acting as a casualty is carried by members of his squad toward their Command Post after a simulated attack on their patrol July 20 during his company's final field training exercise at Fort Jackson. The final FTX allows the Soldiers to apply all of their training under the most rigorous and stressful conditions similar to real combat operations.

Saluting this BCT cycle's honorees

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



**Staff Sgt.
Gabriel Dominguez**
Alpha Company
3rd Battalion,
13th Infantry Regiment



**Staff Sgt.
Andrea Allen**
Bravo Company
3rd Battalion,
13th Infantry Regiment



**Staff Sgt.
Alberto Alvarez**
Charlie Company
3rd Battalion,
13th Infantry Regiment



**Sgt. 1st Class
Scott D. Denney**
Delta Company
3rd Battalion,
13th Infantry Regiment



**Staff Sgt.
Michael Christian**
Echo Company
3rd Battalion,
13th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Paul Olmstead

**HONOR GRADUATE
OF THE CYCLE**
Spc. Bartosz Lis

**HONOR GRADUATE
OF THE CYCLE**
Spc. Caleb Tindle

**HONOR GRADUATE
OF THE CYCLE**
Spc. Nicholas Memhard

**HONOR GRADUATE
OF THE CYCLE**
Spc. Steven E. Kuhne

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Thomas Lester

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

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Stephen Hine

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Jeff Bleus

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Joseph G. Quintero

HIGH BRM
Pvt. Andre DuPuy

HIGH BRM
Spc. Bartosz Lis

HIGH BRM
Spc. Jared Bowman

HIGH BRM
Pvt. Nicholas Flack

HIGH BRM
Spc. Steven E. Kuhne

HIGH APFT
Pvt. Paul Olmstead

HIGH APFT
Spc. Jogeshwar Singh

HIGH APFT
Spc. Miaoying Zhu

HIGH APFT
Spc. Nicholas Memhard

HIGH APFT
Pfc. Nancy Rubi Cordoba



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INSPECTOR GENERAL**

Be sure you have a problem, not just a peeve

Give Chain of Command a chance to solve the problem

Contact your local Inspector General (IG) first

Keep in mind IGs are not policy makers

IGs only make recommendations, not order resolution

IGs only resolve a case on the basis of fact

Be prepared to take "No" for the answer

Lt. John Gagan
803-751-5580

#VictoryStartsHere

AIT Graduation Honorees

*Delta Company, 369th Adjutant General
Battalion, Soldier Support Institute*



COOKE



WILSON

INSTRUCTOR AND PLATOON SERGEANT OF THE CYCLE:

- Staff Sgt. Renaud Cooke
(Instructor of the Cycle)
- Sgt. 1st Class George Wilson
(AIT Platoon Sergeant of the Cycle)

DISTINGUISHED HONOR GRADUATES:

- Spc. Ellen Scott
- Sgt. Alysia Demps
- Spc. Katrina Melicor
- Pfc. Traci Drayton
- Spc. Ekaterina Ursul
- Pvt. Jessica Diaz

DISTINGUISHED LEADERSHIP AWARDEES:

- Pvt. Aubrey Rachels
- Pfc. Traci Drayton
- Spc. Rebecca Diaz

IRON SOLDIERS:

- Pfc. Traci Drayton
- Spc. Rebecca Diaz

Heat

Continued from Pages 12-13

To help prevent heat injuries, Soldiers carry water in hydration carriers on their backs so they can drink water whenever needed. The SITs keep track of their water consumption using Ogden cords and beads. As the Soldiers drink they move the beads on the cord.

“After every CamelBak we drink, we move two beads up,” said Pvt. Robert Vigil, a SIT from New Mexico.

Unit leadership can monitor Soldiers by looking at the color of the beads they wear. Black beads mean the Soldier has no issues, red means a prior heat injury, blue means a prior cold weather injury and yellow is for allergies.

Post officials use the Wet Bulb Globe Temperature index to determine the correct heat category. The WBGT measures not only heat but humidity. SITs modify their uniforms when the heat category rises. One of the most notable modifications is unblousing trouser legs from the boots allowing more air flow.

At all training sites units must have ice sheets and arm immersion cooling tanks readily accessible.

“An ice sheet is nothing more than a

HEAT CATEGORIES

Category	Temperatures (F)	Action
Heat Cat. 1	78.0 – 81.9	N/A
Heat Cat. 2	82.0 – 84.9	N/A
Heat Cat. 3	85.0 – 87.9	Un-blouse trousers, remove body armor
Heat Cat. 4	88.0 – 89.9	Remove helmet.*
Heat Cat. 5	90 and above	Remove helmet.*

*(Note: Once a heat category is reached it will not go down until 3 a.m. the following day.) *If not on high-risk range.*

simple bed sheet that we use,” Washington said. “We submerge these in ice and when a casualty overheats we wrap them in these to cool them down until we can get medical personnel on scene.”

Heat casualties have ice sheets wrapped around their heads (but not over their faces), over their chests, in their armpits and groin, and a fourth sheet covering any exposed skin.

“We put them in a human taco, basically,” said Cain, who saw numerous heat casualties when he was an Air Assault School instructor. In the event a Soldier goes down

with a heat injury, they use the sheets to “cool down the (Soldier’s) core temperature,” then “it’s an automatic call to 911.”

The immersion tanks allow Soldiers to rapidly cool off by putting their forearms into a tank of ice cold water.

“We have noticed this cycle with all the 100 degree type weather we’ve been having this has been instrumental in keeping our Soldiers away from the heat,” Cain said.

Sweaty and dirty Soldiers coming out of the Omaha range dipped their arms into the ice water in unison said the water was a blessing and felt good.



Photo by ROBERT TIMMONS

A Soldier pours a bag of ice into an arm immersion cooling tank on Omaha Beach range.



For 7th-12th graders



Teen Resilience Workshop

Teen Youth Center • 5975 Chesnut Rd.
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The teen resilience workshop provides adolescents with skills essential for preparing them to deal with the challenges associated with Army Life.

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Space is limited to 20 teens. For more info, please call Ann Gordon at 751-6150 x 1.



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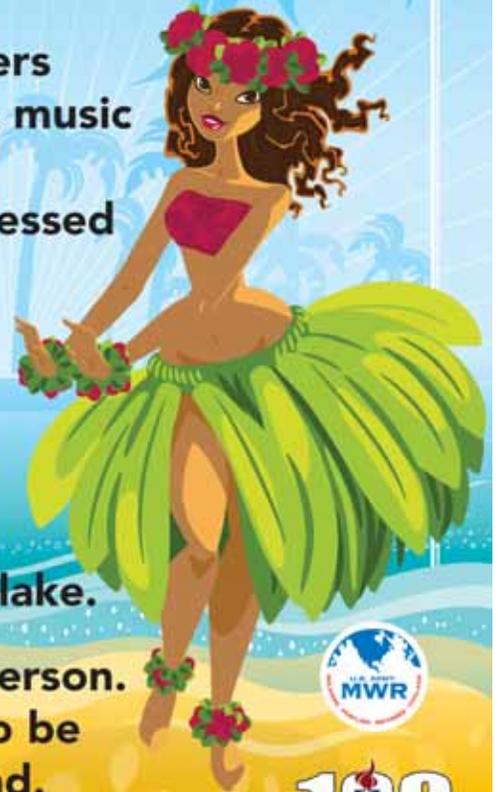
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