

THURSDAY, NOV. 10, 2016

THE FORT JACKSON LEADER

FORT JACKSON LEADER . COM

100

Veterans Day

THIS FRIDAY WE CELEBRATE VETERANS
AND THANK THEM FOR THEIR SERVICE **P12-14**

DOUBLING DOWN FORT JACKSON REPRESENTED IN
FMWR ARTS AND CRAFTS CONTEST **P6**

120TH HOLDS AN 'AMAZING' SHARP RACE **P3**

Community Calendar

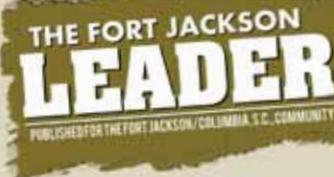


Photo by ROBERT TIMMONS

ON THE COVER

Sgt. Derek Emswiler, a trombonist with Fort Jackson's 282nd Army Band, warms up prior to the Lexington Veterans Day Parade down Main Street, Lexington, S.C., Nov. 6.

SEE PAGE 17.



Fort Jackson, South Carolina 29207

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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.

calling Cindi Keene at 751-3096 or Mike Garcia at 751-7146.

MONDAY

American Education Week

A week long event by Fort Jackson's Continuing Education Center. On-post College Representatives and Education Counselors will be available to provide guidance on educational benefits and programs of study. Midlands Technical College (Monday, 8 a.m. - noon), Webster University (Tuesday, 11 a.m. - 12:30 p.m.), Claffin University (Wednesday 11 a.m. to 2 p.m.), University of South Carolina Palmetto College (Thurs. 9 a.m. to Noon) and Dantes (Friday, 9 a.m. to 11 a.m.) Free refreshments will be provided.

TUESDAY

America Recycles Day

9 a.m. - 2 p.m., Recycling Center. Come celebrate America Recycles Day. We will be collecting electronic waste, tires, fire extinguishers, and steel-toed boots/shoes as well as the normally accepted items. We will also be conducting the quarterly paper shred. For more information, call 751-4208.



Scholarship Information Session

8 - 10 a.m., Midlands Technical College Northeast Campus. For veterans and active duty military. To apply for the South Carolina Manufacturing Certification Scholarship you must attend an information session. RSVP at midlandstech.edu/veterans.

WEDNESDAY

Bible Study

Noon, 4580 Scales Ave. POC is Gloria Dawkins at gloriaddawkins@gmail.com. Please include "Bible study" in the message's subject line.

NOV. 17

Victory Spouses Club

11 a.m., NCO Club. Victory Spouses' Club is open to spouses of all ranks, retirees, DOD civilians, all services, male and female. For more information, e-mail vcsmemberships@gmail.com or visit www.victoryspousesclub.org.

NOV. 18

American Indian Heritage Luncheon

11:30 a.m. - 1:00 p.m., Officer's Club. Guest Speaker is Dr. Wenonah Haire. Cost is \$10.50. Contact an EO Advisor, the EEO office, or Unit EO leader for tickets.

Open Season Health Fair

9 a.m. - noon, Strom Thurmond Building, The Marion Room. Various carriers will be present to answer questions about your 2017 health care plans. For more information contact Gloria Dawkins at 803-751-4016

NOV. 19

Diabetes Awareness 5K Run/Walk

8 - 10 a.m., Semmes Lake Recreation Area. Late Registration from 6:30-7:45 a.m. Race starts promptly at 8 a.m. Pre-registration is requested by

NOV. 22

Job Searching Strategies for Military Spouses

8:30 a.m. - noon, Strom Thurmond Building, Room 222. Topics include military spouse job searching skills, resume writing and interviewing. The event is targeted to military spouses, but open to all military and DOD ID Card holders. To register call 751-9460/5452 or sherry.r.major.civ@mail.mil.

NOTICE

The Fort Jackson Commissary will be open on Monday before Thanksgiving, Nov. 21, from 9 a.m. - 5 p.m. The commissary will re-open on Nov. 25.

Thanksgiving Meal Schedule

The Thanksgiving dinner for retirees will be served from **1:30 to 4 p.m., Nov. 24 at Building 5455**, the dining facility for 1st Battalion, 13th Infantry Regiment and 3rd Battalion, 60th Infantry Regiment. The cost is \$9.05 per meal. The discounted rate of \$6.80 is available to spouses and dependents of enlisted personnel in pay grades E-1 through E-4. For more information, call 751-7371.

Thanksgiving meal schedule for units:

Nov. 23	10:30 a.m. to 2 p.m.	120th Adjutant General Battalion (Reception)	Bldg. 1875
Nov. 23	Noon to 2 p.m.	Drill Sergeant Academy	Bldg. 9572
Nov. 23	5 to 8 p.m.	2nd Battalion, 60th Infantry Regiment	Quad 5454
Nov. 23	5 to 8 p.m.	3rd Battalion, 13th Infantry Regiment	Quad 5454
Nov. 23	11 a.m. to 2 p.m.	369th Adjutant General Battalion	Bldg. 2302
Nov. 24	11:30 a.m. to 1:45 p.m.	3rd Battalion, 34th Infantry Regiment	Bldg. 11900
Nov. 24	11:30 a.m. to 1:45 p.m.	369th Adjutant General Battalion	Bldg. 2302
Nov. 24	11 a.m. to 1:15 p.m.	3rd Battalion, 60th Infantry Regiment	Quad 5454
Nov. 24	11:30 a.m. to 1:45 p.m.	2nd Battalion, 39th Infantry Regiment	Bldg. 10401
Nov. 24	11 a.m. to 1:15 p.m.	1st Battalion, 34th Infantry Regiment	Bldg. 11500
Nov. 24	11 a.m. to 1:15 p.m.	1st Battalion, 13th Infantry Regiment	Quad 5454



Photos by ROBERT TIMMONS

Soldiers from the 120th Adjutant General Battalion (Reception) use rowing machines during the unit's SHARP 'Amazing Race' Nov. 2.

120th holds 'amazing' SHARP race



One of the first of 15 teams to head out into the 120th Adjutant General Battalion's 'Amazing Race,' do 15 burpees at their first station they stopped at. The race was held to learn more about Sexual Harassment Assault Response and Prevention.

By ROBERT TIMMONS
Fort Jackson Leader

Sexual Harassment Assault Response Prevention "affects readiness, which is a number one priority in the Army," said Command Sgt. Maj. Christian Carr, the senior enlisted leader of the 120th Adjutant General Battalion prior to his unit's SHARP "Amazing Race."

The race began a day of activities that helped the 120th concentrate on preventing sexual harassment and sexual assault.

Fifteen teams of four participants navigated a course that required them to stop at various stations to perform physical activities requiring teamwork to complete while also focusing on SHARP-related activities. Soldiers were put in situations where they would not normally find themselves during physical training that required them to think outside the box for solutions. At one station teams were required to answer questions about

the SHARP program, and at another Soldiers were tied together and forced to navigate a course while balancing eggs on a spoon.

The SHARP run is "a big deal," said Col. Michael Katona, commander of the 193rd Infantry Brigade, to the battalion, because "this battalion is a big deal. You control everything that happens on Fort Jackson. Every single Soldier that comes through Fort Jackson, that is 54 percent of our population in the Army, comes through the great 120th. That's why you guys set the example."

Events like this establish a command climate where Soldiers, civilians and Family members feel safe, said the 120th commander.

"This is continuing education and training" on SHARP, said Lt. Col. Yvette L. Brown, 120th commander. "We have to continue to do things like this where we are a team and we are working together." ■



Photos by SGT. BRANDON HUBBARD

A staff sergeant runs with a 35-pound ruck during the four-mile ruck march to begin the 160th Signal Brigade NCO Week team competition Oct. 14 at Camp Arifjan, Kuwait. The competition featured four-Soldier teams from the brigade competing in several high-intensity events to win the top non-commissioned officer honors.

U.S. Army Central enlisted celebrated during NCO Week

By SGT. BRANDON HUBBARD
USARCENT Public Affairs

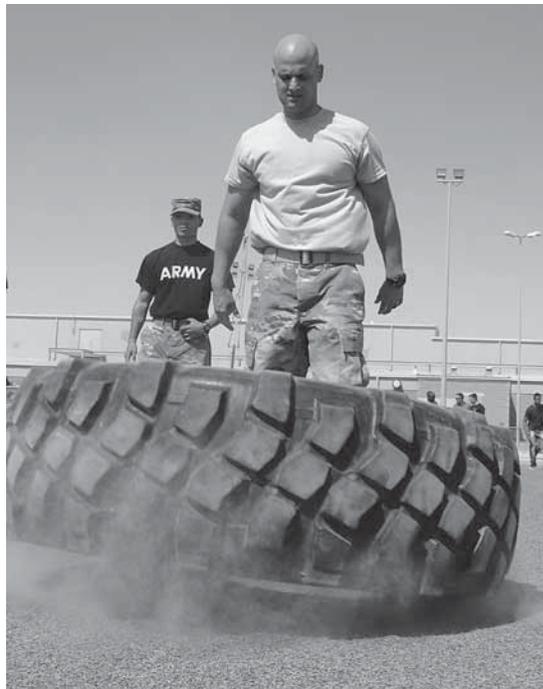
Sergeants from around the U.S. Army Central area of operations traveled to Camp Arifjan, Kuwait for the inaugural 160th Signal Brigade Non-commissioned Officer Week, Oct. 10-14, 2016.

The week-long celebration focused on junior and senior enlisted Soldiers with a special focus on their career development and the physical abilities that make them the backbone of the U.S. Army.

“The best part was seeing the interaction of some of my noncommissioned officers — even some of the NCOs that came from different units — coming together to show the camaraderie and esprit de corps we need in the NCO corps to be together as one team and one fight,” said Command Sgt. Maj. Tara Washington, the senior sergeant for the Camp Arifjan-deployed 160th Signal Brigade.

The week started with professional development courses, which included classes in financial planning and non-commissioned officer career instruction. The final two days were dedicated to welcoming new Soldiers in a traditional non-commissioned officer induction ceremony and followed by the NCO games.

“I would say another highlight, to me, was the NCO induction ceremony, because some noncommissioned officers haven’t been to a ceremony or even witnessed one in 10 or 12 years,” said Washington, of Goose Creek, S.C. “It was great to get back to what we do as an NCO corps.”



Staff Sgt. Chris Polanco, from the Southwest Asia Cyber Center, pushes down a tractor tire during the 160th Signal Brigade NCO Week games.

See **NCO**: Page 9

Fort Jackson Movie Schedule

3319 Jackson Blvd. Phone: 751-7488

FRIDAY

The Birth of A Nation (R) 7 p.m.

SATURDAY

Middle School: The Worst Years of My Life (PG) 1 p.m.

The Accountant (R) 5 p.m.

SUNDAY

Middle School: The Worst Years of My Life (PG) 1 p.m.

The Accountant (R) 5 p.m.

WEDNESDAY

Middle School: The Worst Years of My Life (PG) 2 p.m.

The Accountant (R) 5 p.m.

TICKETS

Adult: \$6

Child (6 to 11): \$4

3-D TICKETS

Adult: \$8 Child (6 to 11): \$6

• 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.



VETERANS' DAY SPECIAL



CENTURY LANES BOWLING CENTER
WILL BE HONORING VETERANS ALL WEEKEND LONG (NOV 11 - 13) WITH SPECIAL PRICES!

\$1.50 GAMES
\$1.50 SHOES

BLACKLIGHT BOWLING EXCLUDED.
4464 GREGG STREET • (803)751-6138

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

BLACKLIGHT BOWLING



AT CENTURY LANES
4464 Gregg Street • (803)751-6138
NOV 12 (8:30 - 11 P.M.)
COST: \$10 PER PERSON.

Includes unlimited bowling, shoe rental, and entry for prize drawing.

\$1.50 NACHOS during Blacklight Bowling at the Snack Bar!

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

COMING FRIDAY, NOV 18

Fish & Chips only **\$8.95**

- Beer-battered Cod
- House-made Chips
- Cole Slaw
- Hushpuppies
- Served with Tartar Sauce and Malt Vinegar.

Every Friday at the Officers' Club
3630 Semmes Road • 782-8761
(Lunch is served 11:00 a.m. - 1:30 p.m.)

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS



MAGRUDERS CLUB & PUB
Your home for games, sports, dancing, karaoke, the best wings in town, and more!

Please note, we will be closed Nov 11 & 12 in observance of Veterans' Day.

WEEKLY LINE UP

- » Mondays : \$3.75 Margaritas all night long!
- » Tuesdays: Movie Night plus 8 wings and fries for only \$ 7.00.
- » Wednesdays : DJ Tom Dance Party and Karaoke
- » Thursdays: 1/2 price appetizers from 4:30 - 5:30 p.m.
- » Friday: End of the week social with House Liquor for only \$1.50!
- » Saturday : Sports network Saturday

HAPPY HOUR
Monday - Friday from 4:30 - 5:30 p.m.

CONTACT INFO & HOURS
3305 Daniel Circle - (803)790-0381
Monday - Friday doors open at 4:30 p.m.
Saturday doors open at 5 p.m.

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Winter Holiday Special AT VICTORY BINGO
(Bldg -12500 Huger St. Fort Jackson, SC 29207)



BINGO

Sunday, Dec 4

- » Doors open at 9:30 am
- » 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



PRINCESS, SUPERHERO & VILLAIN PARTY

Brunch at the NCO Club
Sunday, Dec 4 (12 p.m.)

(12 p.m.) Children's Games & Activities, Face Painting, & Story Time
(12 - 1 p.m.) Buffet open.
(12:30 p.m.) The Princess & Villian Parade along with a special visitor from the North Pole.
(12:30 - 1 p.m.) Pictures with the Princess and Villian Court, and our North Pole Special Guest.

Reservations accepted Dec. 1.
Adults:\$10. Children(4-11 years old): \$5
Children (3 and younger): No Charge
For reservations call 782-2218.

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

STORY TIME AT THE LIBRARY

At the Thomas Lee Hall Library
4679 Lee Road • 751-5589

Every Tuesday from 11:30 a.m. - 12:00 p.m.
Every Thursday from 5:30 p.m. - 6:00 p.m.
For more info, call Kristen at 803-751-5589.



FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS



Courtesy photos

Mecca Givens, whose brother recently completed Basic Combat Training at Fort Jackson, entered two pieces in a Family, Morale, Welfare and Recreation arts and crafts competition. ‘Madness in Wonderland,’ above, took second place in the 3D Mixed Media Novice category.

Military sis wins double

Fort Jackson represented in FMWR arts and crafts contest

By DEMETRIA MOSLEY
Fort Jackson Leader

As Mecca Givens browsed Fort Jackson’s website to find more information on where her older brother would be spending 10 weeks of his life, she stumbled across an ad for a contest.

“The website said something about an art contest going on,” she said. “I went to Mississippi School of the Arts and had never won anything before, so I thought I would give it a try,” she said

Givens entered two pieces into the FMWR Arts and Crafts contest. Eager to learn if she won or not, she called the contest department often to see when judgements would be made.

“I called one day and the lady said she would email the winners Monday,” she said. “When Monday came around and I didn’t get an email, I called my mom and told her the bad news that I didn’t win.”

Wanting to see what improvements she could make to get better at her craft, Givens went on FMWR’s website to look at pictures of the contest winners pieces.

“I started strolling and then stop. I looked at the picture and said ‘Wait, that’s mine!’,” she said.

Givens reaction was to cry from happiness. She won first place in the Novice 2D Mixed Media for her piece “Typewriter in the Theatre” and second place in the 3D Mixed Media Novice for “Madness in Wonderland.”

“I couldn’t believe I won. I was so happy,” she said. ■



Mecca Givens’ ‘Typewriter in the Theatre’ won first place in the Novice 2D Mixed Media in a recent FMWR arts and crafts contest.



Fall frolics

The Parent Teacher Association held a fall festival at C.C. Pinckney Elementary Nov. 4. Students, faculty and families came out to enjoy food, fun and games. Above, Gabriel Shenton focuses on filling colored sand into a plastic container. Above right, students participate in a cake walk inside the entrance of the school. Right, Principal Audrey Griffin sits in jail during the festival. Attendees could buy tickets to place someone in jail for a short period of time.



Left, Andrea Rivera wins a prize after digging into an oversized nose during the 'Nose Picking' game. Above, children attending the Fall Festival had numerous opportunities to win prizes while playing games like this duck catching one. Children won prizes based on the number printed on the bottom of each duck.

Missing appointments hurts other beneficiaries, clinic services

By **NICK SPINELLI**
Moncrief Army Health Clinic

While it may not seem like too big of a deal, skipping or missing a medical appointment without advance notice could have a severe impact on future services provided by Moncrief Army Health Clinic.

According to Brian Simms, Moncrief Workflow Analyst, no-shows affect both the availability of future appointments and the clinic's financial stability.

"Every time someone no-shows for an appointment, it actually costs three appointment slots," he said. "The one that was missed, the one that gets rescheduled, and the open spot someone else could have had if the appointment was canceled in advance. So by not showing up for a scheduled appointment, you're hurting someone else."

On any given day, Moncrief has an average of 40 appointments that are not kept or canceled at the last minute. That potentially results in a loss of 120 appointment times.

"The bottom line is that anybody can be affected by someone not showing up for an appointment," Simms said.

Appointments that are not kept nor can-

celed in advance affect appointment availability for sick patients and the facility as a whole. Canceled appointments are immediately made available to other patients to utilize. When an appointment is lost to a no-show it results in providers and clinic staff losing valuable patient-provider clinic time.

Additionally, Army medical facilities are partially funded by the workload that is generated through kept appointments. Missed or skipped appointments can result in money being taken away from Moncrief's overall funding which can, in turn, can result in reduced services or staff. So far this year, more than \$600,000 has been lost due to no-shows or last minute cancellations.

"We ask that if you know that you will not be able to keep your scheduled appointment, simply take the time to call or go online at www.tricareonline.com and reschedule or cancel your appointment," Col. Eric Edwards, Moncrief commander, said. "By doing this, you will help us sustain services and make appointments available for your friends and family."

To cancel an appointment, please visit www.tricareonline.com or call 751-CARE (2273) at least 24 hours in advance.



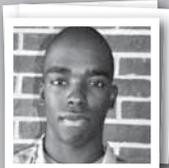
Photo by VERAN HILL

Fire safety

"Checking the dates on a smoke alarm is important," said Fort Jackson Assistant Fire Chief Scott Dallman during an assembly at CC Pinckney Elementary School Nov. 4. 'They need to be changed every 10 years.' Dallman and Assistant Chief Peter Hanes passed out Fire Prevention awards to the students. Depending on the grade level, students had to create a poster or write an essay on this year's theme: 'Don't wait, Check the date.'

'I BECAME A SOLDIER ...' 2ND BATTALION, 13TH INFANTRY REGIMENT

PVT. DEMETRIUS M. PEARSON, 20
Evergreen, Alabama



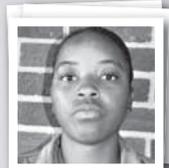
"I joined the Army to assist with getting a higher education and to make myself a new and improved person."

"Basic training has been an empowering experience. It has made me stronger mentally and physically."

"My MOS is 42A (Human Resource Specialist) I chose it because I enjoy face-to-face interaction with others."

"Thankfully, my Family and loved ones are 100 percent behind my decision to become a Soldier and support me every way possible."

PVT. SUMMER MACK, 18
Los Angeles



"I joined the Army to get assistance with college and become more mature and a better person."

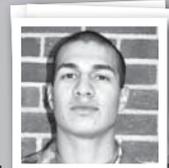
"Basic training has been a great experience. It has made me more mature physically and mentally."

"My MOS is 92G, because I love cooking."

"My Family is very proud of my enlistment because a majority of my Family is a military Family."

"I look forward to my future and seeing what I am going to become. I see myself going a long way in the Army and becoming an NCO soon."

PVT. ANTHONY MALAGON, 19
Oxnard, California



"I joined the Army because I wanted to test myself and prove to myself that I can accomplish what I set my mind on."

"Basic training has been full of lessons - many lessons that I will use out in the civilian world."

"I am a 35S - Signals Intelligence Collector/Analyst. I chose it because I wanted to have the opportunity to work alongside military intelligence personnel and learn from them."

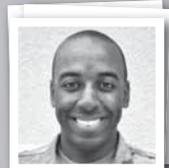
PVT. LORI GRIMALDO, 21
Keystone Heights, Florida



"I joined the Army because I wanted to be an American Soldier since I was a child. There is no higher honor than protecting my country and being a guardian of freedom."

"What's been good about Basic Combat Training is gaining a better understanding of selfless service and personal courage. I've learned the sacrifices it takes to defend the United States and the amount of personal courage to overcome any fears."

PVT. CHRISTOPHER X. DIXON, 20
Grand Prairie, Texas

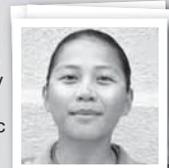


"The reason I joined the Army was to first help finish paying for college, and also so I can have a sense of pride and accomplishment."

"Meeting new people was one of the better parts of training, but I enjoyed learning various things, especially land navigation."

I am a "13F - Fire Support Specialist. The reason I picked this particular MOS is because I enjoy being out in the field and the hands-on activities. At first, my Family wasn't too happy about my decision to join, but as time progressed they opened up to the idea."

PVT. ROSEMARY F. VINOYA, 22
Anchorage, Alaska



"I joined the Army for myself, to better myself, and to help my Family as well."

"The good things about basic training have been the experiences and the way it has made me a better person."

"My MOS is 15P (Aircraft Operations Specialist) because I have been in love with any aircraft since I became a civilian load master."

"My parents thought that my enlistment was a bad decision for me because I am a single parent, but have supported me through it all."



Mighty mites

Courtesy photo

The Falcons, Fort Jackson's Mighty Mites Youth Football team, participated in the Patriot Bowl in Charlotte, N.C., on Nov. 5, where they defeated the South Charlotte Patriots 13-12. This marked the first bowl game victory ever for the post's youth football program. Pictured with the team are coaches Darius Lane, Charles Taylor and Jose Torres.

NCO

Continued from Page 4

Washington said after years of being deployed to warzones, the Army has lost some of the traditions and standards it previously lived up to because of the high-tempo deployments schedules. But functions like NCO Week can help the corps refocus, she said.

Top NCOs from the 392nd Expeditionary Support Battalion, 54th Signal Battalion and 25th Signal Battalion in Afghanistan traveled to Kuwait for the week, as well as Soldiers from Qatar and other bases in Kuwait.

Sgt. 1st Class Greg Ronquille, headquarters and headquarters detachment sergeant for the 25th Signal Battalion in Camp As Sayliyah, Qatar, was supporting his Soldiers.

"I was very proud of our Soldiers out here," Ronquille said. "In this kind of environment, I find that we have more time to get in shape than when we are out in the field and providing communications in those conditions. So, we take the time to focus on that and build our NCOs."

Fitness has become an increasingly important trait for signal corps Soldiers, he said, because of the expeditionary nature of missions in Iraq and Afghanistan.

"From a grassroots perspective, I've been in for 19 years and this really brings it back to when I first pinned on E-5 (sergeant rank), but it is important for us NCOs to reinvigorate ourselves," he said. "One of the things I plan to bring back to my guys is that NCOs are Soldiers who stay hungry and need to be competitive in their career fields to enable all Soldiers to be better." ■



Left, retired Sgt. Rickey Johnson Sr. waves his hand for the next Soldier to come to his desk for processing. Johnson said he struggled working in the civilian world because it lacked discipline. 'I feel like here I'm back with my people!'

Photo by DEMETRIA MOSLEY

STILL SERVING

Veterans who work on Fort Jackson

By DEMETRIA MOSLEY
Fort Jackson Leader

A thunderous sound erupts from the basement of Fort Jackson's 120th Reception Battalion as 10 pairs of wheat colored combat boots stomp loudly in sync.

"Make sure they're comfortable. You want them to be comfortable," Linda Young suggests as she watches intently as the group of fresh-faced Soldiers step up and down in their newly issued boots.

As a clothes fitter at the Army's largest basic combat training installation, she sees hundreds of Soldiers each week. Just like the rest of the people at reception, Young is part of many of the new initial entry Soldiers first impressions of what the military is like.

"There were a lot of things I was not told when I was in that I can tell them now," she said. "I try to be like a mentor or a motherly figure to them. I love it. I love my Soldiers."

After the stomping Soldiers take a seat, Young goes up to each of them and softly presses on their shoes to make sure the fit is perfect. In a soothing, nurturing voice, she calmly asks, "How does that feel? Is it too tight?"

Being a mothering figure is important to Young because she's

been there before. She too had to go through reception, overcome challenges during Basic Combat Training and make a promise as a warrior to never leave a fallen comrade.

Just like many of the other veterans that work on Fort Jackson, Young can relate to the Soldiers. They all have been in their shoes before.

Friday is Veterans Day, a day honoring people who have once taken the oath to protect our country.

South Carolina has about 418,000 veterans, according to a survey in 2014. Of those veterans there are 45,974 women and 371,580 men.

"There is a saying that if you run with the Soldiers, you'll never fade away," said retired Sgt. Maj. Marvin Dunner, who works in the Personal Affairs Branch in reception setting up Soldiers personal accounts. "I feel like I've never retired. I'm still working and in contact with the Army everyday."

See **VETERANS:** Page 14

Originally known as Armistice Day to honor the living veterans of the First World War, Veterans Day has transformed into a holiday inclusive of service members of all eras. Veterans Day is a national holiday of remembrance and recognition of all those who served regardless of branch or duty status, Reserve, active component or National Guard.

Veterans

Continued from Page 13

Although technically they are no longer enlisted, many veterans who work at Fort Jackson share the same feeling as Dunner; they feel like they've never left the military.

"I still see things kind of green," said retired Col. Ralph Allison, who currently works as Chief of Staff of the Soldier Support Institute. "I'm still serving my country and working around the same people, just not in uniform," he said.

But veterans like retired Sgt. 1st Class Gary Francisco wouldn't have it any other way.

"It's a lot better working back with the military," said Francisco. "I tried the civilian world and it wasn't for me. Working with the military is therapeutic."

Retired Sgt. Rickey Johnson Sr., who works along with Dunner in the Personal Affairs Branch, said he struggled with being in the civilian world.

"I felt like civilian jobs lacked the kind of discipline I was use to and they didn't understand me" he said. "I feel like here I'm back with my people!"

Retired Sgt. 1st Class Carol Simms who works in human resources in the Strom Thurmond Building uses her military experience to relate to the Soldiers she helps, just like Young does when mothering her new soldiers coming in to get their first pair of boots,

"Sometimes when a Soldier comes in and depending on how they are acting I try to figure out whether or not I need to be a drill sergeant with them. Because I've been in their situation, I can figure out what's needed," she said. ■



Photo by DEMETRIA MOSLEY

'This is how your shoe should fit,' says Linda Young as she points to a diagram explaining more in detail. As a veteran and a clothes fitter at the 120th Adjutant General Battalion, Young says she really enjoys working with Soldiers. 'I try to be like a mentor or a motherly figure to them,' she said.

USARCENT builds cohesion through organization day

By **SGT. VICTOR EVERHART JR.**
USARCENT Public Affairs

U.S. Army Central held an organization day hosted by Lt. Gen. Michael X. Garrett, USARCENT commanding general, Nov. 4, at the Shaw Fight House to promote esprit de corps and build unit cohesion.

The day started with an early morning four-mile run lead by Garrett and Command Sgt. Maj. Eric Dostie, USARCENT command sergeant major. Events included a chili cook-off and a Commander's Cup competition. Soldiers participated in a little friendly competition of pushups, pullups, a litter carry, a Humvee push race, a USARCENT history quiz, and tug of war.

"The main reason I wanted to have this org day was for me to get out and interact with all the Soldiers," said Garrett. "I know a lot of you haven't gotten a chance to talk or interact with me, so I want to make sure I give everyone an opportunity to do so. I love all of the Soldiers here at

USARCENT, and I want the best for you physically, mentally and spiritually, because if you're at your best then our unit as a whole will be at its best."

Organization days allow Soldiers and leaders within units to compete against each other in a relaxed environment while strengthening unit cohesion.

"Personally I have never talked to the (commanding general) but we competed against him and the command group on the pull-up bars," said Sgt. Donald Reed, a medic assigned to USARCENT. "I would have never guessed he was as good as he was until I saw it and it motivated me because who doesn't want to beat their boss."

All the USARCENT directorates were represented, but at the end of the competition, the sustainment directorate led by Brig. Gen. Chris Lawson, USARCENT chief of sustainment, walked away with the Commander's Cup. They will be expected to defend their title during the next competition scheduled for February. ■

“
...if you're at your best
then our unit as a
whole will be at its best

— **Sgt. Maj. Eric Dostie**
USARCENT command
sergeant major

”

Saluting this BCT cycle's honorees

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



Staff Sgt.
Steven Zebrowski
Alpha Company
2nd Battalion,
13th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Jonathan Kaheke

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Joseph Calloway

HIGH BRM
Pvt. Shane McLaughlin

HIGH APFT
Pvt. Harvey L. Kinsler



Staff Sgt.
Tierra L. Hopkins
Bravo Company
2nd Battalion,
13th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. James Lusk

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Ayden Martin

HIGH BRM
Pvt. Skylar Ewings

HIGH APFT
Pfc. Marie San Luis



Staff Sgt.
Chad Fields
Charlie Company
2nd Battalion,
13th Infantry Regiment

**HONOR GRADUATE
OF THE CYCLE**
Pvt. Tanner Allen

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Jacob Conwill

HIGH BRM
Pvt. Jacob Conwill

HIGH APFT
Pvt. Gabrielle Ramirez

BE CAREFUL

WHAT YOU POST ONLINE.

DON'T BECOME AN EASY TARGET.



Internet-based social networking sites have created a revolution in social connectivity. However, con artists, criminals, and other dishonest actors are exploiting this capability for nefarious purposes.

Preventive Measures Include:

- Do not store any information you want to protect on any device that connects to the Internet.
- Always use high security settings on social networking sites, and be very limited in the personal information you share. Monitor what others are posting about you on their online discussions.
- Use anti-virus and firewall software. Keep them and your browser, and operating systems patched and updated.
- Change your passwords periodically, and do not reuse old passwords. Do not use the same password for more than one system or service.
- Do not post anything that might embarrass you later, or that you don't want strangers to know.
- Verify those you correspond with. It is easy for people to fake identities over the Internet.



Center for Development
of Security Excellence

CDSE

For more information on Social Networking Cybersecurity visit
<http://www.cdse.edu/toolkits/cybersecurity/socialmedia.html>

Change of responsibility ceremony set for Nov. 22

Command Sgt. Maj. Kenneth J. Hendrix will relinquish responsibility for the Leader Training Brigade to Command Sgt. Maj. Philip B. Blaisdell in a ceremony at 10 a.m. Nov. 22 on Victory Field. For more information contact Staff Sgt. Andrea M. Sieg via email at andrea.m.sieg.mil@mail.mil.

Fort Jackson to name 'Families of the Year' Nov. 18

In celebration of National Military Family Appreciation Month, Fort Jackson will name its Families of the Year during a special ceremony at 4 p.m., Nov. 18 at the Solomon Center. All units and organizations on post were encouraged to submit families for this year's nominations.

Exchange expands layaway to include laptops, computers

The Army & Air Force Exchange Service is making it easier for military shoppers to keep in-demand gifts hidden away until the big day by extending fee-free layaway to computers, notebooks and laptops for a limited time.

Until Dec. 14, Fort Jackson Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads—items that are not typically eligible for the program. The \$3 layaway fee will be waived as well.

Layaway will not be offered for computers, laptops and notebooks purchased Thanksgiving weekend, Nov. 25-26. A deposit of 15 percent is required to hold items on layaway.



Photo by ROBERT TIMMONS

Thank you, *veterans*

The 282nd Army Band marches in front of the Lexington S.C. Chamber of Commerce during the Lexington Veterans Day Parade Nov. 6. The parade is one of many different events taking place throughout the Midlands to celebrate the service of America's veterans.

Help save lives over the holidays

From staff reports

The American Red Cross encourages eligible donors to give blood to help stock the shelves before the busy holiday season.

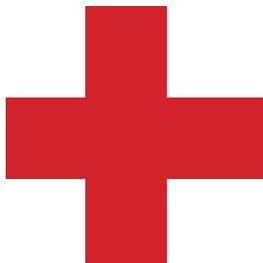
Many regular donors delay giving between Thanksgiving and New Year's Day because of holiday activities. This often causes a drop in donated blood available for patients. Therefore, more donations are needed in the weeks leading up to the holidays to help ensure the blood supply is sufficient through the winter months.

For blood donor Katie Osorio, giving a little bit of time is worth it because she's giving someone a chance at life. "Someone's mother, brother, sister, father or the love of someone's life has been given back to their loved ones all because I gave something that I could. It takes so little from me and

gives a world back to another."

To make an appointment to give blood, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767). Donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at redcrossblood.org/rapidpass to save time when donating.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. ■



BLOOD DONATION OPPORTUNITIES IN COLUMBIA

WEDNESDAY

- 10 a.m. - 4 p.m., Gameday Store at USC, The Gameday Store at USC, 1101 George Rogers Blvd.
- 10 a.m. - 7 p.m., USC Carolina Clemson, Russell House, 1400 Green Street
- 11 a.m. - 5 p.m., USC Carolina Clemson Greek Village, Greek Village, Kappa Alpha 521 Lincoln Road
- 11 a.m. - 5 p.m., USC Carolina Clemson/Blatt, Solomon Blatt PE Center, 1300 Wheat Street

NOV. 17

- 10 a.m. - 7 p.m., USC Carolina Clemson, Russell House, 1400 Green Street
- 11 a.m. - 5 p.m., Koger Center for the Arts, 1051 Greene Street
- 11 a.m. - 5 p.m., Koger Center for the Arts, 1051 Greene Street
- 11 a.m. - 5 p.m., USC Carolina Clemson Greek Village, Greek Village, Kappa Alpha 521 Lincoln Road

NOV. 18

- 10 a.m. - 7 p.m., USC Carolina Clemson, Russell House, 1400 Green Street
- 11 a.m. - 5 p.m., Close Hipp Building, Close Hipp Building, Old School of Business
- 11 a.m. - 5 p.m., USC Carolina Clemson Greek Village, Greek Village, Kappa Alpha 521 Lincoln Road

NOV. 22

- 9 a.m. - 2:30 p.m., Keenan High School, 361 Pisgah Church Road

NOV. 23

- 9 a.m. - 3 p.m., Palmetto Health Children's Hospital, 7 Richland Medical Park Drive

NOV. 30

- 9 a.m. - 3 p.m., Heyward Career Center, 3560 Lynhaven Drive



Photo by ROBERT TIMMONS

Money matters

Retired Col. Jamie Houston speaks at an investment seminar at Fort Jackson's Education Center Tuesday. The seminar covered investment basics to including investment vehicles and pyramids.

Diabetes Awareness Month: Commit to healthy changes

By **WESLEY P. ELLIOTT**
Army Medicine

November is Diabetes Awareness Month and Army Medicine is encouraging Soldiers and their Families to commit to healthy lifestyle changes that could reduce your risk of this debilitating illness.

Diabetes is an illness that results from blood glucose levels, or blood sugar, being too high in your bloodstream. Glucose is needed for energy but having too much glucose in your blood is not healthy.

"Having diabetes results in blood sugar levels being higher than normal and is caused by either a relative or absolute insulin deficiency," explained Dr. Joseph Wood, Chief of Virtual Health and a Staff Physician for the Endocrine, Diabetes, and Metabolism Clinic at the Eisenhower Army Medical Center.

The pancreas produces insulin which helps glucose to be absorbed by your cells that turn it into energy. Diabetes causes the pancreas to make lower than normal levels of insulin or your cells develop an insulin resistance and glucose then builds up in your bloodstream.

According to the Centers for Disease Control and Prevention, diabetes is the seventh leading cause of death in the United States and causes more deaths than AIDS and breast cancer combined. One in 11 Americans has diabetes and over 86 million are at risk.

Diabetes is a major cause of heart disease and stroke and is the leading cause of kidney failure in the U.S. and patients who poorly control diabetes have the same risk of a heart attack as someone without diabetes who has already had a heart attack.