

THURSDAY, SEPT. 27, 2012

# THE FORT JACKSON LEADER

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[WWW.JACKSON.ARMY.MIL](http://WWW.JACKSON.ARMY.MIL)

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STAND DOWN

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★ SPIRIT OF AMERICA  
COMES TO COLUMBIA

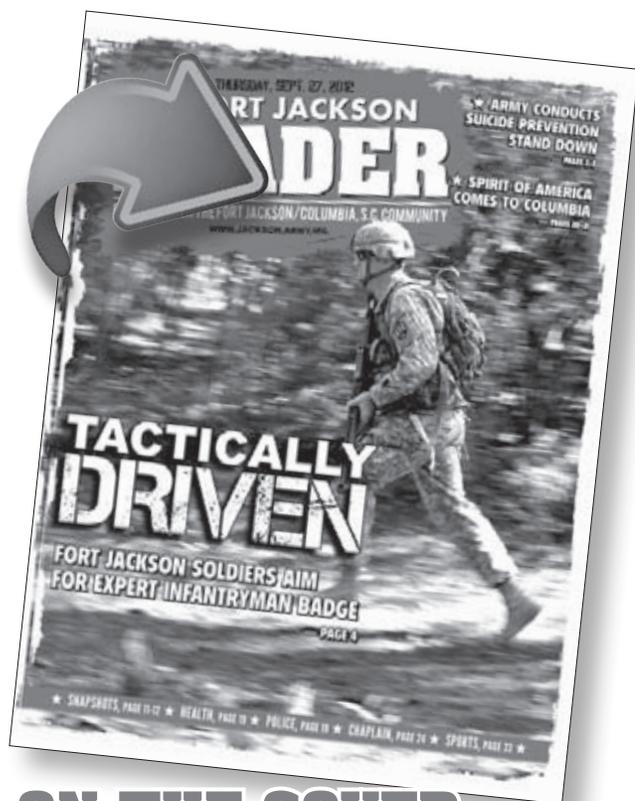
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## ON THE COVER

Photo by WALLACE MCBRIDE

**A Soldier runs between obstacles during last week's Expert Infantryman Badge trials.**

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### Fort Jackson, South Carolina 29207

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## COMMANDER'S CALL

# Time to address the stigma attached to seeking help

## Soldiers must be proactive to prevent suicides

Suicide is a persistent enemy that we can only defeat collectively. Across the Army, the monthly number of suicides has more than doubled since June, reaching 26 in July. Last year, 165 Soldiers took their lives. So far this year, there have been 191 potential suicides.

One loss of life is too many, because I need each and every one of you. Fort Jackson needs you. The Army needs you. None of us can fight this battle without the help of another Soldier, Family member and civilian. Remember no one stands alone in any battle. We stand shoulder-to-shoulder, and stand up for life.

The Suicide Prevention Stand Down will bring about a new understanding and approach to how we handle suicide within our ranks. We must address the myth that it is OK to remain strong and silent. It is not OK. We must be proactive if we are going to make a difference.

Suicide prevention is a shared responsibility of commanders, leaders, Soldiers and Army civilians at all levels — as well as our family members — to establish and inform one another of the programs available here that specifically address suicide prevention, health promotion and risk reduction.

I recently signed a Suicide Prevention Month Proclamation to ensure we are in full support of this battle. My thanks goes out to the Army Substance Abuse Program team for partnering with the American Foundation for Suicide Prevention this month to assist in our prevention efforts.

According to the American Foundation for Suicide Prevention, a national not-for-profit organization dedicated to understanding and preventing suicide, 40 percent of people at risk for suicide mention their intentions to a co-worker. We must look for these signs in our community so that we can eliminate this problem.

Our efforts in building a resilient force are made possible because of programs such as "Ask, Care, Escort" (ACE), and Applied Suicide Intervention Skills Training (ASIST). The Family Life and Resiliency Center on post provides Soldiers, Family members and Army civilians psychological counseling for mission readiness.

These types of programs and services help foster a sense of emotional security within our force that will enable us to effectively combat suicide and the stigmas associated with seeking help. An environment in which Soldiers, Families, and civilians can speak openly and in confidence about their concerns is critical to our success as an Army team.

Our initiative to inform and build a stronger Army community will help us engage people at

risk. The time we have dedicated to refocus and prepare ourselves to recognize the signs of those in need will not stop here. I ask each of you to carry these skills with you — they might help you save a life.

When we as a community demonstrate our care for one another through our actions, we build a stronger culture for Soldiers, Family members and civilians who seek help.

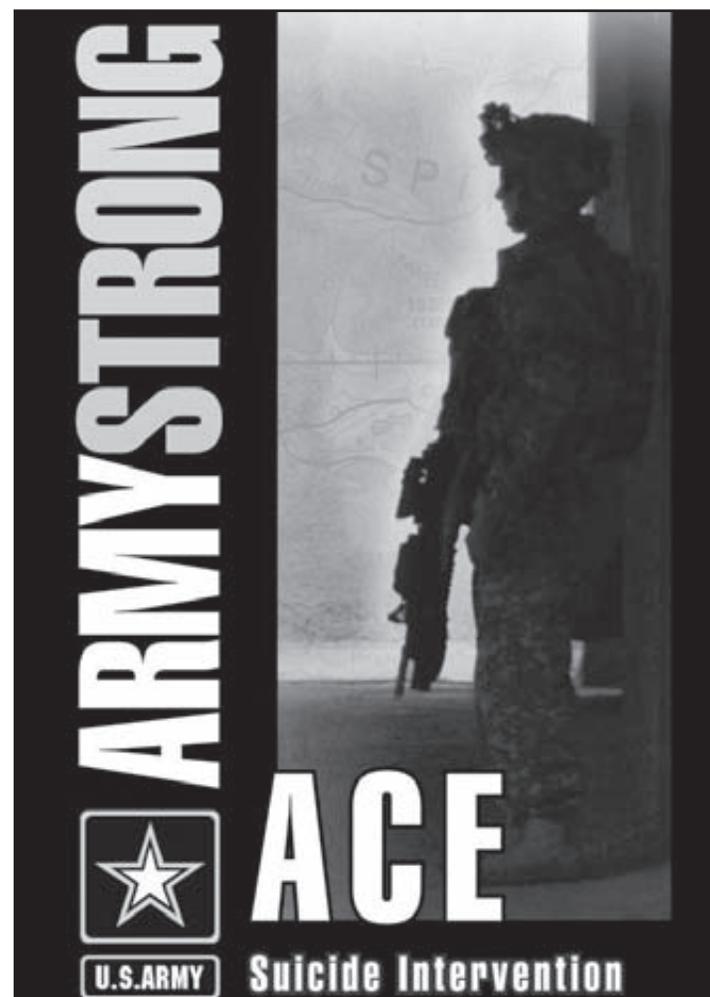
When a person admits he or she needs help, it will not be an easy task, but it is the first step in the process of recovery and returning to a mission-ready status. If you cannot receive help from a professional immediately, call the Military One Source line at 1-800-342-9647 or National Suicide Prevention Crisis Line 1-800-273-TALK (8255).

We must engage ourselves in the fight against suicide. It is our duty to educate ourselves, be prepared, and eliminate suicide within our ranks. Focusing on resiliency and the positive life-coping skills of our Army Family will improve the quality of life for our entire Army community.

Army Strong and Victory Starts Here!  
Victory 6

**By BRIG. GEN.  
BRYAN T. ROBERTS**

Fort Jackson  
Commanding General



Follow Brig. Gen. Bryan T. Roberts at [www.facebook.com/FortJacksonCommandingGeneral](http://www.facebook.com/FortJacksonCommandingGeneral)

# Suicides prompt stand-down

By **WALLACE McBRIDE**  
Fort Jackson Leader

An Armywide suicide prevention stand down is set for today.

Vice Chief of Staff of the Army Gen. Lloyd J. Austin III ordered an Armywide suicide stand down for today as a way to empower leadership to prevent further loss of life due to suicide.

September is recognized nationally and by the Army as Suicide Prevention Month. The theme for this year's observance is "A Healthy Force is a Ready Force." Agencies and organizations throughout the Army are executing educational activities to focus on how to reduce the stigma associated with seeking care for behavioral health issues, as well as providing members of the Army family an opportunity to familiarize themselves with the health promotion, risk reduction and suicide prevention.

In addition, public service announcements featuring senior leaders have been disseminated throughout the Army to support Army leaders.

This is the Army's first suicide prevention stand down since 2009.

Austin ordered the stand down following a DoD report that 26 active-duty Soldiers were believed to have committed suicide in July. It was more than double the

number reported in the previous month and the most suicides ever recorded in a month since the Army began tracking these figures.

"Suicide is the toughest enemy I've faced," Austin said. "And, it is a real, no-kidding enemy that's killing our Soldiers. It's not just an Army issue, but also an American issue. More people die by suicide each year than by homicide. And, so it's going to take all of us working together."

The suicide rate in the U.S. is twice the rate of homicides, said Helen Pridgen, South Carolina area director of the American Foundation for Suicide Prevention. Pridgen has made several visits to Fort Jackson in September to speak with Soldiers, family members and support staff about the issues surrounding suicide.

Suicide is a phenomenon that crosses all cultural boundaries, she said Tuesday during a presentation at the Post Theater.

"There's no typical victim," Pridgen said. "Most people diagnosed with depression don't go on to commit suicide. (Of those who do), 90 percent of them had a mental illness at the time of their death."

Laly Rodriguez, manager of the Risk Reduction and Suicide Prevention programs for Fort Jackson, said more than 2,000 people on post have been involved with suicide prevention training throughout September.

"In October, they're sending me the numbers for the units that participated, which will to be submitted to Washington," Rodriguez said. "By the middle of October I should know the exact number of people we trained in suicide prevention."

Each unit is conducting training, either independently or in conjunction with Rodriguez supervising, she said.

"We're not just worried about suicides we're concerned with the overall fitness and well-being of our Soldiers, Army civilians, and family members," said Walter O. Morales, chief of the Army Suicide Prevention Program. "It is especially important that leaders lead the charge in changing the Army culture, wherever seeking help for suicide or other issues is stigmatized."

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*Editor's note: Information from www.army.mil was*

“It’s not just an Army issue, but also an American issue. More people die by suicide each year than by homicide.”

— **Gen. Lloyd J. Austin III,**  
**Vice Chief of Staff**  
**of the Army**

”

## SSI changes responsibility

Command Sgt. Maj. Annette Weber accepts the saber from Brig. Gen. David MacEwen, commanding general of the Soldier Support Institute, during a Change of Responsibility Friday at the Officers' Club. She replaces Command Sgt. Maj. Thomas Brown, who retired. Weber most recently served as the command sergeant major for the U.S. Army Garrison Baden Wurtemberg in Heidelberg, Germany.

*Photo by STAFF SGT.  
RICHARD REILLY,  
Soldier Support Institute,*



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Photo by WALLACE McBRIDE

A Soldier participating in last week's Expert Infantryman Badge exercise returns enemy fire in a combat simulation. Soldiers taking part in the trials were challenged with obstacles that tested their infantry skills, including first aid, map reading and weapon maintenance.

# 'In an ELITE Group'

**Soldiers strive to become the best in the infantry**

By WALLACE McBRIDE  
Fort Jackson Leader

It was a grueling week for the more than 100 Fort Jackson Soldiers hoping to earn the Expert Infantryman Badge. to demonstrate their skills in map reading, first aid, language and protocol as gunfire and cries for help echoed throughout the surrounding forest.

The number of Soldiers still qualified to participate in the evaluation dwindled daily. Fort Jackson Command Sgt. Major Kevin Benson said 120 candidates had signed up and, of those, "116 had the intestinal fortitude" to show up for the first day's physical training challenge.

See **BADGE:** Page 6



Photo by MASTER SGT. AARON HORN, G3 OFFICE

Last week's final Expert Infantryman Badge challenge was a 12-mile march, ending early Friday morning at the Hilton Softball Complex. It was followed by a presentation of badges.

# Badge

Continued from Page 4

Only 61 were left standing afterward. Only 26 Soldiers were left by the time of the final day's 12-mile road march early Friday morning.

"It was pretty hard, and it was nerve-racking seeing that many people drop out," said Sgt. 1st Class Kamilo Lara, of Company C, 1st Battalion, 61st Infantry Regiment. "We started with (about) 120 and, on the last day, there were maybe 10 waiting for each lane. The group got smaller and smaller. It was stressful."

Last week was Lara's second attempt at the EIB. During his first attempt, an error on the traffic control point lane ultimately disqualified him. Having been through the process twice, he recommended Soldiers trying for the badge concentrate their energies on completing the task at hand.

"Take one task at a time," Lara said. "Don't worry about what's next. Worry about the lane that you're doing."

The EIB is presented for completing a series of tests illustrating proficiency in infantry skills. It was introduced in 1944 by Army Chief of Staff Gen. George C. Marshall as a means of promoting esprit de corps within the infantry. Over the years, the test had evolved into a time-consuming, weeklong event.

A new format was designed in 2009 to be more combat-focused and promoted decision-making skills in critical, ambiguous situations. The test includes a physical fitness test, day and night land navigation, a 12-mile foot march, and missions along urban, patrol and traffic-control point lanes showcasing scenarios a Soldier might typically face in combat.

"The lanes are tactically driven," said Brig. Gen Bryan Roberts, Fort Jackson commanding general. "You have to make decisions in the lanes, look at whether you do security first, treat the wounded or attack the enemy. It makes you think. That's what we're trying to get all of our Soldiers to be able to do -- to make decisions. I think we've got the right mix in terms of the task and the scenarios that drive it."

Staff Sgt. Edward Jervis, an EIB grader with Company D, 1st Battalion, 13th Infantry Regiment, said the difference between the EIB and the Combat Infantry Badge (CIB) is a matter of competence.

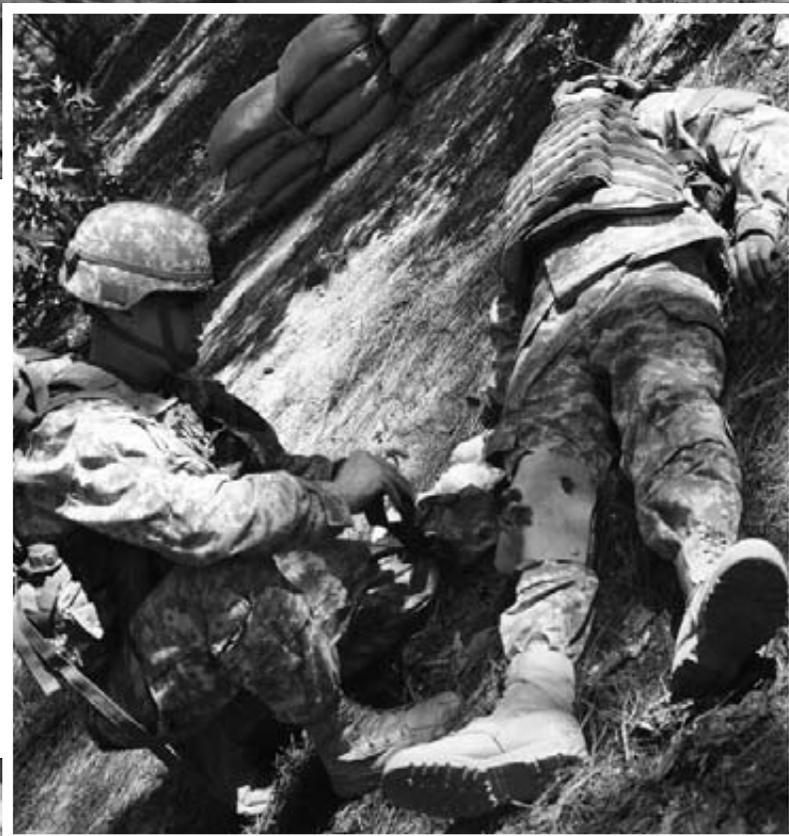
"With the EIB, you have to actually prove your proficiency," he said. "Whereas the CIB, it's earned and well-respected, but a Day One Soldier can get the CIB. With the EIB you have to show that you are proficient at your task, and that you can teach it, as well."

"When you get it, you're in an elite group," said Command Sgt. Major Eddie Devalle, 1st Battalion, 13th Infantry Regiment. "In order for (an infantryman) to get promoted to sergeant major, you need this award. If you don't get the EIB, you can't even think about making sergeant major these days."

*Milton.W.McBride3.ctr@mail.mil*



Among the challenges faced by Soldiers looking to earn their Expert Infantryman Badge were weapon maintenance, above, and first aid. Below, Sgt. 1st Class Abdul Parsons-Bey receives his Expert Infantryman Badge from Command Sgt. Maj. Michael McCoy, U.S. Army Drill Sergeant School commandant.



*Photos by WALLACE McBRIDE*



# Master Fitness Trainer class graduates

By DAVID VERGUN  
Army News Service

The 31 Master Fitness Trainer, or MFT, pilot program students were told at their graduation on Fort Jackson Friday they would “play a pivotal role in influencing Soldier fitness and health throughout their lifespan.”

“We’re looking for great outcomes and we’re going to have a fitter Army with your help,” said Command Sgt. Maj. Donna Brock, senior enlisted adviser to the Army surgeon general.

Brock, a former master fitness trainer herself before the program was discontinued in 2001, defined “lifespan” as the amount of time Soldiers are not in contact with a health care provider, which is the majority of the time.

“If you see a doctor twice a year for 20 minutes a visit, the rest of the year you’re on your own,” she said. “Master fitness trainers will decrease the time Soldiers are on their own by providing them with proper physical fitness training, advice on nutrition and sleep management and overall wellness.”

The goal of the program is to train about 4,000 MFT Soldiers the next two years and about 2,000 per year thereafter, according to Maj. David Feltwell, an MFT instructor. He said the trainers will first advise battalion commanders, and as their numbers grow, they will fan out to the company level.

Brock said the monthlong MFT program was brought back because it will increase unit readiness and it dovetails with “the Army’s strategic imperative: ‘prevent, shape, win.’” She said the trainers will consult and advise their commanders on creating a sound physical fitness program, tailored to mission outcomes, that will “increase stamina, resilience and endurance, as well as reduce injuries.”

The medical community will be a huge supporter of the MFT program, said Brock, herself a 26-year medic. “Master fitness trainers will consult with health care providers, nutritionists and dietitians on an ongoing basis and will closely monitor their Soldiers, who may need medical advice beyond their capabilities.”

“Master fitness trainers know what to look for to prevent injuries as well as correct body positioning during ex-



Photo by DAVID VERGUN, Army News Service

**The Soldiers who graduated from the Master Fitness Trainer pilot program at Fort Jackson Friday pose for a photo before returning to their units to advise their fellow Soldiers on physical fitness training, nutrition, sleep management and overall wellness.**

ercises, posture, balance, the right number of repetitions,” said Sgt. 1st Class Raymond Bentley, an MFT instructor. He predicted a noticeable increase in physical fitness test scores as a byproduct of the program.

He said there may be skeptics out there, but he believes the program really works.

“My own run time has improved since being here (in training) and my abs are back,” said Bentley, who is 45 years old. “The PRT program has gotten me back to the shape I want to be in.”

“There are two questions people have been asking me about the program,” said MFT graduate Sgt. Rachel Cunningham. “What have you learned, and do you really believe in it? I really believe in it and I believe the instructors do. You’ve got to really believe in it to sell it to your command. I have the knowledge now to back the program 100 percent.”

“Reading and understanding the training circular on your own can be difficult,” said MFT graduate Staff Sgt. Samad Green, referring to TC 3-22.20, Physical Readiness Training, the physical fitness guide used by Soldiers and

the program. “The exercise doctrine takes away the guesswork. I believe I can help make it more understandable when I get to a (Forces Command) unit.”

Green said he has seen plenty of examples where proper training could have helped reduce injuries.

“I’ve been to units where they don’t understand how the human body works; where they just make stuff up, leading to overtraining and Soldiers who get hurt,” Green said.

“PRT is linked to warrior tasks and battle drills,” said MFT instructor, Sgt. 1st Class Melissa Solomon. “Soldiers will perform their missions better with proper training. I believe master fitness trainers will be able to go out and articulate this to their commanders and Soldiers and sell the program.”

Brock imparted final words of advice to the graduates. “Your leaders will look to you for expertise,” she said. “You’ll have successes and perhaps some failures too, but if you work hard and strive to take care of your Soldiers, they will have higher stamina, resilience and endurance. You’re not alone in this endeavor. Your leaders want this. Your Soldiers need this.”

## News and Notes

### EXPRESS CHANGES HOURS

The new hours for the Gate 1 Express are as follows: Monday through Friday, 7 a.m. to 6 p.m.; Saturday and Sunday, 10 a.m. to 6 p.m.

The new hours for the Gate 2 Express are as follows: Monday through Thursday, 5 a.m. to 10 p.m.; Friday and Saturday, 5 a.m. to 11 p.m.; Sunday, 7 a.m. to 9 p.m.

### NEW GATE HOURS ON TAP

Beginning Oct. 1, Fort Jackson gates will be open as follows:

- ☐ Gate 2 — open around the clock.
- ☐ Gate 4 — 5 a.m. to 9 p.m., Monday

through Friday; closed on weekends.

- ☐ Gate 5 — 5 a.m. to 9 p.m., Monday through Sunday.

- ☐ Gate 1 — 5 a.m. to 1:30 p.m., Monday through Friday; closed on weekends.

The new gate hours are temporary and a result of the transition of security guards from contractors to federal employees, which was mandated by Congress.

### DOG PARK OPEN TO COMMUNITY

A dog park is now open from dawn to dusk on Chesnut Road, next to the SKIES facility. The dog park is open to ID card holders.

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 11 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Oct. 11 Leader must be submitted by Oct. 4.

Send your submissions to FJLeader@gmail.com. For more information, call 751-7045.



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## Fort Jackson observes POW/MIA Day



*Photos by WALLACE McBRIDE*

Lou Fowler, 88, was a guest of honor last week as Fort Jackson observed National POW/MIA Recognition Day during graduation ceremonies at Hilton Field. A gunner in a B-24 bomber during World War II, Fowler was a German prisoner of war for 18 months after being shot down. Fowler, left, speaks with Col. Odie and Tricia Sheffield. Top photo, the POW/MIA flag was flown during the Sept. 20 event, which featured guest speaker Lt. Gen. David Halverson, left, TRADOC deputy commanding general and chief of staff.

# Post does it in PINK

## Community gets moving for breast cancer awareness

By **WALLACE McBRIDE**  
Fort Jackson Leader

The “Do It In Pink” aerobathon continued to grow this year as men, women and children came out at Fort Jackson to support breast cancer awareness.

“The main mission of the aerobathon is to bring awareness to breast cancer, the importance of getting screenings on a regular basis, and prevention in the form of exercise and screenings that can help with early detection,” said Pamela Long, fitness coordinator for Fort Jackson Family and Morale, Welfare and Recreation. “And, if breast cancer is something that has already affected your life, it’s an opportunity for you to see that we, as a community, believe in awareness and prevention.”

Saturday’s event attracted more than 200 people. The participants wore pink to show their support of breast cancer awareness, and took part in three hours of exercise events. It was the third annual event hosted by FMWR.

“I didn’t see anybody that wasn’t in pink,” said Harry Williams, FMWR aerobics instructor. “We had one unit of Soldiers dressed in pink. It was a great success. Hopefully, it will get

bigger and better every year.”

“The unit stayed the entire three-hour duration of the aerobathon,” Long said. “Each year it continues to grow. It means the word is getting out. All we saw was a sea of pink. And it wasn’t just women, but men, too.”

Williams said the aerobathon offered “non-stop” activity that kept participants moving.

“There were some high impact movements, but then there was also line dancing, which is low impact,” he said. “People loved it.”

“We want to increase community awareness of breast cancer and the screening tools they use,” said Maj. Daisy Wilson, chief of Army Public Health Nursing for Moncrief Army Community Hospital. “We want to make people aware of preventative measures they can take, such as diet and exercise.

“Knowledge is the key,” Wilson, said. “In the future, I would like to see us reach out to folks not only at Fort Jackson, but outside the installation, too.”

Another breast cancer awareness event on Fort Jackson is scheduled for Oct. 19. A 5K run/walk begins at 9 a.m. that morning at Hilton Field Softball Complex.

*Milton.w.mcbride3.ctr@mail.mil*



Photo by THERESA O'HAGAN, Family and Morale, Welfare and Recreation

**More than 200 people participated in Fort Jackson's third annual 'Do It In Pink' aerobathon Saturday at the Solomon Center. The event aims to raise breast cancer awareness by promoting exercise and regular health screenings.**



Photo by DAVID SHANES, command photographer

## Retiring from service

Retiring Soldiers are honored in a ceremony Tuesday at the Post Theater. The Soldiers honored are Lt. Col. Diana Hardy; Maj. Regina Charles; Chaplain (Capt.) Vincent Dominique; Sgt. Fred Modlin; Chief Warrant Officer 4 Joe Ford Jr.; Command Sgt. Maj. Donna Punihaole; Sgt. 1st Class Dwayne Simmons; Sgt. 1st Class Kester Dozier; 1st Sgt. Kenneth Sturm; 1st Sgt. Scott Brown; and Sgt. 1st Class Tracy Yarbrough.



Courtesy photos

## 4-10th battalion run

Soldiers with the 4th Battalion, 10th Infantry Regiment embark on the unit's first battalion run Monday since its activation in January 2009. The battalion comprises the U.S. Army Student Detachment, the 282nd Army Band, the 17th Military Police Detachment, Headquarters and Headquarters Company and Company B.





Photos by STANLEY RIKARD, Directorate of Public Works Wildlife Branch

## Fishing expedition

Caleb Gaston and Chuck Robinson, wildlife technicians with the Directorate of Public Works, use a seine to catch fish from Old Heise Pond to determine the reproduction rate of bream and largemouth bass. This sampling technique enables the Wildlife Branch to better understand and manage the fisheries at Fort Jackson.



## 187th visits Charleston

Soldiers with the 187th Ordnance Battalion visit the Army Strategic Logistics Activity Charleston Sept. 18 as part of the battalion's warrant officer professional development program. The Soldiers toured the facilities, received insights on the Army's logistical procedures for the Army Prepositioned Stock and toured the USNS Watson, a Navy cargo ship.

*Courtesy photo*

# Research before choosing a bank pays off

Have you been thinking of firing your bank? Many consumers are paying fees to keep their money safeguarded in a financial institution. If you are struggling with your bank because you are paying outrageous fees or not getting the services you need, use the following guidelines to help you find a new home for your money.

❑ Think about what you want from the bank. Write down a list of services you require. Banks offer an array of services such as basic checking and savings, loans for cars and homes and investment services.

❑ Another thing to consider is convenience. Regional banks are great, but not if you are moving to a different part of the country and won't have access to your money. Check out the bank's online banking. Ask questions. The bank may or may not offer mobile banking for your computer or smart

## FINANCIAL ADVICE

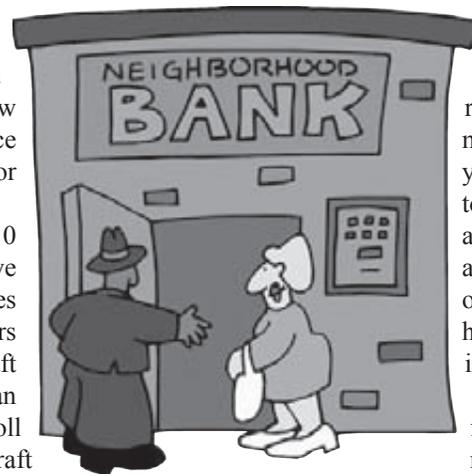
By **CHRISTINE JULIUS**  
*Army Community Services  
 Financial Readiness*

phone. ATM use can be free in some places or cost as much as \$8 in places like hotels and airports. Ask about the fees for using network ATMs and foreign ATMs. Be sure to consider all your options.

❑ Fees, fees and more fees. Banks make their money by charging consumers fees for services and products. Request a list of bank fees and compare the fees to those of other financial institutions. Do you want to pay a bank for having a checking account or a savings account? Be mindful that some banks may assess a monthly

fee to your account and other banks may charge you a fee if you drop below a minimum balance in your checking or savings account.

❑ On July 1, 2010 the Federal Reserve implemented rules that require consumers to opt into overdraft protection. Banks can not automatically enroll you into an overdraft protection plan. Keep in mind that the rules do not protect you from paying the \$35 or \$40 overdraft fee for not having sufficient funds in your account. In addition, banks may charge you an additional fee for having a negative



balance at the end of the day.

❑ Compare interest rates. Make your money work for you when it comes to interest bearing accounts. Shop around in your area or use online tools to help you get a higher interest.

These are just a few things to keep in mind when shopping for a financial institution.

Financial counselors are available at Army Community Services to answer any questions or concerns regarding financial institutions. Call 751-5256 to talk to a financial counselor.

## AMEDD chief visits post

**Gregg Stevens, Civilian Corps chief of the U.S. Army Medical Department, addresses the civilian workforce of Moncrief Army Community Hospital during his visit to Fort Jackson Sept. 19. Stevens spoke to more than 150 DA civilians on the importance of professional development and the way ahead for AMEDD civilian employees.**

*Photo by ANDREW McINTYRE*



# Cone shares TRADOC progress in town hall

By RYAN POOLE  
TRADOC

FORT EUSTIS, Va. — Gen. Robert W. Cone, TRADOC commanding general, recently led a town hall meeting at Fort Eustis' Jacobs Theater where he shared the command's progress over the last year.

"It's been an incredible year," Cone said. "TRADOC was put in a position where it had to perform to set conditions for the Army into the future, and it has truly been a magnificent year."

The meeting began with Cone acknowledging TRADOC's impact on the Army as a whole, progress with its command initiatives, addressing Armywide areas of concern, and talking about the ongoing facility upgrades taking place across the installation.

TRADOC is a key leader in four of the Army chief of staff's five priorities.

These priorities include developing the force of the future (Army of 2020); sustaining a high quality all-volunteer Army; adapting leader development to meet future security challenges; and fostering continued commitment to the Army pro-

fession.

Cone said TRADOC will have trained more than 700,000 Soldiers by the end of fiscal year 2012. Before the war, TRADOC trained roughly 400,000 Soldiers compared to last year's more than 600,000 Soldiers.

"Much of the increase in Soldiers being trained comes from structured self-development and online courses," Cone said.

He pointed out that teaching via online courses does not lessen the workload for TRADOC because executing state-of-the-art online courses still requires instructors to grade papers and provide feedback.

In addition to the increase in the volume of training at TRADOC schools and courses, Cone said he believes the quality of the training has also improved through the extensive application of the "Army Learning Model."

"A year ago, I could talk conceptually about the Army Learning Model, but today I can go out on the ground and walk into most of our schools and centers and I am very impressed by the things that they are doing," Cone said.

Cone used the Intelligence Center of

Excellence as an example of leveraging and incorporating technology into the classroom. One digital application the students are using has reduced training time from seven to two hours.

Cone noted that the time saved by using digital training resources like "apps" can be applied toward reinforcing other skills such as oral and written communication.

Cone noted that one of the most important accomplishments of the command is the launch of "Doctrine 2015."

Doctrine 2015 transforms the Army's doctrinal base to deliver doctrine — clear, concise, current and accessible — to the point of need. The first level of Army doctrine — Army Doctrine Publications — consists of 15 foundational manuals about 10-to-15 pages long that capture the enduring principles inherent in land warfare in the 21st century. The ADPs are now available via the new "Doctrine 2015" website at <http://usacac.army.mil/cac2/MCCOE/Doctrine2015Tables.asp>.

However, now that the doctrine is available, Cone said he believes the challenge is to get Soldiers to use it.

"The biggest problem with doctrine is

not writing it; it's getting the force to use and understand it," Cone said.

Cone also discussed several Armywide concerns such as suicide, discrimination, hazing and sexual assault and harassment.

"We have to look harder at preventing suicides, and we have to think outside the box," Cone said. "In my mind, Soldiers are in the top 1 percent of Americans when they raise their right hand to join the Army. This loss of life, this tragic loss of great Soldiers is just unacceptable to me."

In regard to sexual harassment and hazing, Cone made it clear to the audience that there is zero tolerance for those actions in the Army and TRADOC.

"Sexual harassment is like a cancer in an organization that takes happy, willing participants and takes away their ability to contribute. I will not tolerate that in TRADOC," Cone said. "It amazes me that in the year 2012, I have to stand up in front of an audience and talk about things like racial or gender discrimination."

Cone emphasized that TRADOC should work as a team, and that those who support discrimination, harassment or hazing cannot be part of the organization.



Photo by 1ST LT. LONG PHAM, 3rd Battalion, 34th Infantry Regiment

## TRADOC deputy visits post

Lt. Gen. David Halverson, center, TRADOC deputy commanding general and chief of staff, observes Soldiers with the 3rd Battalion, 34th Infantry Regiment who train at Medical Simulations Training Facility Sept. 19, as Brig. Gen. Bryan Roberts, right, Fort Jackson's commanding general looks on. During his visit to Fort Jackson, Halverson visited a number of Basic Combat Training units and addressed graduating Soldiers.

# Event helps dispose of unwanted meds

*From Moncrief Army Community Hospital*

Fort Jackson and the Drug Enforcement Administration will again give the public the opportunity to prevent pill abuse and theft by ridding homes of potentially dangerous expired, unused and unwanted prescription drugs.

Community members can drop off medications for disposal from 10 a.m. to 2 p.m., Saturday at the Fort Jackson Main Exchange. The service is free and anonymous. In April, Fort Jackson turned in 40 pounds of prescription drugs.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the United States are alarmingly high, as are the number of accidental poisonings and overdoses related to these drugs.

Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that formerly used methods for disposing of unused medicines — flushing them down the toilet or throwing them in the trash — pose potential safety and health hazards.

Four days after the first prescription drug take-back event, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an “ultimate user” of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them.

The Act also allows the Attorney General to authorize long term care facilities to dispose of their residents’ con-



*Photo illustration by SUSANNE KAPPLER*

**Fort Jackson will host a prescription drug take-back event from 10 a.m. to 2 p.m., Saturday at the Exchange. Community members can dispose of unwanted medicine safely and anonymously.**

trolled substances in certain instances. The DEA is drafting regulations to implement the act. Until new regulations are in place, local law enforcement agencies, like the

Criminal Investigation Command, or CID, and the DEA will continue to hold prescription drug take-back events every few months

## FIRST RESPONDER

### Know the rules when using fire pits

*From the Directorate of Emergency Services*

As temperatures cool down, many people use fire pits to keep warm while enjoying the outdoors. However, the use of fire pits on Fort Jackson is governed by a number of rules. The following rules apply to all outdoor fire pits, fireplaces and chimineas.

Outdoor fire pits are only allowed if they are commercially manufactured. Self-made fire pits are strictly prohibited. Commercially-manufactured fire pits must not be used indoors, on porches, in garages or carports.

Commercially-manufactured fire pits must be under close supervision of an adult at all times when in use. The only

material allowed to be burned in fire pits is raw, untreated wood. A garden hose must be readily available at all times during the use of the fire pit.

Fire pits must be of a type approved by the Fort Jackson Fire Department, enclosed on all sides and have a cover. Fire pits must be located at least 10 feet away from combustible materials and all buildings when in use. After using the fire pit, hot coals and embers must be completely extinguished with water.

In addition to these requirements, users must follow all manufacturer-recommended procedures and safety precautions.

To schedule an inspection of your fire pit, call the Fire Prevention Branch at 751-1610/1611/5239/1411.



Follow the Leader on Twitter at  
**[www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao)**.

## Leader deadlines

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**For example, an announcement for the Oct. 11 Leader must be submitted by**

**Oct. 4.**

**Send all submissions to FJLeader@gmail.com.**

**For more information, call 751-7045.**



Photo by 1ST LT. LONG PHAM, 3rd Battalion, 34th Infantry Regiment

# Soldiers share story of America's heritage

By SPC. SHARMAIN BURCH  
Third Army/ARCENT Public Affairs

Soldiers have been America's backbone for more than two centuries, dedicating their selfless service and loyalty. The theatrical performance "Spirit of America" personified their courage and dedication as it journeyed through battles from the American Revolution to current operations, aiming to educate and inspire the audience by sharing America's heritage.

A number of Soldiers from Fort Jackson and Shaw Air Force Base were present at the Colonial Life Arena in Columbia to see the one of the four shows Friday and Saturday.

More than 300 Soldiers of the 3rd U.S. Infantry Regiment (The Old Guard) and the U.S. Army Band "Pershing's Own," dedicated many hours of rehearsal, for months, to tell the history of battle through the eyes of a Soldier.

Staff Sgt. Thomas Venzen, of Army Fife and Drum Corps said he appreciates the reaction he receives from the audience every time he performs, which inspires him to give an outstanding performance each year that he is on stage.

"We get to go to different cities and perform before various audiences, ranging from all age groups, we touch them and

their inspiration shows that they appreciate our hard work," said Venzen. "I feel honored and privileged to be a part of this performance."

The live performance not only captures a Soldier's story, it aims to bring awareness to the audience of the challenges Soldiers face leaving their loved ones and friends behind as they stand as brothers and sisters in arms, to defend and protect the freedoms of their nation.

The performances were well attended by Soldiers, Families, civilians and students.

"I wanted to learn the history of the military and the history of our nation's wars," said Eric Carnell, a resident of Greenville. "This performance gives me that opportunity, so I was motivated to bring my family to see the show."

Soldiers, Families and civilians gathered to see a live performance of their nation's heritage, but for the performers to have the audience members walk away inspired and educated was the ultimate reward.

"We hope the people who are gathered here today, enjoy their experience but mostly we want them to leave here feeling more proud of their military as these people have sacrificed and defended our nation with honor," said Maj. Gen. Michael Linnington, U.S. Army Military District of Washington commanding general.



Soldiers with the U.S. Army Drill Team, the Fife and Drum Corps and the U.S. Army Band 'Pershing's Own' perform Saturday at the Colonial Life Arena as part of the Spirit of America tour while Fort Jackson Soldiers enjoy the show from the stands.



Photo courtesy of the U.S. Army Recruiting Battalion, Columbia

Brig. Gen. David MacEwen, commanding general of the Soldier Support Institute, meets future Soldiers before conducting the Oath of Enlistment for 22 recruits at one of the performances.



Maj. Gen. Michael Linnington, left, U.S. Army Military District of Washington commanding general, and Brig. Gen. Bryan Roberts, Fort Jackson commanding general, acknowledge the crowd.



CMYK

CMYK

27" WEB-100

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Joseph Rombold**  
Company A  
2nd Battalion,  
13th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Spc. Jeffrey Benson

### SOLDIER OF THE CYCLE

Pvt. Nevin Stambaugh

### HIGH APFT SCORE

Sgt. Kirkland Anderson

### HIGH BRM

Spc. Bryce Hammersmith  
Pvt. Matthew Compton



**Sgt. Steveland Jones**  
Company B  
2nd Battalion,  
13th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pvt. Andrew Sargent

### SOLDIER OF THE CYCLE

Spc. Daniel Graham

### HIGH APFT SCORE

Pvt. Logan Starnes

### HIGH BRM

Pvt. Amanda Dalpolo



**Staff Sgt. Peter Wieden**  
Company C  
2nd Battalion,  
13th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pfc. Matthew Taranto

### SOLDIER OF THE CYCLE

Spc. Kristin Schulte

### HIGH APFT SCORE

Spc. Kristin Schulte

### HIGH BRM

Pfc. Justin Broom

## Training honors



**THORNBORROW**

**Sgt. 1st Class John Thornborrow**  
Drill sergeant of the cycle  
Company A  
Task Force Marshall

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For more information, call 751-7045.

### SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609 or emailed to [sbranham@ci-camden.com](mailto:sbranham@ci-camden.com).

For information about display advertising, contact Kathy at 786-5681.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.

## Calendar

### Friday

#### SELF Symposium

9 a.m. to 2 p.m., Solomon Center  
To register online, visit [www.fortjacksonmwr.com/self](http://www.fortjacksonmwr.com/self). For more information, call 751-5444.

### Saturday

#### Prescription drug take-back day

10 a.m. to 2 p.m., Main Exchange

### Sunday, Sept. 30

#### Gold Star Mother's Day observance

7 p.m., Semmes Lake  
For more information, call 751-4867.

### Tuesday

#### Job fair

9 a.m. to noon, Solomon Center  
View participating employers at [http://www.fortjacksonmwr.com/acs\\_emp/](http://www.fortjacksonmwr.com/acs_emp/).

### Wednesday, Oct. 10

#### AG Corps Regimental Association, Carolina Chapter meeting

11:30 a.m. to 1 p.m., Magruder's Pub & Club

### Friday, Oct. 12

#### AUSA Palmetto Chapter golf tournament

1 p.m., Fort Jackson Golf Club  
For more information, email [sbbutler@bellsouth.net](mailto:sbbutler@bellsouth.net).

### Saturday, Oct. 13

#### Hispanic Heritage Month celebration

11:30 a.m. to 6 p.m., Patriot Park

### Friday, Oct. 26

#### Domestic Abuse Awareness Month event

11:30 a.m. to 1 p.m., Officers' Club  
The guest speaker will be Mildred Muhammad. Tickets cost \$9.50. For more information and to register, call 751-6325.

## Announcements

### DENTAC CLOSURE

The Fort Jackson Dental Activity will be closed today for suicide prevention training. Only emergency cases will be seen at Caldwell Dental Clinic.

DENTAC will be closed Oct. 4 for organizational day activities. Sick call will be available from 7:30 to 10 a.m. Patients with serious emergencies that arise after 10 a.m.

should report to the Urgent Care Clinic at Moncrief Army Community Hospital. Normal hours will resume Oct. 5.

### DHR CLOSURE

All Directorate of Human Resources offices, including the ID card offices, will close at 10:30 a.m., Oct. 19 for organizational day activities. For ID card emergencies, three alternate locations are available: The Soldier Family Assistance Center, 751-1198; Shaw Air Force Base, 895-1596; and the South Carolina National Guard Center, 806-2078. Normal hours will resume Oct. 22.

### BLACKHAWK BALL

The 171st Infantry Brigade will host its annual Blackhawk Ball at 6 p.m., Nov. 2 at the DoubleTree hotel in Columbia. The guest speaker will be TRADOC Command Sgt. Maj. Daniel Dailey. Tickets cost \$40. To RSVP, call 751-3319 or 751-3301.

### AG CORPS SEVENTIES PARTY

The Adjutant General's Corps Regimental Association, Carolina Chapter will host a 70s party from 8 p.m. to 1 a.m., Oct. 19 at the Joe E. Mann Center. Tickets cost \$15 and are not available at the door. For ticket information, email [denise.grantbradley@us.army.mil](mailto:denise.grantbradley@us.army.mil).

### MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by Moncrief Army Community Hospital's Nutrition Clinic. Introductory classes are offered 10 to 11 a.m. and 5:30 to 6:30 p.m., the first Wednesday of the month at MACH, Room 8-85. Support group meetings take place 6:15 to 7:15 p.m., the second and fourth Wednesday of the month at MACH, fourth floor dining facility. For more information, call 751-2489.

### RECYCLE DAY CONTEST

Help celebrate Recycle Day Nov. 15 by submitting items made from recycled materials to the Environmental Management Branch. Prizes will be awarded to the best items submitted. For more information, call 751-5971 or email [lisa.a.mcknight11.ctr@mail.mil](mailto:lisa.a.mcknight11.ctr@mail.mil).

### THRIFT SHOP NEWS

- Donations can be dropped off any time. To get a receipt, drop off your donations during business hours.
- The Thrift Shop will hold a weekly football drawing throughout football season.
- The Thrift Shop is accepting Halloween

items through Oct. 18.

- The Thrift Shop is accepting Thanksgiving items Oct. 2 through Nov. 8.

### ASAP HOURS

The Army Substance Abuse Program clinical hours are Mondays, Tuesdays, Thursdays and Fridays from 8 a.m. to 4 p.m.

### CIF IN-AND-OUT PROCESSING

Personnel required to in-and-out process at Central Issue Facility must schedule an appointment. Soldiers clearing CIF are required to have their post clearing papers. To schedule an appointment, call 751-6524, 751-2870 or 751-2739.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com). Community announcements may be edited to comply with Leader style and Public Affairs regulations.

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## Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

### MILITARY KIDS APPRECIATION

The Cayce Tennis and Fitness Center will host a free tennis clinic for military children 8-14 years old 5 to 6 p.m., Oct. 18 and 25. For more information and to register, call 227-3030.

### WALK TO END ALZHEIMER'S

The Columbia Walk to End Alzheimer's is scheduled for 10 a.m., Oct. 20 at Finlay Park. For more information, visit [www.alz.org/walk](http://www.alz.org/walk).

### 345TH BOMB GROUP REUNION

A reunion commemorating the 70th anniversary of the activation of the 345th Bomb Group is scheduled for Nov. 9-12 at L.B. Owens Airport in Columbia. World War II airplanes will be on display for the public on the afternoon of Nov. 9. For more information, call (785) 647-7541.

## FLU SHOTS

Moncrief Army Community Hospital is offering free influenza vaccines to military ID card holders. Flu shots will be offered at the following locations:

- MACH, Room 6-20:** Thursday and Friday; 8 a.m. to 4 p.m.

- Solomon Center:** Oct. 15, 22 and 29; 8 a.m. to 3:30 p.m.; Nov. 5, 19 and 26, 8 a.m. to 3:30 p.m.

- Commissary:** Nov. 13, 15, 20, 27 and 29, 10 a.m. to 2 p.m.

- Exchange:** Nov. 16 and 30, 10 a.m. to 3:30 p.m.

Vaccines for children younger than 4 will be available at MACH, Room 6-39.



**Friday, Sept. 28 — 6:30 p.m.**  
Ice Age: Continental Drift PG

**Saturday, Sept. 29 — 2 p.m.**  
The Campaign R

**Sunday, Sept. 30 — 2 p.m.**  
Total Recall PG-13

**Wednesday, Oct. 3 — 1 p.m.**  
Total Recall PG-13

**Wednesday, Oct. 3 — 4 p.m.**  
The Campaign R

For more listings, visit [www.aafes.com](http://www.aafes.com) or call 751-7488.

# Meet the challenge of the journey of faith

By **CHAPLAIN (CAPT.) AARON WHITE**  
1st Battalion, 61st Infantry Regiment

Recently I had the honor of participating in the baptism of 35 Soldiers as they prepared to graduate from Basic Combat Training. These Soldiers had been on a spiritual journey over the past 10 weeks. Many of them are recent high school graduates and were away from home for the first time.

Basic training was an overwhelming experience. From the first minutes of exiting the bus and facing the drill sergeants all the way to the last day of the Victory Forge field exercise — these Soldiers had to find a source of strength and courage to succeed at BCT.

For these 35 Soldiers, that source of strength and courage was their faith in God. From that first day, they each turned to God to help them through the hard and difficult weeks ahead. As those weeks went by, the Soldiers continued to grow in their faith, studying the scriptures and learning that God could be trusted and relied on, even when life got tough.

Several of them struggled through injuries, and others struggled with meeting the physical training requirements.

In the face of these difficulties, these turned to God in prayer, trusting him help them. Throughout the 10 weeks of basic training, God was at work in the lives of these Soldiers, leading them to faith in him. Eventually, he brought them to the waters of baptism as these Soldiers stepped out in faith to follow him with their lives.

These Soldiers and their battle-buddies were faced with a choice as they went through basic training. They could stand still and get nowhere or they could follow God in the journey of faith which he was leading them. Many of fellow Soldiers made the first choice, although they might have grown physically and even succeeded in their own strength at basic training, they missed an incredible opportunity to meet the challenge of the journey of faith.

This journey of faith is not just for basic training. It is something to which God calls each



s, and we are all faced with the same choice those Soldiers faced: Do we stand still and get nowhere, or do we move forward by following God as he leads us on this journey? Life is full of hard and difficult times — times when we have the opportunity to learn to trust God's incredible promises of protection and strength; times when we can turn to God in prayer and in faith; and times when God challenges us to follow him.

Those Soldiers who stepped forward at baptism knew they were on a journey, a journey of faith. They had a choice and they chose to trust and to follow God. Each one of us faces that same choice in our lives.

The question is, which choice are you making? Are you going to sit still and get nowhere or are you going to stand up and follow God as he leads you on

the most incredible and challenging journey you will ever face?



**PROTESTANT**

- Sunday  
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)  
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center  
9:30 a.m. Hispanic, Post Theater  
9:30 a.m. Main Post Chapel  
10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)  
10:45 a.m. Sunday school, Main Post Chapel  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next, Bayonet Chapel

**Protestant Bible Study**

- Monday  
7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday  
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday  
6 p.m. Gospel prayer service, Daniel Circle Chapel

- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Saturday  
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

**Protestant Youth of the Chapel**

- Saturday  
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)
- Sunday  
5 to 6 p.m. Club Beyond youth group, Family Life and Resiliency Center

**CATHOLIC**

- Monday through Thursday  
11:30 a.m. Mass, Main Post Chapel
- Sunday  
8 a.m. IET Mass, Solomon Center  
9:30 a.m. CCD (September through May), Education Center  
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel  
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel  
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel  
11 a.m. Mass (Main Post Chapel)  
12:30 p.m. Catholic youth ministry, Main Post Chapel
- Wednesday  
7 p.m. Rosary, Main Post Chapel

- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

**ANGLICAN/LITURGICAL**

- Sunday  
8 a.m. Anderson Street Chapel

**ISLAMIC**

- Sunday  
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday  
12:45 to 1:30 p.m. Jumah services, Main Post Chapel

**JEWISH**

- Sunday  
9:30 to 10:30 a.m. Worship service, Memorial Chapel
- 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

**CHURCH OF CHRIST**

- Sunday  
11:30 a.m. Anderson Street Chapel

**LATTER DAY SAINTS**

- Sunday  
9:30 to 11 a.m. Anderson Street Chapel
- Wednesday

- 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

**ADDRESSES, PHONE NUMBERS**

- Anderson Street Chapel**  
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**  
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**  
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**  
4581 Scales Ave.
- Family Life Chapel**  
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**  
4360 Magruder Ave., 751-3883
- Main Post Chapel**  
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**  
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**  
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**  
4475 Gregg St., 751-3121/6318

# SPORTS

## Sports shorts

### HALLOWEEN HOWL

The Halloween Howl 5K/10K is scheduled for 8 a.m., Oct. 27. Registration begins Oct. 9.

The event is open to all ID card holders. Pets and bikes are not allowed. For

more information, call 751-3096.

### SQUARE DANCING

Square dancing at the Solomon Center will begin Saturday. For more information, call 751-5768.

## FALL GOLF STANDINGS

Active duty		2-39th		170.0
120th	1142.0			
3-34th	953.5			
2-60th	938.5			
1-34th	745.5			
TFM	697.5			
The Hood	636.0			
1-61st	534.5			
4-10th	515.0			
187th	432.5			
MEDDAC	248.5			

Recreational				
Heavy Hitters				932.0
DPW				915.5
Sand Baggers				787.0
Hit Squad				691.5
Hack Attack				689.5
FMS				444.5

Standings as of Tuesday

## FALL SOFTBALL STANDINGS

RRS	6-0
4-10th	3-3
120th/187th	2-2
1-61st	1-4
MEDDAC	1-4
2-60th	out



Standings as of Tuesday

## SAND VOLLEYBALL STANDINGS

Black league		Gold league	
Blackhawks	2-0	1-61st, Team 2	2-1
MEDDAC, Team 1	2-0	MEDDAC, Team 2	1-1
Gurlz Rule	1-1	MEDDAC, Team 3	1-1
1-61st, Team 1	1-2	1-34th	1-1
BOSS	0-3	2-60th	1-2

Standings as of Tuesday