The Fort Jackson
Leader

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Choose to live

Peers important in suicide prevention

By CHRIS RASMUSSEN
Fort Jackson Leader

Helen Pridgen was devastated when she learned her 25-year-old son had taken his life. Her world shattered, the Columbia woman decided to pick herself up and share her experience as a way to help others and begin the healing process.

Pridgen, who lost her son Clay to suicide 10 years ago, will be the guest speaker for Fort Jackson's National Suicide Prevention Week, Sept. 5-11.

"Life can be tough. It is harder for some, but we can help each other through it," said Pridgen, chairwoman for the South Carolina Chapter of the American Foundation for Suicide Prevention. "I am deeply honored to come on post and share my experiences. I do this as a way to honor my son's life."

Pridgen will speak 10 a.m. and 2 p.m., Sept. 7 and Sept. 10 at the Post Theater. During the event, Soldiers will be asked to sign a pledge that they will never give up on life.

In addition to the speaking engagement, a host of other events are planned for National Suicide Prevention Week at Fort Jackson. The theme of this year's activities is "Shoulder to Shoulder: I will Never Quit on Life."

"Our whole purpose this year is to get people to choose to live," said Ernestine Richardson, alcohol and drug specialist for the Directorate of Human Resources. "We want to focus on those who choose every day to keep on pushing and living."

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Pledge of support

Photo by KRIS GONZALEZ

Maj. Gen. James Milano, Fort Jackson's commanding general, fills out his pledge card for the Combined Federal Campaign in his office Wednesday. The campaign, which allows military members and federal employees to donate to a number of charities, runs through Dec. 31. For more on the CFC, see Page 13.

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OPINION

Practice good judgment during holiday

MAJ. GEN. JAMES M. MILANO
Fort Jackson Commanding General

With the long Labor Day weekend beginning tomorrow, opportunities where alcohol beverages are plentiful will naturally present themselves. I hope that Soldiers and Fort Jackson family members enjoy their final fling with summer, but make a point to exercise good judgment at all times. Remember that our standards and discipline never take a training holiday or holiday leave.

You could save a life by turning down "one for the road" or by preventing someone from getting anywhere near a road. And the life you save could be your own. As we all know, irresponsible drinking can produce some serious consequences that can impact people's lives forever. Personal safety and the safety of others certainly are imperiled. Bad decisions have a propensity to trigger an infinite number of very bad things. In addition to an increase in the number of accidents, our health and readiness are at risk when drinking becomes reckless.

If you are going to take part in any festivities where alcohol is served, then you had better have a plan going in, and part of that plan should be never to get behind the wheel of a car after you have been drinking. Also keep in mind that the South Carolina Highway Patrol has been cracking down all summer on drunken driving with its "Sober or Slammer" program. The crackdown, which has resulted in more than 9,500 drunken driving arrests in our state, runs through Labor Day.

Incidentally, that's a 17 percent increase in arrests from 2009 and a 41 percent increase from two years ago. These are some pretty shocking numbers and important to note. Here's something else to keep in mind: Expect to see a lot of state troopers patrolling our roads, for which I for one am grateful.

I expect you to practice safety across the board. Make an extra effort to abide by safety rules and regulations, no matter where you are heading or what you might be doing. This advice not only applies to the road, but also to sports, the waterways and plain walking. In South Carolina, there have been a number of tragic boating accidents this year in which alcohol has played a role. Across the Army, there has been in increase in pedestrian accidents. Please be aware of water activities and the risks that they pose when safety is neglected. Make sure you abide by the rules and pay particular attention to your children.

Motorcycle riders need to exercise extreme caution. There will be obviously increased traffic on the roadways, which means that you must have your helmets screwed on straight, if you know what I mean. Keep in mind that composite risk management applies to all our activities — on and off duty. Consider the risks associated with any activity and implement effective control measures to help you mitigate or eliminate the hazards.

It is tragic when we lose a Soldier in an accident that could have been avoided. There are too many times when a Soldier is killed or seriously injured because a motorcycle went out of control due to a high rate of speed, or the rider was not wearing a helmet and protective gear, or he or she had not had required motorcycle training. Speeding, reckless operation, inexperience are common denominators in the cause of motorcycle accidents. Alcohol use as a contributing factor is not uncommon and the failure to wear a helmet can result in more severe injuries.

Again, I bring these things up so that you approach the long weekend with a plan. You are Soldiers at all times and there are expectations that you will meet on and off post. Enjoy your safe holiday weekend!

Army Strong and Victory Starts Here!

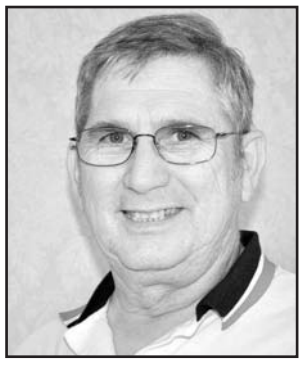
Fort Jackson talks back:

Leader reporter Kris Gonzalez asks Combined Federal Campaign Kick-off attendees:

'Why should anyone contribute to the Combined Federal Campaign?'

2nd Lt. Stephen Monsen
Soldier Support Institute

"CFC contributions stimulate the economy, fund research and keep people alive."



Jack Grooms
The Voice of Martyrs

"Everybody's small amount of money is combined to create a large amount ... so everybody ends up with instead of a dollar, a lot of dollars, to help support those in need."

Sally Chardos
Birthright of Columbia

"Most of these organizations are funded by donations. They need funds to help provide ... all the supplies that it takes to run these services."

Sgt. 1st Class Kristine Baker
Soldier Support Institute

"The economy is not as great as it could or should be, so any contribution at all is huge to those who really need it. I hope that those who can, will contribute."

Mel Favor
United Way

"Because everybody has needs. They may appear at different times, but eventually they show up. These organizations help."

Veronica Jackson-Patrick
DA Civilian

"We're contributing into programs that benefit the entire community, so we're helping our community members help themselves."

The Fort Jackson **Leader**

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No ground to give

Photo by CHRIS RASMUSSEN

Col. Drew Meyerowich, 193rd Infantry Brigade commander, passes the guidon to incoming Command Sgt. Maj. Jeffrey Dunkelberger during a change of responsibility ceremony Friday at brigade headquarters. Dunkelberger replaces Command Sgt. Maj. Charlie Lakin, who is retiring.

Milano outlines vision for post

Post campaign plan updated, reduced

By SUSANNE KAPPLER
Fort Jackson Leader

Fort Jackson senior leaders came together at Riverbanks Zoo and Garden Tuesday to discuss updates to the installation's campaign plan.

Although the new campaign plan is still in the works — it is scheduled to be completed in the first quarter of fiscal year 2011 — some elements, such as the vision and mission statements have already been revised.

"I have a pretty simple vision," said Maj. Gen. James Milano, Fort Jackson's commanding general. "One, to be the premier Army Training Center in the Army, and two, to be an Army Community of Excellence award winner. The first one isn't particularly metrics-based, but I want (Fort Jackson) to be known reputation-wise as being the very best training center in the Army."

Col. James Love, garrison commander, outlined recent adjustments by IMCOM to designate installations as Army Communities of Excellence. The new competition is largely based on installations' effective implementation of IMCOM's campaign plan. Love said he believes that this will give TRADOC garrisons a better chance at the awards.

"It makes it easier for garrisons like (Fort Jackson) to compete," Love said. "And that's the idea, to level the playing field."

The tie-in of Fort Jackson's vision with the IMCOM campaign plan is just one context in which the post's new campaign plan is nested. It is also linked to the Army's, TRADOC's and deputy commanding general for Initial Military Training's respective campaign plans, said Mike Ryan, strategic planner for Fort Jackson.

In addition to updated vision and mission statements, the new plan will reduce campaign objectives from 10 to five. Ryan said the purpose of the reduction is to give the new plan a more narrow focus. The new campaign objectives are: train Soldiers and civilians; develop leaders; enhance well-being, provide quality of life and build resiliency; enhance and modernize the infrastructure; and equip and sustain the force for training.

During the day, leaders separated into three groups, each discussing which major objectives should be identified along one of the campaign plan's three lines of operation — training; quality of life; and support and sustainability.

"This is really the starting point for the next (generation) of the campaign plan," Ryan said.

Susanne.Kappler1@us.army.mil

Fort Jackson Vision and Mission Statement

VISION

Fort Jackson: The preeminent Training Center in TRADOC and an Army Community of Excellence award winner. Tradition, Training, Transformation

MISSION

The United States Army Training Center and Fort Jackson (USATC&FJ) trains Soldiers and other personnel in support of full spectrum operations; receives and transforms Volunteers into Soldiers who are able to function effectively in their First Unit of Assignment (FUA); trains and educates our military and civilian leaders; and provides the highest possible Quality of Life for our Soldiers and their Families.

News and notes

120TH CSM LEAVES BATTALION

Command Sgt. Maj. Roderick Brown will relinquish responsibility of the 120th Adjutant General Battalion in a ceremony at 10:30 a.m., Sept. 3 at the battalion chapel.

171ST HOSTS GOLF TOURNEY

The 171st Infantry Brigade Veterans Day Ball Golf Tournament is scheduled for 9:30 a.m., Sept. 17 at the Fort Jackson Golf Course. Registration begins at 8 a.m. Call 751-3319 or e-mail *Douglas.Schuckman@conus.army.mil* for information and registration fees.

PORTABLE CAREERS SEMINAR SET

A portable careers seminar is scheduled from 9 to 10 a.m., Wednesday, at the Strom Thurmond Building, Room 222. The seminar is open to military personnel, family members and DoD civilians. Call 751-4862/5256 to register.

PATRIOT DAY EVENTS

A wreath-laying ceremony is scheduled for 9 a.m., Sept. 10, at Post Headquarters.

A 9/11 Memorial Run is scheduled for 7 a.m. at Hartsville Guard and Golden Arrow roads. The 5K run/walk and 10K run is sponsored by the 3rd Battalion, 34th Infantry Regiment. An awards ceremony follows. Call 751-9224/9222 for registration.

Music artist Kid Rock will headline a show at Fort Jackson 8:30 p.m., at Hilton Field. The field will open at 5:30 p.m. and the opening act begins at 7 p.m. Tickets are free to those with a valid DoD ID card and are available at Family and Morale, Welfare and Recreation and AAFES facilities. Non DoD-card holders can purchase tickets from Ticketmaster. Those with free tickets must have a valid DoD ID card to gain entry. Visit *www.fortjacksonmwr.com* for information.

REEL TIME THEATERS

Sept. 3 — 4 p.m.		
Cloudy with a Chance of Meatballs	PG	90 min.
Sept. 3 — 7 p.m.		
Salt	PG-13	100 min.
Sept. 4 — 6 p.m.		
Cyrus	R	91 min.
Sept. 5 — 4 p.m.		
Ramona and Beezus	G	103 min.
Sept. 8 — 2 p.m.		
Salt	PG-13	100 min.
Sept. 8 — 5 p.m.		
Cyrus	R	91 min

Fort Jackson Reel Time Theater
(803) 751-7488
Closed Monday, Tuesday and Wednesday

Ticket admission
ADULTS $4.50
CHILDREN (12 and younger) $2.25
Visit *aafes.com* for listings

Housing Happenings

COMMUNITY UPDATE

❑ Housing offices are closed Sept. 6 in observance of Labor Day. Call 787-6416 for emergencies.

❑ On-site neighborhood huddles are now available for residents to voice concerns and ask questions about their specific housing area. Management will be in attendance. Specific dates, times and locations are TBA.

❑ September is Self-Improvement Month. Put on a pedometer and join in the walking challenge. The person who logs the most mileage by walking by the end of September will receive a $50 gift card and gift basket. Call 738-8275 or e-mail *ayoungblood@bbcgrp.com* for information.

❑ Think safety: Wearing headphones, earphones or other listening devices while bicycling on or adjacent to roadways on DoD installations is prohibited. Safety helmets are also required for those on bikes, skateboards, mini bikes or scooters.

❑ Call 738-8275 to reserve the Community Center for personal functions.

❑ Refer a friend to move on post to receive $300.

❑ Visit *www.jackson.army.mil* and click on the community calendar at the bottom of the page to stay abreast of community events.

❑ Water conservation tip: For those who prefer to water their lawn instead of relying on a timer, remember that for optimal results, grass should be watered before 10 a.m. and/or after 6 p.m.

DEVELOPMENT UPDATE

❑ To date, 208 homes have been completed.

❑ About 100 homes have been demolished in the junior noncommisioned officer area.

❑ Family relocations into field grade officer housing has started. Thirteen homes are complete.

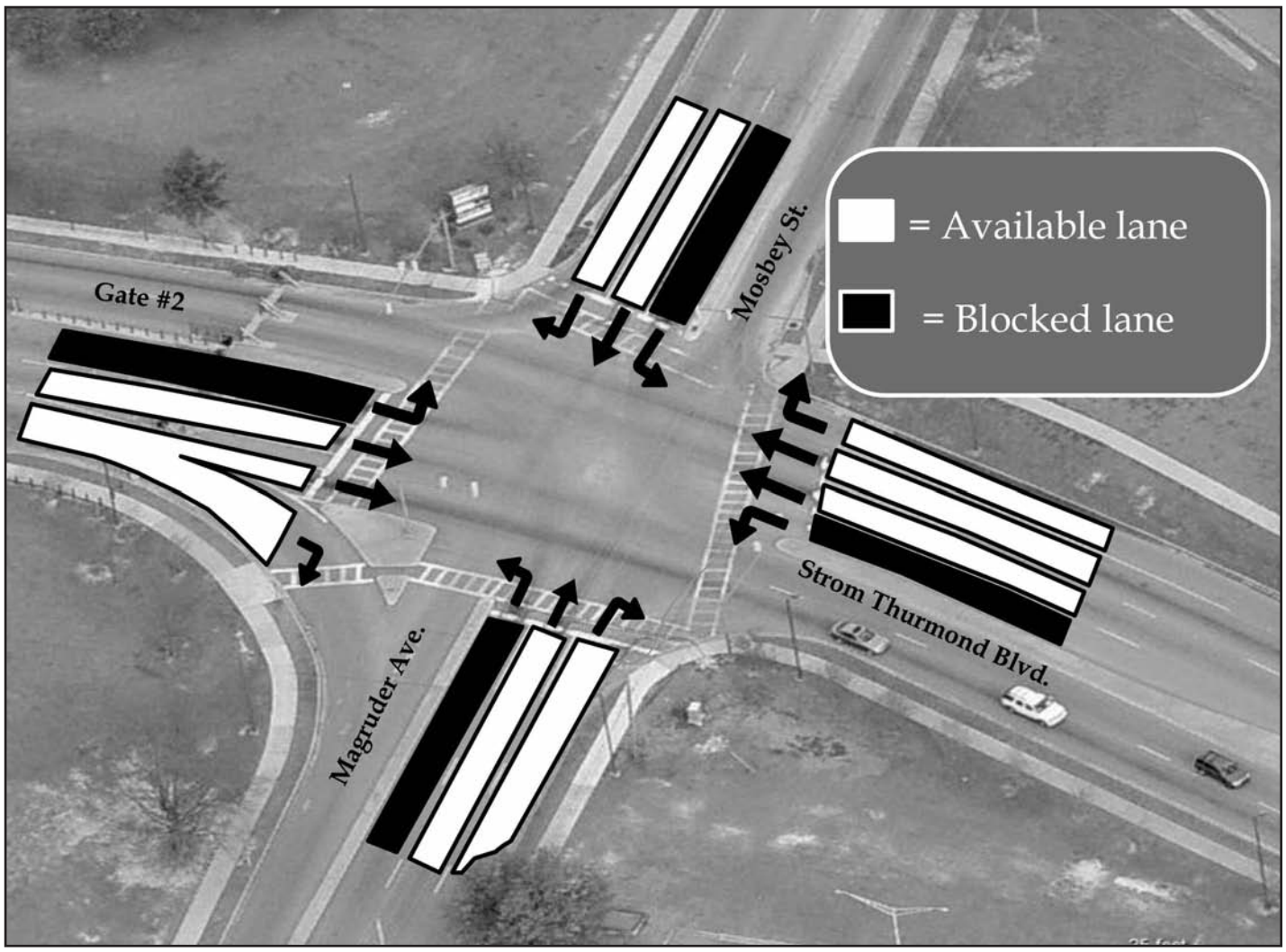
CMS Corner

Fort Jackson's annual Customer Service Assessment, which will run through Sept. 26, is available online at *www.mymilitaryvoice.org*.

Anyone who uses garrison services is eligible to take the survey. That includes military and civilian leaders, family members, Soldiers, retirees, civilian employees, veterans and contractors who work, live or train at Fort Jackson, as well as those who use the installation's recreational facilities.

The survey provides customers the opportunity to let garrison leaders know what is important to them and how customers think the garrison service providers are performing. Additionally, military and civilian leaders will have an opportunity to select five functional areas from each directorate, critical to their mission.

"Let your voice be heard!"



Graphic courtesy Directorate of Emergency Services.

Post officials say the new traffic pattern, which prohibits left turns onto and from Strom Thurmond Boulevard during peak times, will ease congestion coming through Gate 2. The change will be instituted Monday.

Drivers' traffic woes get new remedy

Officials anticipate changes will ease congestion, delays

By KRIS GONZALEZ
Fort Jackson Leader

Fort Jackson motorists should expect a change in post traffic patterns when they return to work after the long holiday weekend.

Starting Monday, motorists traveling through Gate 2 from 7 to 9 a.m. will no longer be able to turn left onto Magruder Avenue and Mosbey Street from Strom Thurmond Boulevard, nor will they be able to turn left onto Strom Thurmond Boulevard from Magruder Avenue and Mosbey Street.

The new traffic pattern, which will be in effect Mondays through Fridays, is scheduled to begin on Labor Day so the Directorate of Emergency Services can work out any kinks in new procedures at the intersection before Fort Jackson's community members return for work Tuesday.

Patrick O'Connor, deputy director for DES, said the new pattern should lessen rush-hour delays and ease congestion at the gate.

"We should see an improvement immediately," O'Connor said. "At first the traffic might be slowed down by people not understanding the pattern, but based on studies of traffic flow and traffic patterns, our experiences at that intersection and common sense... if you never have to stop this flow (near the gate), it's going to move faster."

O'Connor said signs and cones will be in the area to clearly indicate to motorists they cannot make left turns at the intersection. He said he anticipates motorists will still try to make illegal left turns, and those who do, will receive tickets — adding points to their driving records and requiring them to pay fines.

"It is a moving violation," he said.

Initially, DES officers will monitor traffic at the intersection as they have in the past, but as motorists get used to the flow, fewer officers will man the location, he said.

"Some people are not going to like the changes, and there are going to be some people with legitimate reasons to make a left turn who are going to be inconvenienced because they will have to drive farther to make a left. But we're trying to do what is the best for the majority of the people, what is safe and what is secure for the installation," he said.

"I'm all for it," said Debbie Williams, senior IT Specialist with the U.S. Army Chaplain Center and School. "We need to get into that gate early in the morning."

Abraham Amison, manager of Charley's Grilled Subs located in the Main PX food court, said the changes should help everyone get to work on post faster.

"We may have to drive a little farther to Jackson Boulevard to make a left, but it will take less time to get here because there will be less congestion at the gate and we won't be stuck in freeway traffic for 15 to 20 minutes," Amison said. "It should make things easier."

Cole Taylor, senior game adviser at the Main PX Game Stop, said he doesn't think the changes will create too many problems for motorists.

"Not too many people are making lefts when they get to the gate; they're usually going straight down Strom Thurmond anyway," Taylor said. "It might be tough at first while people are figuring out the new rules, but in the long run it will probably work out."

Dora Page, foreman at the PX food court, said she would rather not be bothered by the effects of the new traffic pattern, and is considering being dropped off at the gate.

"I'll walk (from the gate) to work," Page said.

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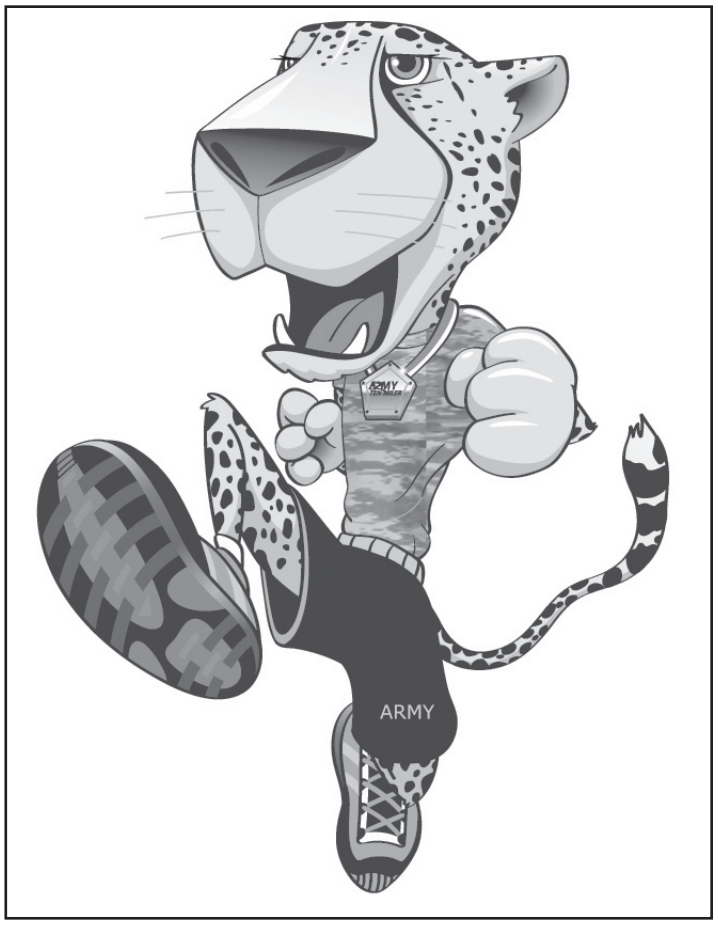
Healthful options for teeth, tummy

Left, Victoria Reyes, 18 months, practices the circular tooth brushing technique on a gigantic model of a mouth Aug. 26. The Tooth Fairy visited the Toddler 2 class at Scales Avenue Child Development Center to teach Reyes, her classmates and their caregivers the proper way to brush children's teeth. Below, from left, Crissy Mitchell, Kalan Roe and Chloe Porter learn about fruits, vegetables and other healthy food options Aug. 26 at the center. Capt. Emily Slusher, chief of the clinical nutrition care division at Moncrief Army Community Hospital, visited the 2-year olds and their Toddler 2 classmates to teach them about good nutrition.

Photos by KRIS GONZALEZ



Graphic by ARMY TEN-MILER

Army Ten-Miler officials announced that the cheetah will be the official mascot of the 26th annual race Oct. 24.

Contest opens to name mascot

From the Army Ten-Miler

ARLINGTON, Va. — Army Ten-Miler officials have announced that the world's fastest land animal, the cheetah, will serve as the mascot for the 26th annual race, which starts and ends at the Pentagon Oct. 24.

Because every mascot has a distinctive name, race officials are conducting a "name the cheetah mascot contest" from Aug. 23 through 5 p.m. Sept. 24. The contest is open to children of active-Army, National Guard and Reserve families, ages 4 and 14.

The winner will receive $1,500 in the form of a qualified 529 college savings plan provided by Health Net Federal Services, sponsor of the naming contest and of the race's youth activity zone and two popular youth runs.

"Participation from the military is such a large part of the Army Ten-Miler each year that we wanted to make something extra special for their children." Jim Vandak, the race director, said.

"We are delighted to introduce the cheetah as the new race mascot and to launch a naming contest. The newly named mascot will be part of the race for many years to come."

To avoid multiple submissions of the same mascot name, entries will be posted on the race's website. The first person who submitted the name will receive credit.

The top five names will be posted for voting and the winner will be announced Oct. 18. The winner must provide proof of age, as well as parent/legal guardian military status.

twitter Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Road warrior

1-13th drill sergeant a 'guardian angel' for stranded drivers

By CHRIS RASMUSSEN
Fort Jackson Leader

Photo by CHRIS RASMUSSEN

Staff Sgt. David Schible, a drill sergeant with Company D, 1st Battalion, 13th Infantry Regment, says he has helped more than 300 stranded motorists whom he encountered last year during his commute to Charleston.

Valerie Gailliard was traveling along Interstate 77 earlier this year when her tire blew out, leaving her stranded and alone along the dark roadway. After calling for roadside assistance, Gailliard sat in her vehicle waiting for more than two hours.

"I was about to give up when I saw lights flashing in my rearview mirror, and a man wearing fatigues and a smile approached my vehicle," she said.

That man was Fort Jackson drill sergeant, Staff Sgt. David Schible, who for the past year has been aiding stranded motorists during his daily commute from Charleston.

"Since I travel nearly 100 miles one way to get home, I stay awake by helping people," said Schible, who is assigned to Company D, 1st Battalion, 13th Infantry Regiment. "If I drive and see lights blinking, I pull over and render help."

Schible began helping motorists after witnessing an accident and noticed it took nearly 30 minutes for highway patrol and emergency medical services to arrive.

"The average wait for recovery from emergency services is usually 30 minutes to two hours," he said. "Just imagine being stranded for a couple of hours. That is why I do this. I just help the stranded from the heartache and from losing money."

Elaine Brunt was driving along Interstate 26 from Charlotte, N.C., to Mount Pleasant when the tire on her SUV blew out.

"I was so scared," she said. "I thought I was either going to get hit or robbed."

As time passed, and it appeared no one was coming to her aid, Brunt continued to make calls to her roadside assistance company and other towing companies she knew of in the surrounding areas.

"The roadside assistance I pay for didn't help me much," she said. "And the towing companies either said they couldn't help me in time, wanted too much money or some of them only accepted cash, which I didn't have at the time."

After a more than two-hour wait, Brunt noticed Schible's truck pull up behind her with flashing lights. After fixing the tire in about 10 minutes, the Fort Jackson drill sergeant followed Brunt to the nearest gas station to make sure her vehicle would be able to get her home.

"Staff Sgt. David Schible is a wonderful man," Brunt said. "He has done so much for so many people. I had never witnessed a guardian angel until I met him."

Courtesy photo

Staff Sgt. David Schible changes a flat tire for a stranded motorist.

Schible estimates he has helped more than 300 motorists so far.

"Ninety-five percent of the time they need help with fuel, changing a tire, tools or mechanical work," he said. "It is something I love to do. I love working on vehicles and helping people. It is a passion."

Schible said he is not in it for money. He doesn't charge anything for his services. On the contrary, he said he has spent thousands of dollars out of his pocket to purchase things such as tire repair kits, a fire extinguisher, air compressor and extra fuel.

To help offset his expenses, he established Guardian Roadside Assistance, a non-profit organization. But Schible doesn't advertise or even give out his phone number.

He just keeps his eyes open for those stranded along the highways in need of help.

"I just want them to know they are dealing with someone who really cares," he said.

Chris.Rasmussen@us.army.mil

Campaign makes every dollar count

By KRIS GONZALEZ
Fort Jackson Leader

How much difference can a dollar make?

A dollar can feed four hungry people for an entire day, or buy five books for a literacy program, according to the Combined Federal Campaign.

Two dollars can buy one acre of unprotected tropical rainforest, while $25 can protect 4 square miles of the ocean for one year, and $50 can vaccinate 1,300 people against deadly diseases like measles, meningitis and polio.

"Through the CFC, a dollar can go a long way," said Sgt. 1st Class Thomas Lowery.

And he should know. Lowery has not only been contributing to the CFC every year throughout his 16-year Army career, but he's also been the recipient of contributions throughout different stages of his life.

Whether it was assistance he received from the American Red Cross during a family emergency, or aid for his sister who is battling diabetes and suffers from kidney failure, Lowery knows what it is like to be in dire straits and to experience that feeling of relief when lifted by a helping hand.

That is why he said he plans to give again this year, but more importantly, as one of Fort Jackson's CFC coordinators, he vowed to help the installation exceed its goals for this year's campaign.

Lowery joined post leaders, local community representatives, Soldiers and DOD civilians Monday at the Officers' Club to kick off the post's annual fundraising drive, which is part of the Midlands Area CFC effort.

During the campaign, which officially began yesterday and runs until Dec. 15, federal employees — both military and civilian — can make contributions to non-profit organizations throughout the Midlands, as well as charities from across the nation and around the globe.

Contributions to the CFC can even help fund three of Fort Jackson's Family and Morale, Welfare and Recreation programs — Army Community Services, Child and Youth Services and the Installation Volunteer Program.

Each donor selects the charity of his or her choice and elects to either make a one-time donation or have a set amount deducted from each pay period.

Photo by SUSANNE KAPPLER

Workers with the Directorate of Public Works put up a Combined Federal Campaign sign along Strom Thurmond Boulevard Friday. The sign depicts the percentage of Fort Jackson's personnel contacted about contributing to the campaign, which runs through Dec. 31.

Last year the Midlands area CFC raised about $1.3 million for the campaign. This year's goal is to raise more than $1.5 million.

"It's not about the dollars we raise, it's about improving conditions for folks in this community, throughout this country and throughout the world," said Mike Gray, vice president of resource development for United Way of the Midlands, the executive agency which oversees the Midlands Area campaign.

Maj. Gen. James Milano, commanding general, said although contributing to the campaign is strictly voluntary, he encourages Soldiers and civilians alike to contribute to what he considers a vital and worthwhile program.

"We can't force anybody, nor do we want to," Milano said. "This ought to be something from the heart.

"We're very fortunate people," Milano said. "We have an incredible gross domestic product in this country; we have an incredible debt too. But comparatively speaking, especially compared to ... elsewhere around the world, we're pretty well off. I think each of us can find a way to contribute in a meaningful manner to help another individual through one of these non-profit organizations.

"It's a chance to make a difference in someone's life," he said.

To make a contribution, contact Lowery at 751-4528 or 2nd Lt. Stephen Monsen, Fort Jackson's CFC project coordinator, at 751-2669.

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Fort Jackson to mark Suicide Prevention Week

Continued from Page 1

Suicide rates in the Army jumped to a record 160 cases last year, according to the Army News Service.

"Suicide prevention begins in Basic Combat Training," said Chaplain (Maj.) Monica Lawson, 1st Battalion, 61st Infantry Regiment. "We let them know they are valuable not only as Soldiers, but as individuals."

Battle buddies are used as a first line of defense in suicide prevention, Lawson said, and can be an invaluable relationship in determining if Soldiers are depressed.

"For some entering BCT, it is something they have dreamed about their whole lives, but when they get here it isn't what they expected," she said. "A battle buddy is always with a Soldier and can determine when something is wrong."

ADDITIONAL EVENTS

Sunday through Sept. 11 — Static displays, flyers and suicide prevention resources at Moncrief Army Community Hospital, the Strom Thurmond Building and Main Post Exchange.

Tuesday — The Army Substance Abuse Program staff will hand out suicide prevention warning signs and risk factor cards at Gates 1 and 2.

Soldiers are given ACE cards (an acronym for Ask your buddy, Care for your buddy and Escort your buddy) during BCT in an effort to prevent suicide.

"It is something Soldiers can carry around if they get confused on what to do if someone is talking about suicide," Lawson said. "It helps us help the Soldier."

Although battle buddies can be an excellent way to monitor a Soldier's mental well-being, the command group also plays a vital role.

"Let us help you. All of us are trained in ways to help, either your chaplain or drill sergeant," Lawson said. "Soldiers know that even though their drill sergeant is yelling at them, they can still go to that drill sergeant and know he or she will take care of them."

Chris.Rasmussen@us.army.mil

Not just an Army 'principal'

COMMENTARY

By 2ND LT. MEGAN CALDWELL-MEEKS
Soldier Support Institute

Spending four years at the United States Military Academy at West Point was one of the greatest experiences of my life. My leaders at West Point demonstrated to me the standard I want to set with my Soldiers.

When I got to Fort Jackson, however, I realized that my time in school left me with one unanswered question: What exactly is the role of a commandant? Everyone at West Point knew that the commandant was a brigadier general who reported to the superintendent, yet the difference in the role of the commandant and that of the brigade tactical officer, or even that of the superintendent, was more difficult to distinguish.

Fort Jackson's Soldier Support Institute is one example of the post's numerous educational institutions with multiple schools — each governed by a commandant. When I arrived, I again was not sure what exactly these commandants did. Hoping this was not my own ignorance, I decided to ask others on post — civilian and military personnel alike — what their understanding of a commandant's role is. Only a few people could provide an answer, and those who did offered widely varying definitions.

Though many would quickly say that a commandant is one who heads a military school, the definition still fails to explain the scope of a commandant's duties.

At Fort Jackson, there are two types of commandants. One, like the West Point commandant, has schoolhouse-only responsibilities; that is, he or she manages training and education. The NCO Academy and the Drill Sergeant School fall into this category. The other type of commandant has a much wider role, such as those who lead the Recruiting and Retention, Financial Management and Adjutant General schools and U.S. Army Chaplain Center and School.

This second type of commandant is not simply the head of a local schoolhouse. He or she holds Army-level responsibilities that stretch way beyond running a teaching institution.

Typically, a commandant is a general officer. At the Recruiting and Retention, Financial Management, Adjutant General and USACHCS, however, they wear eagles. These colonels are seasoned and experienced — well aware of the demands and needs of the field Army, and accustomed to managing all aspects of a large organization. This background is essential to executing their duties, which, I discovered, are incredibly broad.

These commandants are charged with crafting the force-structure design for their branches, across all components of the Army — active, Army National Guard and U.S. Army Reserve. They develop the doctrine and tactics, techniques and procedures according to which their branches operate; and they review and evaluate new or revised doctrine and TTPs prepared by other Army agencies, other services and other nations. They also formulate materiel and capability requirements, and, once a solution is available, help manage its integration into the force and develop the training package for it.

And then there is the actual schoolhouse. Commandants are responsible for the professional development of all Soldiers in their branches. In certain cases, such as the Adjutant General School, they also serve as the proponents for the civilian workforce.

In this capacity as "head of school," commandants develop, maintain and adjust, according to current operational needs, training strategies, programs of instruction and the supporting instructional materials and resources. They identify the individual tasks required for leaders and principal staff positions, and formulate individual proficiency training that results in the award of a military occupational identifier.

Commandants also are responsible for educating the educators. They develop instructor certification programs for those teaching MOS reclassification and for small group instructors teaching leader development courses.

Commandants need to have a touch of the fortune teller in themselves, as they are charged with conducting long-range planning that forecasts future training and resource (budgetary and personnel) needs. In addition, they share responsibility for the school's physical plant, establishing the requirements for procurement, maintenance and operation of housing, academic buildings, equipment, training areas and other authorized facilities.

Obviously, the role of commandant is much more complex and varied than it appears on the surface. And now that I understand what a commandant actually does, I know that the importance of this function cannot be overstated: It clearly is central to the existence and success of the operational Army.

LETTERS Editor

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@conus.army.mil*. Call 751-7045 for information.

vimeo

Want more Fort Jackson news? Watch Fort Jackson video news stories and Victory Updates at http://www.vimeo.com/user3022628

twitter

Follow the Fort Jackson Leader on Twitter at http://twitter.com/FortJacksonPAO

Calendar

Friday
First Friday Golf Tournament
1 p.m., Fort Jackson Golf Course
Sign up starts at noon. For more information, call 787-4437.

Saturday
Back-to-school bazaar
2 to 4:30 p.m., Main PX
AAFES will host a Back-to-School vendors bazaar 2 to 4:30 p.m., Sept. 4 at the Main PX. Various concessionaires and activities will be on site. Rap artist V.P. Time Grindin will also perform.

Pet Show
4 to 4:30 p.m., in front of Main PX
Prizes will be given to the best-dressed pets. For more information, call 782-1044, ext. 111.

Sunday
NASCAR Simulator
Main PX
A NASCAR simulator will be located outside the Main PX.

Wednesday
Retired Officer's Wives Club
11:30 a.m., Officers' Club
The program for the month is a patriotic music show by Jan Marchant.

Tuesday, Sept. 14-Thursday, Sept. 16
Medic table VII testing
8 a.m. to 4 p.m., MACH
Soldiers in all components with a 68W military occupational specialty are required to take this annual test. Call 751-2488 for information.

Thursday, Sept. 16
POW-MIA Recognition Day
9 a.m. to 10 a.m., Hilton Field

Saturday, Sept. 18
"Do it in Pink" workout aerobathon
10 a.m. to 1 p.m., Solomon Center

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Throughout September
Self Improvement Month
Balfour Beatty Communities is offering prizes to the winner of a month long walking challenge. Whoever logs the most miles walked by the end of the month will receive a $50 gift card and a gift basket. To participate, call 738-8275 or e-mail *ayoungblood@bbcgrp.com*.

Monday
Offices closed for Labor Day

Every Tuesday
La Leche League
10 to 11:30 a.m.
The La Leche League is a breastfeeding support group geared toward pregnant and nursing mothers to provide them an opportunity to share concerns. No registration is necessary.

Monday, Sept. 13
International Chocolate Day
3 p.m.
Come by for a gift bag filled with delicious chocolates.

Monday, Sept. 20
Reduce, Reuse, Recycle art contest
2 p.m.
Submissions for the contest are due today. Children 5 to 12 are invited to submit artwork made from recyclable material. The winner will have his or her artwork displayed in the community center, have his or her photo placed on the website and win a prize.

Tuesday, Sept. 21
Neighborhood huddle
10 a.m.
Ask questions and share concerns.

Announcements

SSA CLOSURE
The Supply Support Activity will be closed Sept. 10 for its annual inventory. In order to prepare for the inventory, the SSA will stop issuing to customers at close of business, Sept. 9. The SSA will resume normal operations Sept. 13. For more information, call 751-3497.

TAX PREP COURSE
H&R Block is offering a free tax preparation course for military personnel, family members and DoD civilians. The course runs from September through November. Classes begin today or Sept. 4. Day, night and weekend classes are available. Download the class registration form and see a list of class location at *www.fortjacksonmwr.com/distro/HR_BlockCourse.pdf*. Fax the completed form to 781-4053. E-mail *Amanda.Kruger@hrblock.com* for more information.

RECRUITMENT BRIEFING
The Fort Jackson field office has scheduled a recruitment briefing 9 a.m. and 1 p.m., Sept. 15 at the 120th Adjutant General Battalion (Reception) for people interested in becoming counterintelligence special agents. For more information, call 751-7852.

AG CORPS BREAKFAST
The Adjutant General Corps Regimental Association, Carolina Chapter has scheduled its quarterly membership breakfast for 7 to 8:30 a.m., Sept. 30, at the NCO Club. All Soldiers, civilians and family members are invited. Tickets are $8 and are available until Sept. 24. For more information, call Capt. Christopher Flores at 751-8520 or e-mail *Christopher.Flores1@conus.army.mil*.

NUTRITION CLINIC SCHEDULE
The Nutrition Clinic at Moncrief Army Community Hospital has scheduled the following classes for September.
— Diabetes class: 8 a.m. to noon, Sept. 9
— Cholesterol and high blood pressure class: 2 to 3 p.m., Sept. 20 and 30
— Army Move: 2 to 3 p.m., Sept. 13 and 27 (Session 1); 2 to 3 p.m., Sept. 16 and 29 (Session 2)
— Victory weight loss class: 2 to 3 p.m., Sept. 9
— Pre-teen weight loss class: 2 to 3 p.m., Sept. 23
All classes are in Room 8-85. Army Move! and sports nutrition classes are now offered online. For more information and to register, call 751-2115/2363/2273.

EFMP TALENT SHOW
All children and adults enrolled in the Exceptional Family Member Program are invited to participate in the EFMP's first talent/fashion show. The show is scheduled for 6 p.m., Sept. 24 at the Joe E. Mann Center. Those interested in volunteering with the show by setting up, directing and more, can call 751-5256 for information.

PARALYZED VETERANS PLOT
The Southeastern Paralyzed Veterans of America are seeking volunteers to maintain the group's Fort Jackson garden plot. The group is also seeking volunteer board members to manage the plot. Donations of garden tools and gardening material are being accepted. Call 629-5589 for more information.

TOBACCO CESSATION CLASSES
The last tobacco cessation class of the year is scheduled for Sept. 30. Classes for 2011 are scheduled for: Jan. 13, March 13, April 28, June 16, Sept. 1 and Oct. 20. All classes are 3 to 4 p.m. in the Moncrief Army Community Hospital conference room. Anyone interested in quitting tobacco use may attend.

CUSTOMER SERVICE SURVEY
Fort Jackson's annual Customer Service Assessment is available at *www.mymilitaryvoice.org* beginning Monday. The survey, which runs through Sept. 26, is open to Soldiers, family members, retirees, civilian employees, veterans and contractors. The survey allows service users to let garrison leaders know what is important to them and how they feel service providers have performed.

MUSICIANS SOUGHT
The Fort Jackson Chaplain's Office is seeking pianists and organists to play for Soldier worship services. The musicians will be required each Sunday. Positions are unpaid. Call 751-3121 for information.

VOLUNTEEN PROGRAM
The American Red Cross VolunTEEN school year program begins with its first meeting 5 p.m., Sept. 14 at Building 2464, Anderson Hall. The program is for students 12 to 18 years old. Parents of new and returning members are asked to come in to complete paperwork at the start of the meeting. Call 751-4329 for information.

LEGION POOL HOURS
Legion Pool operating hours are: 11 a.m. to 6 p.m., Monday and Wednesday through Saturday; and 1 to 6 p.m., Sunday. The pool is closed Tuesday.

FCC ORIENTATION/TRAINING
The next Family Child Care orientation/training is scheduled for 8 a.m. to 4 p.m., Sept. 13 to 17 at the Joe E. Mann Center. The FCC program offers an employment opportunity for military spouses who enjoy working with children. The program is recruiting for "best-qualified" applicants who have space and are willing to take full-time children younger than 2. Military spouses living on Fort Jackson and Department of Social Services-registered off-post child care providers may apply to become certified to provide home child care to military families. An amnesty program is available for those currently providing child care on post without certification. Applications will be accepted through Sept. 7.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Off-post events

FARMERS MARKET
The Forest Acres farmers market is open 3 to 7 p.m., every Wednesday through Oct. 27 on the third level parking deck at Richland Mall.

FREE MUSEUM ADMISSION
The National Wild Turkey Federation is offering free admission to its Winchester Museum to all active duty military personnel and their families through Labor Day. The museum is located at 770 Augusta Road, along Highway 25, in Edgefield. The museum is open 8:30 a.m. to 5 p.m., Monday through Friday.

NEXT TEEN IDOL SOUGHT
The Richland County Public Library is hosting a vocal competition for teenagers. Auditions are scheduled for 2:30 to 4 p.m, Sept. 12 at the Main Library, the show is scheduled for 6:30 p.m., Oct. 28. For more information, call 929-3434 or visit *www.myRCPL.com/teen*.

LEADER ANNOUNCEMENTS

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@conus.army.mil*.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE

Staff Sgt.
Nathan Dunkelberg
Company A
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Christina Costello

SOLDIER OF THE CYCLE
Pvt. Kelsey Burnette-Turner

HIGH APFT SCORE
Pvt. Garret Saunders

HIGH BRM
Pvt. Kyle Haley
Pvt. Patrick Leonard

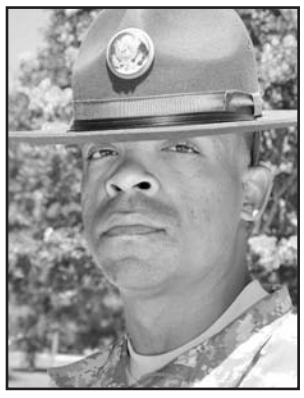
Sgt. 1st Class
David Rispress
Company B
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Brian Wynne

SOLDIER OF THE CYCLE
Pfc. Hollis Shoptaw

HIGH APFT SCORE
Spc. Kisha Ford

HIGH BRM
Pfc. James Walden
Pvt. Brian Wynne
Pvt. Kedra Wood
Pvt. Chase Armstrong



Staff Sgt.
Michael Harris
Company C
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jonathan Vandonsel

SOLDIER OF THE CYCLE
Pvt. Michael Hunter

HIGH APFT SCORE
Pfc. David Stockdill

HIGH BRM
Pvt. Chase Brod

Sgt. 1st Class
Deanna Carson
Company D
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Denise Chaco

SOLDIER OF THE CYCLE
Pfc. William Willson

HIGH APFT SCORE
Pfc. Daniel Parlier

HIGH BRM
Pvt. Randy Hughes

Sgt. 1st Class
Craig Butler
Company E
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Pierce Norton

SOLDIER OF THE CYCLE
Pvt. Agustin Denisac-Sanchez

HIGH APFT SCORE
Pfc. Elli Ramirez

HIGH BRM
Pvt. Mitchell Chapman
Pfc. Sean Phillipson

Staff Sgt.
Edison Platt
Company F
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Jack Kostreba

SOLDIER OF THE CYCLE
Pfc. Andrew Kegley

HIGH APFT SCORE
Pfc. Adriana Arrieta

HIGH BRM
Pvt. Dallas Ford

September Promotions

Name	Rank
ANGELI, Eric J.	COL
WILLIAMS, David A.	COL
DACUNTO, Philip J.	LTC
EDWARDS, John K.	LTC
GLASER, William R.	LTC
JOHNSON, William T.	LTC
SALTYSIAK, Thomas I.	LTC
STANTON, Paul T.	LTC
WALDRON, David A.	LTC
WORK, James P.	LTC
ADY, Gregory J.	MAJ
BOWE, Curtis D.	MAJ
BUCHANAN, Jason A.	MAJ
BYMER, Loren A.	MAJ
CODY, Jonathon H.	MAJ
CROW, Nathaniel D.	MAJ
FRAZEE, Beth R.	MAJ
GUDORF, Genevieve M.	MAJ
HANSON, Kurtis S.	MAJ
HERNANDEZ, Jeffrey R.	MAJ
HONDERD, Rachel A.	MAJ
KENDELLEN, Jeffrey C.	MAJ
MACDONALD, Glen A.	MAJ
MARTINEZ, Luis A.	MAJ
MARTINEZ, Luis D.	MAJ
MCMAHON, Robert E.	MAJ
NORRIS, Dana	MAJ
SULLIVAN, Meghann E.	MAJ
VELASQUEZ, Erick R.	MAJ
WELCH, Lydia Y.	MAJ
ANDERSON, Brian E.	CPT

Name	Rank
DA SILVA, Tamara A.	CPT
HAGEMAN, Jaclyn M.	CPT
HAYES, Tameeka	CPT
HUNT, Shawn T.	CPT
MACHADOMATOS, Noel A.	CPT
MACKLIN, Brian E.	CPT
MARTEL, Alyssa A.	CPT
MCWILLIAMS, Richard	CPT
MURDOCK, Brian P.	CPT
MYERS, Samineo D.	CPT
RIVERASANCHEZ, Javier R.	CPT
SAMUEL, Dion R.	CPT
WASHINGTON, Latoray A.	CPT
WILLIAMS, Cliffton L.	CPT
ALSTON, Richard A.	CW5
JACKSON, Freddy K. II	CW4
BANNING, Matthew E. Jr.	CW3
CREDLE, Christopher S.	CW3
HICKMAN, Mark W.	CW3
SANDERS, Charlie Jr.	MSG
ABERNATHY, Josh C.	SFC
WELCH, Pearl	SFC
BAXTER, Sherwin K.	SFC
HAYDEN, Thomas J.	SFC
NIXON, Thomas W.	SFC
JACKUBOWSKI, Frank	SFC
CORDARO, Jerusha L.	SGT
GRIFFITH, Vilma H.	SGT
PARKER, Brian	SGT
TAFOLLA, Andrew T.	SGT
TATE, Charles O. Jr.	SGT

Follow the Fort Jackson Leader on Twitter at http://twitter.com/FortJacksonPAO

http://www.facebook.com/pages/Columbia-SC/Fort-Jackson-Leader/115560926584

Watch Fort Jackson videos at http://www.vimeo.com/user3022628

MACH honoree

Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Col. Nolan Clark, Moncrief Army Community Hospital's deputy commander for administration, congratulates Tina Selby, nursing assistant, on being selected to attend the Army-Fayetteville State University's Master of Social Work program.

Pet pals

Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Palmetto Animal Assisted Life Services volunteers visit Moncrief Army Community Hospital Friday. Warrior Transition Unit Soldiers and family members will soon have the benefit of PAALS pet therapy and American Red Cross pet visitation.

This week's training/school honors

Sgt. 1st Class
Frank Jakubowski
Drill sergeant leader
Drill Sergeant School

Sgt.
Ebony Furr
Distinguished honor graduate
Drill Sergeant School

Staff Sgt.
Hannah Nunley
Physical fitness award
Drill Sergeant School

Sgt. 1st Class
Phelicia Redd
Leadership award
Drill Sergeant School

2nd Lt.
Jerame Johnson
Distinguished honor graduate
Adjutant General School
Basic Officer Leader Course

Capt.
Marius Tecoanta
Distinguished honor graduate
Adjutant General School
Captain Career Course

1st Lt.
Suleyman Berber
International distinguished honor graduate (Turkey)
Adjutant General School
Captain Career Course

Capt.
Ronald Casper
MG William H. Gourley Leadership Award
Adjutant General School
Captain Career Course

Sgt.
Charles Taylor
Distinguished honor graduate
Recruiting and Retention School
Army Recruiting Course

Staff Sgt.
Christopher Taylor
Distinguished honor graduate
Recruiting and Retention School
Army Recruiting Course

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Glen W. Wellman III
Provost Sergeant Major
Billy Forrester
Fire Chief

CASES OF THE WEEK

❑ A civilian was cited for driving with a suspended license and failure to use child restraints after attempting to enter the post, Military Police said. The civilian's vehicle was released to another driver.

❑ A civilian was cited for driving with a suspended license after attempting to enter post, MPs said. The civilian's license was confiscated, and he was denied access to the post. He was also cited for criminal trespassing, stemming from a previous offense, MPs said.

❑ Three Soldiers were cited for failing to register their weapons on post after attempting to hunt, MPs said. The Soldiers were escorted from the installation. Fort Jackson requires that all weapons be registered with the installation.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Court-martial

Staff Sgt. Maurice D. O'Meally, a Fort Jackson drill sergeant, was convicted Aug. 24 at a special court-martial for violating the command policy prohibiting illegal associations between permanent party Soldiers and Soldiers-in-training.

O'Meally pleaded guilty to one charge of engaging in an illegal association with a Soldier-in-training and one charge of adultery. O'Meally was sentenced to a reduction in rank from E6 to E2. He must also forfeit $800 per month for three months and serve 90 days of hard labor without confinement.

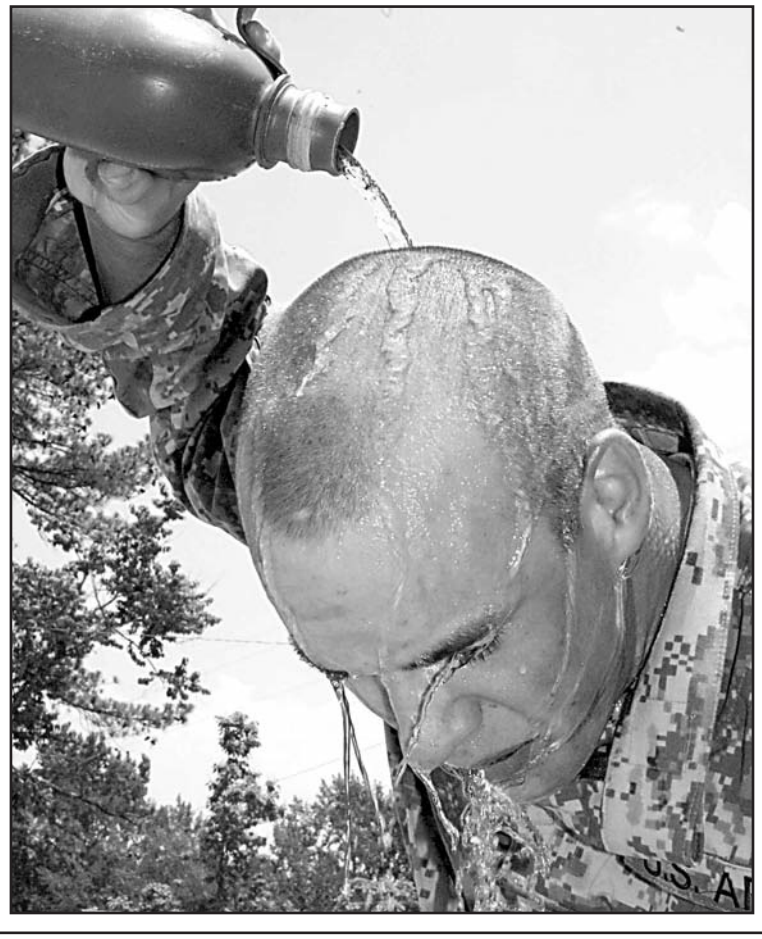
Don't let a heat injury take you out of the fight

- Call 911 at the first sign of heat injury (including mental status change).
- Use ice sheets
- Give the Soldier sips of water
- Monitor him or her at all times.

Emergency numbers:
Cell phone users: 803-751-9111.
Alternate 1: Range control via radio.
Alternate 2: Range control at 751-7171/4732.
Alternate 3: MP desk at 751-3113/3114/3115.

Never leave the Soldier unattended!

911 & ICE:
At the first sign — every time.



State whooping cough cases rising

By MAJ. ROBERT J. STAGG
Moncrief Army Community Hospital

Pertussis, more commonly known as whooping cough, is on the rise in South Carolina and several other states. Pertussis is a bacterial infection that causes symptoms similar to the common cold, but can have deadly consequences. Since the first week of July, South Carolina has seen approximately 169 cases of pertussis, with 80 percent of those affected being younger than 19. Of the reported cases, 55 percent were children younger than 12 months.

Many adults who are infected with whooping cough may experience mild cold-like symptoms, including runny nose, nasal congestion, sneezing, red, watery eyes, dry cough and a mild fever. The symptoms are often misdiagnosed as bronchitis or asthma. In many patients, the cough worsens after a few weeks and becomes more frequent and hacking in nature. Occasionally, the coughing is so severe that the patient vomits after a coughing spell. At this point, the cough will last up to six weeks or longer and can result in sore muscles, vomiting, poor sleep and fatigue.

The only cure for pertussis is to take an antibiotic, which destroys the infection and allows for recovery. Any person infected with pertussis should stay home for seven days and all contacts will be treated with antibiotics to prevent further infections.

The infection can be deadly in children younger than 12 months. Children will usually experience the same cold symptoms as adults and some will experience the hacking cough with the characteristic "whoop" at the end of each breath.

Some children will develop difficulty breathing or even respiratory failure and will need admission to a hospital for monitoring. In fact, 50 percent of children younger than 12 months require hospitalization. The most serious pertussis infection cases result in seizures, pneumonia, brain damage, mental retardation and death. Since July, there have been two pertussis-associated deaths in children younger than 3 months.

Children are usually protected from pertussis through normal childhood vaccination with DTAP. They receive this series of five vaccinations at 2, 4 and 6 months again at 15-18 months. The last vaccination is given between 4-6 years, which affords the vaccinated child protection from pertussis until about age 11. Most adults do not realize that immunity from pertussis wanes over time as the body "forgets" how to recognize the infection. This requires revaccination with TDap, which will boost immunity for another 10 years. Adults and adolescents require a TDap vaccination every 10 years to continue protection from pertussis. The Centers for Disease Control and Prevention recommends people 10 to 64 years old be vaccinated with TDap every 10 years. Women of childbearing age should consider TDap vaccination prior to becoming pregnant. The vaccination is safe for women who are pregnant, but is often given post-delivery.

Vaccination is the best way to prevent pertussis infection. National vaccination rates for pertussis are estimated at 40.8 percent for adolescents and 5.9 percent for adults. In South Carolin,a vaccination rates for adolescents are even lower at 27.3 percent. Approximately, 90 percent of unvaccinated people who are exposed to pertussis infection will become sick. Sadly, unprotected adults pose the greatest risks to unvaccinated children and even those who are vaccinated may still become infected with pertussis and transmit the infection to others. Experts report that about half of children who were hospitalized for pertussis infection were unvaccinated.

Pertussis infection can be minimized through vaccination, and with good preventive measures such as hand washing, Pertussis infection can be minimized. If you think you need to be vaccinated or have questions about Pertussis infection make an appointment with your health care provider today.

Editor's note: *Maj. Maj. Robert J. Staggs is MACH's chief of the Department of Preventive Medicine.*

MACH updates

DINING ROOM CLOSED

The MACH dining room is scheduled to reopen later this month. The mobile kitchen will be available breakfast, lunch and dinner for hot food, grill items and "grab & go" items. Meal times will be adjusted and menu offerings will be limited. Prices will stay the same.

CATARACT EVALUATIONS

MACH is offering quick cataract evaluations Sept. 14 for all beneficiary categories, including active duty family members, retirees and retiree family members. Call 751-5406 to schedule an appointment.

ONCOLOGY BRIEFINGS

MACH is offering oncology briefings 11 a.m., Sept. 16 and 5 p.m., Sept. 21 for oncology patients regarding the upcoming closure of the Oncology Clinic. Both briefings will be in the staff conference room. Call 751-2123/2778 for information.

APPOINTMENT CANCELLATIONS

Call 751-CARE (2273) or 877-273-5584 24-hours a day to cancel an appointment with a MACH provider.

OUTPROCESSING

Soldiers must clear the Department of Behavioral Health prior to leaving the installation. Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

FAMILY MEMBER ENROLLMENT

MACH is now enrolling adult active-duty family members. Pediatric Prime enrollment is also available.

Sun, medicine can be prescription for disaster

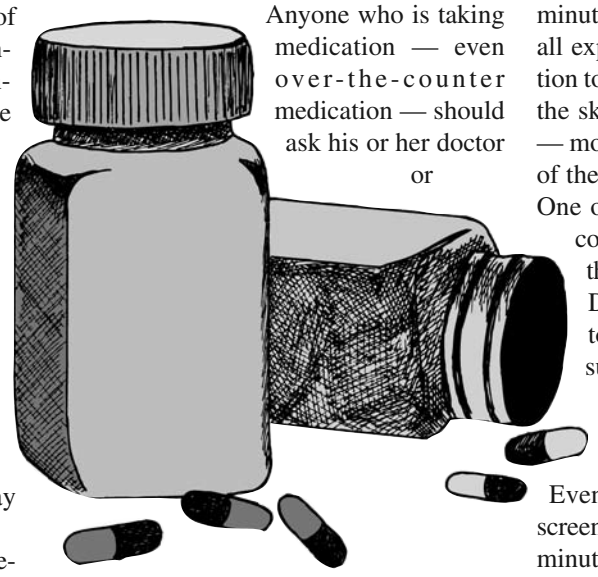
By KENNETH COBB
Moncrief Army Community Hospital

According to the American Academy of Dermatology, more than 2 million non-melanoma skin cancers are diagnosed annually. AAD states that many studies have found an association between sunburns and enhanced risk for melanoma, the deadliest form of skin cancer. The National Cancer Institute reported that each year in the United States, more than 53,600 people learn they have melanoma.

Since we spend so much time outdoors, it is important to take precautions to avoid sunburns, which increase the risk of skin cancer. It is also important that we become more aware of photo-dermatitis and the effects that some medications may have on us.

Photo-dermatitis is an abnormal skin reaction to sunlight, or more specifically to ultraviolet rays. It can be acute (sudden) or chronic (ongoing). Photo-dermatitis occurs when the immune system reacts to UV rays. Sufferers may develop a rash, blisters or scaly patches. Exposure levels and reactions differ for every person. Several factors can make the skin sensitive to light UV rays, including having an inherited tendency to photosensitivity or taking certain medications.

Many commonly used medications can make the skin more sensitive to the sun's rays. It may be necessary to avoid sun exposure or be meticulous about using sunscreen and other protective measures. Anyone who is taking medication — even over-the-counter medication — should ask his or her doctor or pharmacist if the medication will make your skin sensitive. Some commonly prescribed medications that may cause increased sun sensitivity include:



Antibiotics, such as tetracyclines like Doxycycline, Sulfa-based antibiotics like Septra, and Fluoroquinolone-based antibiotics like Cipro and Levaquin; birth control bills (relatively uncommon); and anti-hypertensive (blood pressure) medications such as Lisinopril and HCTZ.

Regular use of the following sun protective practices will help you prevent skin cancer and allow you to have fun outdoors:

Apply sunscreen to dry skin 15 to 30 minutes before going outdoors. Apply it to all exposed areas and pay particular attention to the face, ears, hands, and arms. Coat the skin liberally and rub it in thoroughly — most people apply only 25 to 50 percent of the recommended amount of sunscreen. One ounce, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body properly. Don't forget that lips get sunburned, too, so apply a lip balm that contains sunscreen with an SPF of 30 or higher. Sunscreens should be reapplied approximately every two hours or after swimming or perspiring heavily. Even so-called "water-resistant" sunscreens may lose their effectiveness after 40 minutes in the water. Sunscreens rub off as well as wash off, so if you have towel-dried, reapply sunscreen for continued protection.

Seek shade, especially during midday hours (10 a.m. to 4 p.m.), when UV rays are strongest and do the most damage.

Cover up with clothing to protect exposed skin. A long-sleeved shirt and long pants with a tight weave are best.

Get a hat with a wide brim to shade the face, head, ears, and neck.

Grab shades that wrap around and block as close to 100 percent of both UVA and UVB rays as possible.

LEADER ADVERTISEMENTS

❑ For questions regarding classified ads, call 432-6157. Classifieds may be faxed to 432-7609 or mailed to: The Fort Jackson Leader, P.O. Box 1137, Camden, SC 29020. Classifieds may also be e-mailed to: *Skaress@ci-camden.com.*

❑ To place a display ad, call Kathy at 786-5681.

Celebrate Thanksgiving in September

By CHAPLAIN (CAPT.) SCOTT KING
3rd Battalion, 13th Infantry Regiment

You have probably heard of "Christmas in July." Well, how about "Thanksgiving in September?"

No, I'm not referring to turkey, stuffing or pumpkin pie. Rather, I would like for us to consider the idea of thanksgiving itself — being thankful.

What are you thankful for today? Anything? If nothing else, you can at least be thankful that the kids are back in school. If you struggled to come up with some things for which you are thankful, you are not alone. It is much easier for us to put together a long list of things for which we are *not* thankful.

The things that cause us disappointment, discouragement and dissatisfaction in life seem to just roll off of our tongues. Although we all fall into it at one time or another, I believe that having a negative, complaining attitude is the result of being unthankful.

You see, we can easily develop a kind of privileged mindset that makes us think that we deserve to have certain things in life or live according to a certain lifestyle. Or we believe that "things should just work out for us." When life doesn't live up to our expectations, we feel that we have been short-changed and start to feel sorry for ourselves. From there, the attitude of ingratitude begins.

Now, don't misunderstand me. I'm not saying that life's circumstances are always easy, or we just need to paint a smile on our faces and get over it. Listen to what the scripture tells us, "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus" (I Thessalonians 5:16-18). Some of you might be say, "What, give thanks in *everything*? You don't know what I'm going through!" You're right, I don't know what you're going through — but God knows.

And the reason that we can give thanks in all circumstances is that no matter what we may be going through, the God who created us loves us and has promised never to leave us or forsake us. In the Psalms we read, "Give thanks to the Lord, for he is good; his love endures forever" (Psalm 107:1). Because of the goodness of God and the promise of his everlasting love for us, we have a reason to give thanks in all things.

I encourage you to take time to count your blessings today and each day forward. As you do, you will begin to discover the goodness and love of God displayed in your life in ways you haven't seen before. So let's celebrate Thanksgiving in September and through every season of our lives.

Worship & Praise

PROTESTANT

■ Sunday
9 a.m. and *10:30 a.m.* Magruder Chapel
9 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9:30 a.m. Main Post Chapel
9:30 a.m. Solomon Center (Hispanic)
9:40 a.m. Moncrief Army Community Hospital
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
■ Wednesday
6 p.m. Prayer Service, Magruder Chapel

Protestant Bible Study
■ Monday
7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)
■ Tuesday
9:30 a.m. to noon Women's Bible Study (PWOC), Main Post Chapel
■ Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Gospel mid-week prayer/Bible study, Magruder Chapel
7 p.m. Gospel Congregation Youth (Magruder Chapel)
■ Thursday
6 p.m. Neighborhood CMF/OCF Bible Study (call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
■ Saturday
8 a.m. Men's Prayer Breakfast, Main Post Chapel (every second Saturday of the month in Chapel Fellowship Hall)

Protestant Youth of the Chapel
■ Saturday
11 a.m. Magruder Chapel (third Saturday)
■ Sunday
5 p.m. Main Post Chapel

CATHOLIC

■ Monday through Thursday
11:30 a.m. Mass (Main Post Chapel)
■ Sunday
8 a.m. Mass (Solomon Center)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
11 a.m. Mass (Main Post Chapel)
12:30 a.m. Catholic Youth Ministry
8 p.m. McCrady Chapel (SCARNG), McCrady Training Center
■ Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adulty Inquiry

ANGLICAN/LITURGICAL

■ Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

■ Sunday
8 to 10 a.m. Islamic Studies, Main Post Chapel
■ Friday
12:30 to 1:45 p.m. Jumah Services, Main Post Chapel

JEWISH

■ Sunday
9:30 to 10:30 a.m. 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 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS
Daniel Circle Chapel
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
Main Post Chapel
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
Bayonet Chapel
9476 Kemper St., 751-4542
Family Life Chaplain
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson Street Chapel
2335 Anderson St., corner of Jackson Boulevard, 751-7032
Education Center
4581 Scales Ave.
Magruder Chapel
4360 Magruder Ave., 751-3883
120th AG Bn. Chapel
1895 Washington St., 751-5086
Memorial Chapel
4470 Jackson Blvd., 751-7324
U.S. Army Chaplain Center and School
10100 Lee Road, 751-8050

Knight Pool renovations closer to being finished

By MIKE GARCIA
Family and Morale, Welfare and Recreation

When Knight Pool closed in October 2009, Fort Jackson's many swimmers had to take up a new pastime — waiting.

Unforeseen problems caused renovations and improvements to take longer than expected, leaving loyal patrons high and dry. Family and Morale, Welfare and Recreation hopes to reopen the pool soon.

Renovations and minor construction on the 35-year-old indoor swimming pool began in November. Following $1.3 million in upgrades — and a few minor construction delays — the pool is now covered by a new, durable roof, which replaces the old, leaky one that had taken a beating from several decades of South Carolina heat.

The facility also features new slip-proof flooring on the entire pool deck and shower rooms. Also replaced was the pool liner, which had several leaks. The vinyl liner was pulling away from the pool walls; an obvious show stopper for swimming. A new cement surface is currently being installed.

A new water filtration system has been added with pump motors that will increase the water turnover rate. The pool's new heating, venting and cooling system, along with a new dehumidification system, will keep the building warmer in the winter and cooler and dryer in the summer months.

Swimmers will no longer freeze in the cold months when they get out of the warm water or feel like they have walked into a sauna during the warmer months.

The front lobby has been renovated with new lights, suspended ceiling, check-out counter and ceramic tile floors. The entire interior of the building also got a facelift with a fresh coat of paint.

Contractors will finish the pool's resurfacing job within the next two weeks. Fort Jackson's Directorate of Public Works will test all of the new systems prior to the reopening of Knight Pool.

FMWR photo

A worker fixes the water filtration system at Knight Pool. After almost one year, the pool's extensive renovation nears completion.

Community members can look forward to new operating hours at Knight Pool. The new hours will be as follows: Monday through Friday, 6 a.m. to 2 p.m. and 4:30 to 7 p.m. Adult and youth swim lessons, along with daily water aerobics classes, will be offered. Family and MWR is planning upcoming special events like a welcome back movie, "Jaws," and tube races.

Reopening dates will be announced on the website, *www.fortjacksonmwr.com*, as well as on the Fort Jackson FMWR Facebook page.

September EDGE! classes

❑ **Altered Art** — 3:30 to 5 p.m., Mondays (starting Sept. 13), 5955-D Parker Lane. Take ordinary subjects and turn them into something beautiful and useful. For ages 9-15.

❑ **Geocaching** — 4 to 5:30 p.m., Tuesdays and Thursdays (starting today), 5955-D Parker Lane. Find hidden treasures using handheld GPS units. For ages 9-15.

❑ **A Pirate's Life for Me** — 3:30 to 5 p.m., Tuesdays and Fridays (starting Sept. 3), 5955-D Parker Lane. Use clues to solve the ultimate pirate treasure hunt mystery. For ages 9-15.

❑ **Microwave Magic** — 3:30 to 5:30 p.m., Tuesdays and Fridays (starting Sept. 3), 5955-D Parker Lane. Learn to make delicious snacks. For ages 11-18.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are $5 per hour.

Register online at https://webtrac.mwr.army.mil or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE! program on Facebook.

Door-to-door transportation also available. Call 751-3053 for information.

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

FMWR calendar

THURSDAY

❑ Visit **Century Lanes** for food, fun and bowling.

❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.

❑ **Magruder's Pub and Club** is open for lunch.

❑ **Victory Bingo**, 2 to 11 p.m.

❑ Sleepy story time, 6:30 to 7 p.m., **Post Library**. Come in your PJs, and go home ready for bed.

❑ Tony Tone and special musical guest Donte Lewis perform at the **NCO Club**. Doors open at 7:30 p.m. Comedy show starts at 8:30 p.m. Tickets cost $15 at the door.

FRIDAY

❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.

❑ First Friday Golf Tournament, 1 p.m., **Fort Jackson Golf Club**. For more information, call 787-4437.

❑ **Victory Bingo**, starts at 2 p.m.

❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the **Youth Services Center**.

❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is $5 for civilians and $3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.

SATURDAY

❑ Trip to **Harrah's Cherokee Casino**, 8 a.m. to 10 p.m.. The cost for transportation is $10. For more information, call 751-3484.

❑ **Victory Bingo**, starts at 1 p.m.

❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.

❑ Rock'N'Glow bowling at **Century Lanes**, 8 to 11 p.m. The cost is $9 per person for two hours of bowling, including shoe rental. For more information, call 751-6138.

❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is $5 for civilians and $3 for military.

❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

❑ **Victory Bingo**, starts at 10 a.m.

❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

WEDNESDAY

❑ Get your party on at the **NCO Club**, 8 p.m. Cost is $5 for military, $7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.

❑ Wednesday at **Club NCO** are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.

❑ Karaoke night with Tom Marable, **Magruder's Pub**. Cost is $3 for military, $5 for civilians.

❑ Victory Readers Club, 6 to 8 p.m., **Post Library**

❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m.

For a complete calendar, visit *www.fortjacksonmwr.com*.

Will settles more than property issues

By CAPT. HERBERT BUNTON
Legal Assistance Office

Recently the Fort Jackson JAG office has seen a number of service members, their family members and retirees with questions about wills. This two-part series explores why a will is important and some important facts to know when writing a will.

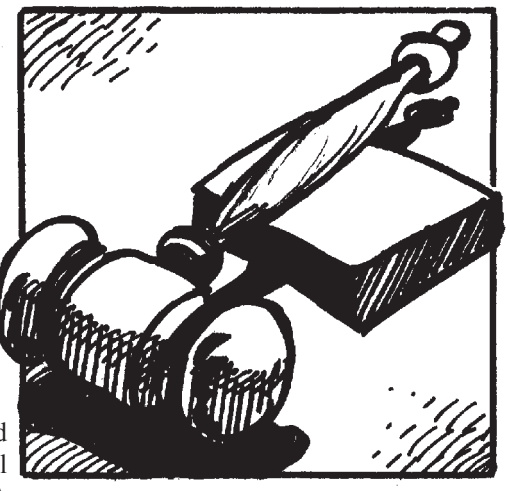
WHAT IS A WILL'S PURPOSE AND WHY IS IT IMPORTANT?

A will is the legal document that controls how a person's property is distributed after his or her death. A will can also provide guardianship for any children younger than 18 after the parent's death. The will specifically names who will receive property (i.e. bank accounts, stocks, real estate) and how much each person will receive.

It is important for each person to spend some time thinking about whom he or she wants to inherit his or her property. For example, say a person has three children but lives with one of the children, who helps take care of the parent. The parent decides he or she wants to leave his or her house to that child and have the other children split his or her remaining property.

If the parent dies without a will, each of the children will own the home in equal shares. And this could lead to bickering among the children as to what each child is entitled. Having a will can eliminate potential family disputes.

It is also important to keep in mind that a will can be changed. A person can execute a new will and destroy the old one. A person can also change a will by executing a codicil. A codicil is a legal document that must be signed and executed in the same manner as a will.



However, it is always important to consult an attorney to make sure the codicil is being properly added or assist in drafting a new will. Simply making changes on a previously executed will may not be effective and could potentially make the entire will invalid.

A properly drawn and executed will is valid until it is changed or revoked. A will properly drawn and executed in 1980 is still valid today if it has not been changed or revoked.

However, changes in circumstances after a will has been made, such as tax laws, marriage, birth or adoption or even a substantial change in the nature or amount of a person's estate, can affect whether the will is still adequate or whether a property will still pass in the manner previously chosen.

SHOULD I NAME A GUARDIAN FOR MY CHILDREN IN MY WILL?

Absolutely. A guardian should be named in a will to ensure that his or her children and their estates are cared for in the event that both parents should die. The guardian should be chosen with extreme care as this person will be charged with the duty of raising the children and managing their legal affairs.

Do not automatically assume that parents or any other relative will be suitable guardians. Such factors as the age of the guardian, age of the children, religion, social status, economics and relation of the proposed guardian to the children, if any, should be considered in making the decision. Additionally, a substitute guardian should be chosen with the same care as the primary guardian just in case the primary guardian cannot serve as guardian.

Editor's note: *Next week's legal article will deal with what happens if there is no will and how a will is executed.*

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to eligible people.

These services are available through an appointment with a legal assistance attorney 9 to 11:30 a.m. all week, or on a walk-in basis on Thursday.

Power of attorney, living will and health care power of attorney walk-in clients are seen 1:30 to 4 p.m., Tuesdays. Customers who need a will fixed must make an appointment.

Call 751-4287 to make an appointment.

The Legal Assistance Office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.

Full-body workout sculpts a new you

Aerobics, weights quickly create sleek, slim results

The best reason I could ever come up with for having someone add weights to his or her current workout reminds me of my first encounter with lifting. I had been teaching for quite some time, but was not seeing the results I wanted to see. One of the participants in my class suggested that I add weight lifting. I was so pleased with how quickly my body responded to the weight training.

However, I wasn't pleased with how bulky it made me. I knew weight training alone would not bring all the results I was looking for because I knew the value of cardiovascular training, as well. Initially, I was doing weight lifting and aerobics separately; then I decided to incorporate weights while doing cardiovascular training during the entire class. After just a few classes, we all benefited from body definition and amazing inches off the entire body. This discovery had a name — sculpting.

According to the Journal of Applied Physiology, fat cells need oxygen to burn completely, so in order to burn more fat during an exercise, one needs to move slowly and smoothly. This allows muscle cells to be supplied with enough oxygen to continue with its aerobics capacity and use fat as the main energy source. So if someone performs a squat at a pace that is slow and steady, his or her oxygen usage can endure the exercise.

The Weigh it Is

By PAMELA GREENE
Fitness programmer, Family and Morale, Welfare and Recreation

How does this relate to weight loss? The demand being placed on the muscle for energy uses body fat as a fuel source over glycogen (carbohydrates turned into sugar). Anaerobic exercising requires moving at an increased pace or with greater effort than just weight training alone. Aerobics combined with weights results in a greater demand for oxygen.

Aerobic sculpting is designed to shape and tone the body without building muscular size or bulk. Aerobic sculpting is highly recommended because it helps retain lean muscle tissue while boosting metabolism. Aerobic sculpting (for safety reasons) moves more slowly than traditional aerobics because the exerciser is holding weights.

This means the impact on the body is intense, but the impact toward the joints is not. Aerobic sculpting improves blood circulation to fatty areas of the body (which is often sluggish). Consequently, fat is more difficult to metabolize (no surprise here), so aerobic sculpting-style exercises really bring blood flow to those areas of the body, helping burn body fat at a more efficient rate, according to the Journal on Exercise.

The ultimate goal of aerobic sculpting is to produce firm, strong active muscle tissue. This way calories are burned more efficiently than body fat or untoned muscle, even during rest. It is proven that exercisers will get a better looking body from aerobic sculpting, especially when performed at least four times a week.

Since most exercisers are not training as a body builders, it's OK to work out the entire body, not just upper on Monday followed by lower on Tuesday, etc. My motto has always been about time. Most of us only have an hour to give to exercise, so make the most of it by focusing on the entire body, not just a body part.

If you have doubts about weight training, give aerobic sculpting a try. It is a great total body workout. If you have already been working out and need a push for your sluggish metabolism, aerobic sculpting is for you. From the beginner to the more experienced, this style of exercise benefits the heart, assists in lowering blood pressure, balances blood sugar levels and so much more. There are inches to lose and firmness to gain; your body is waiting.

Editor's note: *Pamela Greene is the fitness programmer for the Family and Morale, Welfare and Recreation's Fitness Department. Visit http://fortjacksonmwr.com/fitness for more information on the Fitness Department.*

Need for speed

Leader file photo

A 187th Ordnance Battalion player eludes a defender during a flag football game last season. Letters of Intent for this year's active-duty flag football league are due to the Sports Office by Sept. 22.

Sports shorts

❑ Youth sports is seeking volunteer coaches for all sports. For more information, call Bob Talley, youth sports and fitness director at 751-5040 or e-mail *Robert.C.Talley@ us.army.mil.*

❑ Coaches who plan to volunteer this fall must attend a National Youth Sports Coaches' Association certification clinic 10 a.m., Saturday at the Youth Services Center conference room. After coaches complete the required certifications, they will be given team rosters. Coaches will then provide practice information to players and parents. Practices are scheduled to begin Sept. 19. Games will begin Sept. 25.

❑ The Fort Jackson Family and Morale, Welfare and Recreation Fitness Department offers a variety of classes led by certified fitness instructors. Classes include: wellness lectures about nutrition and general health, as well as fitness classes, such as Zumba, yoga, aerobics, kickboxing and spinning. Fitness center patrons may participate in all classes with the monthly membership fee. Current rates are: active duty military — daily rate, $4, monthly rate, $20; all others — daily rate, $4, monthly rate, $30.

Fitness center patrons must be authorized ID card holders. Visit *www.fortjacksonmwr.com* for more fitness information.

❑ For information about on-post sports, call the Sports Office at 751-3096.

CONTACTING THE LEADER

❑ The *Leader* accepts ideas for articles relevant to the Fort Jackson community. Send your story ideas to *FJLeader@conus.army.mil* or call 751-7045.