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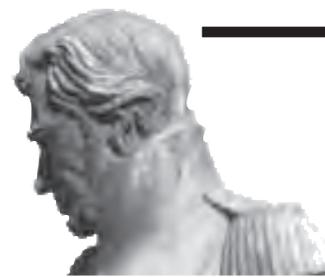
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# The Fort Jackson Leader

Thursday, October 7, 2010

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www.jackson.army.mil



# Mettle tested

## Amputee serves as squad leader at WTU

By **CHRIS RASMUSSEN**  
*Fort Jackson Leader*

A Fort Jackson Soldier is well on his way in becoming the role model for resilience — while making a strong case as a standard bearer for courage, compassion and commitment, as well.

And he's doing all of this on one real leg.

Sgt. Robert Barthel, a squad leader with the Warrior Transition Unit, had part of his leg amputated two years ago after doctors decided there was no way to save the foot that had been nearly blown off in an IED blast near Nassar Wa Sallam, Iraq.

A fellow Soldier was killed and four others were injured in the July 8, 2008, attack, when their Stryker drove over an IED.

In the time since then, Barthel has not only undergone a successful rehab, but has returned to active

duty with a full head of steam, serving as an inspiration for other wounded Soldiers as a squad leader at the Warrior Transition Unit on post.

"They have been making tremendous progress

for severely injured Soldiers," Barthel

said. "I am

thankful for

living in

this era. I

have met

veterans

from other

wars and

they did

not have

the medical

technology we

have today

available to

them."

Barthel vividly recalled the attack and the events that followed.

He said he and his squad were riding

in their vehicle and drove right over an IED that had been buried in the sand. The IED detonated under the belly of the truck.

"It had been a long night and I was taking it easy in the back of the truck," Barthel said. "The next thing I knew I was in a hospital bed in Germany."

Shrapnel from the IED had ripped off the back of Barthel's right foot. Doctors were unsuccessful in re-establishing circulation.

A doctor then told Barthel that his right foot would need to be amputated below the ankle. But, in order to fit Barthel with a prosthetic, doctors later would amputate midway up his shin.

"I told the doctor and nurses they were crazy, but when I looked down and saw it, I told them they needed to cut it off," he said. "Once I came to terms with it I realized losing a limb isn't really as bad as I thought it would be."

Following the surgeries, Barthel was flown to Naval Medical Center in San Diego for rehabilitation and fitted with a prosthetic leg. His request to be treated in San Diego instead of Walter Reed Medical Center was granted so he could rejoin his wife and five children who were living in Hawaii.

Barthel got his prosthetic leg in August

See **BARTHEL:** Page 10



# Domestic abuse has no place in Army

**W**hen it comes to acts of domestic violence, there are no excuses. Long hard days at work, difficult deployments, career gridlock, financial woes, relationship problems. None of these issues remotely qualifies itself as a reason to physically assault or mentally abuse your spouse, child or anyone in your family.

Fort Jackson's policy on domestic violence is no different than the policy that prevails across the Army — zero tolerance. It will not be tolerated. Domestic violence is an offense against our institutional and Army values, not to mention a crime. We should live our Army values and adhere to our high standards and personal discipline regardless of whether we are on duty or at home. We serve as Soldiers 24 hours per day and seven days per week. It is our duty to help prevent these ugly crimes.

Our policy is straightforward, but the problem remains. Acts of domestic violence still occur, sometimes right under our eyes, and the problem is far from being eradicated. It could be happening next door, or down the block from where you live. It might involve a friend, a co-worker, a sister, a brother, or you could even be the victim or perpetrator.

According to statistics compiled by the National Coalition Against Domestic Violence, approximately 1.3 million women are physically assaulted by an intimate partner each year. Anywhere between 3.3 million and 10 million children witness these assaults. One in every four

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



women will experience domestic violence in her lifetime. Closer to home, last year in South Carolina, there were approximately 4,400 domestic violence victims who received shelter and more than 28,500 victims who were treated.

Despite the fact that most acts of domestic violence are classified as offenses under the United States Code, the Uniform Code of Military Justice and state laws, the majority of these crimes are never reported to authorities. Domestic violence, which often involves criminal acts, seriously undermines our efforts to strengthen the Army family. We constantly seek to enrich the quality of life of our families, not to destroy its fabric.

We, as members of the Army family, face unique challenges and specific struggles that ordinary civilian families never experience. The Army understands what these additional stress factors can do in a relationship.

Again, these types of circumstances are no excuse for domestic abuse.

One of the problems that we have — which almost seems unfathomable — is that abusive situations are sometimes difficult to recognize, especially if they are happening to you. However, there are many signals and patterns to indicate that you or someone is in an abusive relationship.

The Army has a host of community services to assist those with stress from relationships, finances and other factors. Some of these services include Financial Readiness, Employment Readiness, New Parent Support, Stress and Anger Management, Victim Advocacy, Social Work Services, the Exceptional Family Member Program, and Family Life Chaplain Services. Reporting options are also available for those who have been victimized to include the right to seek services confidentially.

One thing that we all need to remain clear on is that it is required by regulation that commanders report allegations of abuse involving their Soldiers. It is also mandatory that all installation law enforcement officials, school personnel, and Child and Youth Support Services personnel, report information about spouse and/or child abuse.

If you know of someone who needs information on how to report this crime or needs information about any of the many services that the Army offers, please have her or him contact Family Advocacy at 751-6325.

Army Strong and Victory Starts Here!

## Fort Jackson talks back:

Staff writer Kris Gonzalez asks members of the community:

'How would you help someone if you suspected he or she was a victim of domestic violence?'



**1st Sgt. Daryle Freeman**  
165th Infantry Brigade

"I'd try to find out what the situation is and ... what avenue that person would feel comfortable pursuing, whether it's through a chaplain or a ... counselor."



**Kay Williams**  
DA Civilian

"I would ensure they were safe and then I'd help them seek the help they need."



**DiAnn Anderson**  
DA Civilian

"I would call an abuse hotline anonymously."



**Petty Officer 3rd Class Paul Blanco**  
Task Force Marshall

"I'd be there for that person emotionally because he or she will need a shoulder to lean on."



**Master Sgt. Shawton Thomas**  
MACH

"I would help that person get assistance through Family Advocacy or Military One Source."



**Petty Officer 3rd Class Mary Fischer**  
Task Force Marshall

"I would encourage that person to press charges because no one deserves to be hit; and (I would try to) stop it before it gets worse."

### The Fort Jackson Leader

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# 'Soldier-athletes' fuel up at food event

*Vendors provide healthful choices at annual food expo*

By KRIS GONZALEZ  
Fort Jackson Leader

Protein supplements don't just come in a shake or bar anymore. Today you can find it in an unlikely source — doughnuts.

There's no longer the need to feel guilty about indulging in some guilty pleasures. As those who attended Fort Jackson's Fifth Annual Food Expo Tuesday found out, vitamins, minerals and other nutrients can be found in some of America's favorite junk food.

About 2,000 community members gathered Tuesday at the NCO Club to sample foods from more than 40 vendors who service Fort Jackson's dining facilities.

Vendors introduced products such as whole grain and vitamin enriched brownies and muffins, whole wheat pizza, baked chicken breast, spinach curry, catfish stew and more foods designed with the "Soldier-athlete" in mind.

"The vendors provided various new products that are in line with the new nutritional initiative promoted by the Army," said John Nelums, performance assurance evaluator for the Directorate of Logistics Food Service Office, which co-hosted the event with the US Food Service, Lexington Division.

"The Army is getting strict about nutrition," Nelums said. "So this year's theme was 'Feeding the Soldier Athlete.'"

“Nothing is more important than healthy eating.”

”

— Beverly Sowell  
Food service specialist  
supervisor

Beverly Sowell, food service specialist supervisor, said this year's expo focused on nutritional foods to help integrate the community to the Army's new menu standard that will be implemented for Initial Military Training Soldiers in the new fiscal year.

"The Army wants to treat and train Soldiers like athletes," Sowell said. "Soldiers will be trained to eat and drink properly so they are prepared for strenuous physical and mental activity during Basic Combat Training."

Petty Officer 2nd Class Hector Garcia, assigned to Task Force Marshall, said he was impressed with the Army's stance on increasing the nutritional value of its meals, which not only provide fuel for Soldiers, but also for members of his own unit who will soon deploy with Army units.

"It's exactly what they need to eat to



Photos by KRIS GONZALEZ

**Ray Tanner, head coach of the University of South Carolina baseball team, autographs a baseball for Elvira Padring Tuesday during the Food Expo at the NCO Club. The USC baseball team won this year's College World Series.**

maintain their stamina while deployed," Garcia said. "Not only will better nutrition fuel their bodies, but good food always boosts morale."

Petty Officer 1st Class Monica Wright, also assigned to Task Force Marshall, said this was her fourth year attending the food expo and that she appreciated the healthier options offered at this year's event.

"Good nutrition is not just an Army issue," Wright said. "All service members, regardless of branch, are concerned about their weight, passing a physical fitness test and staying within standards. So the preparation that goes into the food we eat is very important."

Sowell said she hoped those who attended the expo and learned more about eating nutritionally, would share their knowledge and encourage healthy eating habits among their coworkers, family and friends.

"Good nutrition is important for everyone because food gives our bodies the nutrients needed to stay healthy, grow, and work properly," she said. "Nothing is more important than healthy eating."

Beyond taste testing, attendees were given free food samples to take home, had the chance to win door prizes and giveaways, and were invited to an autograph session with Ray Tanner, head coach of the University of South Carolina's baseball team, which is this year's national champion.

*Kris.Gonzalez1@us.army.mil*



**Tim Butler, Cherokee Foods Inc., serves lean sausage and baked chicken to Master Sgt. Claudia Polite and Sgt. 1st Class Michael Walker, both with the 175th Maintenance Company, during Tuesday's Food Expo. This year's expo showcased the dining facilities' healthful food options.**

## Library fiesta



Photos by KRIS GONZALEZ

Left, Cecilia Hem Lee, youth services librarian for Thomas Lee Hall Library, prepares to release candy and prizes from a stuffed piñata Saturday during the library's Hispanic Heritage Month celebration. Above, Jakia Kahn and her husband, Anisuzzaman Kahn, help their 19-month-old son Nubaid decorate a rooster's crown, based on the children's book, "Little Rooster's Diamond Button," as they make crafts Saturday during the library event.

# Soldiers set to entertain Fort Jackson

By TIM HIPPS  
FMWR Command

FORT BELVOIR, Va. — "Soldier Show 27.0" is the working concept of the 2010 U.S. Army Soldier Show, an "entertainment for the Soldier, by the Soldier" song-and-dance production. This year's edition revolves around current social-media phenomena.

The 2010 Soldier Show schedule features 101 performances at 53 venues, including a visit to Fort Jackson Oct. 16 and 17.

"It's the 27th year and it's a new version, just like a new version of a computer program, but it's built on the foundations of all the past versions," Soldier Show Production Director Victor Hurtado said. "Basically, it's like a computer screen. When you walk in, you'll see the desktop, and all of the transitions are like Facebook or Google with a PDF."

Hurtado was quickly impressed by this year's Soldier Show performers.

"When I hear them sing together, it's like the most glorious choir," he said. "People are going to be just shocked by how good they are."

Soldier Show founder Irving Berlin would not have wanted it any other way. The Soldier-performers, in turn, will honor the founding father of Army Entertainment.

"There's some great historical content



Photo by TIM HIPPS, FMWR Command

Spc. David Plasterer of Camp Hovey, Korea, and Pfc. Andrew Clouse of Fort Gordon, Ga., play "Walking on Sunshine" during rehearsal for the 2010 U.S. Army Soldier Show at Wallace Theater on Fort Belvoir, Va.

with Irving Berlin," Hurtado explained. "We have much better video technology this year with moving projectors. We're going to be able to use that during the show for a lot longer lengths of time, so we have voiceovers with Irving Berlin and some of his work."

The show will open with Disturbed's

heavy metal anthem "Indestructible," which was written to inspire Soldiers headed for battle.

"It's meant to be something that would make them feel invincible, take away their fear, make them strong," Disturbed lead vocalist David Draiman said.

As always, the troops will deliver several

## IF YOU GO

- ❑ The Soldier Show will stop on Fort Jackson Oct. 16 and 17 for four performances.
- ❑ The only performance that is open to the public is scheduled for 7 p.m., Oct. 17 at the Solomon Center.
- ❑ Admission is free. No tickets are necessary.

genres of music and dance, complete with Soldier-musicians on guitar, bass, keyboard and drums.

"We have an incredibly trained male ballet dancer," Hurtado said. "Pfc. Andrew Enriquez brings an incredibly masculine (Mikhail) Baryshnikov style. He's really good, and we're using him throughout the show."

And, of course, there's a tribute to the late Michael Jackson.

"With the Michael Jackson segment, we're just making use of what he left behind," said Hurtado, who revealed the medley will include "ABC," "I Want You Back," "I'll Be There," and "Jam." "I don't want to give too much away, but the very last piece is something that you'll definitely recognize," Hurtado added while moon-walking backwards.

## Housing Happenings

### COMMUNITY UPDATES

❑ All housing offices will be closed Monday in observance of Columbus Day. For maintenance emergencies, call 787-6416.

❑ The mayoral council seeks volunteers to serve as mayors and vice mayors in the housing community. Being part of the council allows residents to be a voice for the community and raise ideas and suggestions to improve the quality of life on Fort Jackson. Residents interested in becoming a mayor or vice mayor should contact Vickie Grier at 751-7567.

❑ Residents can reserve the activity room in the Community Center for free. For more details, call 738-8275.

### DEVELOPMENT UPDATES

❑ Furman-Smith Road at Knight Avenue is closed. Legge Court residents must enter/exit from Lee Road. Families in new field grade housing must use Gilmer Court.

❑ Families in senior noncommissioned officer housing must enter/exit via Capers and Owens roads.

❑ Brown Avenue at Imboden Street is closed. Residents who live on Mills Road, Boone, Bradley and Batson Courts should use Mills Road to access Imboden Street. The road closure will remain in effect for the duration of Phase II.

❑ To date, 208 homes have been completed.

❑ To date, 174 units have been demolished in the Phase II area for junior noncommissioned officers.

## CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/well-being.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP logo.

"Let your voice be heard!"



Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>

# Flu drive begins at MACH

By NICHOLE RILEY

Moncrief Army Community Hospital

Seasonal flu vaccines are available to eligible beneficiaries on the sixth floor, Room 6-27, at MACH for ages 4 years and older. Family members and retirees with valid military identification are eligible.

Vaccinations will be given between 7 a.m. and 4 p.m., Monday through Friday.

Beginning Oct. 18, flu shots will be given at the Solomon Center from 8 a.m. to 3:30 p.m. The next date will be Oct. 23 from 8 a.m. to 2 p.m.

Military service members will receive immunizations from the 120<sup>th</sup> Adjutant General Battalion (Reception) Immunization section or SRP site as arranged through their units. This will assist in maintaining unit readiness accountability. Service members should not go to the Solomon Center or the hospital.

Children between the ages of 6 months and 3 years can get their flu shots at the Family Health Clinic by walk-in or by appointment from 8 to 11:30 a.m. or 12:30 to 3:30 p.m., Monday through Friday. Call 751-CARE for an appointment.

MACH cannot provide seasonal flu vaccine at this time for non-beneficiaries. DoD, contract and any other civilian

employees should obtain their seasonal flu vaccine from their primary care managers or DHEC locations.

TRICARE-authorized beneficiaries who do not wish to use the MACH Immunization Clinic or wait for the Fort Jackson Flu Drive can use Minute or Concentra clinics found at pharmacies. A list of these clinics can be found online at [www.TRICARE.mil](http://www.TRICARE.mil).

The two flu vaccines available are:

— FluMist nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "live attenuated influenza vaccine" or FluMist). LAIV (FluMist) is approved for use in healthy people 2 to 49 years old who are not pregnant and have no history of asthma.

— Flu shot: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

Note that if you have ever had any severe allergic reactions to flu vaccine in the past, you should not get vaccinated. Please speak with your primary care manager to see if you qualify.

If you have questions or would like more information, call 751-2434.

## Active duty



Photo by CHRIS RASMUSSEN

From left, Lt. Col. Richard MacDermott, 4th Battalion, 10th Infantry Regiment commander; Capt. Valencia Burns, Army Training Center, Headquarters and Headquarters Company commander; and 1st Sgt. Michael Coleman, ATC HHC first sergeant, salute the colors of the newly activated ATC HHC. The ceremony took place Oct. 1 at the 120th Adjutant General Battalion (Reception) chapel. The ATC HHC was organized to handle administrative duties of the Army Training Center at Fort Jackson.



twitter

Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.

## News and Notes

## MACH OPENS ENROLLMENT TO RETIREES

Retirees and their family members who are TRICARE Prime eligible can now enroll at Moncrief Army Community Hospital. Active-duty family members, retirees and retiree family members who wish to enroll to MACH and choose a primary care manager there, should visit the TRICARE Service Center on the 10th floor at MACH. TRICARE Prime-eligible beneficiaries who want to change from their current PCM to one at MACH need to complete an Enrollment/PCM Change Form. For more information, call the Patient Services Office at 751-2425/0471/2778 or e-mail [machptservices@amedd.army.mil](mailto:machptservices@amedd.army.mil).

## RALLY AGAINST ABUSE SCHEDULED

The seventh annual Domestic Abuse Awareness Rally is scheduled for 9 to 11 a.m., Oct. 16 at Pierce Terrace Elementary School.

## FAIR OFFERS FREE ADMISSION

The S.C. State Fair will offer free admission for military members as part of its new Military Appreciation Admission policy. From Oct. 13-24, active military personnel and their dependents will be admitted free with proper ID. DoD civilian employees are also admitted free, but their family members are not, State Fair officials said. The fair will also offer free admission to Basic Combat Training graduates and their families on family day, immediately following graduation. The fair will also offer free admission to all retired military and their dependents on Sundays.

## AFAP SEEKS VOLUNTEERS

The Fort Jackson Army Family Action Plan is seeking volunteers for its annual conference, Dec. 2-3. Any member of the military community can participate in the conference as a delegate. Delegates must register and attend a training session. Issues are needed from all Soldiers, specifically single Soldiers and Warriors in Transition, retired service members, civilian employees and family members. Community members may also submit issues online at [www.fortjacksonmwr.com/acs\\_afap](http://www.fortjacksonmwr.com/acs_afap). Call 751-6315 for more information.



<b>Oct. 7 — 6 p.m.</b>	
Vampires Suck	PG-13 82 min.
<b>Oct. 8 — 4 p.m.</b>	
Shorts	PG 97 min.
<b>Oct. 8 — 7 p.m.</b>	
The Last Exorcism	PG-13 87 min.
<b>Oct. 9 — 6 p.m.</b>	
The Expendables	R 111 min.
<b>Oct. 10 — 6 p.m.</b>	
Takers	PG-13 110 min.
<b>Oct. 13 — 2 p.m.</b>	
Takers	PG-13 110 min.
<b>Oct. 13 — 5 p.m.</b>	
The Last Exorcism	PG-13 87 min.

**Fort Jackson Reel Time Theater**  
(803) 751-7488  
**Ticket admission**  
Adults: \$4.50  
Children (12 and younger): \$2.25  
Visit [www.aafes.com](http://www.aafes.com) for listings.

# Program targets Soldiers with high risk for cavities

From Dental Activity

More than 184,000 Soldiers have been identified needing at least one dental filling. Soldiers stationed at Fort Jackson who have dental cavities can now receive treatment designed to meet their specific needs from the Hagen Dental Clinic. This new preventive treatment program targets Soldiers who have high levels of tooth decay.

"This is a great program for our Soldiers. Our goal is to provide the Soldiers with a treatment plan to lower their chances of experiencing future dental decay requiring emergency treatment," said Col. Michael Cuenin, Fort Jackson DENTAC commander. "This program will help the Soldier identify risk factors in addition to receiving the appropriate needed treatment. (It) creates a partnership between the Soldier and the dental professional. This will help break the decay-restore-decay cycle. The High Caries Risk Program allows us to better identify the patient with dental decay and follow up on any treatment they need."

The High Caries Risk Program is a unique program designed to improve overall oral health. It customizes dental treatment to the individual Soldier to meet his or her needs.



CUENIN

Soldiers receive nutritional counseling, oral hygiene instructions, intensive treatment to help prevent future decay, and treatment for any cavities they have. The program also follows Soldiers as they move from duty station to duty station throughout their Army careers. Soldiers with low caries risk have fewer dental needs, better dental readiness and spend less time overall at dental appointments, which means more time available to their units.

"This is an outstanding program for our Soldiers and I strongly encourage they take advantage of this opportunity. This program helps our Soldiers become dentally fit," Cuenin said. "This program supports The Army Surgeon General's commitment to the oral health of our Soldiers."

For more information about the High Caries Risk Program, ask your dental care provider.

## Exchange ID checks go high-tech

From AAFES

Implementation of an updated point-of-sale system that leverages the technological advances available through "smart" Common Access Cards is streamlining the identification process for age-restricted items at the Fort Jackson Exchange.

"According to DoD Instruction 1330.21 and Army Regulation 215-8, exchanges are required to restrict the sale of certain items such as alcohol and tobacco," said Don Sydlik, general manager of the Fort Jackson Exchange. "Pri-

or to implementation of the 'smart' ID cards, exchange associates had to visually inspect the identification in order to complete the sale.

Now, our scanners at the register can work directly with the card to verify eligibility."

The Fort Jackson Exchange's new point-of-sale system prompts associates to check identification when a restricted item is scanned.

Scanning the bar code on the front of the shopper's ID card allows the Ex-

change's system to determine the customer's age and quickly complete the transaction. The system does not print



the customer's birth date on a receipt or store the information in any way.

"This is a convenience issue," said Sydlik. "It's simply a matter of what is easiest for the shopper and, because the process is mechanical, another measure to help ensure minors are not in possession of age-restricted items."



### Job Fair

Staff Sgt. Lemar Dierolf, 2nd Battalion, 307th Regiment, discusses career opportunities with Columbia Police Department officer Walt Field during the Army Community Services Job Fair Tuesday at the Officers' Club. The job fair is one way in which the Army Family Covenant supports employment readiness.

Photo by  
CHRIS RASMUSSEN

# Barthel: 'I feel like I can help the Army'

Continued from Page 1

and learned to walk.

By November, he was running. A few months later, he went snowboarding and even participated in the Bay Bridge Run, a 10K race in San Diego.

"I had only been snowboarding once before. But the most rewarding part of the trip was getting my wife out in the snow because she is from Hawaii," he said. "I put that up there as one of the greatest achievements of my life."

His wife, Elena Barthel, who was pregnant when he deployed, gave birth to twins about a week before he was wounded.

“He doesn't use his prosthetic as an excuse. He is out there doing PT every day and is always out front leading as an example.”

— 1st Sgt. Timothy Miller  
Warrior Transition Unit

"When I got the phone call and found out, I was in complete shock," Elena Barthel said. "And when I saw him for the first time in the hospital

we just cried in each other's arms. But he is an amazing man and is using his experience to help other Soldiers. He is my hero."

The sergeant was accepted back into active duty in 2009 and re-classed at Fort Jackson, where he was assigned as the S1 noncommissioned officer for the Drill Sergeant School. Barthel was then assigned to the Warrior Transition Unit as a squad leader.

"Since I have been injured, the Warrior Transition Unit program is something I am very passionate about. I was thrilled to get this job," he said. "We take our wounded Soldiers and manage them through the rehab process. We also help assist them back into the Army or back into the civilian population as a productive member of society."

Barthel is in charge of 10 to 12 WTU Soldiers and spends his time taking care of their needs.

"He doesn't use his prosthetic as an excuse. He is out there doing PT every day and is always out front leading as an example," said 1st Sgt. Timothy Miller, WTU first sergeant. "He deals with other Soldiers with a tremendous amount of compassion. Sgt. Barthel is a team player who is willing to do anything to get the mission accomplished."

Shortly before being injured Barthel and his squad were awarded Bronze Stars for their actions in destroying a counter attack. Barthel and his fellow Soldiers were in an observation post just outside Sadr City when an IED detonated in front of them. Unharmed, the Soldiers returned fire on a fleeing man suspected of detonating the bomb.

Then several insurgents came running out of Sadr City toward their position. The squad thwarted the attack, killing three and capturing one.

Today, Barthel can often be seen running to work from his home in family housing.

"I am in pain most of the day. It is one of those things



Courtesy photos

Sgt. Robert Barthel, who was assigned to Company A, 1st Battalion, 21st Infantry Regiment at the time, stands guard near Abu Ghraib, Iraq, in 2008.



Sgt. Robert Barthel exercises with a medicine ball at Naval Medical Center in San Diego.

I just got used to," he said. "Part of my coping process is that I am able to help other Soldiers overcome their injuries."

Barthel said he hopes he can serve as an example for



Barthel shares a moment with his wife, Elena, during his recovery in San Diego.

Soldiers who are dealing with similar circumstances.

"I feel like I can help the Army as a motivator," he said.

Chris.Rasmussen@us.army.mil

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Oct. 21 Leader must be submitted by Oct. 14.

Send your submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.



## Hotoberfest fun



Photos by KRIS GONZALEZ

Staff Sgt. Rodney Ortiz, 187th Ordnance Battalion, assists his sons Jeffrey, 5, and Jesse, 3, as they simulate calling 911 while escaping smoke in the fire prevention activity trailer during the Hotoberfest. Fort Jackson community members participated in various activities, which included a rock climbing wall, a bounce house slide and arts and crafts.



Above, Boots the Clown gives Kasey McMahan, 11, a purple poodle balloon during Hotoberfest. Right, Andrew Lee, 4, hugs Sparky the Fire Dog during Saturday's Hotoberfest at the Fort Jackson Fire Department. Lee was one of many children who participated in various activities at the event, which combined Fire Safety Day with a traditional Oktoberfest.



## Leader deadlines

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For more information, call 751-7045.



# Army wife shares gift of hope

By YALONDA WRIGHT

Columbia Recruiting Battalion

While performing a self exam in June 2007, Army wife Cindy Summers found a lump in her left breast just under her arm pit. When she visited her doctor for her annual well-woman exam, she pointed out the lump, which at that time was very small.

After a manual exam of the lump, the doctor deemed it was no cause for alarm; in his opinion, the mass showed no typical signs of a cancerous growth.

Summers said she felt uneasy, but trusted her doctor's opinion.

As time passed, the lump grew and by the time Summers returned to the same doctor in June 2008 for another well-woman exam, it had doubled in size.

Her doctor ordered a mammogram, then a biopsy.

When the results came back, Summers was told she not only had cancer in her breast, but it had spread to 11 of the 14 lymph nodes on her left side.

"I was crushed and angry," Summers said. "'Why me?' I asked."

Throughout the next six months, she endured chemotherapy, a double mastectomy and radiation therapy.

The treatment was grueling for Summers.

"You're not really processing anything; all you're thinking is, 'I'm going to die,'" she said.

So she leaned on her family, who had become a major source of support.

Her husband, Master Sgt. John "Mike" Summers, who is assigned to the Columbia Recruiting Battalion, was her rock, her ears and her rationale, she said.

"I'm not going to let you lie here and feel sorry for yourself," he said to his wife.

Her condition was difficult to explain to the couple's three girls — Alexa, 13, Madison, 11, and Savannah, 9 — but Summers said that her daughters gave her the will to wake up every day.

Her oldest daughter, Alexa, gave her a bracelet she had crafted with the word, "believe," in the center. Her hope was to have someone in every state wear a bracelet and pray for her mother. Summers said she has not removed the bracelet since putting it on in 2008.

With her weakened immune system, Summers decided home schooling was the best way to help fight the germs that spread among children.

"For the first time in my life, I had to put myself first," she said quietly.

Though the girls said it was a hard time, they said they enjoyed taking care of their mother and helping her recover.

Today, Summers' cancer is in remission, but as she puts it, she is still "fighting like a girl."

She uses blogging as a means for healing and to help



Courtesy photo

**Cindy Summers, pictured with her husband, Master Sgt. John Summers of the Columbia Recruiting Battalion, has overcome breast cancer. She shares her experiences on a blog and operates a non-profit organization that benefits women who are battling breast cancer.**

## BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month. A presentation followed by a luncheon is scheduled for 9 a.m. to 1 p.m., Oct. 20, at the Officers' Club. The speaker is Dr. Lisa Newman, oncologist and director of the Breast Cancer Center of the University of Michigan. Tickets cost \$12. For ticket information, call the MACH Surgery Clinic at 751-2974 or Army Public Health Nursing at 751-5251.

other families affected by cancer.

Although the blog, [www.armygirls4.blogspot.com](http://www.armygirls4.blogspot.com), was originally started to stay in touch with people she met along the Army pathway, now, she realizes that sharing her experience has been helping people nationwide.

Summers also operates Cindy's Hope Chest, a non-profit organization, which supplies gifts and services for women who are battling cancer.

She and many other volunteers prepare gift baskets with non-allergenic and organic items, socks, wigs, hats, jour-

nals/diaries, inspirational materials, hard candy and other small, but useful, items. They provide services such as house cleaning, transportation, grocery/drug store errands, hair styling, visits and more.

For her efforts, Summers was featured on the last episode of Lifetime's television series "Army Wives" as a recipient of the "Lifetime Gives Back" award which honors real life Army wives. The show's cast presented her with a donation of \$5,000 to Cindy's Hope Chest and gave her an all expense paid trip to Hawaii for the family.

The exposure Cindy's Hope Chest received from the show has led to a significant increase in requests from breast cancer patients and their families.

In response, throughout October, Cindy's Hope Chest is sponsoring the October Rally-Up, a multi-state event designed to spread awareness and to raise funds for breast cancer patients. The goal is to generate more than \$10,000.

For more information about Cindy's Hope Chest, or Cindy's story, visit [www.cindyshopechest.org](http://www.cindyshopechest.org) or [www.armygirls4.blogspot.com](http://www.armygirls4.blogspot.com).

**Editor's note:** Leader Staff Writer Kris Gonzalez contributed to this report.

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## COMMUNITY SNAPSHOTS

### Cookies for troops



*Photo by DENA JORDAN, Girl Scout Leader*

Girl Scouts from Fort Jackson handed out 180 boxes of cookies to deploying Sailors from Task Force Marshall during a departure ceremony at Eagle Aviation last month.

### CIIP visit



*Courtesy photo*

Command Sgt. Maj. Jeffrey Mellinger, Army Materiel Command, talks to Essie Smith, Clothing Initial Issue Point manager, during a recent visit to the Fort Jackson CIIP.

### AG Breakfast



*Photo by SGT. 1ST CLASS VICTOR MORALES, 165th Infantry Brigade*

Michael Molosso, left, deputy commandant of the Adjutant General School, congratulates Capt. Michael McGuire, 120th Adjutant general Battalion (Reception) on receiving the Order of Horatio Gates Bronze Medal during the Adjutant General Corps breakfast Sept. 30 at the NCO Club.

### Family service



*Photo by STAFF SGT. SEAN MILLER, 187th Ordnance Battalion*

Sgt. Angel Cavanaugh, 171st Infantry Brigade, re-enlists in the Army while her son, Marine Pfc. Stephan Cavanaugh, takes the enlistment oath into the Marine Corps Friday at the Military Entrance Processing Station. They were re-enlisted and enlisted, respectively, by Capt. Burton Milnor, 187th Ordnance Battalion.

# Saluting this Basic Combat Training cycle's honorees

**DRILL SERGEANTS OF THE CYCLE**



**Staff Sgt.  
Brian Lane**  
Company D  
2nd Battalion,  
60th Infantry Regiment

**Staff Sgt.  
Caleb Webster**  
Company E  
2nd Battalion,  
60th Infantry Regiment

**Staff Sgt.  
Schlandria Edwards**  
Company F  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Michael Hansen

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. David Kelsey

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Jilian Smith

**SOLDIER OF THE CYCLE**  
Spc. Matthew Butcher

**SOLDIER OF THE CYCLE**  
Pvt. Michael Fusselman

**SOLDIER OF THE CYCLE**  
Pvt. David Matos

**HIGH BRM**  
Pvt. Eric Avera

**HIGH BRM**  
Pvt. Raoul Lopez  
Pvt. Kayla Clark

**HIGH BRM**  
Pvt. Michael Wood  
Pvt. Beau Vincent

**HIGH APFT SCORE**  
Pvt. Nicole Davis

**HIGH APFT SCORE**  
Pfc. Cassidy Keating

**HIGH APFT SCORE**  
Pvt. Valerie Stearns

**SUPPORT AWARDS OF THE CYCLE**

**STAFF SUPPORT**  
Spc. Quatichia Kirkland

**DFAC SUPPORT**  
Linda Clark; Johnnie Ellison

**SERVICE SUPPORT**  
Telisa Copeland-Tapp

**FAMILY SUPPORT**  
Amanda Herndon

# October Promotions

Name	Rank	Name	Rank
LYONS, Collins T.	COL	DELFIN, Jeffrey	CPT
McLEAN, Ingo	LTC	FOO, Shannon E.	CPT
MILLS, James T. III	LTC	ISOME, Michele D.	CPT
SCOTT, Jeffrey A.	LTC	JOHNSON, Nicole L.	CPT
THOMAS, Steven L.	LTC	PARK, Chase B.	CPT
ARNETT, Kevin P.	MAJ	ROBERTS, Travis P.	CPT
BEARDEN, Steven R.	MAJ	ROMERO, Jose C.	CPT
BECKER, James A.	MAJ	GRIEGO, Todd A.	CW4
BLAINE, Kevin E.	MAJ	CARRILLOMORALES, G.	CW3
BUCHMAN, Michael R.	MAJ	CASSESE, Vincent E.	CW3
CHOI, Min K.	MAJ	JENKINS, Craig N.	CW3
COOK, Nichoals M.	MAJ	MEEKS, Robert L.	CW3
COX, Michael C.	MAJ	REYNA, Enrique J.	CW3
DVONCH, Nicholas H.	MAJ	BILLINGSLEY, Laureen	MSG
DWYER, Roderick M.	MAJ	BOST, Michael T.	MSG
FISHBACK, Ian	MAJ	DAVIS, Antwon L.	MSG
GOYINGS, Ryan R.	MAJ	SIMMONS, Jerry L.	MSG
HARRIS, William D.	MAJ	BURRIS, John W.	MSG
HENRICH, Patrick M.	MAJ	DUNBAR, Andrew L.	SFC
JOHNSON, Carl P.	MAJ	GRANT, Michael J.	SFC
JOHNSTON, Jacob M.	MAJ	KNOWLTON, Michael A.	SFC
KASER, Joshua D.	MAJ	MILLER, Peter J.	SFC
McCOY, Brad C.	MAJ	ROSS, Rodney M.	SFC
NEMEC, Louis P.	MAJ	ALMADA, Karina E.	SSG
PETERSON, Michael A.	MAJ	DARLING, Andrew J.	SSG
REED, Erin M.	MAJ	LOVE, Daniel J.	SSG
SOUSSAN, Henry C.	MAJ	SHIVLER, Drew A.	SSG
WILLIAMS, Dennis K. II	MAJ	TURNER, Morgan L.	SSG
WILLIAMS, Ryan T.	MAJ	CARTER, Jonathan K.	SGT

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



# MACH marks national Case Management Week

By **BRENDA JAMES-PITT**  
*Moncrief Army Community Hospital*

The first week of October is Case Management Week nationwide.

A case manager must place him or herself at the center of the complexity of today's health care delivery system. He or she must sift through an array of possible paths.

Case management in hospital/health care systems is a collaborative practice model including patients, nurses, social workers, physicians, other practitioners, caregivers and the community. The case management process encompasses communication and facilitates care along a continuum through effective resource coordination.

The goals of case management include the achievement of optimal health, access to care and appropriate use of resources, balanced with the patient's right to self determination. A typical example of the collaborative process is the nurse case manager.

In 2004, nurse case management services only com-

prised the absent sick population. These were Soldiers who were ill or injured and admitted to surrounding hospitals in the area and had to be accounted for and reported on so commanders were aware of the status of their Soldiers. At that time, inpatients at MACH requiring case management services were handled by nurses working on the inpatient floor.

Since then, MACH has advanced and removed that responsibility from the inpatient nurses and now employs a team of registered nurses who work in case management specialty areas.

Some of these areas include traumatic brain injury, behavioral health, maternal child health, medical surgical, as well as servicing family members. To complement and support the case managers, MACH has included case management assistants who provide critical support to augment the capabilities of the entire case management program.

Patients who are in need of case management services can be referred by their primary care manager.

## MACH updates

### MACH WELCOME



**LECKIE**



**EDWARDS**

Christine Leckie is the Warrior Transition Unit's new Family Readiness Support Assistant.

Capt. Tamara Edwards is Moncrief Army Community Hospital's new executive officer.

### CATARACT SCREENING

The MACH Ophthalmology Clinic will conduct quick cataract evaluations Tuesday. A referral is not necessary. To schedule an appointment, call 751-5406.

# Pregnant women urged to get flu shots

From *TRICARE Management Activity*

The Centers for Disease Control and Prevention recently teamed up with leaders from several health care groups to stress the importance of pregnant women getting vaccinated against the flu this year.

In a letter sent to health care professionals nationwide, the group warned of the increased risk for serious complications from influenza among pregnant women and how getting vaccinated is the single best way of protection for pregnant women and their unborn babies.

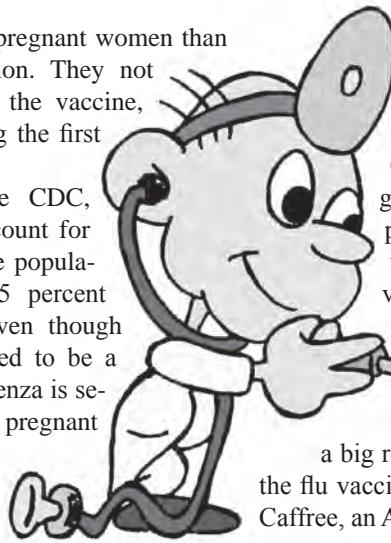
TRICARE leaders urge all expecting beneficiaries to get vaccinated against seasonal influenza.

"Pregnant women are one of the highest priority groups for influenza vaccination," said Lt. Col. Susan Lahr, deputy director of the Military Vaccine Agency. "Hospitalization rates with influenza-like illness are

often higher among pregnant women than the general population. They not only should receive the vaccine, but should be among the first people immunized."

According to the CDC, pregnant women account for only 1 percent of the population but represent 5 percent of H1N1 deaths. Even though H1N1 is not expected to be a threat this year, influenza is serious, especially for pregnant women.

"Immunization is important not only for pregnant women, but also for women who may become pregnant during flu season," Lahr said. "All potential child-bearing women have the potential for serious complications from influenza during their pregnancy."



The letter, signed by the CDC, American Medical Association, American College of Obstetricians and Gynecologists and seven other groups, also urges health care professionals to encourage their pregnant patients to get vaccinated and to counsel them on the safety and benefits of the vaccine.

"Advice from a physician plays a big role in patients choosing to get the flu vaccine," said Dr. Mary Anne McCaffree, an AMA board member. "Because pregnant women carry a heightened risk for serious complications and death from the flu, it's even more important we take the time to educate them on the health benefits of getting vaccinated."

"The seasonal influenza vaccine shot is

safe to administer to pregnant women in any trimester," McCaffree added. "Pregnant women should not receive the nasal spray version of the vaccine."

This year's influenza vaccine provides protection from three strains of influenza, including the 2009 H1N1 virus. Only one shot is needed for full protection against influenza.

TRICARE covers age-appropriate doses of vaccines recommended by the CDC. Beneficiaries can visit their doctor or participating TRICARE retail network pharmacies to receive seasonal flu vaccines at no cost. To find a participating pharmacy, go to [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE) or call Express Scripts at 1-877-363-1303.

TRICARE regularly adds coverage for new vaccinations based on CDC recommendations. For more information about the vaccines recommended by CDC, go to [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

## Frequently called numbers

### To make/cancel appointments

751-CARE (2273); toll free: 877-273-5584

### Health Benefits Office

751-2425

### Hospital Information

751-2183/2160

### Laboratory

751-7808/2260



### Mammography (Imaging Center)

751-2417

### Medical Records Administrator

751-4510

### Patient Administration Division

751-2208/2773

### Patient Services Office

751-2123/2425/2778/0471

### Pharmacy

751-2385/2415/4051

### Family Health Center Consult Line

751-5757/4045

### Refill Pharmacy toll free

751-2250

### Referral Center (Health Care Finders)

751-2363

### Third Party Collections

751-2582



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# Muy caliente!

## Fort Jackson celebrates Hispanic Heritage Month

By KRIS GONZALEZ  
Fort Jackson Leader

Domino dealing, empanada eating and dancing to live Latin music were all part of the festivities at this year's Hispanic Heritage Celebration Saturday at Patriots Park.

More than a thousand Fort Jackson community members attended Saturday's event, which included food, informational booths and activities depicting the many traditions and cultures that are celebrated within the Hispanic population.

The fiesta began with a Salsa dance performance by Blanca Flores and Chris Flores of the Con Sabor Dance Company, and a music performance by Panamanian artist Buay Calito, who specializes in Reggaeton — a mix of hip-hop, Caribbean reggae and traditional Latino music.

Zumba fitness instructor Carmen Thomas and her class showed the crowd some moves from what has become one of the most popular fitness crazes around the world.

Edda Delacruz, who is of Mexican descent, brought her daughter Ximena Segarra, 7, who is of Mexican and Puerto Rican lin-

age, to the event to expose her to the cultures within her own heritage.

"We have so many cultures in America we should be exposed to everything so we understand each other more," Delacruz said. "There's a mix of everything here. If you haven't been exposed to the Hispanic culture, this provides good samples of it — a little bit of food, a little bit of dancing and music."

Guest speaker Tanya Rodriguez-Hodges, president and CEO of Latino Communications, said she was proud to see so many people with so much Latin pride.

"I was moved almost to tears," Rodriguez-Hodges said.

"I'm so proud of Fort Jackson for continuing with this tradition and making (National Hispanic Heritage Month) and this day as important as it is," she said.

Sgt. Maj. Angie Blanchette, sergeant major of the equal opportunity proponent of the U.S. Army Soldier Support Institute, which hosted the event, said she was overjoyed by the turnout.

"I think it was great," Blanchette said. "It was an absolute success."

Kris.Gonzalez1@us.army.mil

Tanya Rodriguez-Hodges, president and CEO of Latino Communications, talks about her upbringing as a "Nuyorican," a Puerto Rican born and raised in New York City, as guest speaker during the Hispanic Heritage celebration Saturday at Patriots Park.

Photos by KRIS GONZALEZ

Salsa dancers Blanca and Chris Flores, of the Con Sabor Dance Company, perform during Fort Jackson's Hispanic Heritage celebration. The event was hosted by the Soldier Support Institute and featured food, music and informational displays.



Carmen Thomas, front, fitness instructor, and her class perform a Zumba routine. Zumba is a fitness program that combines aerobics and Latin dance.



Ximena Segarra, 7, and her mother, Edda Delacruz, enjoy mango on a stick, a popular delicacy in many Latin countries, during the Hispanic Heritage celebration Saturday. Attendees had the opportunity to purchase dishes from different countries, such as Mexico, Puerto Rico and Panama.

# Hero Helpers spread word on online support

By **THERESA O'HAGAN**

*Family and Morale, Welfare and Recreation*

Army Community Service's Employment Readiness Program has launched a new program that benefits both Soldiers and family members.

The program, Hero Helpers, recruits members of the community to spread the word about Military OneSource, a DoD initiative that provides free resources and support to service members and their families anytime, anywhere.

Hero Helpers receive a shipment of materials in the Hero Helper kit from Military OneSource and pass those materials along to those eligible to use the many services Military OneSource provides. These resources are to be given to military families or other potential

Hero Helpers so they can learn about the many ways Military OneSource can help.

"It's a wonderful way for spouses to volunteer and gain marketable job skills to include on their resumes," said Barbara Martin, manager of the Employment Readiness Program.

Hero Helpers develop new job skills, get networking opportunities, and increase their public speaking skills, Martin said.

Martin, partnered with Army Family Team Building, offers a course to help prepare volunteers to take the MOS information to eligible patrons. The training includes instruction about facilitating three types of briefings — information, decision, persuasive; the briefing format — intro, body, closing; conducting effective briefings and skills of a dynamic briefer; using platform skills; preparation; and evaluation.

Recent class graduate Sandra Smith provided positive feedback on the training.



"It was very thorough and the trainer was excellent," Smith said. "I enjoyed giving my presentation and the feedback was very helpful."

Smith said she has already accepted a request from a local church to set up a booth to talk with military members about Military OneSource.

Anyone interested in becoming a Hero Helper can register with Military OneSource.

Those who register with the Fort Jackson Employment Readiness Program receive training from a Military OneSource consultant, classroom access to instruct courses and marketing support. They must register as a Fort Jackson ACS volunteer, attend an MOS information briefing, and successfully complete the presentation skills course.

For more information, contact Barbara Martin at 751-4862.

## Current EDGE! classes

☐ **Pumpkins, pumpkins** — 3:30 to 5 p.m., Tuesdays, 5955-D Parker Lane. Participants will make pumpkin crafts, desserts and take field trips. For ages 8-14.

☐ **Magic Tree House** — 3:30 to 5 p.m., Wednesdays, Post Library. Climb into the Magic Tree House for reading, crafts, fun snacks and games. The fee is \$30. For ages 6-10.

☐ **Biking on the Edge** — 4 to 5:30 p.m., Mondays, Youth Services Center. Learn about bike safety, maintenance and repair, bike the Palmetto Trail and take a spooky bike ride to Fort Jackson's Pet Cemetery. For ages 11-18.

☐ **Haunt Your House** — 3:30 to

5:30 p.m., Wednesdays and Fridays, Balfour Beatty Community Center. Make spooky decorations and finish the month with a trip to the Corn Maze.

*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.*



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## 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.

### FRIDAY

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

- ☐ **Wildcat Skate Park** competition; for more information, call 751-0892.
- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ 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.

### MONDAY

- ☐ TRX Outdoors group fitness classes at the **Perez Tennis Court**. Call 751-5768 for more information.

### 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.
- ☐ 4-H Club meeting for grades one through five. For more information, call 751-1136.
- ☐ 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](http://www.fortjacksonmwr.com).

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# Mortality encourages us to live well

By **CHAPLAIN (MAJ.) TOM McCORT**  
*Soldier Support Institute*

In concluding his book "History of the World," Sir Walter Raleigh, for whom Raleigh, N.C., is named, said that "two narrow" words ultimately and equally govern all people: "here lies ..."

Whether famous or infamous, known or unknown, great or small, we are all going to die, some day, some way. The Bible tells us "everyone must die once ..." (Hebrews 9:27).

Performing a funeral always reminds me of that indisputable fact.

One veteran had a stellar career as his many awards attested. However, in the end, even covered in medals, he too lay eerily still in a coffin.

Psalm 90 is often read at funerals and it provides us the structure for living out lives in view of our eventual death. The Psalmist reminds us that our lives "quickly pass, and then we are gone." Life is short. Time flies. So now what? The Psalmist says, "Teach us to number our days, so that we might be wise."

A significant aspect of wisdom is recognizing our own mortality. This encourages us to live well while we still live.

The author of Ecclesiastes concludes his meditation on the brevity of life with these words, "Respect God and obey his commands — that's what life is all about." A life



well-lived is a life under God and for our neighbor (Matthew 22.38). Such an "other" (and "Other") centered life can have lasting, even everlasting, significance.

Though our lives may be short, they can mean much. You cannot control how long you live, but you can control how well you live.

Let us all, therefore, number and fill our days with words and deeds that serve God and our neighbor.

To this end, the Psalm ends with an appropriate prayer, "May the favor of the Lord rest upon us and establish the works of our hands." Amen.



## 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/Adult 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

# FIRST RESPONDER

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 male Soldier was cited for shoplifting in connection with a theft of a bottle of men's cologne at the Post Exchange, Military Police said. The Soldier removed the bottle from a display shelf, concealed it and exited the store, MPs said. The cologne is valued at \$41. The Soldier has been released to his unit.



❑ A female civilian motorist was cited for littering along Strom Thurmond Boulevard, MPs said. The woman was also cited for not wearing her seat belt.

❑ A male civilian motorist could not provide proof of auto insurance after being pulled over by MPs for making obscene gestures while driving on Imboden Street on post. The motorist was cited for both violations and released, MPs said.

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[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

## **FORCE PROTECTION THOUGHT OF THE WEEK**

### **RANDOM ANTITERRORISM MEASURES PROGRAM**



**"ADDITIONAL SECURITY MEASURES EMPLOYED TO INCREASE SECURITY, CHANGE THE LOOK OF THE INSTALLATION SECURITY POSTURE, AND AVOID PREDICTABILITY!!"**

# History, beauty abundant on post trail

Looking for a new way to get out and get that heart pumping? Wander over to the Fort Jackson Passage of the Palmetto Trail and lace up those shoes.

The trail, which begins at Gate 1 and covers 20 or more miles to McCrady Training Center, provides a safe paved path and natural trail that crosses the in-

Doing 40 miles is neither easy nor moderate. The bottom line is that you can personalize your fitness experience to your physical limitations and experience — whether it is a quick 30-minute hike or a full day on a mountain bike.

Be sure to take plenty of water, food and other gear you may need because there is no water provided along the route.

Also, if you are riding a bike you must wear a helmet. And remember personal listening devices aren't even allowed out here.

Also, if you plan to venture all the way to McCrady, be sure to take a cell phone and GPS because the trail gets very hard to follow because fewer people go that far.

There are other parking areas on the installation just inside Gate 1, at Twin Lakes Recreation area and outside Gate 5.

Periodic closures of the trail are planned sometime between December and March to allow timber cutting. Three sections of the trail starting at Old Heise Pond and ending a mile past Weston Lake are planned. Each section will be closed for about two weeks.

"We will only close it before they start, and when they are done, we will open it back up," said John Maitland, chief Fort Jackson Forestry Branch.

The Fort Jackson Passage, which officially opened Feb. 26, 1999, is part of a larger dream of providing a continuous trail across South Carolina connecting the mountains and sea. Work on the trail began in 1994 and continues to this day with planning and trail building. It is about two-thirds complete with 290 miles of trail.

*Chris.Rasmussen@us.army.mil*

## Out and About

By CHRIS RASMUSSEN

*Fort Jackson Leader*



stallation. This section of the Palmetto Trail connects with the Capital City Passage to the West and an unfinished section east of Fort Jackson.

"It is a very pretty trail," said Nancy Stone Collum, deputy director Palmetto Conservation Foundation. "There are lots of terrain changes and several ecosystems along the way. It is a really special place that more people need to know about."

For all intents and purposes, let's start our journey where the pavement turns to roots, pine needles and soil. Parking is available at Old Heise Pond and a quick jaunt back to Semmes Road takes you to a trailhead marked by Palmetto Trail signs. Jump on the portion of the trail that heads eastward.

Your equipment of choice may be a pair of hiking shoes, mountain bike or running shoes. But whatever your pleasure, you will be rewarded for your efforts.

The first mile or so of the trail in this section offers some easy climbs to get your sweat beading and a few fast downhill parts for excitement. Once you pass the guard shack, get ready for a fast and fun adventure through the pines on a tight and twisty trail that drops you in and out of several firebreaks and natural drainage areas.

The trail then parallels Leesburg Road. And even though the trail is next to a major roadway, don't worry. There is enough foliage to make you feel like you are still in nature.

Although the trail consists of several sandy sections, they are never too deep or long to make it feel like you are on a beach.

Weston Lake is a good turnaround point for some and allows parking for those who wish to leave a second vehicle instead of going back the way you came.

Most hiking, trail running and mountain biking enthusiasts consider the trail to be easy or moderate. But that might not be the case. Covering the entire Fort Jackson Passage both ways is about 40 miles.

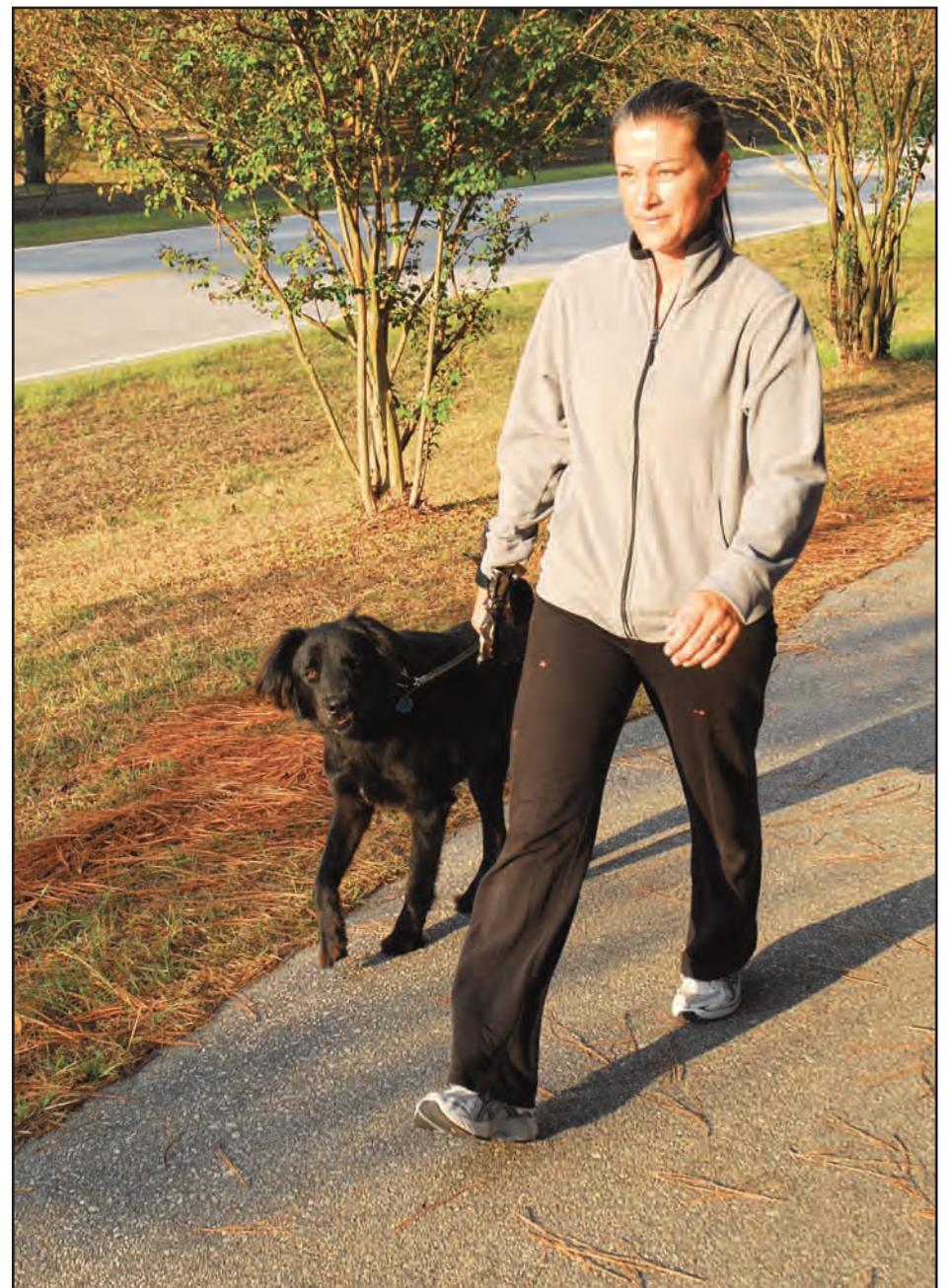
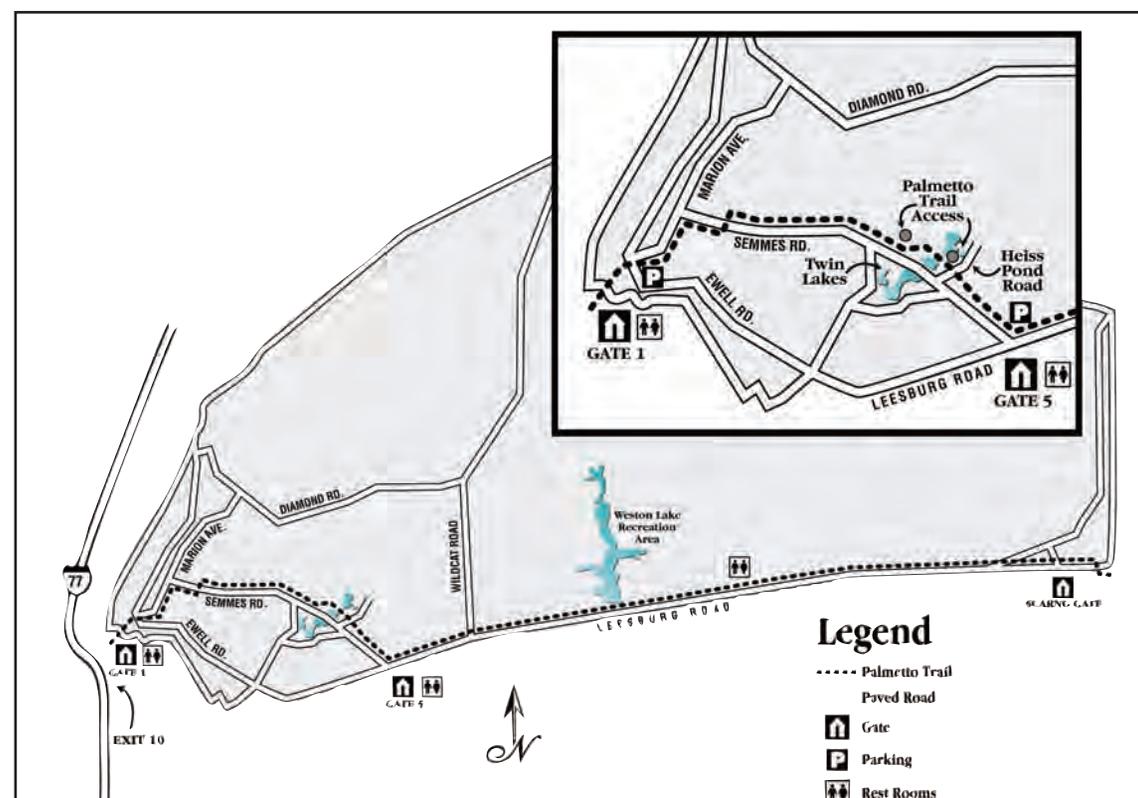


Photo by CHRIS RASMUSSEN

Brook Willis and her dog, Hemi, walk on a paved section of Fort Jackson's Palmetto Trail.



Fort Jackson's Palmetto Trail, which starts at Gate 1 and ends at McCrady Training Center, covers 20 miles. According to the Palmetto Conservation Foundation, the trail's new Fort Jackson Passage "takes visitors through the heart and into the woods of this spectacular military facility." In addition to hiking and mountain biking, the passage offers diversity in both plant and animal species.

*Palmetto Conservation Foundation graphic*

# Exercises provide natural facelift

**W**e take time and pride in working out our bodies; but we often forget a part of our body that is always exposed — our face.

Makeup cannot take the place of toned skin that is vibrant and glows with health. I am sure this is one reason why the makeup advertisers use words like "vibrant" and "glow." Vibrant, youthful, toned — who doesn't want that?

The problem is makeup, even at its best, is just a cover-up.

Now, I am not knocking makeup and this is not about cosmetics or cosmetic surgery; I'm just sending a reminder to the dedicated (and not so dedicated) exerciser that vibrant, youthful, toned skin can be achieved through exercises that are painless on your face and your wallet.

One great plus to facial exercising is that the results are pretty rapid. That's a motivator in a society that craves instant gratification.

Of course, I am not promising overnight success, but in as little as a few weeks you will begin to notice things about your face. It will have a healthier glow because the exercises deliver oxygen and blood flow. Receiving more blood and oxygen, the skin can begin to produce more skin cells and help reverse aging effects.

One of the reasons why the face ages is that unlike the skeletal muscles of the body, the facial muscles are directly attached to the skin that covers them. When these facial muscles start to lose their tone and elasticity because of age and gravity, the skin that is attached to them starts to sag (depressing isn't it).

There is an upside to this insight: because the muscle is directly attached to the skin, the moment you begin working and pumping up the muscles your skin is instantly affected. Another great thing about face exercising is that because the muscles on the face are so small, it

**The Weigh It Is**  
**By Pamela Greene**  
*Fitness programmer,  
 Family and Morale, Welfare  
 and Recreation*



doesn't take a lot of effort to pump them up.

It does and will take commitment and consistency. You can't do this for a month (or less) and expect overnight "face sensation." You will get results, but like any other workout routine, you get out of it what you put into it.

Here are five exercises to get you started on your facial routine. I recommend you do each exercise 50 times. I know that seems like a lot, but really it's not. Just take some of your "Maybelline time" and use it to work out your face in the mornings.

## EXERCISE 1

Standing in front of a mirror with eyes wide, wink and hold one eye for about 1 second. Do 50 of these, then repeat using the other eye.

## EXERCISE 2

Standing in front of a mirror with eyes wide, look up by using your lower eyelids. It might feel a little like squinting, but you are not squinting. Your cheeks should not be helping you make this movement. If done correctly, you will feel the muscle directly under the eye lifting. This is tricky, but once you get it, you will never want to go without this under eye toner. This will help lift the

eyelid, reduce puffiness, and reduce bags under the eyes.

## EXERCISE 3

Standing in front of a mirror with eyes wide open, place three fingers on each temple and apply a slight pressure to the temples pulling the fingers upward; next close the eyes about one second and release. It feels like you are squinting with resistance from the hands on your temples. Repeat 50 times. This exercise gets rid of bagginess around the lower eyelids and the hooded eyelids, too.

## EXERCISE 4

Standing in front of a mirror; smile. Keep holding your smile while you try to drop the corners of your mouth down and up. This takes practice and patience. Repeat this corner drop and lift 50 times. This will lift the corners of the mouth, which typically sag and droop.

## EXERCISE 5

Standing in front of a mirror, open your mouth about a quarter to three-eighths of an inch and put your index fingers on the inside of each inner jaw right where the corners of your mouth are (trust me). Holding your mouth open, but not pulling it, try to squeeze the sides of your mouth together and release. Repeat 50 times. This will lift the cheekbone, plump up the lips and help in lifting the corners of the mouth up.

The five exercises will give you a natural, noninvasive program for rebuilding and maintaining tone in all the facial muscle groups. Begin today and add this uplifting approach to your workout.

For more information, contact Greene at *Pamela.Greene1@us.army.mil*.

## Sports shorts

### 2010 GOLF RESULTS

In the spring/summer league, the winning team in the active-duty category was Task Force Marshall, Team 1, followed by MEDDAC. The winning team in the recreation category was That's Good, followed by Heavy Hitters.

In the summer/fall league, the top team in the active-duty category was Task Force Marshall, Team 1, followed by Task Force Marshall, Team 2. The winning team in the recreation category was Heavy Hitters, followed by That's Good.

### COMMANDER'S CUP BOWLING

Commander's Cub bowling begins Oct.

29 and continues Nov. 1 through 2. Play begins at 2 p.m. each day. Each battalion can have up to three teams. Prizes will be awarded for male and female high game; male and female high series; and top team. The tournament is for active-duty personnel only. For more information, call the Sports Office at 751-3096.

### HALLOWEEN HOWL

The second annual Halloween Howl 5K fun walk and 10K fun run is scheduled for 8 a.m., Oct. 30. Participants can register with the Sports Office by Oct. 27 or on race day from 6:30 to 7:30 a.m. For more information, call the Sports Office at 751-3096.

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