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The Fort Jackson
Leader



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Deadly silence

Abuse Awareness Rally aims to end stigma

By SHARONDA PEARSON
Public Affairs Office

Dale Wells remembers clearly the chorus of the gospel song, “No Weapon,” by artist Fred Hammond. The song, his cell phone ringtone, signaled an incoming call.

“No weapon formed against me shall prosper, it won’t work ...,” were the last words he heard before his estranged girlfriend, Denise, unloaded the first of five rounds from a .357 Magnum only inches from his heart.

“I was shocked when I saw the fire explode from the gun and felt the initial impact of the bullet hitting my chest,” Wells said. “The second bullet shattered my arm in two places. She shot me twice in the back before placing the barrel of the gun on the nape of my neck and pulling the trigger.”

Fully conscious, Wells said that moments later he heard a neighbor screaming at Denise to stop shooting before she killed him.

“I will never forget how he comforted me,” Wells said of the neighbor. “Even

though we didn’t know each other that well, he held my hand and wiped my face.”

Nearly four years later, Wells said that he has forgiven Denise — who shot and killed herself — but said he wishes he had recognized the patterns of abuse sooner.

“There were always signs, but I ignored them,” he said. “She would destroy my things and threaten to kill my dog. And, she would get mad about the simplest things. She would explode if the (traffic) light

See **WELLS:** Page 10

Flu season



Photo by KRIS GONZALEZ

Staff Sgt. Katrina Bagley, an allergy and immunology technician, gives retired Col. Patricia Prather a seasonal flu shot Wednesday at Moncrief Army Community Hospital. Family members, 4 and older, and retirees with valid military identification are eligible to get the vaccines in Room 6-27, between 7 a.m. and 4 p.m., Monday through Friday. For more flu shot information call 751-2434.

Neutrality key in political campaigns

With many Congressional seats up for election this year, there has been no shortage of political messaging and activities. As the political fanfare heats up as we approach Election Day, the Fort Jackson community needs to remain focused on our responsibilities and obligations as Soldiers or as members of the government work force.

Our leaders need to stress to our Soldiers and DA civilians that they should take part in the election process. The Army encourages its Soldiers, civilians and all eligible community members to exercise the right to vote.

Voting is an important right that affords each and every American the opportunity to have a personal voice in shaping our country's future. I cannot over-emphasize that point, other than repeating what most of us already know in that one vote can make a world of difference.

To ensure the uninhibited path to the voting booths, our installation's Unit Voting Officers have worked diligently in providing our Soldiers and their families with the necessary resources for registering in their home states as absentees.

Fort Jackson's voting assistance officer remains available to assist anyone who still needs help in registering in his or her state, although some states' deadlines are near. There is also a wealth of voting information on the web site: www.fvap.gov and www.vote.army.mil. As for taking part in the election process, there are limits as to what we can and cannot do as members of the United States mili-

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



tary.

Most important, we need to make sure that we do not lose our neutral footing so that we never breach the public's trust. The Department of Defense has made clear its emphasis on the rules limiting what Soldiers are permitted to do in regard to political activities.

DoD has rules about candidacy and campaigning as they pertain to former military members, retirees and current Reserve Army Soldiers running for office. We need to make sure that we stay abreast of these mandates and responsibilities in regard to the ethics requirements governing public activities — because there are rules that apply to Soldiers and other rules that federal employees.

For example, a Soldier is allowed to express his or her personal opinion about a political candidate, because he or she certainly can — but just not as a representative of the Army. A Soldier can attend partisan and non-partisan political gatherings as a spectator — but not in uniform.

A Soldier may also make contributions to a political party or organization. However, a Soldier on active duty cannot make a contribution to another member of the military on active duty or to someone who is employed by the federal government.

There are other boundaries. For example, a Soldier may not be a candidate or hold a civil office, except under limited conditions. However, the ethics standards do not prohibit an Army civilian from campaigning for or against a particular candidate in a partisan election. That's OK, so long as the campaigning does not take place on post or in the workplace.

There are many other rules and distinctions — far too many to mention in this space — explaining who can do what in the political arena. What's important to remember and what our trainers need to stress is that Soldiers and Army civilian employees adhere to our Army professional standards at all times, because the Army does not participate in partisan politics. As a general rule, any public support of partisan political activity by Soldiers is more than likely prohibited.

For more clarification, Soldiers should consult AR 600-20 and DODDIR 1344.10 for guidance. Civilians should refer to the U.S. Office of Special Counsel website at <http://www.osc.gov/hatchact.htm> for more information. If there are still questions, Fort Jackson's Staff Judge Advocate's administrative law section will answer them at 751-7657.

Victory Starts Here and Army Strong!

Fort Jackson talks back:

Leader reporter Chris Rasmussen asks community members:

'Which of the seven Army Values means the most to you, and why?'



Staff Sgt. Jeffrey Parish
171st Infantry Brigade

"Selfless service. I feel like it takes a lot of courage for someone to serve (his or her) country. Everyone out of high school should have to serve."



Capt. Randall Cartner
295th Signal Network
Support Company

"I would say integrity. If you don't have honesty within your team, you can't function and complete the mission."



Staff Sgt. David Richardson
187th Ordnance Battalion

"Honor. I feel that with honor, you take pride in what you do. If you have honor, you are true to everyone."



Sgt. Jermaine Matthis
193rd Infantry Brigade

"Selfless service. You are going out of your way even when you don't receive recognition. You are doing it for your country, not your pride."



Spc. Calbert Taylor
Moncrief Army
Community Hospital

"To me, the most important Army Value is loyalty. Without loyalty, you are nothing as a Soldier."



Staff Sgt. Chris Burgess
Garrison

"Loyalty. You have to be loyal to your fellow comrades in order for the mission to be successful."

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements for the

community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

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Military, families invited to 'Smile City'

State fair offers free admission to military, civilians, families

By **CHRIS RASMUSSEN**
Fort Jackson Leader

The South Carolina State Fair is rolling out the red carpet — and a smile — for Soldiers this year.

Fair officials have instituted a new military appreciation admission policy they are calling "Smile City Salute." Active military, Reserve Soldiers, Army civilians and family members will be admitted to the fair for free with proper identification during its 12-day run.

"Over the years, the citizens of South Carolina have always been the most patriotic in times of peace and war," said Nancy Smith, fair spokeswoman. "We thought this would be a great thing to do in honor of our servicemen and women. With the hardships our military families face, we hope this is a highlight for them."

The fair, which began Wednesday, runs through Oct. 24 at the State Fairgrounds, 1200 Rosewood Drive, Columbia. Gates are open 10 a.m. to 10 p.m. on weekdays; 9 a.m. to 10 p.m. Saturdays; noon to 10 p.m. the first Sunday and noon to 9 p.m. the last Sunday.

Retirees and their families with proper military identification will also receive free admission on both Sundays of the fair.

"This is great," said Ronald Clarkson, a Navy retiree. "Especially now with the way the economy is going. I probably won't go, but there are younger retirees with children who could really use a good time right about now."

The fair will also offer free admission to Fort Jackson Basic Combat Training graduates and their families and guests following graduation. 1st Battalion, 34th Infantry Regiment graduates Oct. 14 and 3rd Bn.,



Photo courtesy South Carolina State Fair

South Carolina State Fair attendees fly through the air on a giant swing ride. This year's fair, which began Wednesday, is free for military service members and their family members for its entire 12-day run.

13th Inf. Reg. graduates Oct. 21. Those Soldiers will be given flyers to present at the gates along with their military ID cards.

"This is a little way for us to show (that) South Carolina appreciates their sacrifices and give them a place to come and have fun," Smith said.

In addition to the food, rides, exhibits and competitions there are several concerts

planned for this year's fair. Country star Miranda Lambert starts things off 7 p.m. Friday with a show. Other concerts include Boyz II Men, the Oak Ridge Boys and Darious Rucker.

Popular rides this year include Cliff Hanger, Sky Glider, Niagra Falls Flume and Mega Drop — just to name a few.

And don't forget the food. There will be

more than 90 food vendors this year. New fair foods this year include fried pickles, fried butter, a doughnut burger and fried sauerkraut balls.

Exhibits focus on the arts, animals, agriculture, baked goods and flowers. There will also be a Greatest Grandparents Contest and Prince and Princess Pageant.

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Civilian 'use or lose' leave period nears

From Civilian Personnel Advisory Center

The leave year ends Jan. 2, and all "use or lose" annual leave must be scheduled in writing before Nov. 20 to avoid forfeiture.

Employees may not carry more than 240 hours of annual leave (360 hours in some cases) into the next leave year.

Supervisors should review a current leave report to determine if there are employees with projected annual leave balances in excess of the amount that can be carried forward. Supervisors must assure that annual leave subject to being forfeited is taken, or scheduled to be taken, or that employees indicate in writing their desire not to request or schedule the annual leave.

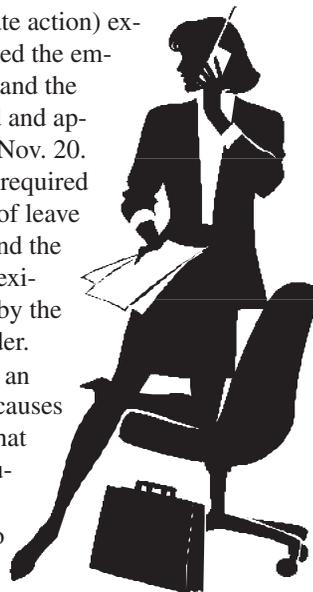
There are several situations in which annual leave may be restored. They include:

- ❑ The agency determines that an exigency (work sit-

uation requiring immediate action) exists, the exigency prevented the employee from using leave, and the annual leave is scheduled and approved in writing before Nov. 20. The scheduling record is required as a basis for restoration of leave forfeited or reasons beyond the employee's control. The exigency must be approved by the local MACOM commander.

- ❑ The agency makes an administrative error that causes the loss of annual leave that would be otherwise accruable.

- ❑ The requirement to schedule the annual



leave in advance does not apply to emergency essential employees in a combat zone. Also included are those employees not deployed to a combat zone, but whose services are required by the current national emergency. Such employees will have use or lose annual leave automatically restored, whether it was scheduled. Contact the Civilian Personnel Office for a list of areas that are considered combat zones, and a list of areas that are considered hazardous duty areas.

- ❑ Restored annual leave must be scheduled and used by the end of the leave year ending two years after the date the employee's services are no longer required.

The agency must extend this period by one leave year for each additional 208 hours of excess annual leave or any portion thereof.

For more information, call Sheila Webb at 751-5796 or Melissa Williams at 751-5063 at the Civilian Personnel Advisory Center.

New service invites spiritual transition

Sunday evening chapel service to start this week

By **SUSANNE KAPPLER**
Fort Jackson Leader

Beginning Sunday, a new Christian worship service will invite the Fort Jackson faith community to participate in spiritual transitions. The service will begin at 6 p.m. at Anderson Street Chapel and will be led by Chaplain (Maj.) Daniel Middlebrooks, U.S. Army Chaplain Center and School, and Chaplain (Capt.)

“You would never build a McDonald’s on a dirt road where no one goes.”

— **Chaplain (Maj.) Daniel Middlebrooks**

Jerry Wagner, 187th Ordnance Battalion.

Middlebrooks explained that one of the goals was to add to the worship options on post by starting a Sunday evening service aimed at those who may not be able to

attend service on Sunday mornings, as well as those who would like to participate in a second service that day.

“It was an open opportunity to start something new, because, truthfully, I believe — and this is just my own personal opinion — that Fort Jackson should be one of the most spiritually exciting and spiritually alive posts in this entire military region,” Middlebrooks said. “This is the center for the chaplaincy school house for Army, Navy and Air Force, the center for religious support and unit ministry training with our chaplain assistants.”

The new service will have the theme, “transitions,” which Middlebrooks said was a good fit for Fort Jackson.

“One of the things about Fort Jackson is when people come here, (it’s) usually for one purpose, and that’s to transition from a civilian lifestyle to a military culture,” Middlebrooks said. “And so, really, here is one of the key areas for transitions of a professional nature.”

However, the goal of the service is to offer a transition of a different kind, he said.

“Transitions are always part of ... life,” Middlebrooks said. “The greatest transition, however, is our spiritual transition when we go from death to life when we accept Christ as our savior. Spiritual transition is a lifelong learning, and it’s a lifelong growing. And that’s why we named (the service) that way. It’s about who we are, but mostly, about who we’re becoming.”

During the same time that Middlebrooks was exploring the option of starting a Sunday night service, Wagner was looking for a way to better serve the needs of the Soldiers in his battalion.

“I’ve talked to my Soldiers, and overwhelmingly, there is a great majority that would prefer to come on a Sunday evening after they’ve had a couple of days of rest, rather than a Wednesday night when we were doing our service,” Wag-



Photo by **SUSANNE KAPPLER**

From left, Chaplain (Maj.) Daniel Middlebrooks, U.S. Army Chaplain Center and School, talks to Chaplain (Capt.) Jerry Wagner, 187th Ordnance Battalion, in the Anderson Street Chapel. The chapel is home to the post’s newest Christian worship service, set to start this week.

ner said. “I feel as a chaplain it is my job to support my Soldiers — not when I think they should have service, but when a service would best meet their needs.”

The two chaplains’ ideas merged when Middlebrooks started looking for a location for his service and came across the 187th chapel.

“You would never build a McDonald’s on a dirt road where no one goes,” Middlebrooks said. “You put it right in the center of where there’s a lot of activity. And there’s a lot of activity right here.”

The service is not just for Soldiers in Advanced Individual Training, though. The chaplains emphasized that everyone is welcome to participate.

“It is about the body of Christ — not necessarily the uni-

form that you wear, but the armor you bear.”

The service will include a combination of contemporary-style music, preaching and fellowship, but is open to any kind of presentation of God’s word, Middlebrooks said.

“The best way to describe it is — just come and see,” he said. “You never really know what to expect on Sunday night. It could be videos, it could be different songs, it could be drama.”

The chaplains said they are hoping to attract worshippers who want to participate, not simply spectate.

“We need people who (have that) desire to sing, that desire to play, that desire to serve,” Middlebrooks said. “We want people who want to be a part of God’s kingdom and God’s body, right here at the local church — literally — to be extra hands and extra voices and hearts.”

One thing participants can always expect, though, is a dedicated ministry team, Wagner said.

“Whatever we do, we want to do it in excellence,” he said. “We don’t want to do something halfway. ... The last thing we need is another service just for the sake of having another service.”

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IF YOU GO

What: “Transitions” Christian worship service

When: 6 p.m., Sundays (starting this week)

Where: Anderson Street Chapel



Article submissions are due two weeks before publication.

For example, an article for the Oct. 28 *Leader* must be submitted by today.

Announcements are due one

week before publication.

For example, an announcement for the Oct. 28 *Leader* must be submitted by Oct. 21.

E-mail submissions to FJLeader@conus.army.mil.

Housing Happenings

COMMUNITY UPDATES

❑ A briefing about the Residents Responsibility for Utility Program is scheduled for 5:30 p.m., Oct. 27, at the Soldier Support Institute auditorium. The briefing will provide residents with information about the RCI Utility Program, energy conservation, mock billing and the monthly billing process.

❑ Residents are urged to make sure that their children do not cut through or play in fenced-in construction areas. These areas can be extremely dangerous and are barricaded for everyone's safety. Anyone who sees children in these areas should call Military Police immediately.

❑ Residents can pick up a flyer that specifies items that are eligible for curbside recycling at the Community Center. If an item that is not approved is put in a recycling bin, the entire bin may not be emptied.

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.

❑ To date, 208 homes have been completed.

❑ To date, 186 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!"



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vimeo

Watch Fort Jackson video news stories
and Victory Updates

at <http://www.vimeo.com/user3022628>

School board convenes

By KRIS GONZALEZ
Fort Jackson Leader

Children get more out of school when parents are involved.

That was the sentiment among Fort Jackson community members who gathered Thursday at the C.C. Pinckney Elementary School auditorium for the first school board meeting of the 2010-11 academic year.

New board president, Lt. Col. Bryan Hernandez, introduced himself and the other board members who were elected to the board in May: 1st Sgt. Arthur Burgoyne, vice president; Michelle Riley, secretary; Sandra Green-Good, member; and 1st Lt. David Rice, member.

Ann Gordon, one of Fort Jackson's two school liaison officers, and Leslie Love, wife of Garrison Commander Col. James Love, serve as advisers and non-voting members of the board.

With the exception of Burgoyne and Gordon, the members are new to this year's board.

Hernandez said he is confident the new board members will do an outstanding job representing Fort Jackson's military families within the Department of Defense Education Activities' school system.

"I know it (will be) a gradual process," Hernandez said. "A lot of us are learning this whole process, but I think we know how to solve problems and make things work, especially when it comes to our kids because we have valued interest just like everybody else.

"We understand the unique differences and challenges we face as military families and the consistent need to ensure our children get the best education out there. Our children sacrifice a great deal with parents in the military, especially in time of war, and we as a collective group

need to sacrifice our all to ensure they are the best taught, brightest kids that this nation has to offer."

He said the board members' main roles will be to serve as advocates and points of contact for parents with children at both schools.

"We serve to advise, assist, recommend and discuss issues with the superintendent and principals of these two fine schools," he said.

He asked those who attended Thursday's meeting to recruit other parents to attend future board meetings, which occur the first Thursday of every month.

"I'd like to see the whole auditorium full," he said. "We're here to pass information and to receive information. The more people we have involved, the better we are going to be able to work for you."

Superintendent Samantha Ingram said she looks forward to working with the new school board members.

She also thanked the staff, faculty and administrators for a great school opening.

"A job well done," she said. "I'm excited about what we have ahead of us."

She, Sherry Schneider and Brian Perry — principals of C.C. Pinckney and Pierce Terrace, respectively — gave overviews of the changes and progress made at Fort Jackson's schools during the first two months, including the implementation of a new curriculum; a realignment of staff based on certification, expertise and school goals; common planning among teachers of students in the same grade levels; the addition of an intensive enrichment program; and new methods of communication for parents, teachers and staff.

The next school board meeting is scheduled for 4 p.m., Nov. 4 at the C.C. Pinckney Elementary School auditorium.

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Me, too!



Photo by KRIS GONZALEZ

Brian Terry, principal of Pierce Terrace Elementary School, distributes ice pops to students Friday as the school celebrates 20 days of good behavior. The treats were part of the school's good behavior incentive program. To promote working together and appropriate behavior, Pierce Terrace flies a purple peace flag each day. If there are no reports of bullying, spitting or other inappropriate behavior, the flag continues to fly. If the flag flies for 20 days, the school has a celebration.

First aid



Photo by CHRIS RASMUSSEN

Soldiers with Company C, 1st Battalion, 61st Infantry Regiment, attempt to stop the bleeding from a trauma simulator Friday at the new medical situational training exercise facility. The first Soldiers began training last week at the facility, which uses lifelike dummies to simulate battlefield injuries.

News and notes

CHANGE OF COMMANDANT

The Financial Management School has scheduled a change of commandant ceremony for 9 a.m., Oct. 22 at the Officers' club. Col. T.A. Clay will take over for Col. Milton Sawyers.

MACH RETIREE ENROLLMENT OPEN

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 want to enroll at MACH can visit the TRICARE Service Center on the 10th floor at MACH. For more information, call the Patient Services Office at 751-2425/0471/ 2778 or e-mail machptservices@amedd.army.mil.

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. Call 751-6315 for more information.

Army DOLs get new command

From IMCOM Public Affairs

SAN ANTONIO, Texas — Army installation directorates of logistics transferred operational control from Installation Management Command to Army Materiel Command Oct. 1, with AMC's Army Sustainment Command being responsible for management and oversight of the installation logistics mission.

In fact, operational control of maintenance, ammunition and selected supply functions of DOLs located in the United States, Alaska, Hawaii and Puerto Rico transferred June 1. The complete migration of all DOLs worldwide — including personnel and funding — is planned for fiscal year 2012.

Why are AMC and IMCOM making this change? It is part of the larger Army initiative to put the right mission with the right command. IMCOM is responsible for the Army Services and Infrastructure Enterprise. AMC, along with the assistant secretary of the Army for Acquisition, Logistics and Technology, make up Materiel Enterprise.

"It is a win-win situation," said David Peralta, chief of IMCOM G-4 plans and operations. AMC, he explained, will be able to bring its logistics expertise to the DOL mission and IMCOM will be able to "concentrate on its core mission — providing the best facilities and services to support Soldiers, families and civilians on our in-

stallations."

Key to a successful transition, said officials from both commands, is ensuring continuity of operations at above-installation levels. Currently provided by IMCOM's headquarters and regions, this support will shift to ASC's headquarters, Army Field Support Brigades and Army Field Support Battalions. Accordingly, expertise and relationships previously built in the IMCOM chain will now need to be developed and cultivated at all levels within the ASC structure, a process started about a year ago.

"We will continue to provide support with IMCOM and ASC staffs during this period ... to ensure we have continuity of support through the transition," said Peralta, who participated in a rules of engagement workshop in late June. During that meeting, participants determined the agencies responsible for coordination, accountability and support to stakeholders for the operational control phase of the realignment. Specifically, his group discussed command and control issues dealing with how internal logistics will be handled after the transfer.

"While we still have a lot to do," he said, "the workshops gave us a jump start... We are committed to making it work and continuing to provide a high level of support to our installation customers."

The overall command structure for DOLs — and many other issues — were also studied during a rehearsal of concept drill held Aug. 24-26 in Davenport, Iowa,

with more than 160 attendees from Army major commands and organizations.

The agenda concentrated on regional, AFSB and IMCOM logistics issues.

"I think the most important thing we (determined) is the way we're going to C2, what kind of structure we're going to have to do the C2 of it," said Col. Johnny Johnston, 406th AFSB commander, Fort Bragg, N.C., referring to the AFSB command-and-control role in the DOL transformation.

Participants also worked through a series of vignettes to determine organizational responsibilities in different situations. With the help of directors of logistics and other subject-matter experts, the group identified a list of issues needing to be resolved before ASC takes operational control of DOLs.

Additional breakout sessions included discussions on difficult issues such as resource management and personnel.

The ROC drill was one more step in an ongoing series of workshops held to ensure the transition goes as smoothly as possible.

"We can't be prepared enough," said Greg Kuhr, IMCOM G-4. "Few people realize the extent the DOLs affect the lives of Soldiers and their families. We feed, fix, fuel, supply and deploy the Soldier and his equipment. We move the Families' household goods when they transfer to another station. We have to get this right and ensure no mission is dropped as the DOLs change commands."



Oct. 15 — 4 p.m.			
Where the Wild Things Are	PG		101 min.
Oct. 15 — 7 p.m.	R		105 min.
Machete			
Oct. 16 — 6 p.m.	R		103 min.
Going the Distance			
Oct. 17 — 6 p.m.			
Machete	R		105 min.
Oct. 20 — 4 p.m.			
Machete	R		105 min.
Oct. 22 — 4 p.m.	PG		92 min.
Kung Fu Panda			
Oct. 22 — 6 p.m.			
Resident Evil: Afterlife	R		96 min.
Oct. 23 — 6 p.m.			
The American	R		105 min.
Oct. 24 — 6 p.m.			
Resident Evil: Afterlife	R		96 min.

Fort Jackson Reel Time Theater
751-7488

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

Fitness failure an unlikely success

Years ago, as a college sophomore, I did something I had never done before. I failed a class. I'd taken statistics, and between my social life, my sorority and my sleep, I had little time left for another "s." I recall showing up for class after a weeks-long hiatus to find that my classmates were taking a test in a statistics program I apparently missed during one of my off weeks.

Oops.

Though I knew it was coming, getting that grade in the mail made my heart drop. Last week, that same feeling came over me when I realized I'd failed the President's Challenge, in which I was enrolled as part of Team IMCOM. In August, I declared my intentions; now, one week away from finishing my eight weeks of physical activity (30 minutes for at least five days a week), according to my computer, I've done nothing.

The problems began right away. The Monday I was to start the challenge, I was recovering (badly) from a nasty stomach bug and overdosed on Pepto Bismol, causing a trip to the on-post urgent care later that week.

"I have to run today," I remember wailing to coworkers, "Or I'll let the president down."

I was only half joking.

The first week was a wash for gym-going, but I still got four of those five days complete by doing 30-minutes of housework, which is included as one of several activities from which participants can choose.



CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

The next several weeks were a breeze. Between my 5K training and my gym training sessions with my husband, I easily made the five-day minimum. Those days I didn't feel like hitting the gym, I corralled the family together for a half-hour walk around the neighborhood. I had one other minor slip-up; among work, family and TV time, I couldn't slip in that fifth day of activity one week. But still, I was on track to meeting the challenge goals and getting my President's Challenge award patch.

But although I was hitting the gym three times a week and running the other two, I was getting consistently behind in logging my workouts. I put it off days at a time until, eventually, a week passed, then two. Last night, I finally propped my computer on my lap, clicked open my iCalendar and retraced my last two weeks of workouts.

But — apparently — there is a 14-day limit on how

long I had to log the workouts.

Oops.

My computer screen showed — right there in black and white — that there was no way I would make my goal. "But I DID make it," I whined to myself. I saw there was a reset button and clicked on it, thinking it would skip my two lost weeks and let me start fresh at Week Six.

Nope. It was gone; all of it. Each of the days I'd worked out, the last 6 weeks of workouts, were wiped clean. It's as though I hadn't done a dang thing. For a few moments, I stared at the blank charts, disappointment growing as I clicked tabs trying to regain my lost weeks.

But then I realized that whether I actually "won" anything was irrelevant. I *had* gotten out there and done more physical activity than I have in probably the last four years. I could run farther than three miles without stopping. I could do 10 pushups (at least!).

And — most importantly — I could fit into those jeans that I hadn't worn since my mom dropped me (and them) off at the airport in 2005. When I complained about letting the president down, my co-worker assured me that the president didn't want me to work out sick, he wanted me to be healthy.

And I am.

Editor's note: Crystal Lewis Brown is an Army spouse of five years and editor of the Fort Jackson Leader.

Christmas comes early



Photo by KRIS GONZALEZ

Alexandria Amison, 4, visits with Santa Claus Saturday during the grand opening of the Toyland at the Fort Jackson Exchange.

Family Happenings

PARENT ADVISORY COMMITTEE

The Scales Child Development Center Parent Advisory Committee meets the second Thursday of each month at Scales. Meetings are 5:15 p.m. in the Scales training area. The meeting is open to all parents and guardians of Scales students. The next meeting is scheduled for today.

SKIES UPDATE

SKIES classes are canceled until further notice as the SKIES building undergoes renovations. Call 751-7540/6777 for information.

PLAYGROUP

Join other parents and their children, at Playgroup, 10 to 11:45 a.m., every Monday, Wednesday and Friday, at 5615 Hood St., Room 8. An evening playgroup for Soldiers and their children is scheduled for 5 to 6:30 p.m., Wednesday. Call 751-5256 for information.

WALKING GROUP

Join other parents and children at the Columbia Place Mall Food Court for the Stroll Along Walking Group 10 a.m. to noon, every Tuesday. Call 751-5256 or e-mail ftjackson_acs@conus.army.mil for information.

JUMPING JACKS

Jumping Jacks child care is available in the Solomon Center's Marion Room for parents to use while they work out at

Andy's Fitness Center. Jumping Jacks is available 9 to 11 a.m. and 3:45 to 7:45 p.m., Monday and Tuesday; and 8 a.m. to noon, Saturday. Child care services and scheduled activities for school-age children (through high school) are available. For more information on registration and eligibility, call the Child, Youth and School Services Parent Central Services at 751-4865/4824.

4-H CLUB

The 4-H Club (for first through fifth graders) meets 4-5 p.m., every Wednesday at the Youth Center. Call 751-1136 for information.

PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an orientation.

SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail jst143@univision.com or lizperlataina@yahoo.com for information.

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar.

ADVERTISE IN THE LEADER

☐ To place a classified ad in the Leader, fax or e-mail the ad to 432-7609 SKaress@ci-camden.com or call 432-6157 for information and costs.



Leader file photo

The Columbia High School marching band participates in last year's Domestic Abuse Awareness Rally. The band will be part of this year's rally as well.

Wells: Don't be ashamed to come forward

Continued from Page 1

stayed red a little too long ... or if we went to a restaurant and her food wasn't prepared exactly the way she wanted."

He advises people to love themselves enough to end an abusive relationship immediately and tells men not to be ashamed to come forward if they are the victim of domestic violence.



WELLS

"Statistics say that way more women than men are abused by their partners, but I don't think that's correct. Men are just too embarrassed to come forward," he said.

Kamala Henley, lead victim advocate and coordinator of the Family Advocacy Program, said

Wells' compelling story and unique male perspective is why he was chosen to be the guest speaker at Fort Jackson's 7th Annual Domestic Abuse Awareness Rally this Saturday from 9 to 11 a.m. at Pierce Terrace Elementary School.

"I heard him speak at last year's Silent Witness Ceremony held at the State House and was touched by the fact that he was brave enough to speak publicly about his ordeal," she said. "Men are victims, too, maybe not on a

large scale like women, but it does happen. But most men do not want to come forward to get help. Hopefully his story will inspire others to come forward."

Shenitha Shiver, a victim advocate at Fort Jackson, agreed that Wells' story illustrates that anyone can be a victim of domestic violence.

"Wells' story shows that being abused doesn't make you weak, and that women can be abusers, too. Domestic

violence is about having control, and not just physical but emotional, verbal and financial control," she said.

— Shenitha Shiver
Family Advocacy Program

and accompany (the victim) to court proceedings."

Army Community Services also offers domestic violence briefings, a women's empowerment group every second Thursday of the month and a variety of classes, seminars, workshops and activities to help families adapt successfully to the challenges of Army life.

For more information or help, contact the Family Advocacy Program at 751-6325.

IN THE KNOW

- ❑ One in every four women will experience domestic violence in her lifetime.
- ❑ More than 36,000 victims annually report a domestic violence incident to law enforcement agencies around the state.
- ❑ Throughout the past 12 years, 33 women have been killed on average each year by their intimate partner, according to the South Carolina Attorney General Henry McMaster.
- ❑ 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.

and accompany (the victim) to court proceedings."

Army Community Services also offers domestic violence briefings, a women's empowerment group every second Thursday of the month and a variety of classes, seminars, workshops and activities to help families adapt successfully to the challenges of Army life.

For more information or help, contact the Family Advocacy Program at 751-6325.

Sharonda.Pearson@us.army.mil

Bingo!



Photo by KRIS GONZALEZ

Patricia Moore calls out a word as she leads students in a game of sight word bingo Oct. 7 during family literacy night at Pierce Terrace Elementary School. Students and their family members were invited to participate in games and activities aimed at promoting reading.

Postal Service sets holiday deadlines

By **CHERYL PELLERIN**
American Forces Press Service

WASHINGTON — The recommended mailing deadline for sending economy-priced holiday packages to service members in Afghanistan, Iraq and other places around the world is Nov. 12, officials at the U.S. Postal Service said.

“Shipping holiday packages early helps ensure that they arrive in time for the holidays,” Pranab Shah, vice president and managing director of global business at USPS, said in a press release this week. “They are a great morale boost for those men and women serving their country in places far from home.”

Other deadlines for arrival by Dec. 25 are Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 18 for express mail military service.

Holiday packages and mail headed for Iraq and Afghanistan must be sent a week earlier than the deadlines above, postal officials say. Express mail military service is not available to those destinations.

USPS offers a discount on its largest priority-mail flat-rate box — a 12 inch by 12 inch by 5.5 inch carton that can accommodate laptop computers, small conventional ovens, and military care packages.

Mail sent to overseas military addresses costs the same as domestic mail and the usual price for the large flat-rate box is \$14.50. But for packages heading to APO/FPO addresses, the USPS charges \$12.50 or \$11.95 for those who print the priority-mail postage label online.

Military Mail Addressed To	Express Mail Military Service (EMMS) ^{1/}	First-Class Mail Letters and Cards	Priority Mail	Parcel Airlift Mail (PAL) ^{2/}	Space Available Mail (SAM) ^{3/}	Parcel Post
APO/FPO AE ZIPs 090-092	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12
APO/FPO AE ZIP 093	N/A	Dec-4	Dec-4	Dec-1	Nov-20	Nov-12
APO/FPO AE ZIPs 094-098	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12
APO/FPO AA ZIP 340	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12
APO/FPO AP ZIPs 962-966	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12

^{1/} EMMS is available to selected military post offices. Check with your local Post Office to determine if this service is available to an APO/FPO address.

^{2/} PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

^{3/} SAM parcels are paid at Parcel Post postage rate of postage with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

Priority-mail flat-rate boxes are free at any Post Office and can be ordered online at shop.usps.com. Postage, labels and customs forms can be printed online at the Postal Service website.

APO/FPO addresses usually require customs forms, postal officials say, and each country has customs regulations that apply to all mail, including U.S. military mail, coming into the country.

Mail addressed to military and diplomatic post offices overseas is subject to restrictions in content, preparation and handling.

Each five-digit military and post office ZIP code (APO/FPO) has specific restrictions but the following are pro-

hibited in the regions of Operation New Dawn in Iraq and Operation Enduring Freedom in Afghanistan:

— Horror comics and obscene prints, paintings, cards, films and videotapes, etc.;

— Anything depicting nude or seminude people, pornographic or sexual items, or unauthorized political materials;

— Bulk quantities of religious materials contrary to the Islamic faith, though items for personal use are permitted, and,

— Pork or pork by-products.

For specific restrictions and mailing prices to an APO/FPO address, visit the USPS online price calculator or a local post office or call 1-800-ASK-USPS.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Cameron Abbott
Company A
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Derek Whitney

SOLDIER OF THE CYCLE
Pfc. Anousis Luanglathay

HIGH BRM
Pfc. Nathan Althouse

HIGH APFT SCORE
Pfc. Mikky Haun



Staff Sgt. Joey Arms
Company B
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Walter Olmstead

SOLDIER OF THE CYCLE
Spc. Joel Thomas

HIGH BRM
Pfc. Jerod Cunningham

HIGH APFT SCORE
Spc. Krista Lanekton



Staff Sgt. Brandie Williams
Company C
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Kristin Michel

SOLDIER OF THE CYCLE
Pfc. Cameron Novak

HIGH BRM
Pvt. William Salazar

HIGH APFT SCORE
Spc. Hawley Jervis



Staff Sgt. Laurence Gardiner II
Company D
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Rebecca Diamond-Knuth

SOLDIER OF THE CYCLE
Pvt. Jarod Bowen

HIGH BRM
Pfc. Andrew Wenz

HIGH APFT SCORE
Pvt. Andrew Rodarte



Staff Sgt. William Thacker
Company E
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Cameron Severts

SOLDIER OF THE CYCLE
Pvt. Amber Caswell

HIGH BRM
Pvt. Travis Boothroyd

HIGH APFT SCORE
Pfc. Angel Enchautegui



Staff Sgt. Cameron McCullough
Company F
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Rebecca Katz

SOLDIER OF THE CYCLE
Pfc. Brandon Prete

HIGH BRM
Pfc. Nicholas Szittai

HIGH APFT SCORE
Pfc. Brandon Prete

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Staff Sgt. Mahtehwho King

SERVICE SUPPORT
Phillip Jackson

DFAC SUPPORT
Mae Hopkins

This week's training honors



AMAKER

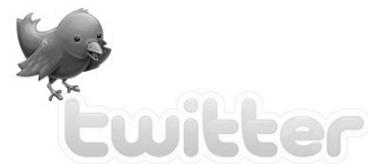


EVANS

Staff Sgt. Jonathan Amaker, Company A, is the 187th Ordnance Battalion's cadre of the cycle. Staff Sgt. Jeremiah Evans, Headquarters and Headquarters Company, is the 187th instructor of the cycle.

Photos by STAFF SGT. SEAN MILLER, 187th Ordnance Battalion

Follow the Fort Jackson Leader on Twitter at <http://twitter.com/FortJacksonPAO> for breaking news and updates.



Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members, 751-2160/2183.

Protestant Women of the Chapel

Thursdays, 9:30 a.m. to 12:30 p.m., Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail pwocjackson@yahoo.com.

Military Widows/Widowers Association

Sundays, 2 p.m., Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Woodrow Wilson Unit 4

Second Monday of the month, 6:30 p.m., 511 Violet St., West Columbia, 788-1836 or 791-4422.

Weight Loss Surgery Support Group

— Second and fourth Monday of the month, noon,

Weight Management Center, 180 Laurel St.

— Second and fourth Tuesday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

La Leche League breastfeeding support group

First Tuesday of the month, 10 a.m. to noon, Room 8, 5615 Hood St., 751-5256/6325.

Sergeant Audie Murphy Club

First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

American Red Cross

New adult volunteers orientation, second Tuesday of the month, 9 a.m. to noon, 571-4329.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Disabled American Veterans

Second Tuesday of the month, 6 p.m., 511 Violet St., West Columbia, 796-7122.

Fleet Reserve Association Unit 202

Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 1:30 p.m.,

4405 Jackson Blvd., 751-1148.

Victory Riders Motorcycle Club

First and third Thursdays of the month, 5 p.m., Magruder's Club. E-mail sec@ffvictoryriders.com.

The Rocks Inc., James Webster Smith Chapter

Third Thursday of the month, 5:30 p.m., Post Conference Room, 751-1898.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrogers11@sc.rr.com.

Chrome Divas of Columbia

Second Saturday of the month at 10:30 a.m., 606-5402 or www.thebikerchicks.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Ladies Auxiliary Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

The Ladies Auxiliary Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguiar@yahoo.com or visit www.combatvet.org.

Sergeants Major Association

Last work day of the month, 4 p.m., Magruder's Pub, 447-1526. Open to active-duty and retired sergeants major.

SUBMISSIONS

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fleader@conus.army.mil.

HAPPENINGS

Calendar

Today

Military Chaplains Association South Carolina Chapter
Noon, Officers' Club

Wednesday

Breast cancer awareness event
9 a.m. to 1 p.m., 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 751-2974 or 751-5251.

Sunday

U.S. Army Soldier Show
7 p.m., Solomon Center

Wednesday, Oct. 27

Retirement Review
9 a.m., Post Headquarters

Housing events

Through October

Plastic bag recycling

Bring plastic grocery bags to the Community Center during business hours.

Through Oct. 22

Harvest Hope Food Bank

A donation bin has been set up in the Community Center for non-perishable items. For more information, call 738-8275.

First Tuesday of every month

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.

Today

Muffins and Makeovers

6 p.m., get a new look for fall.

Monday

National Chocolate Cupcake Day

3 p.m.

Thursday, Oct. 21

Neighborhood Huddle

11:30 a.m. to 1 p.m., corner of Moses and Carter, for residents of PT5 and PT 7.

Thursday, Oct. 28

Halloween decorations contest deadline

Submit your nomination to Alana at the Community Center. For more information, call 738-8275.

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

Announcements

MTV CASTING CALL

MTV is casting for a weekly series chronicling the lives of Soldiers returning from deployment. The Soldiers should be 25 or younger and have redeployed within 30 days. The casting call ends Nov. 1. For more information, visit www.cominghomecasting.com or call Michael Sutton at 212-219-7617.

DENTAC CLOSURE

Dental clinics will close at 10 a.m., Friday for the Fort Jackson Dental Activity's organization day. For emergencies after 10 a.m., contact the Moncrief Army Urgent Care Clinic.

DFAS CLOSURE

The Defense Military Pay Office will close at 11:30 a.m., Friday for its organization day.

ARMY FIELD BAND CONCERT

The United States Army Field Band will perform 3 p.m., Sunday at Township Auditorium. The concert is free.

RESERVE OFFICERS MEETING

Chapter Six of the South Carolina Department of the Reserve Officers Association will meet 6 p.m., Oct. 28, at Doc's Barbeque, 1601 Shop Road. For more information, e-mail jeff.vaughan@us.army.mil.

EDUCATION CENTER SERVICES

The Education Center changed its services because of budget shortfalls. The following services are available:

— Education counselors are available by appointment only.

— Test examiner: 7:30 to 11:30 a.m., Tuesdays, Thursdays and Fridays and 7:30 a.m. to 4:30 p.m., Wednesdays

— Multi-Learning Facility: 8 a.m. to 5 p.m., Monday through Friday

— Paper-based DANTES tests are no longer administered.

— Basics Skills Enrollment Program: Dates are to be determined.

For more information, call 751-5341.

NEW AG SCHOOL COURSES

Starting this month, the four-week Human Resource Management Qualification Course has been replaced by two two-week courses, the Brigade S-1 Operations Course and the Human Resources Plans and Operations Course. For more information, call 751-8353 or e-mail Jackson-SSI-AG-SLTD@conus.army.mil.

AAFES SURVEY

AAFES will conduct a customer survey at the Exchange Saturday through Nov. 6. Shoppers who participate will receive a \$5 Exchange coupon.

VFW SCHOLARSHIPS

Veterans of Foreign Wars is offering two scholarships.

— Voice of Democracy is open to students in grade 9-12. Students should submit an essay as an audio recording to enter.

— Patriot's Pen requires students to submit a 300-400 word essay.

The deadline is Nov. 1.

For more information, visit www.vfw.org or call (816) 968-1117.

AUSA GOLF TOURNAMENT

The Palmetto Chapter of the Association of the United States Army will host the 23rd Annual J. Willis Cantey Golf Classic Friday at the Fort Jackson Golf Course. For more information and to register, e-mail sbbutler@bellsouth.net.

SCHOLARSHIP FOR SOLDIERS

The Virginia Military Institute Foundation through the 100th Infantry Division Association Committee is offering two \$1,000 scholarships to qualifying Soldiers. Soldiers who are active-duty sergeants or staff sergeants may pick up an application at the Education Center, Room A100. Applications must be submitted by Oct. 29. Award notifications will be made Dec. 6. For more information, call 751-6072/5341.

NURSE SEMINAR

A nurse case management review seminar is scheduled from 8 a.m. to 5 p.m., Friday at the Officers' Club. The seminar is open to registered nurses who work as case managers or are interested in working as case managers. For more information, call 751-0657 or 751-2147 or visit <http://guest.cvent.com/d/hdqfhw>.

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

Off-post events

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

MILITARY APPRECIATION GOLF

The Grove Park Inn Resort & Spa in Asheville, N.C. will offer a free round of golf to active-duty and retired military members Oct. 21. For more information, call 828-252-2711 or visit www.grove-parkinn.com.

COLONIAL CUP

Free tickets are available to military members for the Colonial Cup International Steeple Chase Day Nov. 13 in Camden. Ticket reservation forms are available at ITT offices.

MARKSMANSHIP CLINIC

Project Appleseed will host a marksmanship clinic Nov. 6-7 in Columbia. The clinic is free to service members. For more information, visit www.rwva.org.

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.

Walk for Life



Courtesy photo

Employees of Moncrief Army Community Hospital joined members of the MACH Sergeants Association in the Palmetto Health Foundation Walk for Life Oct. 2 to raise awareness of breast cancer prevention.

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

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



more than \$300.

□ A civilian was denied entry to post after attempting to enter post with an unregistered weapon, MPs said. All weapons brought onto Fort Jackson are required to be registered with the Directorate of Emergency Services.

□ A Soldier was cited for failing to

wear a personal flotation device while boating on Weston Lake, MPs said.

TIP OF THE WEEK

Burning leaves, pine straw, brush and any type of debris is prohibited on Fort Jackson. Such materials can be disposed of through regular trash collection.

With Halloween quickly approaching, the Fort Jackson community should take special fire safety considerations when decorating for the holiday. Decorations must be made of non-combustible or flame retardant materials. Do not position decorations near entrance and exit doors. The use of vegetation for decorations inside a facility is prohibited. Here are more family housing fire safety tips:

□ Use glow sticks or battery-operated candles inside of jack-o'-lanterns instead of open flame candles.

□ Keep candles, pumpkins with candles, matches and lighters out of children's reach.

□ If candles are used in jack-o'-lanterns, never leave them unattended.

□ Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.

□ Keep candles and jack-o'-lanterns away from curtains, decorations and other combustibles that could be ignited.

□ Indoors or outdoors lights should only be used if they have been tested for safety by a recognized testing laboratory.

□ Check each set of new or old lights for broken or cracked sockets, frayed or bare wires or loose connections. Discard damaged sets. Don't overload extensions cords.

CASES OF THE WEEK

□ A civilian was transported to an off-post detention center to await extradition after Military Police discovered she had an active warrant for her arrest, MPs said. The civilian was wanted for failure to redeliver hired or leased personal property costing

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

LEGAL

Cheap plane fares may not be best tickets

From the Fort Jackson Legal Office

With the winter block leave quickly approaching, many Soldiers have already begun looking for plane tickets home so they can spend the holiday season with their families. However each ticket transaction has the potential to mar what would otherwise be a joyous occasion. Many people are pinching pennies and are looking for any deals they can get. As a result, they will buy the cheapest available plane ticket home, which will most likely be a nonrefundable ticket. However, if the needs of the Army require it, Soldiers can be ordered to stay on post. Remember, leave is a privilege, not a right. This means that a Soldier might miss his or her flight home if he is forced to remain on post.

The claims office cannot reimburse Soldiers who purchased a nonrefundable plane ticket home and are forced to miss the flight because of a travel restriction.

Army Regulation 27-20, Chapter 11-6 specifically forbids this reimbursement. It states:

Loss of property that has no extrinsic and marketable value but is merely representative or evidence of value, such as non-negotiable stock certificates, promissory notes, bonds, bills of lading, warehouse receipts, insurance policies, baggage checks, and bank books, is not compensable. Similarly, a claimant may not be compensated

for the inability to use nonrefundable tickets or recover lease or utility deposits.

A plane ticket is merely a piece of paper that represents the value of a service, which is an airline's transportation of you to your destination. Since it has no actual value, it cannot be reimbursed.

The easiest and most effective way for

Soldiers and family members to protect themselves is to buy a refundable plane ticket. Do not buy the cheapest ticket available. Spend the extra money required to ensure that the ticket is refundable. If buying a refundable ticket is not possible, try buying a ticket that allows changes in dates and times for a fee, if necessary.



Fort Jackson Legal Office

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

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.



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submitted by Oct. 21.

E-mail articles and announcements to *FJLeader@conus.army.mil*.

For information about classified ads, call 432-6157 or e-mail the ad to *skaress@ci-camden.com*. Ads may also be faxed to 432-7609.

Violence prevention spotlighted

Victim Advocacy plans domestic violence rally, walk for Saturday

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

Army Community Service's Family Advocacy Program will hold its Seventh Annual Domestic Abuse Awareness Rally 9 to 11 a.m., Saturday, at Pierce Terrace Elementary School.

In a memorandum to the Soldiers and civilians of Fort Jackson, Col. James J. Love, garrison commander, wrote: "Army commanders, Soldiers, Army families, and all members of the Army Community are in strategic positions to lead the Army's efforts to prevent domestic abuse. If each member in the community supports and participates in educational programs that deal with the challenges that accompany military life, we can build and strengthen family resiliency, maintain readiness, and stop domestic abuse."

More than 36,000 victims annually report a domestic violence incident to law enforcement agencies around the state,

according to South Carolina Attorney General Henry McMaster. His website also reports that an average of 33 women have been killed each year by an intimate partner throughout the past 12 years. Domestic violence cuts across gender, race and ethnicity. People in every socioeconomic status experience this type of violence.

There is help available for victims as well as educational programs to prevent abuse in the first place through

care costs, and accompany victims to court proceedings and/or meetings with lawyers, police and command. They also make referrals to local resources for a variety of needs.

The Prevention and Education program provides a variety of classes, groups, seminars, workshops and activities to educate Army Soldiers and families on how to manage day-to-day stress, increase self-esteem, manage emotions, learn positive communication, and problem-solving techniques. Seminars and workshops are also available for your unit or family support group.

"Domestic violence victims are everywhere; in our neighborhoods, businesses, and places of worship. As citizens, we have a responsibility to take a stand against this injustice," said Annette McLeod, Family Advocacy Program manager. "Let's join together to promote peace, healing and responsibility in adult relationships."

For more information or help, contact the Family Advocacy Program at 751-6325.

NATIONAL Domestic Violence AWARENESS MONTH

Army Community Services.

The Victim Advocacy Program helps empower victims of sexual assault or spousal abuse to make decisions that can improve their quality of life. The program staff members provide victims with information on their rights, provide emergency shelter, establish safety plans, file for protective orders, assist with child

more miles toward 20 miles in 30 days. For ages 11 to 18.

more miles toward 20 miles in 30 days. For ages 11 to 18.

□ **Haunt Your House** — 3:30 to 5 p.m., Wednesdays and Fridays, Balfour Beatty Community Center. Friday, make and decorate a Halloween tree. Wednesday, make a light-up witch's broom.

□ **Disk Golf** — 4 to 6 p.m., Tuesdays and Thursdays. Meet at 5955 Parker Lane for transportation. Today, practice on an easy portable course. Tuesday, practice on a more difficult portable course with trees.

□ **Tiptoe through the Tombstones** — 3:30 to 5 p.m., Mondays and Thurs-

days. Meet at 5955 Parker Lane. For 10-18 year olds. Today, tour Fort Jackson's pet cemetery and help in clean-up efforts to preserve the site. Monday, continue the tour of downtown Columbia with a trip to Trinity Episcopal Cathedral and cemetery built in 1814.



The *EDGE!* offers free classes as part of the Army Middle School and Teen Initiative for those 11 years old. 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. Call 751-3053 for information.

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 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 supplies last.

SATURDAY

- **Victory Bingo**, starts 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**.
- Outdoor recreation trip to Scarowinds, 4 p.m. to 1:30 a.m. Meet and return to **Marion Street Station**. Cost is \$45 and includes transportation and park admission. Call 751-0892.
- LaneMasters Challenge Scratch Bowling Tournament, **Century Lanes**. Cost is \$50 per bowler to enter. Check-in starts at 4 p.m. Call 751-6138 for information.

SUNDAY

- **Victory Bingo**, starts 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 for reservations.

MONDAY

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

WEDNESDAY

- **4-H Club meeting**, 4 to 5 p.m. For grades 1-5. Call 751-1136 for more information.
- 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.
- Wednesdays 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, 6-8 p.m., **Post Library**
- **Magruder's Club and Pub** happy hour, 4:30 to 7 p.m.

For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

Current **EDGE!** classes

□ **Pumpkins, Pumpkins** — 3:30 to 5 p.m., Tuesdays and Fridays 5955 Parker Lane. Friday, make pumpkin chip cookies and pumpkin milkshakes for snack and follow-up with learning to use power tools to carve pumpkins. Tuesday, explore no-carve ways to decorate pumpkins with beads, tack and ribbons. 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. This week, trivia contest on chapters 5-8. Craft of the day: Make your own mask. Snack of the day: spider crackers. For ages 6 to 10.

□ **Biking on the Edge** — 4 to 5:30 p.m., Mondays and Wednesdays, Youth Services Center. Monday, find interesting landmarks on post. Wednesday, find more Fort Jackson landmarks and log in



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Army band flutist covers all the bases

Soldier helps lead Army softball team to championship title

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Nichole Flory may play a sweet tune on her flute as a member of the 282nd Army Band, but she swings a mean bat as a member of the All-Army Women's Softball Team.

The outfielder helped lead the team to an undefeated season (8-0) and 7-3 victory over Air Force for the championship title of the All-Armed Forces Softball Tournament, Sept. 20-24 in Pensacola, Fla.

"It was a great year. We were able to put together a team that really produced on the field," Flory said. "And, of course, it is always a blast to beat Air Force because they are our biggest rivals."

Air Force kept the Army team in second place the past three years.

This was Flory's fifth season on the team and her second gold-medal finish for the All-Army Women's Softball Team.

"She plays with a lot of heart," said Rob Bailey III, team coach. "(She) makes the most out of her ability by how smart she plays. She comes in with no nervousness."

Flory's passion for softball and music began in fourth grade when she joined band and began playing organized softball in her hometown of Swanzey, N.H.

"I started playing music and softball at the same time and have been lucky enough to keep doing them," Flory said. "It has always been an honor to put on any Army uniform, whether it be an ACU or team jersey, and do what I love most, either performing music or playing softball."

Making the All-Army Softball Team is no easy task. First, potential players' applications are submitted and reviewed by the All-Army Sports staff at Family and Morale, Welfare and Recreation and by the team coach. Consideration is given to the applicant's background, including past performances and athletic awards.

From there, hundreds of applicants are reduced to 25 Soldiers who attend the two-week trial camp. During camp, there are two cuts, which reduce the field to 15 players.

Players who make the team practice each morning and afternoon, followed by double-headers in evening. The team also played in civilian tournaments on the weekends where they placed first twice and came in second once.

"It is such a great experience to play for the Army at such a competitive level," said Flory, who hit around .600 for most of the tournament.

Flory began playing All-Army Softball in 2004 and has missed only two seasons due to deployments in Afghanistan in 2006 and 2008. During those deployments she traveled around Afghanistan, playing musical missions and conducting a security mission.

Bailey, who has coached the team since



Photo by **CHRIS RASMUSSEN**

Nichole Flory, a flutist with the 282nd Army Band, plays the piccolo in the band's Fort Jackson band hall. Flory is also a member of the All-Army Softball Team, which recently won the All-Armed Forces Championship.

2004, said he has watched Flory evolve from a young player and Soldier into an effective leader on and off the field.

"When she got off the bus and I saw her for the first time I said, 'Who brought the kid?' I gave her the nickname Gerber be-

cause she looked like the baby on the Gerber jar," he said. "But she has become a great player and leader on the team. I bring her in on team decisions because I think she will become a coach someday."

Chris.Rasmussen@us.army.mil



Photo by **EARL JONES**, Family and Morale, Welfare and Recreation

Christopher Windley, 11, shows off his skills during a competition Saturday at Wildcat Skate Park. Windley won a skateboard for placing first in his age group. The event was hosted by Fort Jackson's Family and Morale, Welfare and Recreation Intramural Sports and Child, Youth and School Services.



All tricked out

Austin Hamm, 16, won first place in his age group during Saturday's skateboard competition. The competition was open to military ID card holders and family members who competed in four age groups: 6-9, 10-13, 14-17 and 18 and older. Competitors younger than 13 received one minute to complete tricks, while the older age groups received two minutes. All contestants won prizes.

Photo by **CAPT. JOSE GONZALEZ**