

TRACKING ...

NEWS

Smooth transition expected in DADT

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Post aerobathon draws crowd

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FMWR



Perez gym gets major upgrades

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The Fort Jackson Leader



Thursday, September 22, 2011

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www.jackson.army.mil

SELF growth

Workshops aimed at spouse resilience

By **SUSANNE KAPPLER**
Fort Jackson Leader

Fort Jackson spouses will be treated to a full day of sharing ideas, learning about new topics and gaining insight into how to strengthen their families. The SELF Symposium — SELF stands for “Spouses Embracing Life Fully” — is scheduled from 9 a.m. to 4 p.m., Sept. 30 at the Solomon Center. The event is free and open to all DoD ID card holders.

“The vision behind the SELF Symposium is an opportunity for all to acquire skills to embrace a happier, healthier you,” said Marilynn Bailey, a master resiliency

“... if you go away with one thing that can enhance your coping skills, that can enhance your family situation, then we have been successful.”

— **Marilynn Bailey**
Army Community Services

trainer with Army Community Services. “It’s always good when you can get several people assembled in the same place to acquire the same type of information. With the resiliency skills you will be able to obtain, the interactive presentations, the

focus on a healthier, happier you — we felt if we could do this in one place to get everybody together at one time that this would be successful versus spreading it out throughout the year to get the same thing.”

Throughout the day, experts from ACS; Family and Morale, Welfare and Recreation; and Fort Jackson spouses will offer presentations about physical fitness, nutrition, social fitness, family fitness, emotional fitness and spiritual fitness. Each presentation will be given in the morning and in the afternoon.

“This was designed (so that) everybody would have the same opportunity to take the

See **EVENT:** Page 10

Lifetime learning



Photo by **CRYSTAL LEWIS BROWN**

Rueben Duren, with the Army National Guard, speaks with April Ruff, a representative from the University of South Carolina’s TRIO program, during an Army Community Services Education Fair at the Officers’ Club Tuesday. The program was one of 35 schools or other educational entities that participated in the fair.

Post to celebrate Hispanic heritage

Hispanic Heritage Month officially began Sept. 15 to coincide with the anniversaries of seven Latin American countries: Mexico, Chile, Costa Rica, Guatemala, El Salvador, Honduras and Nicaragua gaining their independence.

The monthlong celebration continues into October. Fort Jackson will observe the occasion Oct. 15 at Patriot Park with the Soldier Support Institute serving as our host. The event, which is titled, "Many Backgrounds, Many Stories. One American Spirit," promises to be as entertaining as it is educational. There will also be cultural displays, music and refreshments for all to enjoy. This is one of the most festive events that we celebrate and one that you certainly will not want to miss.

It is important that we take the time to understand the many cultures that make up our ranks. We are a very diverse nation, made up of many cultures, but each and every one of us is very much an American. The world takes note and stands in awe of the American Army when they see men and women from many diverse backgrounds working in harmony to support our military objectives around the globe.

As for Hispanic contributions to our military, they are significant and rich in tradition. They can be traced back to the American Revolution, when an officer in

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



the Spanish Regiment in Louisiana supported the colonial forces in their fight for independence from Great Britain by providing cattle and weapons.

Since that time, Hispanic Americans have played a vital role in every one of our wars, in every battle and in every fight. In all of our nation's storied history, there have been countless contributions by Hispanics. Consider that since the Civil War, there have been more than 40 Hispanic service members who have earned the Medal of Honor, the nation's highest military award.

The bottom line is that Hispanics, who have come from all walks of life, have always served and continue to serve the United States proudly.

During Hispanic Heritage Month, we have not only

set a time aside for recognition, but also an opportunity for enrichment.

We can get an understanding of the Hispanic culture, the heritages and background. We can learn something about one another, from one another.

This approach applies across the board to all cultures, races and genders.

Since the 1940s, the Army has been at the forefront in the integration of ranks, and we continue to build on that attribute. Women, racial and ethnic minorities continue to enter our Army, along with an increasing number of foreign nationals. We are truly a multinational force currently serving in nearly 80 countries.

The Army channels the strengths of diverse people, valuing individuals and developing Soldiers. As our country becomes even more diverse, the Army will have more opportunities to recruit, develop and retain the best talent in the world. Hispanic Soldiers comprise nearly 6 percent of our officers, 8 percent of our warrant officers, 12 percent of our enlisted Soldiers and 6 percent of our Army civilian workforce.

Let us take pride in the Hispanic heritage and take the time to value all of the distinctive talent and valuable experiences Soldiers with Hispanic backgrounds bring to our Army.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Big shots



Photo by JAMES ARROWOOD, command photographer

From left, Col. Ramona Fiorey, commander of Moncrief Army Community Hospital, Maj. Gen. James Milano, post commander, and Col. Craig Currey, deputy commanding officer, receive flu shots at Post Headquarters. Flu shot season at MACH begins Thursday. See Page 19 for details.



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

Be prepared



Photos by SUSANNE KAPPLER

Above, R.J. Frazier, Fort Jackson's all-hazards emergency manager, speaks with Juliet Chisolm, a Commissary employee, at a display set up at the Commissary for National Preparedness Month, which runs through September. At right, A fully stocked emergency kit includes a First Aid kit, chemical lights, MREs, water purifier tablets and a manual can opener along with other essential items. Visit www.acsim.army.mil/readymy for details on how to make an emergency kit.



Officials expect smooth DADT transition

By DONNA MILES
American Forces Press Service

WASHINGTON — The law is passed, the studies completed, the findings certified and the service member training accomplished. Tuesday, after years of debate and months of preparation, the Defense Department started on a new footing with the repeal of the so-called “Don’t Ask, Don’t Tell” law that since 1993 has banned gays and lesbians from serving openly in the military.

“Statements about sexual orientation will no longer be a bar to enlisting in the military or a cause for dismissal,” said Army Maj. Gen. Gary S. Patton, chief of staff for the Pentagon’s repeal implementation team.

In addition, former service members separated from the military under Don’t Ask, Don’t Tell based solely on their sexual orientation are eligible to reapply to return to military service. Patton said their applications will be evaluated using the same standards as all other candidates, and decisions will be based on needs of the service.

As these long-anticipated changes take place, Patton said he expects the repeal implementation to stay on track because of the pre-repeal training across the force. In addition, many other existing policies considered “sexual-orientation neutral” remain in place.

Duty assignments are not affected, and living and working conditions won’t change, Patton said. Service members won’t be separated or segregated based on sexual orientation, and will continue to share billeting and berthing as in the past.

With repeal, benefits will remain as they are. Service members will be able to designate whomever they want to receive member-designated benefits such as Serviceman’s Group Life Insurance, he said. Other benefits, such as basic allowance for housing, are limited by law and statute to cover only opposite-sex spouses and can’t be extended to same-sex partners, Patton said.

However, the Defense Department is studying the possible extension of other benefits where eligibility is not specifically defined by law, such as use of military morale, welfare and recreation facilities to

same-sex partners. “We have not arrived at a decision on that,” Patton said. “The department continues to explore that possibility, post-repeal.”

Although the vast majority of military members and their families surveyed before the repeal indicated they had no issues with the repeal, Patton said he recognizes that some may. To those, he has a message: “We are not trying to change your beliefs. You have your freedom to exercise your beliefs and your freedom of speech.”

But with that, he said, “you have to maintain your dignity and respect for others.”

No new policy will allow anyone who disagrees with the repeal to break their contractual obligations. Anyone who has complaints or issues associated with the repeal should take them to a commander or inspector general, Patton said. Sexual orientation issues will not be addressed by equal opportunity channels in the way gender, race and religion issues are.

With the repeal in effect, Patton said he expects military members will honor it. “The repeal is a law,” he said. “The military follows the law and we are executing

this as part of our mission.”

A key in carrying out the mission, he said, is a principle emphasized during mandatory pre-repeal training throughout the force that the military has embraced throughout its history.

“The training focused on the changes in policy, that sexual orientation is not a reason for a person to be denied enlistment in the service or separated from the service. And that we continue to treat all service members with dignity and respect,” Patton said.

Part of that respect, he said, is to allow all service members to live honest lives. “During Don’t Ask, Don’t Tell, gay and lesbian service members were required by law to withhold their sexual orientation, and in some cases, they potentially violated their own personal integrity,” Patton said. “Upon repeal of Don’t Ask, Don’t Tell, they won’t be placed in that predicament.”

As a result, the repeal “will strengthen the military,” he said. “It will continue to allow us to keep gay and lesbian service members in the military, and we will be a better military for it.”



We've moved!
Email story ideas and announcements to the Fort Jackson Leader
at FJLeader@gmail.com.

Painting the post pink?

Community breaks a sweat for breast cancer awareness

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

Nearly 200 Soldiers, civilians, family members and retirees did it in pink Saturday — “it” meaning exercise, of course.

The group came together as part of Fort Jackson Family and Morale, Welfare and Recreation’s second “Do it in Pink” Aerobathon.

Organizers said the purpose of the event was to provide a fun exercise experience while promoting breast cancer awareness.

“Awareness is also a part of being fit,” said Capt. Marla Washington, with Moncrief Army Community Hospitals’ Army Public Health Nursing. Army Public Health Nursing, along with MACH’s Surgical Clinic, joined the FMWR fitness department in planning and staffing the event.

“It was a perfect fit to combine everything together,” she said.

The free event’s only requirement was that participants wear something pink.

Along with three hours of non-stop moving — post fitness instructors helped participants dance away the calories with soul line dancing, Zumba, African rhythm and island dance — participants could have their body mass index and body fat numbers calculated by an FMWR trainer, pick up health information at one of the MACH booths, or take a break to have some fresh fruit and water.

Pamela Greene, FMWR’s fitness programmer, said she thought the event was a success.

“I definitely found it motivating. I also found it inspiring; so many people coming together, having a blast of a good time. There was so much camaraderie, so much bonding, so much laughter,” Greene said.

Willie Bennett, a military retiree who was one of a handful of men who came out to support the event, was decked out in a light pink T-shirt and pink socks.

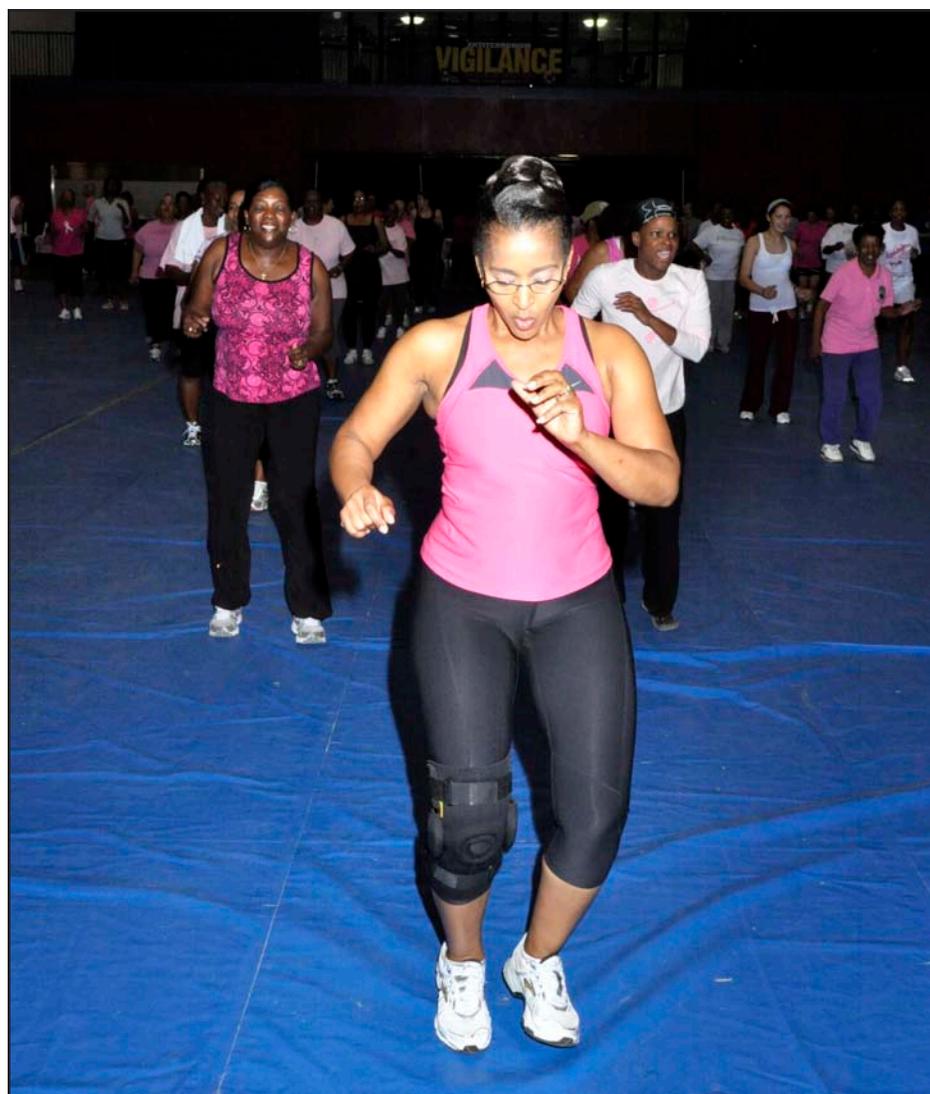
MORE TO KNOW

Do it in Pink II is scheduled for 10 a.m. to 1 p.m., Oct. 8 at the Solomon Center. The only requirement for this free event is that participants wear some form of pink.



Photos courtesy DELANO JONES, Delano's Photographic

More than 170 family members, Soldiers, civilians and retirees participated in Saturday's "Do it in Pink" Aerobathon at the Solomon Center. A second event is scheduled for Oct. 8.



Participants dance to the beat as they do Zumba during Saturday's event.

Bennett, who regularly attends on-post fitness classes, said he tries to support all of the post’s fitness events. This one, he

said, was no different.

“I just do it because it’s fun and it’s for my health,” he said. “I just like the atmo-

sphere and the camaraderie.”

Although Bennett said he thought he was in shape when he began regularly attending on-post fitness classes and events about four years ago, working with Greene took his fitness to another level.

“I came in and met Pam and Madge, and the rest is history,” Bennett said, referring to Greene and Madge McNaboe, a nutritionist who works with Child, Youth and School Services.

Alsenia Edwards, a family member and another fitness department regular, also came out to show her support for Saturday’s event.

“In my family, we have high blood pressure, heart disease (and) breast cancer, so I try to get out here to stay fit,” said Edwards, who said she has become somewhat of a spokeswoman for fitness in her family. “I try to support causes like this because of the health problems in my family.”

Greene and Washington both said that in their day-to-day dealings, they often come across people who have been affected by breast cancer. Their hope, they said, is that events like the aerobathon will provide a one-stop shop where community members can learn about awareness, prevention and care, while having a good time.

“If we do it in pink, we’re putting a spotlight on it,” Greene said.

That goes for men, too, she said.

“Let your guard down and embrace this for your sister, your mom, your wife,” she said. “Be proud of your pink.”

Crystal.Y.Brown.Civ@mail.mil

News and Notes

HISPANIC HERITAGE EVENT SET

Fort Jackson's National Hispanic Heritage Month celebration is scheduled for 11:30 a.m. to 6 p.m., Oct. 15 at Patriot Park. The celebration will provide a variety of entertainment and food vendors, and guest speaker Myriam Torres, director of Latino Immigration Studies at the University of South Carolina's Arnold School of Public Health, will serve as guest speaker.

FAMILY MEMBER CROWNED



Fort Jackson family member Julia Rodes, who was paralyzed in a motorcycle accident in April, was named Miss Wheelchair South Carolina. She will represent the state during the Miss Wheelchair USA pageant in July in San Diego.

RODES

INFORMATION LOST

A compact disk containing personal information of nearly 25,000 non-appropriated fund retirees was lost in the mail in August. Retirees whose information is at risk have been sent notification letters. IMCOM has established a 24/7 hotline for concerned retirees. The hotline number is (210) 466-1640.

PHOTOGRAPHERS WANTED

Submissions for the Army Digital Photography Contest are accepted through Oct. 16. The contest is open to Soldiers, DA civilians and family members. For more information, call 751-0891. To submit photos, visit <https://apps.imcom.army.mil/APPTRAC>.

AAFES SPECIALS OFFERED

As part of its "Still Serving" weekend, the Exchange will salute former Soldiers by offering unique specials and events at the Main Exchange Sept. 23-25.

JOB FAIR SET

A Fort Jackson Job Fair is scheduled for 8:30 a.m. to noon, Oct. 4 at the Solomon Center. The first 30 minutes is open to Warrior Transition Unit Soldiers. Beginning at 9 a.m., the fair is open to the general public.

CONSTRUCTION ONGOING

The installation of a new storm drain is causing road closures in the vicinity of Moncrief Army Community Hospital. The closures affect parts of Stuart and Hill streets.

Access to the lower level parking area will be limited. Employees should use the overflow parking area along Stuart Street.

Army targets Soldier transitions

By **ROB MCILVAINE**
Army News Service

WASHINGTON — A year ago, with the drawdown in Iraq and Afghanistan, Army senior leaders began to revamp the Army's transition process so personnel — active and Reserve Components, spouses and retirees — could become productive citizens for the nation and lifelong recruiters to help sustain an all-volunteer force.

"This was similar to the drawdown that was done after Desert Storm I," said Col. Ed Mason, chief of Army Transition Policy Initiatives.

"So the Army said, let's look at the way we do business — let's modernize, let's improve it — and be prepared for the future challenges that we're going to have."

With the unemployment rate for veterans in the 20 to 24 age group at 31 percent, compared to the national average of the same age group at 15 percent, the Army has focused on ensuring a beneficial transition for the 130,000 to 150,000 people who transition out of the Army every year, Mason said.

"This unemployment rate for veterans is a burning platform because they're going into the roughest economy since the Great Depression," he said.

The Army has a special trust with the nation, and families trust their greatest trea-

sure — the best and brightest children that they have to offer the Army, he said.

"So they come in the Army and we make them Army strong. Now it's our turn to return them to the nation so they can become leaders, using their experience and the training and education they received in the Army to be leaders in the communities, (continuing) to be Army strong forever," Mason said.

"We're looking at a capstone regulation that integrates all the different pieces and parts of transition, because there's a lot of different regulations out there, but there was nothing that was tying them all together," Mason said.

The first part of this transition policy, he said, will focus on what commanders of both the active and Reserve Components can do right now to better prepare their Soldiers for separation and demobilization.

"Transition Policy is now a commander's program. Before, the installation staff officers were responsible for executing the Army Continuing Education System and The Army Career and Alumni Program — the training for our Soldiers. They didn't have responsibility for the Soldiers, so if the Soldiers came or not, they had no control of them. Now, the commanders are responsible for getting their people to the transition training," Mason said.

One of the reasons some Soldiers didn't sign up for ACAP was the stigma involved.

"An outcome of a West Point study was (the discovery of) a stigma associated with ACAP. And the stigma was that you're leaving the team. If you don't re-enlist, you're going to ACAP, you're leaving the team. So the commanders would say, 'I'm going to focus on my people who are staying with the team, because I have to prepare for my next deployment,'" Mason said.

Under the new transition policy, commanders will still care about all their people who stay in, but they will also focus on the needs of those individuals that are going to transition back to society. That's the primary reason why it's the commander's program, he said.

"The program will mature from this first phase, but at this time we're saying Soldiers must begin their separation processing no later than 12 months prior to their separation from service," Mason said.

This means Soldiers might have to start 18 months prior to their transition.

"So you start the process early. And this isn't just active component, it's also Guard and Reserve who mobilize and deploy and they even have more challenges once they redeploy and reintegrate with their communities. Sometimes their job isn't there when they get back. Sometimes they have to find another job, so this program is really meant to help them as well — provide different capabilities to those Soldiers. That's what we mean by holistic," Mason said.

Bingo!



Photo by ROSE ANN TURNER, Family and Morale, Welfare and Recreation

Col. James Love, garrison commander, calls the bingo numbers during a customer appreciation event at Victory Bingo Saturday.

Housing Happenings

COMMUNITY UPDATES

□ The Howie Village bus route has changed to include stops at Custer Loop, the intersection of Furman Smith Road and Legge Court, and a final stop at the intersection of Knight Avenue and Furman Smith Road. Notifications of the adjustment have been sent to the schools and students. Call James Harper at 790-7913 for questions or concerns.

□ A group discussion on the live utility program for Fort Jackson housing residents is scheduled for 6 p.m., Tuesday, at the SSI auditorium. Representatives will be on hand to discuss billing procedures, the billing company and the Army Green initiative. Residents are encouraged to bring their utility bills to have any questions answered.

□ Be sure to RSVP for Lifeworks events to help coordinators properly plan. Call 738-8275, email ayoungblood@bbcgrp.com or contact coordinators on the Fort Jackson Family Housing Facebook page to RSVP for events.

□ Refer someone to move on post and receive \$200. Contact the Community Management Office for more details and guidelines.

CONSTRUCTION UPDATES

□ To date, 477 homes have been completed.

□ A total of 916 homes have been demolished to date.

□ Senior noncommissioned officer homes are becoming available in the area near Evans Court and Willet Road.

□ New construction activity continues on Parker Lane.

□ Drywall installation and electrical work is under way in homes on Hunt, Harley and Thomas courts.



Sept. 23 — 4 p.m.
Mr. Popper's Penguins PG

Sept. 23 — 7 p.m.
Rise of the Planet of the Apes PG-13

Sept. 24 — 4 p.m.
Final Destination 5 R

Sept. 25 — 4 p.m.
Rise of the Planet of the Apes PG-13

Sept. 28 — 1:30 p.m.
Rise of the Planet of the Apes PG-13

Sept. 28 — 5 p.m.
Final Destination 5 R

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings.

Event aimed at military spouses

Continued from Page 1

same classes and receive the same information," Bailey said.

Participants of each session will also be entered into a drawing for a gift basket with content related to the topic of the presentation.

"We really chose what to speak about or what to share based on what our passions are, based on our different areas of interest," said Maria Currey, who will offer a class on enhancing the quality of family time at the dinner table.

Currey said that she is also looking forward to attending the other presentations.

"I hope to glean new ideas about how to do normal-day living, how to do it more creatively, how to think about the way I might be doing things and how I could make it even better to enhance the life of not only my own family, but other people's lives," she said. "I'm hoping that the same will be true for the people who attend (my presentation) — that the spouses who come will be excited about their tables, in this instance."

Leslie Love, who will present a session about socially connecting through hobbies, said that she is excited about the presenters who will be there and cannot wait to hear their ideas.

"As an Army spouse, I am one for knowledge and empowerment," Love said. "Even though I've been doing this for almost two decades now, there is something new to learn every day on how to make yourself better, how to make your family stronger and how to be a better person overall."

The event will also feature a guest lecturer, Dallas-based motivational speaker Mamie McCullough, who will lead an afternoon class on inspirational moments.

Bailey said that ACS will offer family resiliency classes for participants who want to continue acquiring resiliency



Leader file photo

Kim Milano, a nutritionist, speaks to a group of noncommissioned officers during a presentation. Milano is one of several presenters slated to teach workshops during the SELF Symposium Sept. 30.

skills after the symposium.

"Out of this whole symposium, if you go away with just one thing that can enhance your coping skills, that can enhance your family situation, then we have been successful."

Bailey said she encourages participants

to pre-register, but registration will also be available on the day of the symposium. Participants are not obligated to stay for the whole day. For a complete list of the classes and to register, visit www.fortjacksonmwr.com/self.

Susanne.Kappler1@us.army.mil

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 6 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Oct. 6 Leader must be submitted by Sept. 29.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

For information about classified advertising, call 432-6157 or e-mail skaress@ci-camden.



Veterans leave lasting impression

This past weekend, several of us had the honor and privilege of attending a reunion of Vietnam veterans from Company C, 3rd Battalion 60th Infantry Regiment, also known as the "Charging Charlies." The fact that we are currently members of the same company more than 40 years later and share similar combat experiences was an added and humbling bonus.

We arrived at a Myrtle Beach hotel with our families and a mission to learn the history and lineage of our storied organization. To be successful, we were to engage the veter-

COMMENTARY

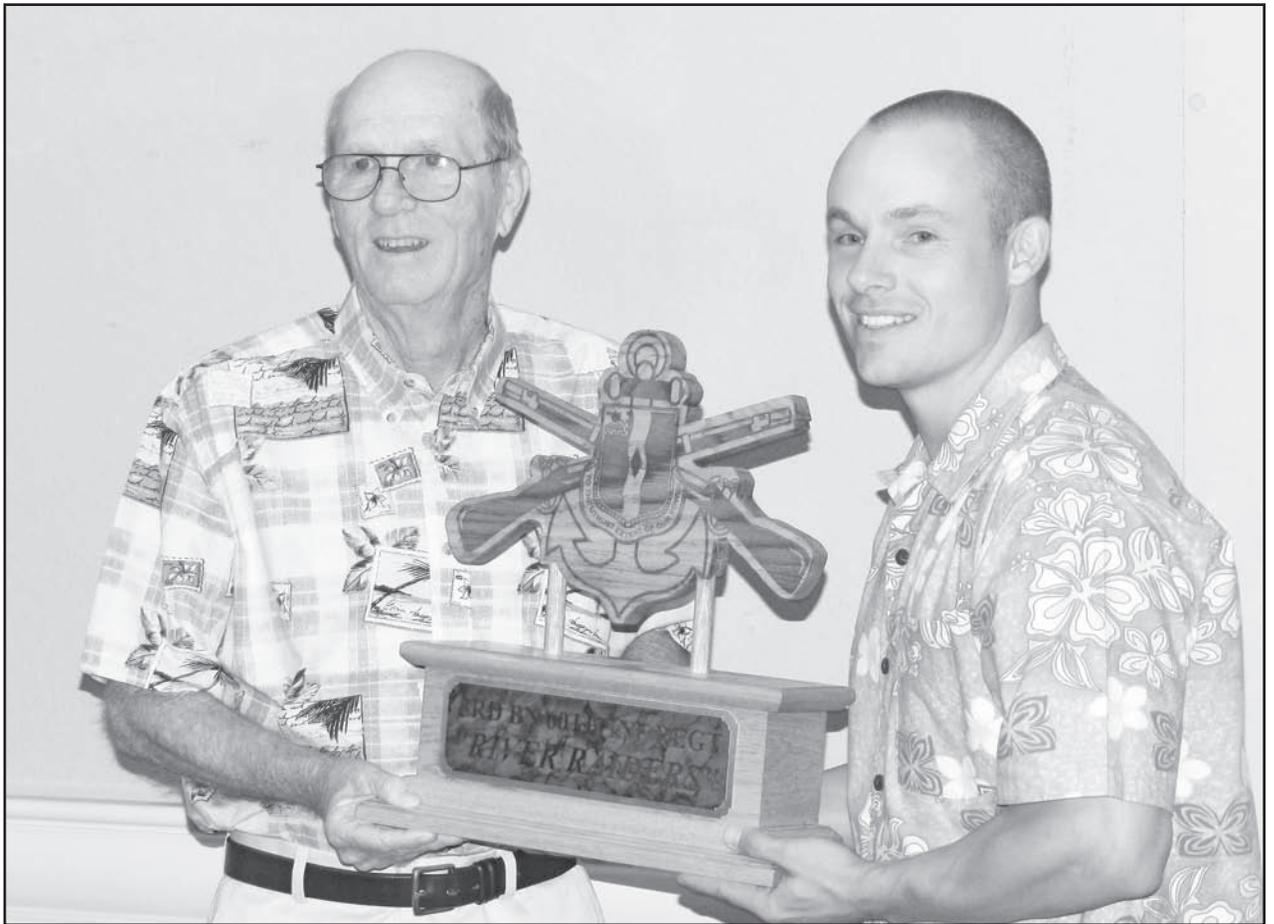
By **2ND LT. ERIC BAUER**
and **1ST SGT. JEFFERY KANE**
3rd Battalion, 60th Infantry Regiment

ans, be great listeners and carry on a piece of history. Initially, we were somewhat unsure of how to engage these men and their wives, as their experiences were indeed incredible, to say the least. Many of these veterans have been attending their company's reunion for years, and as our first, we had our work cut out for us.

We expected our presence to be welcomed, but feared it might be an intrusion to the men as they reconnected and talked of events of which we have little knowledge. Instead we were met with enthusiasm, graciousness and open arms. Not only did we feel welcomed, we were thanked for our continued service and our families were heartily accepted into their inner circle as well. As current members of the company, discussion often diverged from the Veteran's war stories to what is going on in the River Raider Battalion today.

Some of the stories were moving. One Soldier, at the direction of the company first sergeant, was ordered to identify the body of Specialist 4 Howard Beagle, a medic in the company. Beagle was awarded the Distinguished Service Cross for his actions by providing aid to wounded Soldiers while under intense enemy fire. Beagle was mortally wounded, but his heroism saved lives, and his legacy and presence continues today both in the memories of his comrades and at the training site within the battalion that today bears his name.

Some stories, conversely, were just plain hilarious. One



Courtesy photo

Marvin Slocum, president of the Charging Charlie Association, receives the battalion crest of the 3rd Battalion, 60th Infantry Regiment from Command Sgt. Maj. Ronald Newman during this year's Charging Charlie's reunion. The Charging Charlies are a group of veterans who fought in Vietnam together as part of the 3-60th, which was then assigned to the 9th Infantry Division.

such story was of one Soldier's method of returning to Vietnam from R&R leave. He told us he would report on the day he was to sign in, but would wait until the transport vehicle was full. In effect, he prolonged his vacation from one week to nearly three. This, of course, was after a two-month stay in the hospital after being hit by an enemy bullet.

We found the spouses who attended the function to be equally remarkable. These women have endured much in supporting the men who came home without the support structure we currently have in place. We cannot overstate the amount of joy and support the women of the association brought to the event. To make the event truly memorable for all involved, both our wives and children forged a special

bond with these remarkable women which will truly last a lifetime.

Unlike the volunteer force of today, these men and their families were called to duty and performed as heroes in a difficult time. To hear firsthand accounts of these Warriors who forged a brotherhood borne out of fire, both joyous and painful, was surreal and humbling. It has helped us to refocus our efforts on the important mission we have here at Fort Jackson in creating the next generation of Warriors and heroes.

Editor's note: 2nd Lt. Eric Bauer is the executive officer for Company C, 3-60th. 1st Sgt. Jeffery Kane is the company's first sergeant.



The *Leader* welcomes letters to the editor. All letters should include the name and address of the writer. Letters should also include a phone number for verification purposes. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. Call 751-7045 for information.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



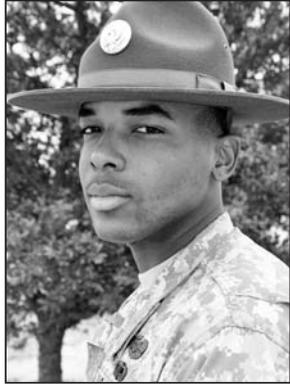
Staff Sgt. Ronald Dye
Company A
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. William Frazier

SOLDIER OF THE CYCLE
Pfc. Kristi Bradberry

HIGH APFT SCORE
Pvt. Ricardo Gonzalez

HIGH BRM
Pfc. Daniel Bogan



Staff Sgt. Caleb Manning
Company B
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Evan Silbert-Geiger

SOLDIER OF THE CYCLE
Pvt. James Hawkins

HIGH APFT SCORE
Pvt. Marissa Hendrickson

HIGH BRM
Pvt. William Seigel



Staff Sgt. Andre Griffiths
Company C
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Keslie Honeycutt

SOLDIER OF THE CYCLE
Spc. Jonathan Mina

HIGH APFT SCORE
Pvt. Temoy Turnbull

HIGH BRM
Pvt. Jesus Garcia



Sgt. John Cervantes
Company D
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Ameana Hamid

SOLDIER OF THE CYCLE
Spc. Bruce Kukowski

HIGH APFT SCORE
Spc. Michael Zorilla

HIGH BRM
Pvt. Christian Garcia



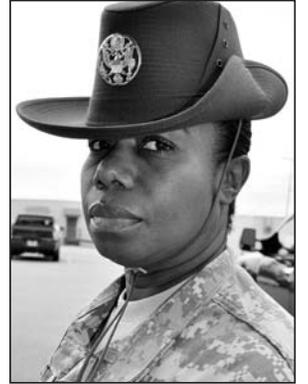
Staff Sgt. Daryl Brinkley
Company E
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Igor Bondar

SOLDIER OF THE CYCLE
Pfc. William Bright

HIGH APFT SCORE
Pvt. Miguel Ortiz

HIGH BRM
Pvt. Colten Helmandollar



Sgt. 1st Class Willette Gittens
Company F
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Melissa Najargarcia

SOLDIER OF THE CYCLE
Pvt. Patrick Johnson

HIGH APFT SCORE
Pvt. Damien Daugett

HIGH BRM
Pvt. Steven Thomas

SUPPORT AWARDS OF THE CYCLE

TRAINING SUPPORT
Sgt. Joey L. Boyles
Staff Sgt. Matthew Caldera

Spc. Terrell Tardy
Spc. Cecilia Franco

STAFF SUPPORT
Gerald Blackwell

SERVICE SUPPORT
Lightfoot O'Connie

FAMILY SUPPORT
Joanie Martone

DFAC SUPPORT
Lakeshia Daniel

Constitution Day

U.S. Navy chaplains, religious program specialists and civilian staff from the Naval Chaplaincy School and Center bow their heads during invocation prayer as part of the command's Constitution Day observance Sept. 16. Constitution Day recognizes the signing of the Constitution Sept. 17, 1787, which is considered the birthday of the U.S. government.

U.S. Navy photo by CHIEF PETTY OFFICER DAVID WINTER, U.S. Naval Chaplaincy School and Center



Calendar

Friday, Sept. 30

EFMP and CYSS talent/fashion show
6 p.m., Joe E. Mann Center
For more information, call 751-5256.

Tuesday, Oct. 4

Fort Jackson Food Expo
11 a.m. to 2 p.m., NCO Club

Saturday, Oct. 8

Do it in pink aerobathon — Part II
10 a.m. to 1 p.m., Solomon Center
For more information, call 751-5768.

Tuesday, Oct. 11

Domestic abuse community connectivity rally
8:30 a.m. to 1 p.m., Joe E. Mann Center

Announcements

DPW ONLINE SERVICE ORDERS

Beginning today, the Directorate of Public Works online service order system is only available to users who have completed the DoD Enterprise Email migration. Service orders can also be requested by calling 751-7684 or by calling the emergency service hotline at 562-3637.

AAFES CUSTOMER SURVEY

AAFES customers are invited to participate in the 2011 Customer Satisfaction Index through Oct. 1. Customers can provide feedback about local services at the Main Exchange. Participants will receive a \$5 Exchange coupon.

DHR TRAINING CLOSURES

Some Directorate of Human Resource offices will be closed for training on the third Tuesday of each month. Prior to closing each month, a list will be available indicating which activity will be closed that month for training.

FCC PROVIDERS NEEDED

The next Family Child Care orientation training is scheduled from 8 a.m. to 4 p.m., Oct. 31 through Nov. 4 at the Joe E. Mann Center. Military spouses who live on post and DSS registered off-post child care providers may apply to become certified. Applications are accepted through Oct. 21. For more information, call 751-6234.

DHR CLOSURE

The Directorate of Human Resources offices will close at 10:30 a.m., Oct. 21. Alternate locations for ID card emergencies are the Soldier Family Assistance Center, Shaw Air Force Base and the South Carolina National Guard Center.

BAND INSTRUCTOR VACANCY

C.C. Pinckney Elementary School is looking for a band instructor for fifth and sixth-grade beginning band. Applicants must be Fort Jackson teachers, substitutes or qualified to become a DoDEA substitute. To apply, contact Sherry Schneider at 787-6815.

ASAP EVENT

The Army Substance Abuse Program has scheduled the following event in observance of Suicide Prevention Month:

Monday, workshop at the NCO Club from 8:30 a.m. to 4 p.m. For more information and to register, call 751-5007.

KNIGHT POOL HOURS

Knight Pool is now open from 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday. Legion Pool and Palmetto Falls Water Park are closed for the season.

SYMPOSIUM ON INSURGENCY

The keynote event for the symposium "War by Another Means: Perspectives on Insurgencies" is scheduled for 7 p.m., Oct. 13 at the 81st Regional Support Command auditorium. The two-day symposium is scheduled for Oct. 14 and 15 at the South Carolina Archives. The keynote event is

free. Registration for the symposium costs \$20. For more information, call 777-2340 or visit www.warbyanothermeans.cas.sc.edu.

CIF TESTS APPOINTMENT SYSTEM

Appointments are now necessary for in- and out-processing services at the Central Issue Facility. The facility will test using appointments for 90 days before determining whether to adopt that system on a permanent basis. Soldiers are encouraged to schedule appointments in advance. To schedule an appointment, call 751-6524.

VETERANS DAY BALL

The 171st Infantry Brigade will host its fifth annual Veterans Day ball at 6 p.m., Nov. 4 at the Medallion Center. Tickets cost \$25. For more information, call 751-3311/7110/6253.

AFAP VOLUNTEERS NEEDED

Volunteers are needed for the Fort Jackson Army Family Action Plan conference scheduled for Nov. 3 and 4. Volunteers will assist with facilitating, recording, transcribing, etc. Free training, child care and meals will be provided. No experience is necessary. For more information, call 751-6315.

THRIFT SHOP NEWS

Thrift Shop consignment tickets will now feature two prices, the original price and a 25 percent discount price that goes into effect 30 days after the item is first put up for sale.

DISASTER PREPAREDNESS

Are you prepared in the event of a natural disaster? Take a few minutes to put together an emergency preparedness kit and be sure to include water, non-perishable foods, flashlights, battery-powered or hand-crank radio (NOAA Weather Radio if possible), extra batteries, a first-aid kit with medications & medical items, multi-purpose tool (i.e. Gerber), sanitation and personal hygiene items, copies of personal

documents, cell phone with charger, family and emergency contact information, extra cash and anything else you might deem necessary.

For more information on disaster and emergency preparedness, visit www.red-cross.org or call 1-866-GET-INFO.

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

Community announcements may be edited to comply with Leader style and Public Affairs regulations.

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.

YOGA WARRIORS WORKSHOP

A yoga warriors workshop is scheduled for 1 to 3 p.m., Oct. 1 at City Yoga. The workshop is open to service members and their spouses. For more information, call 799-5400.

SUBMISSION GUIDELINES

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

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

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

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

The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com

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



Watch Fort Jackson video news stories
and Victory Updates



Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 6 Leader must be submitted by today.

Announcements submissions are due one week before publication.

For example, an announcement for the Oct. 6 Leader must be submitted by Sept. 29.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



Perez Fitness Center reopens with upgrades

By **MICHAEL ELKINS**

Physical Activities and Recreation

Perez Fitness Center will reopen its doors Monday at 5:30 a.m. with \$2.4 million in upgrades.

Perez Fitness Center, which closed in January for renovations, is now covered by a new, durable roof structure, replacing the old, leaky one that had taken a beating from several decades of South Carolina weather. The facility will have a new central heating and cooling system that includes new duct work throughout the center.

The locker rooms were also completely renovated with new tile, showers, dividers, lights, sinks, toilets, stalls, ceilings, lockers and benches. Both locker rooms also are now in full compliance with the American Disability Act, which will accommodate the active group of disabled veterans who use the facility on a regular basis.

The front lobby has been renovated with new lights, suspended ceiling, check-out counter and ceramic tile floors. Most of the interior of the building has been repainted. The old bleachers were removed and a new dividing wall was built, which has added more square footage to the free weight area. Family and Morale, Welfare and Recreation has also added 10 new strength machines to the inventory.

The main floor now has new energy efficient lights, mirrors and the free weight area has a new rubber impact floor.

Now that the wait is over, community members can look forward to our operating hours at Perez to be: Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 10 a.m. to 6 p.m.



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

Tommie Lloyd, a painter with Fort Jackson's Family and Morale, Welfare and Recreation, puts on a fresh coat of paint in the hallway of Perez Fitness Center. Perez will reopen Monday with \$2.4 million in upgrades.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Oct. 6 Leader must be submitted by today.

Announcement submissions are due one week before publica-

tion. For example, an announcement for the Oct. 6 Leader must be submitted by Sept. 29.

Send all submissions to FJLeader@conus.army.mil or call 751-7045.



FMWR calendar

THURSDAY

- Visit **Century Lanes** for food, fun and bowling.
- Victory Bingo**, 2 to 11 p.m.
- Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- Victory Bingo**, starts at 2 p.m.
- Friday Dollar Daze at **Century Lanes**, 6 p.m. Call 751-6138 for more information.
- Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- 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. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- 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.

SUNDAY

- Enjoy a traditional Sunday brunch buffet at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- Victory Bingo**, starts at 10 a.m.
- Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- Victory Readers Club, 6 to 8 p.m., **Post Library**.
- 4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old.

Attention disorder symptoms explained

By **E. WAYNE COMBS, PH.D.**
U.S. Army Public Health Command

Most healthy children occasionally have trouble sitting still, paying attention or controlling impulses. Maybe you have noticed these behaviors in your own children. That's normal. But for some children, the problem is so bad that it interferes with their daily lives at home, at school and in social settings.

Attention-deficit/hyperactivity disorder, or ADHD, is characterized by not being able to pay attention, hyperactivity (highly or excessively active) and impulsive behavior (acting without thinking first).

There are three identified types of ADHD. Here are the symptoms for each type.

A child who has the predominantly inattentive type of ADHD exhibits the following symptoms:

- Fails to give close attention to details or makes careless mistakes.
- Has difficulty sustaining attention.
- Does not appear to listen.
- Struggles to follow through on instructions.
- Has difficulty with organization.
- Avoids or dislikes tasks requiring sustained mental effort.
- Loses things.

Is easily distracted.
 Is forgetful in daily activities.
A child who has the predominantly hyperactive-impulsive type of ADHD exhibits the following symptoms:

- Fidgets with hands or feet or squirms in chair.
- Has difficulty remaining seated.
- Runs about or climbs excessively.
- Has difficulty engaging in activities quietly.
- Acts as if driven by a motor.
- Talks excessively.
- Blurts out answers before questions have been completed.
- Has difficulty waiting or taking turns.
- Interrupts or intrudes upon others.

Finally, children who have the combined type of ADHD meet both sets of inattention and hyperactive/impulsive criteria.

There is no simple test (like a blood test or a short written test) to determine whether someone has ADHD. Diagnosis can be difficult and should be made only by an ex-



pert (school psychologist, clinical psychologist, clinical social worker, nurse practitioner, neurologist, psychiatrist or pediatrician) after an extensive evaluation. This evaluation should include ruling out other possible causes for the symptoms, a physical examination, and a series of interviews with the individual and other key people in the individual's life (parents, spouse, teachers and others).

A diagnosis of ADHD can be very scary. However, with early diagnosis and the right treatment, including medication and appropriate counseling and behavior therapy, most children with ADHD grow up to be normal, successful adults. The best results usually occur when a team approach is used, with teachers, parents, therapists, doctors and nurses working together.

If you're concerned that your child is displaying signs of ADHD, talk to your pediatrician or primary care manager. Your doctor may refer you to a specialist, but it's important to have a medical evaluation first to check for other causes of your child's difficulties.

For more information on ADHD: Attention-Deficit/Hyperactivity Disorder, <http://www.adhd.com/index.html>; Centers for Disease Control and Prevention, <http://cdc.gov/ncbddd/adhd/>.

TRICARE to reduce copays for pharmacy home delivery

TRICARE Management Agency

Copayments for some medications provided through TRICARE Pharmacy Home Delivery are being reduced to zero. As of Oct. 1, Home delivery beneficiaries may fill generic prescriptions at no cost to themselves.

Generic formulary drugs purchased through Home Delivery currently cost \$3 for a 90-day supply.

"These new copays make using TRICARE Pharmacy Home Delivery more affordable than ever," said Rear Adm. Christine Hunter, TRICARE Management Activity deputy director. "Home delivery offers a great value for patients taking maintenance medications for chronic conditions."

The following changes to the TRICARE pharmacy copayments are scheduled to go into effect Oct. 1:

- Generic formulary drugs purchased at retail pharmacies will go from \$3 to \$5.
- Brand name formulary drugs from retail pharmacies will go from \$9 to \$12.
- Non-formulary medications will go from \$22 to \$25

in both retail and Home Delivery.

Brand name formulary drugs purchased through Home Delivery will have the same \$9 copayment. Copayments for prescriptions filled through Home Delivery cover a 90-day supply, but only a 30-day supply when purchased at a retail pharmacy.

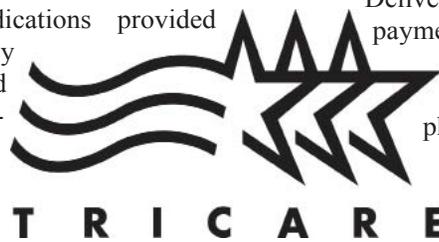
"This is the first change to TRICARE pharmacy copays since 2002," Hunter said. "Our goal is to keep costs as low as possible for our beneficiaries and DoD."

Military, their families and retirees are increasingly using Home Delivery to get their maintenance medications conveniently delivered through U.S. mail — saving TRICARE about \$30 million in 2010. Use of home delivery has grown in 2011 by nearly 10 percent over 2010. More than 1 million prescriptions per month are filled through the service.

For more information about TRICARE pharmacy, the new copayment rates and home delivery, visit www.tricare.mil/pharmacy.

Sign up for TRICARE e-mail updates at www.tricare.mil/subscriptions.

Connect with TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.



TRICARE®

Like the Leader on Facebook.
Log on to your account
and search for "Fort Jackson Leader."
Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

MACH UPDATES

FLU SHOT SCHEDULE

Seasonal flu shots will be available to eligible beneficiaries 4 and older beginning Thursday. Vaccinations will be given 8 a.m. to 4 p.m., in Room 6-67 at Moncrief Army Community Hospital. September dates are: Sept. 22, 23, 26, 27, 28, 29, 30.

WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday in Room 7-90 of Moncrief Army Community Hospital. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.

MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area. Visit the Fort Jackson TRICARE Service Center on the 10th floor of the Moncrief Army Community Hospital and complete the TRICARE Prime Enrollment and PCM change form.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active duty service. For more information, call 751-5406.

TEXT REMINDERS

Moncrief Army Community Hospital now offers appointment reminders by text message. To sign up, complete an opt-in form, which is available in the clinics and at the information desk. Reminders will arrive two to three hours before an appointment.

Strength in numbers

By **CHAPLAIN (MAJ.) ROY BUTLER**
Task Force Marshall

One, two, three, nine...one, two, three, halt!

Most Soldiers are familiar with the cadence of Army Physical Training, otherwise know as PT. If you are like me, and perhaps this is a confession of sorts, personal PT can quickly become mundane, less of a challenge to the body and more of a challenge to the will. But when shared together, in the midst of community, PT retains the interest and the challenge I believe we all enjoy.

Recently at Task Force Marshall, as the headquarters detachment was enduring the rigors of PT early one morning, early as in before light, we watched between exercises as the sun peeked over the horizon and the trees. It began with a gentle lighting of the sky in the east and turned to a brilliant orange, the most perfect orange I believe I have ever seen in my 49 years.

As a chaplain, a religious leader, a large part of my task is to interpret what are often everyday events in a theological perspective—leading to the following result: how life is so very similar to the act of sharing physical challenges, and at times even physical pain. How God, in the midst of our challenge and pain, does indeed share with us some sign, some symbol of blessing and hope.

PT works the body and mind as we push ourselves to the edge of muscle failure — training that as a shared experience surpasses endurance and moves strangely into the realm of enjoyable. Real faith is challenged as well — a faith that calls us to engage our faith communities, to lift one another and to share in each other's joys and sorrows.

Without community, without each other, life can become lonely and God's blessings can become overlooked. Without our faith community, we often fail to meet the challenges before us and life becomes mundane. Without community, our faith stagnates and we learn to live with a greatly diminished hope.

But God through community calls us, speaks of the greatness of his love for us and empowers us to recognize and appreciate the signs and symbols of his goodness; signs and symbols like the great sunrise I witnessed not too many days ago.

Though we are a broken people often blinded by our own failures and shortcomings, I believe we can all agree that if there is one single absolute in this world in which we live, it is the absolute goodness of our God who had blessed us beyond what we deserve. We are pilgrims sharing the joys and sorrows along the journey as we seek the will and the very face of God.

To God alone be the glory!!

Special guests



Special to the Leader

Members of the Korea Children's Choir will perform at 9:30 a.m., Sunday during the Main Post Chapel's Protestant Service. The Children's Choir is actually nine choirs with 40-50 members, ranging from 7 to 13 years old. The choir members go through a rigorous audition process and once chosen, receive training from a voice teacher, choreographer and conductor. Sunday's performance is open to the public.



PROTESTANT

- Sunday
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 10 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel
 - 10:45 a.m. 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
- Tuesday
 - 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 6 p.m. Gospel prayer service, Daniel Circle Chapel
 - 7 p.m. Gospel Bible study, Daniel Circle

Chapel

- 7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
 - 5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
 - 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 - 11 a.m. Mass (Main Post Chapel)
 - 12:30 a.m. Catholic youth ministry, Main Post Chapel
 - 7 p.m. Women's scripture study, Main Post Chapel

■ Wednesday

- 7 p.m. Rosary, Main Post Chapel
- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
 - 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

- Sunday

9:30 to 11 a.m. Anderson Street Chapel

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

ADDRESSES, PHONE NUMBERS

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

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.

Maj. Raymond Simons

*Director,
Emergency Services/Provost Marshal*

Sgt. Maj. Bruce Sirios

Provost Sergeant Major

Bill Forrester

Fire Chief



CASES OF THE WEEK

❑ A civilian was turned over to the Newberry Sheriff's Office after getting into a fight with another civilian at Army Lodging, Military Police said. The civilian who was taken into custody had an active warrant for her arrest in Newberry County, MPs said. No injuries were reported.

❑ A civilian was cited for failing to judge proper clearance after she struck a traffic control gate while driving a 14-passenger bus onto post, MPs said. The vehicle sustained damage to the passenger door. No injuries were reported.

❑ A civilian was charged with using a cell phone while operating a motor vehicle, MPs said. Use of electronic devices while driving on post is prohibited.

Family Life & Resiliency Center

"Help for your journey"

Family Life & Resiliency Center staff members provide counseling for individuals, couples, families and groups.

Counseling is open to Soldiers, family members, children, civilians and retirees and is 100% confidential.

To schedule an appointment, call 751-4961/4966.

Business hours are 9 a.m. to 5 p.m., Monday through Friday.

The center is located at 5460 Jackson Blvd., (behind the Strom Thurmond Building).



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

Transportation Security Administration

Faces of TERRORISM

Who can be a terrorist?

criminal
doctor
soldier
religious figure
mother
neighbor
student

THE SEVEN SIGNS OF TERRORISM 7

1. Surveillance:

Someone recording or monitoring activities. This may include the use of cameras (either still or video), note taking, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.

2. Elicitation:

People or organizations attempting to gain information about military operations, capabilities, or people. Elicitation attempts may be made by mail, fax, telephone, or in person.

3. Tests of security:

Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

4. Acquiring supplies:

Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring military uniforms, decals, flight manuals, passes or badges (or the equipment to manufacture such items) or any other controlled items.

5. Suspicious persons out of place:

People who don't seem to belong in the workplace, neighborhood, business establishment, or anywhere else. Includes suspicious border crossings and stowaways aboard ship or people jumping ship in port.

6. Dry run/Trial Run:

Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kidnapping, but it can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

7. Deploying assets:

People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs.

Running shoes go back to basics

By SHANNON CARABAJAL
Army Medicine

FORT SAM HOUSTON, Texas — Though the Army allows the wear of most types of minimalist running shoes with the improved physical fitness uniform and when conducting physical training in military formation, officials are urging Soldiers to transition slowly when switching from regular running shoes to those that offer less support.

Only shoes that accommodate all five toes in one compartment are authorized for wear. According to Lt. Col. Timothy Pendergrass, allied health staff officer, Office of the Surgeon General, minimalist running shoes, or MRS, offer minimal support and cushioning.

“There are no true specifications for MRS but most are extremely lightweight, low to the ground, and flexible. They have little to no cushioning in the heels and have a low slope from the heel to the toe — called the heel-toe drop — that makes them look more like the old racing flats than traditional running shoes,” Pendergrass said.

The design encourages runners to land toward the front of the foot and move naturally through a stride cycle. Sometimes described as forefoot strike, the runner lands near the ball of the foot first, lowers the heel and rolls forward to push off over the toes. This type of stride generates minimal initial impact without sending a shock wave through the runner’s body.

For runners used to traditional running shoes in which they land on the heel then roll forward to push off with the toes, transitioning to MRS too quickly can lead to injury.

“Most runners have been using heel strike in traditional running shoes all their lives. When changing to MRS, runners will engage the muscles in their feet, leg and core differently,” he said. “They’ll need to strengthen muscles that may have played a more secondary role with traditional running shoes. They’ll need to stretch muscles and tissues that have been supported in a more rigid shoe structure; and they’ll need to become accustomed to the changes in sensory feedback that they’ll experience with MRS.”

He added, “They’ll need to let the tissues, including the bones, adapt to the changes from the new shoes and different running posture. This takes time.”

Pendergrass recommends a slow break-in period focused on strengthening the foot and leg muscles. For the first two to three weeks, he suggests running no more than



U.S. Army photo

Safely transitioning from regular running shoes to minimalist running shoes requires time and patience. Experts recommend a slow break-in period focused on strengthening the foot and leg muscles. For some, the transition can take up to six months.

10 percent of your normal running distance. After the initial period, runners should gradually increase their MRS distance by no more than 10 to 20 percent each week, taking at least eight weeks to fully transition to the new shoe. For some, the transition can take up to six months.

For the first four weeks, runners should avoid running two days in a row in MRS. Light jogging is OK for no more than two days in a row.

Running on different surfaces is also encouraged. A firmer surface, such as pavement, helps the foot make the transition from a cushioned environment.

Pendergrass recommends stretching the foot, calf, leg

and hamstring muscles regularly during the transition as these muscles will be used more when using MRS. He encourages a functional warm-up that dynamically stretches all muscles prior to any run. After the run, runners should target specific muscles.

Above all, runners shouldn’t push themselves to transition more quickly and should immediately stop running if they experience pain.

“The most important aspect to a smooth transition is to listen to your body. It will tell you when you need to slow down, and to stick with the structured transition. Don’t get anxious and try to speed things along,” Pendergrass said.

Flag football standings

Monday/Wednesday		Tuesday/Thursday	
120th	3-0	1-61st	2-0
Roughnecks	2-2	TSB	2-0
2-60th	1-0	187th	2-1
3-34th	1-1	193rd	1-0
MEDDAC	1-1	4-10th	1-1
2-39th	1-2	3-13th	0-3
TFM	1-2	171st	0-3
3-60th	0-2		

Standings as of Monday



twitter

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Sports shorts

GOLF RESCHEDULED

This week's intramural golf games that were canceled because of the weather will be played Tuesday on the Old Hickory golf course.

HALLOWEEN HOWL SET

A Halloween Howl 5K and 10K fun run/walk is scheduled for 8 a.m., Oct. 29. Registration is open now through Oct. 27. Registration also will be available 7-7:45 a.m. the day of the event.

SWIM CLASSES ONGOING

SKIESUnlimited is offering parent & child and preschool swimming lessons at Knight Pool. Classes are held Mondays/Wednesdays or Tuesdays/Thursdays per two-week

session. Friday will be added as a make-up day if a federal holiday falls on a Monday (when applicable). Enrollment is ongoing.

Preschool classes (ages 3-5) cost \$40 and run 11 to 11:30 a.m. or 11:45 a.m. to 12:15 p.m. Parent & Tot classes (ages 6 months to 3) cost \$35 and run 12:30 to 1 p.m. Swim diapers are required. Call Parent Central Services at 751-4824/4865 for more information or to register.

Special pricing is available to families whose active duty Army or DA civilian sponsors are deployed. Call 751-6777 for more information.

Class dates are as follows:
Monday/Wednesday
Session 4: Sept. 26, 28

Tuesday/Thursday

Session 8: Sept. 27, 29

SKIES KARATE BEGINS

SKIESUnlimited is offering karate classes for three age groups.

Lil Kickers (ages 3-5) meet 5:15 to 6 p.m., Fridays. Cost is \$35 per month.

Beginner karate (ages 6-18) meets 6:15 to 7:15 p.m., Fridays and 3 to 4 p.m., Saturdays. Cost is \$50 per month.

Intermediate karate (ages 6-18) meets 4:15 to 6:15 p.m., Saturdays. Cost is \$50. All classes are held at the SKIES building, 6100 Chesnut Road. For more information, including attire requirements, call 751-4865/4824. Enrollment is ongoing.