TUESDAY
Job Searching Strategies for Military Spouses
8:30 a.m.-noon, ACS Center, 9810 Lee Road. Workshops open to all Service members, retirees, Family members, survivors, and DOD civilians. Call 751-9460/5256/5452 for more information.

Citizenship and Immigration Class
6-7:30 p.m., 763 Fashion Drive, Columbia, SC, 29229. ACS is offering free immigration classes for Family members who are anticipating, or in the process of, applying for permanent residency or citizenship. For more information, call 751-1124/5256, or email miranda.o.broadus cv@mail.mil.

Investment Basics Seminar
11:30 am – 1:00 pm, Bldg. 9810 Lee Rd, Rm. 119. Army Community Service will host a “Lunch & Learn” Investment Basics Seminar. This seminar will focus on investment basics such as investment vehicles and pyramids. Additional topics include Dividend Reinvestment Plans, no load and load funds and fees. Feel free to bring your lunch with you, lunch is not provided. Please call 751-5256 for additional information.

WEDNESDAY
Science Experiment Day
4 p.m., Thomas Lee Hall Library. Learn how to make a balloon rocket and a lava lamp, or test how strong spaghetti can be. All ages are encouraged to participate.

Professional Networking on LinkedIn
9-11 a.m., ACS Center, 9810 Lee Road. Workshops open to all Service members, retirees, Family members, survivors, and DOD civilians. Call 751-9460/5256/5452 for more information.

JULY 18
Federal Employment for Military Spouses
9 a.m.-noon, ACS Center, 9810 Lee Road. Workshops open to all Service members, retirees, Family members, survivors, and DOD civilians. Call 751-9460/5256/5452 for more information.

Free Movie Screening for Exceptional Family Members
9:30 a.m., at the movie theater at Village of Sandhills. Those wanting to attend must RSVP and be enrolled in the Exceptional Family Member Program. For more information, call 751-5256.

JULY 21
Installation Awards Ceremony
3:15 p.m., NCO Club.

JULY 25
Job Searching Strategies for Military Spouses
8:30 a.m.-noon, ACS Center, 9810 Lee Road. Workshops open to all Service members, retirees, Family members, survivors, and DOD civilians. Call 751-9460/5256/5452 for more information.

JULY 26
Is Business Ownership Right For You?
9 a.m.-3 p.m., Education Center, Room B205. Workshops open to all Service members, retirees, Family members, survivors, and DOD civilians. Call 751-9460/5256/5452 for more information.

FALL SPORTS REGISTRATION
Registration for fall sports opens May 22 and closes Aug. 11 for most activities.
- Soccer: Ages 2-4, $25. Ages 5-14, $45.
- Flag Football: Ages 3-4. $25. Ages 5-8, $45.
- Cheerleading: Ages 3-4. $25. Ages 5-12, $45.
- Cross Country: Ages 7-14, $45.
- Tackle Football: Ages 5-12, $65
(Note: registration for tackle football is open May 22-July 28)

SPORTS NOTES
- Tuesday, Intramural and Recreational Golf letters of intent due. Rosters can have up to eight people. League to begin July 18. Call the Sports Office for more information at 751-5896/5817/3096. Must have a DOD ID to play.
- Fort Jackson’s Army 10-Miler Qualifiers
  July 15, July 22, 5-30 a.m., at the corner of Kershaw and Dixie. Sign up now at the Sports Office or call 751-5896/5817/3096. Open to all service members.
- July 19, Intramural and Sand Volleyball letters of intent are due. This is a 3-3 league. Rosters can have up to six people. Must have a DOD ID to play.
Tradition & symbolism

Elder takes reins of U.S. Army Garrison

BY ROBERT TIMMONS
Fort Jackson Leader

Not everyone has what it takes to be a garrison commander, said Vincent Grewatz, the director of Installation Management Command-Training before the reins of Fort Jackson’s garrison was given to a new commander June 30.

It takes “… patience to be able to deal with things you don’t know in real time and delivering services with no margin for error,” Grewatz added.

Col. Stephen Elder became the installation’s Garrison Commander during a change of command ceremony with Col. James Ellerson, Jr. at the post’s Officer’s Club.

The ceremony is “the legal transfer of responsibility and authority between to great commanders,” said Maj. Gen. Pete Johnson, Fort Jackson and Army Training Center commander during the ceremony. “It’s a great tradition and great symbolism.”

The ceremony was so important there were two senior Army officials speaking at the event, Johnson added. Those two officials were Johnson and Grewatz.

Garrison commanders “not only have to lead within an Army-wide enterprise of installations, but you have to support all the separate missions that arrive for your post and enforce the intent of a senior commander like myself,” Johnson said.

Grewatz said ceremonies like these are “more about continuity than change.”

Fort Jackson and IMCOM didn’t need to go far to find “another great” commander. Elder brings to Fort Jackson “an excellent track record” of passion for people and the mission, Grewatz said.

Elder, a native of Dexter, Missouri, came to Fort Jackson from the U.S. War College in Carlisle, Pennsylvania. He has served in numerous tactical command positions including the Combined Joint Task Force Operation Iraqi Resolve’s counter IED chief; deputy commander of the 52nd Explosive Ordnance Disposal Group; and the 192nd EOD Battalion commander.

He has deployed numerous times including to Operation Desert Fox in 1996, Desert Thunder Kuwait in 1997, three tours in Afghanistan, and OIR.

See ELDER: Page 16

Above, Col. Stephen Elder hands Command Sgt. Maj. Mark Drawbond, Fort Jackson’s garrison senior enlisted leader, the unit colors during a change of command ceremony June 30 at the post Officer’s Club. Left, Elder watches the 165th Infantry Brigade’s change of command.
‘I kinda feel like a proud dad’

National Guard program improves information flow during domestic response operations

By SGT. 1ST CLASS JON SOUCY
Army News Service

The National Guard Bureau’s Joint Intelligence Directorate was recently recognized for its role in developing a program giving Guard members and local authorities’ greater situational awareness while responding to emergencies, natural disasters and large scale events.

The directorate was awarded the U.S. Geospatial Intelligence Foundation’s Government Achievement Award in recognition of the Domestic Operations Awareness and Assessment Response Tool, or DAART, developed in partnership with the Army’s Space and Missile Defense Command.

“I kinda feel like a proud dad,” said Thomas Merrill, head of the NG’s Joint Intelligence Plans and Policy Branch. “(The award) says to me that I’ve got a really great team who was working on it.”

The DAART is a web-based program that pulls together geospatial intelligence assets from a variety of sources, including terrain and mapping information from the U.S. Geological Survey and video feeds from overhead aircraft and satellite imagery.

“You’re bringing all sorts of information in and it displays it geospatially,” said Merrill. “Any operation that you’re doing, you can see right now in either real-time or near real-time what’s going on.”

That gives Guard members the ability to respond faster in emergency situations, said Merrill. The program allows commanders to assess rapidly changing conditions, such as road closures in a large-scale flooding incident.

“Those who are responding, they’ll know which routes are still open and which ones to avoid,” Merrill said, adding that most people are saved within the first 72 hours after an emergency or catastrophic event occurs.

“The faster that we can get in there to get to people who are caught in voids or who are definitely in distress – the elderly or those who are isolated – the more people who can be saved,” he said.

The DAART can be accessed not only by the Guard, but also by state and local authorities and other responding agencies.

“It really highlights the Guard’s ability to harness technology at the most local level,” said Merrill. “It puts the Guard member at street level, if need be, along with the sheriff’s deputy or the local police (officers) and they’re all looking at the same thing.”

Soldiers with the California Army National Guard’s 578th Brigade Engineer Battalion and 40th Brigade head out while responding to wildfires in July 2016. Last year’s California wildfire response saw one of the first uses of the Domestic Operations Awareness and Assessment Tool, or DAART, a web-based program that pulls together geospatial information from a variety of sources.

The program, which debuted last year, stems from an earlier web-based system, but has added capabilities providing users with close to real-time imagery as well as interactive features that speed up communications between responding agencies.

“Gate 1

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Open 5 a.m. to 6 p.m. Monday through Friday for inbound and outbound traffic.

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Open 5 to 10 a.m. Monday through Friday for inbound and outbound traffic.

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Reopened 4 to 6 p.m. for outbound traffic only.

Open 5 a.m. to 6 p.m. Saturday and Sunday.

Fort Jackson

Gate Operation Hours

Fort Jackson

Movie Schedule

3319 Jackson Blvd. Phone: 751-7488

FRIDAY

• The Mummy (PG-13) 7 p.m.

SATURDAY

• Megan Leavey (PG-13) 1 p.m.
• The Mummy (PG-13) 5 p.m.

SUNDAY

• Megan Leavey (PG-13) 1 p.m.
• The Mummy (PG-13) 5 p.m.

WEDNESDAY

• My Cousin Rachel (PG-13) 1 p.m.
• The Mummy (PG-13) 5 p.m.

TICKETS

Adult: $6 / Child (6 to 11): $4

3-D TICKETS

Adult: $8 / Child (6 to 11): $6

• Ticket sales open 30 minutes before each movie.
• Movie times and schedule are subject to change without notice.

WWW.SHOPMYEXCHANGE.COM

Fort Jackson

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See FLOW: Page 16
FIRST FRIDAY GOLF TOURNAMENT
July 7, 12:30 p.m. Shotgun Start

The Captain’s Choice events will begin with a shotgun start at 12:30 p.m. You may enter your own team, but the team must have a total team handicap of at least 40, with no single handicap counting for more than 20 of the team’s total. Individuals are also encouraged to sign up. The PGA golf professionals will make teams of the individuals that enter.

Call the Pro Shop or stop by the clubhouse to sign up. Come and enjoy the fun! For more info please call (803) 787-4437.

Fort Jackson’s 2nd Annual
“Winning is Hard Work”
Youth Football Camp

Featuring Tampa Bay Buccaneers Wide Receiver Freddie Martino
July 15, 9 a.m. - 2 p.m., at Hilton Field Sports Complex.

This FREE camp is open to Active Duty Military, DoD, retiree, and contractor dependents ages 6 years old through 13 years old. To register for this camp contact Darius Lane at (803) 751-7451.

BLACK LIGHT BOWLING
Century Lanes Bowling Center
4464 Gregg St. (803) 751-4656

Saturday, July 8, 8:30-11 p.m.
$10 per person. Nachos $1.50
Nacho Special good only for Black Light Bowling

Child, Youth Services takes to the Streets with
Mobile Rec 2017
Now - 18 August 2017
Mondays, Wednesdays, and Fridays
9:00 - 11:00 a.m.
SKIES Unlimited Family Center
Bldg 6100 Chesnut Rd

FUn! GAmes! ArTS & cRaFTS
Free to Fort Jackson Community

*Children 6 and under must be accompanied by a parent or care provider. Call (803) 751-4869 or (803) 751-5384 for more information.
This, we’ll read

Dining facility uses words to uplift
Soldiers at Drill Sergeant Academy

By DEMETRIA MOSLEY
Fort Jackson Leader

As a Soldier washes her hand in the restroom at a dining facility at Fort Jackson, a message hangs over her head:

“When life gives you more than you can stand, kneel.”

To help lift the morale of Soldiers attending school at the U.S. Army Drill Sergeant Academy, Rosa Robinson, the dining facility manager, decided to get a bit wordy.

The idea came to her while casually overhearing conversations that were taking place in the restroom by Soldiers.

“The Soldiers would be crying because they missed their Families, or (were) upset about marks on a test,” she said. “I would be in the stall wanting to reach out to them and tell them it was going to be okay but decided not to because I didn’t want to invade their privacy.”

All around the restrooms and in some areas inside of the dining facility are phrases such as “Turn your can’t into cans and your dreams into plans.” “There is always something to be thankful for” and “Always believe something is about to happen.”

Robinson said that she hoped the words of encouragement would help anyone feel better about their situations. It was her way of reaching out while also giving them their privacy.

The U.S. Army Drill Sergeant Academy is located on Fort Jackson. Every drill sergeant candidate in the Army attends school here.

Robinson, who’s a military wife and has been a dining facility contractor for more than 20 years, said she like to treat everyone “as if they were my child.”

“I had a son in the military and now a grandbaby so I know how hard it is,” she said. “I make it my goal to make at least one person happy a day. If I can make one person happy, then it’s a good day.”

Denise Mashack, who has been a dining facility contractor for 11 years, said Robinson is the best manager she has ever had.

“She’s really cares,” she says. “It’s awesome how compassionate she is. She is a really good person.”

Head cook Ruth Brown said Robinson really loves helping people.

“She’s always looking out for someone,” said Brown. “We’re a small group and we really work as if we are a family.”
Col. Patrick C. Aspland speaks June 30 at the Fort Jackson Officer’s Club during a change of command ceremony. Aspland took command of the 165th Infantry Brigade from Col. Thomas Sheehan during the ceremony.

Aspland set to ‘Strike Strong’ as brigade commander

By ROBERT TIMMONS
Fort Jackson Leader

Col. Patrick Aspland took command of the 165th Infantry Brigade from Col. Thomas Sheehan during a ceremony at the Fort Jackson Officer’s Club June 30.

“As you enter these corridors (of the 165th), it is said, pass the greatest Soldiers,” said Maj. Gen. Pete Johnson, Fort Jackson’s commander. It is an “absolute truth” that doesn’t “come easy.”

The 165th’s storied history began after being formed Aug. 5, 1917 as part of the 83rd Division. It was demobilized in 1919, but would be reconstituted in 1921. The brigade served in both World Wars and after many decommissions and redesignations the brigade was designated as Headquarters and Headquarters Company, 165th Infantry Brigade and transferred to Training and Doctrine Command at Fort Jackson Jan. 26, 2007.

Johnson praised the troops of the 165th standing in formation represented the brigade’s “sacred mission to execute and perform each and every day.”

Drill sergeants and other 165th cadre, who Johnson called the “lifeblood that build the readiness of every unit in the Army,” are across post everyday “transforming America’s sons and daughters into the world’s greatest Soldiers.”

Johnson is no stranger to Aspland. He watched him grow at the Pentagon and as a squadron commander in the 25th Infantry Division.

“Pat you are well prepared,” Johnson said welcoming Aspland and his Family to Fort Jackson. “You are the luckiest colonel in the United States Army with the privilege of a second command.”

“I have no doubt you are going to knock it out of the park.”

Aspland came to Fort Jackson after graduating from the U.S. Naval War College. He served as the military assistant to the commander of Resolute Support mission and U.S. Forces-Afghanistan, commanded the 2nd Squadron, 14th Cavalry Regiment, and served as the deputy commander of the 2nd Stryker Brigade Combat Team.

Aspland entered service after graduating from the U.S. Military Academy at West Point. He holds a Master’s Degree from Louisiana State University, and a Master’s from the U.S. Naval War College.

After taking command, Aspland briefly thanked the Soldiers and officers he served with and under because you can’t be “successful on your own – it takes a team.”

He said it was an “honor being selected to command a brigade. I am humbled to be standing before you today.”

The ceremony also bid farewell to Sheehan “who no doubt relished every single day of command for the past two years,” Johnson said.

Sheehan thanked Johnson and Fort Jackson for the time he was serving on post in his short remarks. He spoke briefly because during ceremonies some “wax eloquently and talk too long.”

Sheehan is heading to Colorado Springs, Colorado and the U.S. Northern Command.
Hurricane season is here - are you ready?

Fort Jackson Emergency Management

The Hurricane Season began June 1 and won’t come to an end until Nov. 30. During this time South Carolina, because of its geographical location, is vulnerable to hurricanes, tropical storms and other related weather disturbances.

The Fort Jackson Protection Division encourages the community to prepare to face those natural disasters. We also have to prepare for events that may/g87/g68/g78/g72/g3 /g83/g79/g68/g70/g72/g3 /g86/g88/g70/g75/g3 /g68/g86/g3 /g69/g79/g68/g70/g78/g82/g88/g87/g86/g18/g83/g82/g90/g72/g85/g3 /g79/g82/g86/g86/g3 /g68/g81/g71/g3 /g72/g89/g72/g81/g3 /g71/g76/g86/g83/g79/g68/g70/g72/g80/g72/g81/g3/g77/g88/g86/g87/g3

a coastal problem; their impacts can be felt hundreds of miles inland. It’s easy to forget what a hurricane is capable of doing. Hurricanes are among nature’s most powerful and destructive phenomena. On average, 12 tropical storms, six of which become hurricanes form over the Atlantic Ocean, Caribbean Sea, or Gulf of Mexico during the hurricane season.

The U.S. has not been directly affected by a major hurricane (Category 3 or higher) in more than a decade. However, hurricanes such as Ike, Sandy and Isaac reminded us that significant impacts can occur without it being a major hurricane. Many people are suffering from “hurricane amnesia” in the forms of complacency, denial and inexperience. This remarkable hurricane streak is going to end, and we have to be ready for it to happen this season.

To properly prepare for hurricane season items like food, water, medications, clothes, tools, fuel ad other resources have to be gathered and stored so they can be reached when needed.

An assessment of capabilities should be conduct-
ed before emergencies present themselves. These questions are critical, answering them honestly will give you a clear understanding of how prepared you are and what areas need to be improved. Remember, readiness = survival.

1. How will you know if a storm or hurricane is approaching Fort Jackson? How will your Family be notified?

2. Are your personal, vehicle and home kits equipped and accessible? Do you know how to use your equipment? How about your Family?

3. Are all your important documents stored in a safe location? Can your Family reach them if needed?

4. Is your vehicle well maintained in case you have to evacuate?

5. If you have to evacuate, where will you go?

6. Do you have emergency funds put aside? Can your Family access them?

7. Have your medications and those of your loved ones replenished?

8. What will you do with your pets?
How to build your emergency survival supply kit

The Fort Jackson Protection Division advises the community to create a kit with emergency survival supplies that may be needed during and after disasters such as hurricanes. This kit may be vital to an individual’s or family’s well-being during a natural or man-made disaster. Here are some of the items that your kit should include:

- Cash or travelers checks. You won’t be able to use ATMs and Pay-At-The-Pump services if the power is out.
- A four week supply of prescription medications
- A first aid kit
- Rain gear
- Trash bags
- Matches (in a waterproof container)
- Pet food (if you have pets)
- Insect repellent
- Charcoal
- Ice and cooler
- Plastic tarps
- Unscented, regular strength bleach or other water purification aids
- Books and games
- Sunscreen
- A camera and spare batteries. You will want to take pictures of your house, inside and outside, for insurance purposes. Store in a waterproof container.
- Toilet paper
- Paper towels
- Moist towelettes
- Duct tape
- Sewing kit
- Hat and work gloves
- Sunglasses
- Important documents stored in a waterproof container. These documents should include identification records, passports, wills, insurance policies, deeds, contracts, stocks and bonds, social security cards and birth certificates.
- Bedding or sleeping bags
- Extra clothing
- Paper and pen
- Basic tool kit
- Personal hygiene and toiletry items. Don’t forget soap, toothbrushes and toothpaste.
- Cleaning supplies including disinfectant, towels, buckets, mops, etc.

Special Needs Items

As you put your kit together, be sure to take in the “special needs” of family members. These individuals include infants, the elderly and persons with disabilities or serious illnesses.

For Babies:
- Formula (Preferably pre-prepared)
- Diapers
- Bottles
- Powdered milk
- Baby food
- Medications
- Moist towelettes
- Baby wipes
- Diaper rash ointments

For Adults:
- Ask your doctor about storing prescription medications such as heart and high blood pressure medications, insulin and other prescription drugs.
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Walking canes, walkers, etc.
- Oxygen tank

Always remember that failing to prepare for emergencies now will have negative results in the future.

Source: www.scdhec.gov
### ‘I BECAME A SOLDIER...’

**1ST BATTALION, 13TH INFANTRY REGIMENT**

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<tr>
<th>PFC. CAITLIN BEAN, 26</th>
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<tbody>
<tr>
<td>Duncansville, Pennsylvania</td>
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<tr>
<td>&quot;I joined the Army because I felt it was my duty to serve our country and to begin my career in aviation. The best thing about Basic Combat Training was the structure and discipline I received from my drill sergeants. I gained so much knowledge and confidence through many obstacle and challenges.&quot;</td>
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<tr>
<td>&quot;I am a 15P, Aviation Operations Specialist. I’ve always had an interest in the aviation career field.&quot;</td>
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<td>&quot;My Family has been very supportive, motivated and excited throughout this journey.&quot;</td>
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<td>&quot;I joined the Army for a better future for me and my Family. It is something I’ve always wanted since high school.”</td>
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<td>&quot;Basic Combat Training has been good because “of the discipline and realizing that I am stronger mentally and physically”</td>
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Dorn tackles veteran homelessness with local housing fair

By JENNIFER SCALES
Dorn VA Medical Center Public Affairs

Veteran homelessness continues to be an epidemic that remains, even here in South Carolina.

But the Wm. Jennings Bryan Dorn VA Medical Center staff stepped up recently to continue their efforts to wipe out the dilemma at a Veteran Housing Fair, June 21 at the Cecil Tillis Center in Columbia.

Housing and Urban Development-Veterans Affairs Support Housing members of Dorn welcomed the veterans, landlords and homeowners to the event in hopes that they would all make a connection.

Debra Williams, supervisor of the Dorn HUD-VASH stated that these programs are held as needed, but the intent is to hold them quarterly. “Having such an event here, away from the medical center, makes it more accessible for the landlords and the veterans,” Williams said.

Dorn’s HUD-VASH assisted the program at this gathering by having the credit reports of all the pre-qualified veterans who had their vouchers in hand, who were ready to seal the deal with a future landlord.

In addition to the landlords, local agencies such as Alston Wilkes Society, Wateree Community Action, Columbia Housing Authority and others were present to render assistance to veterans in the form of initial moving-in deposits.

Ramonda Pollard, Columbia Housing Authority, noted that her agency authorizes and administers the vouchers. “The housing authority subsidizes the rent and provides criminal background checks for the landlords,” Pollard said. “We are trying to knock down the barriers that stand in your way ... our number one goal is to end homelessness for veterans.”

Rachel Henline, property manager of Elmcreek and Wardlaw Apartments, remarked on being at the housing fair for her first time. “Veterans hold a big place in my heart, as both of my grandfathers are veterans. I want our living spaces to provide them hopefully with a better life.”

Cherie Lewis-Svoboda, property manager representing Cypress Cove Apartments on Byron Road, came to help meet the needs of the veteran homeless situation. “We currently have 16 units available and most of the occupancies are veterans,” Lewis-Svoboda said. “Summer is here and the weather is warm,” Williams said. “We don’t want veterans to wait until it is cold when they start looking for a place to stay. Now is the perfect time to begin their placement, as we expect more landlords to be coming on board in the program also.”
Professional racer mentors Fort Jackson motorcycle riders

By ROBERT TIMMONS
Fort Jackson Leader

Professional motorcycle drag racer Domonic Anderson imparted Fort Jackson riders with his knowledge at the first meeting of the installation’s Motorcycle Mentorship Program June 27 at Hilton Field.

Anderson travels around the country speaking to Service members about how to ride safely.

One of his motivations in speaking to the troops is “without you all we wouldn’t be enjoying what we are doing.”

Riders at the MMP learned better ways to perform their T-CLOCS, or inspections of their tires and wheels, controls, lights and electronics, oil, chassis and side stand.

It’s “better to operate like you guys do in the field,” Anderson said. Like your battle buddies say; “You’ve got my six, I’m going to be checking your bike to see what the hell is wrong with it.”

Riders at the MMP inspected each other’s bikes to ensure the inspections are done thoroughly.

Anderson gave hands-on demonstrations on the best ways to get the motorcycle out of harm’s way quickly.

According to the U.S. Army Combat Readiness Center the purpose of the MMP is to "establish voluntary installation-level motorcycle clubs where less experienced riders and seasoned riders can create a positive environment of responsible motorcycle riding and enjoyment. Such an environment can create positive conduct and behavior and serve as a force multiplier" supporting a commander’s safety program.

Spc. Alexander Graham, a radiology technician with MEDDAC and a rider himself, said the MMP is a great way to cut down on motorcycle accidents.

"It’s a good opportunity to get safety information from professional who does it everyday on their job."

— Spc. Alexander Graham, MEDDAC

Professional racer mentors Fort Jackson motorcycle riders

Photos by ROBERT TIMMONS

Staff Sgt. Skyler Cowhig, a health care non-commissioned officer and motorcycle rider, checks a fellow Soldier’s ride during T-CLOCS inspections of their tires and wheels, controls, lights and electronics, oil, chassis and side stand.
“Especially working at a hospital I see people being in motorcycle accidents coming into the ER, and taking X-rays of people who are badly injured – it’s very important to prevent accidents like that,” he said during the class.

“I’ve been riding for about 10 years and the Army Motorcycle Mentorship Program allows bike riders to be constantly involved in the safety measures,” Graham said. “It’s a good opportunity to get safety information from professional who does it every day on their job. It’s like if anyone wanted to get information about medicine they could talk to me about it.”

Motorcycle safety courses are given weekly by the Garrison Safety Office. For more information contact your unit safety officer.

Photos by ROBERT TIMMONS

Professional motorcycle drag racer Domonic Anderson tests the air pressure of a bike’s tire during a Motorcycle Mentorship Program meeting June 27. An MMP establishes ‘voluntary installation-level motorcycle clubs where less experienced riders and seasoned riders can create a supportive environment of responsible motorcycle riding and enjoyment.’
By 2ND LT. TRACCI DORGAN
S.C. National Guard

The M109A6 Paladin 155mm self-propelled howitzer is a deadly weapon that weighs more than 25 tons with a blast radius of 50 meters, destroying everything where it finds it mark. For this reason, Soldiers must take every precaution to keep themselves and their battle buddies safe.

“Safety is the biggest priority for our unit,” said Sgt. Tim Dietrich, Bravo Battery, 1st Battalion, 178th Field Artillery Regiment fire direction chief. “We have M109A6 Paladins and we fire rounds that can travel more than 20-miles, so ensuring that the round lands where it is expected to is very important.”

The South Carolina Army National Guard’s 1-178th Field Artillery conducted a live-fire training exercise with the paladin during drill weekend at McCrady Training Center in Eastover, South Carolina, June 23-25, practicing to safely fire the equipment.

“Our safety procedures are very involved,” said 1st Lt. Emory Smith, Bravo Battery fire direction officer. “We begin our drill weekend with our books and maps out; planning the parameters in which we need to fire.”

Smith explained, once the planning is done, the Soldiers input everything into the computers in the operations center, which double-checks the calculations completed by hand. Once that’s complete, the Soldiers check communication with the guns to ensure they are receiving the correct information.

“We have multiple checks before we finally shoot a round,” said Dietrich. “And we are inspected annually by OCTs (Observer, Controller, Trainer) an (active duty) field artillery unit in Fort Stewart, Georgia. They watch us conduct our live-fire exercises, then critique us. I always learn more about my job after a visit from them.”

During training, the 1-178th Field Artillery Soldiers were visited by Sgt. 1st Class Ronaldo Branch, 2nd Battalion, 306th Field Artillery Regiment OCT, and Lt. Col. Glyn Goldwire, 2-306th commander.

“I have enjoyed working with the 1-178th,” said Branch. “They have taken everything we went over with them from their annual training in March and sustained their high quality safety procedures and implemented the new procedures we suggested.”

When working with equipment that’s purpose is to destroy what it hits, Soldiers know it’s important to take safety seriously.

“We understand the importance of all our safety procedures,” added Smith. “Not only do these procedures ensure the safety of civilians, they also ensure the round lands on the intended target, which means a successful mission when we are called upon to defend our nation.”

Photo by 1ST LT. TRACCI DORGAN

The South Carolina Army National Guard’s 1-178th Field Artillery conducted a live-fire training exercise with the paladin during the June 23-25 drill weekend at McCrady Training Center in Eastover, practicing to safely fire the equipment.
Saluting this BCT cycle’s honorees

DRILL SERGEANTS OF THE CYCLE. Photos by Nicholas Salcido

1st Battalion, 13th Infantry Regiment

Staff Sgt. Jason Espinoza
Bravo Company, 1st Battalion, 13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Lindsey Arnold

SOLDIER OF THE CYCLE
Spc. Lindsey Arnold

Staff Sgt. Pedro Galaviz
Charlie Company, 1st Battalion, 13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Keegun Zitkovich

SOLDIER OF THE CYCLE
Pfc. Jacob Palmer

Sgt. Linda Swinton
Echo Company, 1st Battalion, 13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Marwa Salah

SOLDIER OF THE CYCLE
Pfc. Kylie Crooks

Flow

 Continued from Page 4

Those capabilities also spotlight the Guard’s community and local tie.

“That’s really powerful,” said Merrill. “That’s where the Guard comes from.”

The program has already been used in a variety of missions, said Merrill, including the presidential inauguration in January and during last year’s wildfire response operations in California. During the wildfire response, it was instrumental in helping rescuers find a lost hiker.

“It was the first time it had been used to find a missing person,” said Merrill. “It helped rule out areas where she may have been. When they figured out where she was, they used the program to help vector in the search team and she was saved.”

While the DAART provides an expansive capability, Merrill said he and his team are working on fine tuning it and expanding its capabilities.

“The next step is to improve what we already have,” said Merrill. “We’re taking requirements from the field and prioritizing them, looking at budgetary constraints and how to help them with missions. We have some longer range things we’ve been working on for a while that will help streamline the process.”

Those improvements, said Merrill, will increase capability while balancing fiscal requirements.

“This will save money,” he said. “It will save time and it will save lives.”

Elder

Continued from Page 3

Elder said during the ceremony that he was looking forward to working with the “best military friendly community in world” and thanked Ellerson and the Garrison staff for making the transition smoothly.

Ellerson, who is slated to become the next Area Support Group commander in Afghanistan, was lauded by Grewatz and Johnson for his efforts over the past two years.

“James, you did a magnificent job leading the efforts, wrestling all the alligators in an environment during that flood,” Johnson said.
Do you have the edge for the competitive job market?

By BARBARA MARTIN
ACS Employment Readiness Program

Employability skills are the traits and talents that make you an attractive candidate for a job. Improving your employability skills through education, training and practical applications can give you an edge in the job market. In addition to giving you an advantage in your job search, these employability skills may also position you for higher-earning roles with greater growth potential. The more versatile you are in your skill repertoire, the more valuable you become to an employer. One of the number one skills employers are looking for today is Excel computer skills.

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Cheryl Peltier said she enjoyed being able to complete the training in the evening time. Cheryl was hired as a human resource assistant with the Fort Jackson NAF Human Resources Office.

ACS also offers ways to improve your typing skills. You can assess your typing skills by taking a typing skills test or improve your typing speed and accuracy by completing various programs on the Mavis Beacon Typing Tutorial. ACS also offers self-paced interviewing skills, salary negotiations, resumes, cover letters, customer service and basic job search techniques training in the Career Readiness Center.

To register for one of the classes call the Employment Readiness Program at 751-5256 or email Barbara.L.martin10.civ@mail.mil.

For more information about other ERP seminars and services visit the ERP website at https://jackson.armymwr.com/programs/employment-readiness-program.
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A better way to get relief from back pain

By TIM COFFEY
Fort Jackson MEDDAC

A typical week for Bill Thoma includes acupuncture, yoga, tai chi, and occasionally seeing a chiropractor or physical therapist. You might think that he is enjoying a pampered spa like lifestyle; but Sgt. 1st Class Thoma is getting most of his services through the military medical system, all for his chronic low back pain since injuring his back in a bad jump five years ago.

It used to be that these treatments were only available for those who had the money to pay for them out of the pocket. However, growing research has shown that a combination of hands on treatments and other nondrug measures can be just as effective as the more traditional ways of treating low back pain, including drugs and surgery. They are also much safer.

The American College of Physicians, which represent primary care doctors and the providers who people most often see for a backache, recently issued new guidelines for the treatment of low back pain, saying that the first line of defense should be nondrug measures such as superficial heat, massage, acupuncture, or spinal manipulation. If drug therapy is needed, physicians and patients should first use nonsteroidal anti-inflammatory drugs such as ibuprofen or naproxen and/or skeletal muscle relaxants. Their advice is supported by a new survey by Consumer Reports for those who had the money to pay for them out of the pocket. However, growing research has shown that a combination of hands on treatments and other nondrug measures can be just as effective as the more traditional ways of treating low back pain, including drugs and surgery. They are also much safer.

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By ANGELA CROSLAND
Army Community Service

Lower back pain is one of the most common reasons for all health care visits in the U.S. Most Americans have experienced low back pain sometime in their life. Pain can be categorized as being acute (lasting less than four weeks), subacute (lasting four to 12 weeks), and chronic (lasting more than 12 weeks). Most patients with acute or subacute low back pain will improve over time regardless of treatment. Most back pain is self-limiting and will usually go away given enough time. Patients can help themselves initially by trying some heat and stretching before seeking medical care.

So what should a person do if their lower back hurts? If the pain began recently, and confined to the lower back and does not radiate down the legs or affect bowel or bladder habits, the guidelines recommend superficial heat, massage, acupuncture or spinal manipulation. Patients with low back pain with radiation to legs or affecting bowel or bladder functioning, need further evaluation before starting home treatment. If you feel like you need medication, try over the counter NSAID. Studies have shown that acetaminophen was not effective at improving pain versus placebo. Opioids should only be considered as a very last resort, and only given after providers discuss their risks and benefits with the patient. If you are going to use opioids, use them in the smallest dose possible with the least frequency and limited numbers prescribed.

When back pain strikes, often the first reaction is to go see your provider for an x-ray or MRI to see what’s causing so much pain and possibly ask for a prescription to help with the pain. Providers over the years have started to order more tests and write more prescriptions for back pain. A study performed in 2013 by the Journal of the American Medical Association found that between 1999 and 2010, the prescribing of potent narcotic pain meds increased by 51 percent, the use of CT and MRI scans jumped by 57 percent, and referrals to surgeons, neurologists, and other specialists more than doubled. Despite the use of these escalating interventions, the improvement in pain and functioning of patients with low back pain has not improved.

Surgery should always be the last option, and only if the pain has lasted longer than three months with treatment and the symptoms are severe and clearly linked to the problem seen in an imaging study. Even then, it may be reasonable to hold off on surgery if improvement is being seen. Additionally, surgery can’t cure arthritis, injured or weak muscles, poor posture, or many other common causes of low back pain. Even symptoms caused by a herniated (slipped) disk or spinal stenosis (narrowing of spinal column) may resolve over time with simpler, less aggressive therapies. Taking that approach is safer than surgery, which carries rare but serious risks such as infection, blood clots, and damage to the spine.

Everyone responds to pain differently, and there is no cookbook method for treating low back pain that will work for all. Thoma said that a combination of approaches has worked for him.

“I feel better now than I did when I was younger,” he said. Mentally, physically, and spiritually, I’m in the best place in my life.”

Plan wisely and hit your financial target in retirement

By ANGELA CROSLAND
Army Community Service

Are you planning to have a comfy retirement that is filled with exotic trips abroad, long days on the golf course and steak dinners? Well, if you are, it’s imperative that you start thinking about your retirement budget long before you are actually ready to retire. Having a good idea of your future income and expenses can help you plan for the type of retirement lifestyle you desire. It can be devastating to get to retirement age and realize the only trip you can afford is to the neighboring country rather than country.

A good place to start is to consider what your income sources will be in retirement. Will you have income from a pension, savings or investments? Other sources could include Social Security benefits, individual retirement accounts and employment.

Next, calculate what expenses you will likely have to pay. Be sure to include out of pocket medical expenses such as co-pays and other costs that’s not covered by insurance. Tally your rent or mortgage payment, vehicle payment, food, utilities, taxes, gasoline and vehicle maintenance. Once the necessities are accounted for, move on to estimating all the fun things you’d like to do in your retirement. Calculate the cost of traveling, recreational activities such as golfing, hobbies and even dining out. After you’ve gotten an estimate of what income you’ll have and what expenses you can expect, you can then make adjustments to your saving and investing strategy. Soliciting help from financial experts can help you properly plan and hit your target. If you want help getting started, contact Army Community Service’s Financial Readiness Program at 751-5256.
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