

THURSDAY, OCT. 8, 2020

# THE FORT JACKSON LEADER

"VICTORY"

SOLDIER SHOOTS  
HER WAY TO  
OLYMPIC DREAM  
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## SOLDIERS VIE FOR ARMY BEST WARRIOR TITLES VIRTUALLY

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## AROUND THE ARMY



### Leader Staff Reports

The Armed Forces Disciplinary Control Board has deemed the following locations off-limits to all Soldiers assigned to Fort Jackson. It is highly recommended that all retirees and Department of Defense Civilian Employees stay away from the off-limits locations.

- Richland Terrace Apartments, 1212 Metze Road, Columbia, SC 29210
- Rumba VIP Night Club, aka Club Tropicana, 1745 Decker Blvd, Columbia, SC 29206
- Harbour Landing Apartments, 7625 Garners Ferry Road, Columbia, SC 29209
- Lake Shore Apartments, 7645 Garners Ferry Road, Columbia, SC 29209
- Club Kandyland, 1700 Block, Percival Road, Columbia, SC 29206
- Faces Lounge, 1709 Decker Blvd, Columbia, SC 29206
- Darrell's Place, 1727 Percival Road, Columbia, SC 29223

Military personnel observed in off-limits establishments are in violation of a lawful general order and are subject to apprehension for violation of Article 92 of the Uniform Code of Military Conduct. Off-limits establishments are also prohibited from advertising on the installation. For more information contact the Directorate of Emergency Services at 751-1682.



Photo by ROBERT TIMMONS

### Portions of Strom Thurmond Boulevard temporarily closed

East bound lanes of Strom Thurmond Boulevard between Marion and Scales avenues are closed until further notice due to a water main break. The Directorate of Public Works is working with the utility manager to determine the extent of the damage and to begin repairs. Drivers are asked to use caution and follow all traffic signs when entering the area.

## ON THE COVER

Staff Sgt. Wayne Hartman disassembles a M240B machine gun during the Army's Best Warrior competition Oct. 1.

SEE PAGES 10-11



## THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Commanding General.....Brig. Gen. Milford H. Beagle Jr.  
Garrison Commander.....Col. John "Wes" Hankins  
Garrison Public Affairs Officer.....Patrick Jones  
Command Information Officer.....Robert Timmons  
Editor.....Wallace McBride  
Editor.....Josie Carlson  
Social Media Manager.....LaTrice Langston  
Volunteer.....Saskia Gabriel

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*Army Marksmanship Unit photo*

Spc. Alison Weisz prepares to fire during a competition. Weisz, upon graduating Advanced Individual Training with 369th Adjutant General Battalion, will be a member of the U.S. Army Marksmanship Unit International Rifle Team. Prior to joining the U.S. Army, Weisz earned a spot on Team USA for the 2021 Olympic Games in the Women's 10m Air Rifle event.

# Soldier shoots her way to Olympic dream

**By ROBERT TIMMONS  
and JOSIE CARLSON**  
Fort Jackson Public Affairs

Many Soldiers join the Army as a step towards achieving their goals and dreams. That was reversed for one Soldier going through Advanced Individual Training on Fort Jackson. She qualified for the Olympics in a sport equally suited for the Army — marksmanship.

Spc. Alison Weisz, from Company B, 369th Adjutant General Battalion, graduated Advanced Individual Training Oct. 8 and is heading to the Army Marksmanship Unit in Fort Benning, Georgia. She made Team USA for the Women's 10m Air Rifle Event for the 2021 Olympic Games, and will be part of the AMU's International

Rifle Team, and compete internationally in both 10m Air Rifle and 50m Three-Position Small bore Rifle

"It had always been a goal of mine to join the Army after qualifying for the Olympics," said the Belgrade, Montana native. "The initial plan pre-COVID was that I was going to qualify, go to the Olympics this summer in Tokyo, in August come back, take a little bit of time off, and go to basic training. And that was all just because I wanted to look forward towards 2024 and the Olympics in Paris. The best way to do that for my career and my sport was with the Army."

The AMU will help her hone her craft even further.

See **OLYMPICS:** Page 12



*Courtesy photo*

Spc. Alison Weisz, from Company B, 369th Adjutant General Battalion, waits with her fellow trainees during Basic Combat Training at Fort Jackson.





Courtesy photo

Members of the Directorate of Public Works install poles for lightning protection systems at a training site on Fort Jackson, Sept. 25. During the last fiscal year, range operations coordinated upgrades to ensure range facilities were constructed to provide safety and protection for Soldiers during severe weather. For tremendous work to improve ranges and training facilities on the installation, Todd Shepherd, range officer with U.S. Army Garrison Fort Jackson was selected from garrisons worldwide for the 2019 U.S. Army Installation Management Command Stalwart Award.

## Fort Jackson range officer named IMCOM 'stalwart'

By **VERAN HILL**  
Fort Jackson Public Affairs

Todd Shepherd, range officer with U.S. Army Garrison Fort Jackson was selected from garrisons worldwide for the 2019 U.S. Army Installation Management Command Stalwart Award.

According to IMCOM, the award recognizes employees who distinguish themselves amongst their peers and leaders as outstanding IMCOM civilians and exceed the call of duty to achieve the Army and IMCOM objectives.

"Thank you for your tremendous leadership and the significant impact you've had while building and leading a tremendous Range Operations team," said Fort Jackson Garrison Commander, Col. John "Wes" Han-

kins, in an email. "The tremendous work resulting in significant range improvements and support to training have been recognized frequently by the Fort Jackson organizations that leverage them, and now by IMCOM."

During this fiscal year, Shepherd and his team were able to improve four qualification ranges with new and updated target control systems; rebuild Range Operations Control Areas buildings on three ranges; update and prepare the installation's qualification ranges for the Army's newest marksmanship technology; and ensure range facilities were constructed to provide safety and protection for Soldiers during severe weather.

Shepherd humbly credited his fellow workers for helping him win the award.

"My department/office is full of great employees who I enjoy being around, we all

work together well, and we all share the same goal of providing our new Soldiers the best facilities to train on and they deserve," Shepherd said. "If not for them (the range control team) and their hard work, none of this recognition would be possible and I thank each and every one of them."

Shepherd has been the installation's range control officer since June 2018. He contributes his success to enjoying his job, team and effectively communicating the needs of the installations to higher headquarters.

"I truly enjoy coming to work every morning because I feel this was my dream position and I still thank my leadership today for hiring me," Shepherd said.

The Stalwart Awards presentation will be conducted during the Nov. 16-20 Garrison Commander's Conference.



**SHEPHERD**



# Jackson NCO overcomes odds, succeeds

By **JOSIE CARLSON**  
Fort Jackson Leader

The Army is full of inspirational stories, Soldiers who have overcome overwhelming odds in their civilian lives to succeed in the military and thrive as part of the Army Family.

We don't have to look any further for that inspiration than the recipient of the Fiscal Year 2020 Secretary of the Army Award for Diversity and Leadership, Fort Jackson's very own, Master Sgt. Marritsa J. Collins.

You would not know to look at her, with her beaming smile and cheery disposition, that Collins has the background that she does. When she was only 6 years old, Collins' biological mother, Traci Collins, was murdered. Since their father was not around, Collins and her two younger sisters were left without parents. That's when Inisher Collins, their aunt who was already raising her own two children, fought for custody and committed to raising the three girls as part of her family.

Collins said she is "forever in debt, grateful and humbled for the love and nurturing" her aunt provided ... My aunt, who is very strong in her faith, allowed the Lord to guide her in the decision making of adding more responsibility to her plate that led us to be the God-fearing women that we are today.

"This is just a story to tell you that everyone comes from different backgrounds and circumstances, and I am a testament that your past does not have to determine your destiny."

Collins enlisted in the Army in March 2000 to find adventure.

The Army Values "were in line with how my mother (her aunt Inisher) and Family raised me," she said. "I continued to serve because after I attended the Equal Opportunity Advisor Course in Cocoa Beach, Florida it renewed a fire and passion in me to make sure that no matter where you come from, or circumstances as long as your leaders treat you with dignity and respect it will not only make this world but the Army a better place."

At the presentation of her award, responding to her reasons for continuing to serve, Gen. Paul Funk II, commander of Training and Doctrine Command said "that sounds a lot like Be, Know, Do" referring to the well-known Army leadership model.

"Thanks for everything you do" he said.

Collins' efforts at Fort Jackson include planning and executing Fort Jackson's first LGBT Pride Month 5k run to leading Fort Jackson's 1st Tiger Team Command Climate Survey Initiative. Collins is active in putting her passion into action.

According to Brig. Gen. Milford H. "Beags" Beagle Jr, Fort Jackson's commander, "In all instances, (Collins') leadership, professionalism and commitment set an example and achieved incredible results and positively impacted the Fort Jackson culture."

Collins said of the award, "I was appreciative and yet humbled that my leader thought that highly of me."



Above, Master Sgt. Marritsa Collins poses with her Fiscal Year 2020 Secretary of the Army Award for Diversity and Leadership, Sept. 30. Left, Col. Timothy Frambes, Army Training Center chief of staff, presents the Fiscal Year 2020 Secretary of the Army Award for Diversity and Leadership to Collins.

Photos by **JOSIE CARLSON**

# Army safety management system goes live

By WILL GUTHRIE

Fort Jackson Safety Director

The new Army Safety Management Information System is operational and ready for reporting near-miss and mishaps starting Oct. 5. ASMIS 2.0 replaces the ReportIt procedures for Abbreviated Ground Accident Reports used for Class C, D, E, and near miss accidents.

The US Army Combat Readiness/Safety Center has posted the online ASMIS 2.0 site at <https://mishap.safety.army.mil/>. Commanders and unit safety officers should register now on the site, conduct initial training, and familiarize themselves with ASMIS 2.0. Once on the site for training on how to use the new reporting system, go to the bottom of the webpage under Video Tutorials and click "Get Started with Online Video Tutorials." The below flyer from USACRC website further explains ASMIS 2.0.



**ASMIS 2.0 IS COMING, AND YOU'LL LOVE IT!**

**ASMIS 2.0**  
Army Safety Management Information System

**HERE'S WHY:**  
ASMIS 2.0 IS A TOTAL ARMY SAFETY & OCCUPATIONAL HEALTH SOLUTION THAT:

- Is a modernized, adaptive and flexible family of software systems that will support current and emerging Army requirements while subsuming all duplicative systems.
- Includes streamlined applications with less burdensome data entry, intuitive step-by-step guidance and fewer required data points that will result in lower reporting times.
- Leverages external authoritative data from agencies across DoD to proactively aid leaders and SOH personnel to target loss prevention and preservation of resources.
- Will do away with paper mishap forms.
- Provides innovative offline capability that allows users to work without network connectivity, eliminating the need for software installation on a computer. Data syncing upon re-establishment of connectivity requires only a mouse click.
- Provides on- and off-line capabilities that surpass current systems in robustness and ease of use.

<https://safety.army.mil/media/asmis2>

U.S. ARMY <https://safety.army.mil>

**Effective Oct. 5, users attempting to enter new reports into the ReportIt application will be redirected to the Mishap and Near-Miss Reporting application. ReportIt will stay active until Jan. 10, 2021.**

## Installation Status Report measures improvements

By CAMILLE OWEN, PHD

Management and Program Analyst

The Installation Status Report is a management support tool that aids senior leaders in making decisions on improving and prioritizing installation services and projects. ISR utilizes standards and metrics to measure business process improvement through assessing, sustaining, and/or improving the key elements of installation readiness: infrastructure, mission capacity and services.

The "so-what?" of ISR requires timely submittal and accuracy of ISR data. The

data is used to communicate the readiness of the installation to the Army. If Fort Jackson is to continue to sustain, support, and defend, we will have to work as a team to ensure installation readiness is a priority for Fort Jackson, hence assessing the conditions, mission capabilities, and quality of life support services.

According to Michael Hipp, the Directorate of Public Works' Master Planning Division chief, one of many projects that came out of ISR was the major renovation of six barracks for the 120th Adjutant General Battalion. The project began in 2012 and ended

in summer of 2020 and cost an estimated \$18 million each.

The use of ISR to assess the readiness of the installation, and installation readiness is a priority for U.S. Army Garrison – Fort Jackson. The garrison command team employs a holistic approach in synchronizing the delivery of these three key elements to ensure funding is available for facilities improvement, energy and water security, training, and quality of life support services on the installation. ISR also evaluates the cost and quality of providing installation support services to Soldiers and their Families.

Data collection from ISR – Infrastructure is used to evaluate mission support, quality, and readiness of the installation. The data gives the garrison commander a cost estimate for improvement cost used to quantify Army backlog costs, such as restoring or modernizing facilities to Army standards. Facilities such as housing, trainee and permanent party barracks, gyms, tracks, and medical and dental facilities, to name a few, are all considered a priority to the garrison commander.

See **STATUS:** Page 13



# Community Updates

## OCT. 16

### Ministry Volunteer Luncheon

11:30 a.m. to 1 p.m. NCO Club. The Fort Jackson Religious Support Office is holding its annual Ministry Volunteer Luncheon to show its gratitude for the many volunteers who make their mission a success. For more information call 751-3979.

## OCT. 30

### Commanding General's Golf Scramble

8 a.m. Fort Jackson Golf Club. The Commanding General's Scramble is scheduled for Oct. 30. The four-person Scramble/Captain's Choice event will be played on the Wildcat Course. Players/teams will request a tee time between the hours of 8 a.m. and 1:20 p.m. Tee times will be given on a first-come, first serve basis. The field is limited to 32 teams, so enter soon. For more information call (803) 787-4437.

## NOV. 3

### Intro to TSP

9-10 a.m. DFMWR/Army Community Service Financial Readiness Program will host an Intro to Thrift Savings Plan webinar with a guest instructor from the Federal Retirement Thrift Investment Board. This webinar provides an introduction to the Thrift Savings Plan for new employees and Service members. This course focuses on the basics of TSP account management. The agenda includes discussion of the types of TSP contributions, the differences between traditional and Roth contributions, and a brief discussion of the investment funds. Registration is required. Fort Jackson civilian employees will register through the USAG Civilian Workforce Development Program via email ([usarmy.jackson.imcom-hq.mbx.dhr-civilian-wfd@mail.mil](mailto:usarmy.jackson.imcom-hq.mbx.dhr-civilian-wfd@mail.mil)) or calling 751-6736. Service members and Family members will register by calling 751-5256.

### TSP Investment Funds

1:30-2:30 p.m. DFMWR/Army Community Service Financial Readiness Program will host a TSP Investment Funds webinar with a guest instructor from the Federal Retirement Thrift Investment Board. This webinar will take a deeper dive into the investment options and provide a clearer picture of how to get the most value out of your TSP savings. Registration is required. Fort Jackson civilian employees will register through the USAG Civilian Workforce Development Program via email ([usarmy.jackson.imcom-hq.mbx.dhr-civilian-wfd@mail.mil](mailto:usarmy.jackson.imcom-hq.mbx.dhr-civilian-wfd@mail.mil)) or calling 751-6736. Service members and Family members will register by calling 751-5256.

## NOV. 19

### Love and Money Matters Workshop

5 - 7 p.m. The Installation Chaplain's Office in partnership with DFMWR/Army Community Service will host a virtual Love and Money Matters workshop to teach effective communication strategies and address common money issues in relationships. Learn to set SMART goals as a couple that can lead to wealth building and a stronger relationship. Registration is required, please call 751-5256 to register.

## COMMUNITY UPDATES

### Road construction update

The construction of passive barriers near Gate 2 has begun. Phase 1 will run between Sept. 28 and Oct. 30, while Phase 2 is scheduled from Nov. 2 to Nov. 13. For more information, call 751-3824.

### Moncrief Pharmacy

#### Columbus Day Hours

##### ■ Outpatient Pharmacy:

Friday, Oct. 9: 7:30 a.m. – 4:30 p.m.  
Saturday, Oct. 10: 7:30 a.m. – noon  
Sunday, Oct. 11: Closed  
Monday, Oct. 12: Closed

##### ■ Moncrief Medical Home:

Friday, Oct. 9: 7:30 a.m. – 4:30 p.m.  
Saturday, Oct. 10: Closed  
Sunday, Oct. 11 Closed  
Monday, Oct. 12 Closed

##### ■ PX Pharmacy:

Friday, Oct. 9: 9 a.m. – 4:30 p.m.  
Saturday, Oct. 10: 9 a.m. – noon  
Sunday, Oct. 11: Closed  
Monday, Oct. 12: Closed

### Andy's Fitness Center

Andy's Fitness Center in the Solomon Center, is closed until further notice due to maintenance issues. Perez Gym is open Monday-Friday, 5 a.m. to 8 p.m. and weekends 10 a.m. to 5 p.m.

### Fort Jackson Dog Park Open

The dog park is open from dawn to dusk. Dog Park max capacities are as follows: Small dog side. No more than two people at one time Large dog side. No more than two people at one time Leashing/unleashing area - No more than one person at one time. Time limited to 30 minutes per visit. Bring water for you and your dog. See complete rules posted at the Dog Park. The park will be closed if the rules are not followed. If you see someone breaking the rules, call 751-3113.

### Energy Action Month

Throughout October, Fort Jackson is raising

awareness about energy resilience during Energy Action Month. This year's theme is "Energy Resilience Gives Us the Power to Win." Energy resilience is about ensuring we have a reliable and regular supply of energy and ensuring contingency measures are in place in the event of major utility outages due to severe weather, natural disasters, accidents, equipment failures, and intentional sabotage/terrorist attacks.

### Library Curbside Service

Thomas Lee Hall Library, 4679 Lee Road, is open for curbside service from noon to 5 p.m. Tuesday to Saturday. It is closed on Sunday, Monday and holidays. To request service, visit the online catalog at: <http://mwrlibrary.armybiznet.com/search~S30> to process requests. Unfortunately, staff will not be able to place requests over the phone. Requests must be made by midnight the day before the requested pick up day. Patrons have 7 days to pickup items before the request expires and material is offered to the next patron in line. The requests are limited to 20 items per day and patrons must arrive no later than 4:45p.m. for pick-up.

### Jack's Frame Shop

Jack's Frame Shop located in the Solomon Center is open from 11 a.m. to 5 p.m. Tuesday-Friday. It is closed Mondays, weekends and holidays. Patrons must abide by Fort Jackson's mask and social distancing policies. For more information call 751-4018.

### Pre-owned Vehicle Lot

The Directorate of Family and Morale, Welfare and Recreation has reopened the Pre-Owned Vehicle lot. See the Solomon Center Front Desk to register. Registration Hours are 11 a.m. to 6 p.m. Monday-Friday and closed holidays and weekends.

## CLOSURES AND HOURS

**Retirees and their beneficiaries and Veteran Health Identification Card holders are allowed access to post Sunday, Monday, Tuesday, Friday and Saturday to use the Commissary, the Exchange, and other services that are still operating those days. Golfers and cyclists possessing Defense Biometric Identification System cards may access the installation those days as well. Retirees and their beneficiaries who are medically immunocompromised, as well as aged 65 and older, will continue to have priority shopping hours from 7:30 a.m. to 9 a.m. on Tuesdays and Fridays to further reduce risk.**

**Retirees who have a medical appointment may also access the installation on Wednesdays and Thursdays and must present a memorandum from Moncrief Army Health Clinic stating their name,**

## SEND ALL SUBMISSIONS TO [FJLeader@gmail.com](mailto:FJLeader@gmail.com)

Deadline for events to be included in the calendar or Happenings is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible. With any photo you submit, include IDs — rank, unit, and first and last names.

Questions? Call 751-7045.

**date and time of their appointment at MAHC.**

## THE FOLLOWING GYMS ARE OPEN:

### Coleman Gym

- Mon. - Fri. 5 a.m. -7 a.m. Active Duty Only
- Mon. - Fri. 7 a.m. -8 p.m. All Authorized Patrons
- Sat. - Sun. 10 a.m. - 5 p.m. All Authorized Patrons.
- Closed Holidays

### Vanguard Gym

- Mon. - Fri. 5-7 a.m. Active Duty Only
- Mon. - Fri. 7 a.m. -8 p.m. All Authorized Patrons
- Sat. - Sun. 11:30 a.m. -5 p.m. All Authorized Patrons
- Holidays Closed

### Perez Fitness Center

- Mon. - Fri. 5-7 a.m. Active Duty Only
- Mon. - Fri. 7 a.m. -8 p.m. All Authorized Patrons
- Sat. - Sun. 10 a.m. to 5 p.m. All Authorized Patrons
- Holidays Closed

### Andy's Fitness Center

- Temporarily closed.

Gym staff will check 100% of all ID cards as patrons scan in upon entry. Staff will also sign patrons in when entering, and will sign patrons out when exiting. All patrons will be limited to one hour to allow greater access for all authorized patrons. Staff will ask patrons who do not sign out after one hour to end their workouts and depart the facility.

Patrons must be 16 or older to enter and capacity is limited to 50 patrons per gym.

See **HOURS:** Page 19

## FEATURE

# 'I BECAME A SOLDIER'

## 3RD BATTALION, 39TH INFANTRY REGIMENT

### SPC D'ANDRE FLETCHER, 23

Columbia, South Carolina

"My parents, growing up in a military Family motivated me into joining the U.S. Army. I also joined to serve my country."

"The Army has been all I thought it would be and more. I'm proud to have joined."

"The most challenging part of Basic Combat Training was the isolation."

"My MOS is 17C - Cyber Operations Specialist. I chose this MOS because I've always wanted to be a cyber warrior. I look forward to Advanced Individual Training."



### PVT. EMMANUEL SIMMONS, 22

Charlotte, North Carolina

"My grandfather who served 22 years in the Army was a great influence on me joining; he told me the Army was the way to go."

"The Army is exactly how I thought it would be before joining – I know the Army would get me in better physical shape."

"The most challenging part of Basic Combat Training was getting the platoon on the same page."

"My MOS is 25B - Information Technology Specialist. I chose this MOS because I like technology as it is and I will have a great career waiting when I leave the Army."

"I look forward to Advanced Individual Training and what the Army holds for me in the future."



### PFC. KHRISTIAN KING, 23

Rio Rancho, New Mexico

"I joined the Army to serve my country and to challenge myself."

"The Army is what I expected before joining, other than the COVID-19 problems."

"The most challenging part of Basic Combat Training was rifle marksmanship."

"My MOS is 15T - Repairer. I chose this MOS because I like fixing things."

"I look forward to 20 or more years in the Army."



### PVT. JULIANA PORTER, 21

Lodi, California

"I joined the Army to start working toward a career and to be a part of like-minded individuals."

"I did not expect the Army to be a large Family that puts each other's needs before their own."

"During Basic Combat Training, I found the rules surrounding COVID-19 the most challenging – it affected our training."



### PFC CALAH DANIELS, 19

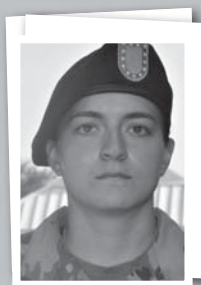
Newland, North Carolina

"My biggest influence in joining the Army was seeing close friends and Family serve our country. Realizing the sacrifices that were made so we can enjoy the freedoms we have today propelled me to do my part in defending these freedoms."

"The most challenging part of Basic Combat Training has been the COVID-19 restrictions."

"My MOS is 35N - Signals Intelligence Analyst. Because I am passionate about intelligence and have an aspiration to work for a three letter agency, I chose this MOS."

"I look forward to seeing where the Army will take me and how I will grow as a leader while serving my country."



### PVT. ELAYNA BALINGIT, 19

Sellersburg, Indiana

"I joined the Army to push myself."

"The Army is what I expected – physically challenging."

"The thing I found to be the most challenging in Basic Combat Training was changing my lifestyle completely to become something better."

"My MOS is 15N - Avionic Mechanic. I chose this MOS because aviation was something I've always wanted to get into."





# AMC's top enlisted leader grounded in Family, heritage

By **MEGAN GULLY**

Army Materiel  
Command Public Affairs

For Army Materiel Command's senior enlisted advisor, a secret to his success starts with never forgetting where he came from and the Family that has supported him along his journey.

As the nation and the Army continue to celebrate Hispanic Heritage Month, Command Sgt. Maj. Alberto Delgado said he takes pride in his Puerto Rican roots and how growing up in the projects of New York City has shaped his life and Army career.

"I come from a long line of proud Puerto Ricans, my parents were both the first in their families to move away from the island, but we maintained the importance of our culture and our roots as I grew up," said Delgado about how he and his sister spent every summer in Puerto Rico until he graduated from high school. "Those summers allowed me to stay tied to the island. Also in my Family we only spoke Spanish at home, English was what we spoke at school."

Delgado said that along with his Family roots, it was that culture and the diversity of New York City that instilled in him his earliest leadership lesson.

See **GROUNDING**: Page 13



Photo by DOUG BREWSTER

Command Sgt. Maj. Alberto Delgado, seen here receiving the Army Materiel Command colors, spoke briefly about being a Hispanic in the Army as part of Hispanic Heritage Month.

## As suicide cases rise, leaders encourage Soldiers to recognize warning signs

By **JOSEPH LACDAN**

Army News Service

The Army has not lost a single active-duty Soldier to the COVID-19 pandemic, the service's top uniformed leader said Thursday. But the restrictions following the virus' onset may have affected the mental health of some Soldiers.

The Army reported that the active-duty suicide rate has risen in 2020, following the implementation of stay-at-home restrictions in March.

The Army's senior leaders have met each month to address suicide prevention and how to mitigate cases.

Chief of Staff Gen. James C. McConville cited suicides as one of the three most difficult issues currently faced by the Army. The other two are sexual harassment/assault and extremism. McConville called suicides the "hardest" problem to solve among the three.

"One of my biggest concerns is that we have young men and women who think things have gotten so bad that they don't want to live," McConville told Soldiers from his Pentagon office during a livestream of the 2020 Army Fires

Conference. "All of us go through adversity in life. And all of us need a helping hand. All of us fail. When people fail, you've got to be there for them."

Numbers began to increase in the last quarter of 2019 through the third quarter of 2020, and continued to increase since the pandemic's onset, said James A. Helis, head of the Army Resilience Directorate. He added that neither the National Guard nor the Army Reserve have seen a significant change in suicide numbers.

"We don't know what is causing this persistent rise. We can say that it's been recognized by Army leadership at all echelons," Helis said. "Army leadership is committed to solving and addressing this problem."

McConville said responsibility falls upon each Soldier to recognize suicide warning signs. Among them are financial problems and a lack of interest in work tasks.

Army leaders cannot definitively attribute COVID-19 as the reason for the spike, but acknowledge the timeline coincides with the pandemic's spread. Even in the midst of a pandemic that McConville said he does not expect to end any time soon, Soldiers still must be tasked for missions and de-

ployments as well as attend training.

Soldiers with Families also had to cope with the loss of childcare for a period of time and many had to assist their children with remote schoolwork. The combined factors of pandemic restrictions and uncertainty while meeting duty standards could lead to added stress, Helis said.

"All of those things can amplify risks for behavioral health issues and potentially risks for death by suicide," he said. "So, we know that there was an increased strain on the force."

### Soldiers can help

McConville said he learned about a sergeant major who recently rescued a sergeant first class from suicide by intervening at the right time. The general urged Soldiers to follow the sergeant major's example by stepping in when they suspect a colleague may be considering taking their own life.

Soldiers must find strength by leaning on fellow unit members and dealing with adversity as a group, McConville said.

See **SIGNS**: Page 14

# Soldiers vie for Army Best Warrior titles virtually

BY THOMAS BRADING  
Army News Service

Twenty-two Soldiers representing 11 Army commands are battling it out online for the titles of Soldier and NCO of the Year during a first-ever virtual competition that aims to "adapt and overcome in a COVID-19 environment," said the Army's top enlisted Soldier.

"It's a competition unlike no other in Best Warrior Competition's 19-year history," said Sgt. Maj. of the Army Michael A. Grinston, who oversees the event. "We've undergone unprecedented steps to ensure the safety of our Soldiers, while still creating a positive environment and celebrating the accomplishments of our Soldiers."

Heading into the final of BWC, each Soldier has completed an Army Combat Fitness Test, a 12-mile foot march, and a rifle qualification with their units. The finalists — 11 junior enlisted and 11 non-commissioned officers — were then tested on their knowledge, skills, and abilities, ahead of a virtual board next week with sergeants major from across the Army.

Top honors will be claimed Oct. 13 during the Association of the U.S. Army's Annual Meeting and Exposition online. The event will be livestreamed on the AUSA website, and the Army's Facebook page.

## Change of plans

On nearly any other timeline, the annual competition would have assembled the Army's finalists to compete for bragging rights

in person. However, earlier this year, BWC organizers faced a challenge: how to continue the competition in a COVID-19 environment? For Sgt. Maj. Jose G. Melendez, the Army's Strategic Operations Directorate sergeant major, one thing was clear: canceling the competition was never an option.

"We were going to overcome and execute this competition and highlight our great Soldiers' no matter what," he said. In February, as the virus started catching worldwide attention, "we started to realize how quickly our environment was changing, too."

## Soldiers vie for Army Best Warrior titles virtually

That's when our organizers launched a few contingency plans — both on the ground and virtually. Their goal was to adhere to guidelines set by the Centers for Disease Control and Prevention, as well as by the Army secretary's plan to mitigate the virus.

"In previous years, we've been able to bring all competitors to a central location," Melendez said. Originally, the 2020 finals would have been no exception. "We were going to execute the competition at Fort Knox, Kentucky, with the 4th Cavalry Brigade."

As planning continued, teams worked concurrently in the field at Fort Knox and remotely. Around August, "we developed courses for our senior leaders to select from," said Sgt. 1st Class Matthew Wood, the competition's NCO in charge.

See **VIRTUALLY**: Page 20



Sgt. 1st Class Jonathan Harrell takes a photo to document the weight of Staff Sgt. Wayne Hartman's pack prior to the ruck march, Sept. 29.



Photos by JOSIE CARLSON  
Staff Sgt. Wayne Hartman completes the weapons station during the Warrior Tasks and Battle Drills portion of the All-Army Best Warrior Competition, Oct. 1.

## 'Perfectionist' not hampered by virtual competition

BY JOSIE CARLSON  
Fort Jackson Leader

After beating out competitors to be the Noncommissioned Officer of the Year at a battalion, Brigade Fort Jackson and finally at Training and Doctrine Command, Staff Sgt. Wayne Hartman is now competing in the All-Army Best Warrior Competition — the culminating test for NCOs and Soldiers of the Year from 11 Army commands across the globe.

The event has been virtual due to COVID-19 precautions, but Hartman is still up against tough competition to get the best scores in a 12-mile ruck march, weapons qualification, the ACFT, a written exam and essays, Warrior Tasks and Battle Drills, and finally a formal board scheduled for Oct. 9.

Hartman said the virtual experience was "extremely challenging ... you have to compete against yourself because you have no metric as to how everyone else is doing. With the TRAC, we're not sure how we're doing, so anybody else's scores. Even after the fact, I don't know how everyone else did. I know I won but I don't know what everyone else's ACFT scores were or what their ruck scores were."

Hartman joined the Army in October 2012, and has been stationed at Fort Bragg, North Carolina for most of his career before being selected to be a drill sergeant with Company B, 1st Battalion, 61st Infantry Regiment about a year ago.

Hartman, who is married with three children, ages 10, 11 and 12, has no plans to pass on his title to his kids. "My 5-year-old son told me, 'My dad is the best,'" Hartman said jokingly. "My daughter runs faster than about a third of my trainees," Hartman joked.

The self-avowed perfectionist attitude helped him work his way through every level of the competition. He said he has pushed himself during these virtual events in a way he wouldn't have otherwise.

See **PERFECTIONIST**: Page 20

MY DAUGHTER  
RUNS FASTER  
THAN ABOUT A  
THIRD OF MY  
TRAINEES.

— STAFF SGT.  
WAYNE HARTMAN





*Courtesy photo*

**Spc. Alison Weisz, Company B, 369th Adjutant General Battalion walks with her fellow trainees during basic combat training at Fort Jackson.**

## Olympics

Continued from Page 3

"The Army Marksmanship Unit has some of the best resources that you could imagine, for our sport specifically," said Weisz, who graduated Basic Combat Training at Fort Jackson with Company A, 3rd Battalion, 60th Infantry Regiment. "As far as gunsmiths on hand, obviously it's a source of income as well."

The Army also helps her financially.

"It's hard to get that money and financial stability outside of it, outside of anything like the Army," she said.

According to USA Shooting, Weisz "became involved in shooting sports through a gun safety and education program out of a small club in Montana at 9 years old." She was hooked and began her pursuit that lead her to the University of Mississippi's shooting program where she witnessed a slice of Army-life for the first time. Her great uncle was the only one in her family to have served in the Army.

Some highlights to her shooting resume include 2019 Pan American Games Gold Medalist, Olympic Quota Winner, splitting a playing card on her first try, and four-time NCAA Individual Qualifier and 2016 NCAA Air Rifle Bronze Medalist.

"When I was in college we had matches there," Weisz

said of traveling to Georgia to compete at Fort Benning, "because they host a lot of the national competitions and other selection matches."

It was at these competitions she would face rivals now turned teammates.

"Even to make this Olympic team, I was competing against my now teammates at the Army Marksmanship Unit and quite honestly it was a very tight race between a couple of them and myself for the women's 10 meter event," she said.

In basic training she initially didn't let her drill sergeants know that she was a world-class marksman who could split a playing card in half with a single shot. In fact, she said she found Basic Rifle Marksmanship "super-fascinating" because it reinforced principles she had known for a long time.

"I was actually really impressed by all the fundamentals that they taught and the fact that those are the same fundamentals that I still follow today and it's at a completely different type and style of shooting so it was really cool to see," she said.

She added she was impressed how the drill sergeants were able to teach her peers "who have never touched rifles before, they've never seen them, and they've never been around them."

While she felt home on the rifle range, she found other aspects of training difficult such as doing physical training in the hot, humid South Carolina mornings, to being

rained on during training because you would be wet and have to sit in soggy clothes until later in the day when you could return to the barracks to change.

"I think the most challenging was learning how to deal with so many different people from so many different places and doing such difficult yet simple things 24/7," she said. Things such as standing at attention, not moving, being quiet, and trying to get 60 people or more to do were difficult for people who don't have a background founded in discipline.

"They might not have had that being raised or in their life," she said. "In my sport, discipline is literally all it is; so it was very natural for me. When I need to do something I just do it and just deal with it even if something is bothering me to ignore it and I know and I understand that other people didn't have that."

Despite the challenges, Weisz said she plans on using the new experiences to help her on the firing line.

"Even though it was in using pushups or rappelling down the wall with fear ... I can now take those skills I've learned and apply when I'm actually training and shooting so rather than questioning myself (with questions like), 'Am I going to be able to shoot well today?'"

Weisz is "super-excited" to get to the AMU after graduation because she "will be training with the best of the best and now we will be the best of the best. The more you surround yourself with the best, the better you will become."



Review your family's emergency plans to see if they should change due to coronavirus.



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## Grounded

Continued from Page 9

"It was from my mom and from growing up in New York City, which is so diverse in different cultures, that I really learned the most important thing in life is to treat people how you want to be treated," he said. "Starting with that as the foundation of my leadership philosophy has been the secret to my success."

That foundation has lead Delgado to a 33-year Army career, starting with him joining the New York National Guard when he was 17 years old, and today serves as AMC's first Puerto Rican command sergeant major and the Army's enlisted senior sustainer.

"Working in the Army started as a job and somewhere around 10 years it became a career, but when it really clicked was when it became a passion," said Delgado. "There is nothing else I want to be doing than taking care of Soldiers. I see them as an investment and watching them succeed and becoming a command sergeant major is what success looks like to me. When I talk about leaving a legacy, that's what I'm talking about, not what positions I've held but the people I've brought up with me."

Delgado said taking the time to mentor those around you is the most important thing a leader can do and he is encouraging enlisted leaders to reach two levels down.

"Everyone is busy, but you can't use that excuse, you need to find time. It's our job to prepare the next generation and ensure they are ready when it's time to pass the torch," said Delgado. "How you treat those around you impacts more than just them, because a Soldier takes that home with them at the end of the day and it impacts the family. We can't lose good Soldiers because we aren't taking care of them and their families."

While he's had many mentors throughout his career, two that stick out to Delgado are the last two people to hold the position of AMC's senior enlisted adviser before him, retired Command Sgt. Maj. James Sims and retired Command Sgt. Maj. Rodger Mansker. Four years ago, when Delgado served as AMC's Operations and Logistics (G3/4) sergeant major, he credits Sims for preparing him for his future role at AMC.

"I see that everything Command Sgt. Maj. Sims did prepared me for the position I'm in today," he said. "He developed me, made sure I understood the mission, the major subordinate commands and realize the importance of what we do at AMC."

## Status

Continued from Page 6

Conducting assessment of facilities helps to identify buildings that are Army standard and buildings that needs restoration or modernizing.

The information from ISR is being utilized

as a decision tool for senior leaders. The Chief of Staff of the Army uses ISR data to defend and support installations that requires additional funding for infrastructure, Soldier and Family readiness, housing, or whatever the data shows that's a priority. We want to ensure our Soldiers, Family members, retirees, and Department of the Army Civilians are provided with a high quality of life while serving, living, and working on Fort Jackson. The ISR has enabled the Army's ability to identify

systemic trends and issues, as well as best practices, by conducting data analysis from the previous reporting period to identify areas needing improvement and areas that should be focused on.

The intent of top load data for ISR – S (Performance) is to relieve personnel at reporting organizations from entering the same data in numerous Army feeder systems. Top loaded measures are identified within the Data Input Module and on the Service worksheets for

each performance measure. The accuracy of data is important, so if topload data is missing or incorrect, services are encouraged to contact their headquarters topload provider to resolve the issue. Topload data providers are listed in the Topload Reporting Requirements document posted as part of the annual data collection memo on the ISR website.

If a service does not know who their topload provider is, or for more information call 751-1711.



## AROUND THE ARMY

# October is National Financial Planning Month

By **ESPERANZA ROMERO**  
Army Community Service

As 2020 nears its end, this is the perfect time to evaluate your financial plans and goals in preparation for 2021. Are there things you intended to do in 2020 that you may still accomplish? Maybe it's maxing out your Thrift Savings Plan (2020 limit is \$19,500) or increasing your emergency fund to a certain amount. With the holiday season nearly here, it's important to remember your goals in order to remain on track. Evaluate your spend plan, savings, debt and insurance coverages to ensure you meet your financial goals.

One of the best tools to help stay on track is a spend plan. If you already have a working spend plan, review it for accuracy and make

necessary changes. If you don't have one, now is a good time to create one. While developing your spend plan, ensure to account for all income and expenditures in the household. If your discretionary income (income after all taxes and bills are paid) is not what you want it to be, consider reducing unnecessary expenses. Areas such as unused memberships/subscriptions and dining out can greatly reduce your discretionary income. Remember, always prioritize needs over wants.

Is your retirement savings sufficient? Do not neglect to include savings into your spend plan. A quick google search will yield several retirement calculators. The amount of money you'll need into retirement depends on your lifestyle. Do you have an emergency fund? It is recommended to save 10% of your income

each month. Experts say the average family may need 80% of the pre-retirement salary to live comfortable. It's important to have the discipline to maintain savings and not remove money unless it is a true emergency. If withdrawals are unavoidable, implement a plan to replenish the withdrawn funds.

Paying down debt is also an integral portion of your plan. Many people get overwhelmed when thinking about debt and developing a strategy to pay it down. Debt, not including your mortgage, should consume less than 20% of your income. With your mortgage, debt should equal 40% or less. Paying the debt with the highest interest first will reduce the amount of interest you pay and saves more money; however, paying the smallest balances first allows you to see progress quicker.

Don't forget about insurance coverage. Review auto insurance policies to ensure you have adequate coverage. If you're not satisfied with the cost and/or coverage, shop around to find the policy that fits your needs. Other insurances to consider are disability and long-term care. These insurances are not mandatory therefore are often declined due to the associated cost. It's important to consider current and future needs for yourself and Family, as well as the cost of not having coverage if it's needed. This is especially important if your dependents rely on you. Review your policy and update beneficiary information at least yearly or as your Family changes. Army Community Service can assist with your financial planning needs. Call 751-5256 to schedule an appointment with a Personal Financial Readiness Specialist.



Photo by SGT. KIMBERLY HACKBARTH

**A Soldier helps a fellow Soldier onto the rooftop of a building in order to provide protective overwatch for another element of their patrol in Afghanistan Jan. 29, 2012. Army senior leaders recently called on Soldiers to help each other prevent suicide by recognizing the warning signs. A recent report indicated an increase in suicides in 2020.**

## Signs

Continued from Page 9

When the pandemic began, the Army had many Soldiers telework for the first time and restrictions separated many from their units, which could have led to feelings of isolation. Army leaders encouraged Soldiers to have face-to-face meetings while still meeting safety requirements to assess warning signs of suicide or depression. And if Soldiers cannot meet in person they can host teleconferences that allow supervisors to assess the well-being of their troops.

"That's been a point of emphasis: that physical, face-to-face, interpersonal interaction with your Soldiers," Helis said. "There's virtual means where you can lay eyes on somebody. You just have to be creative, but also have to be diligent in finding those opportunities."

Soldiers with suicidal thoughts can seek help by calling the Military Crisis Line at (800) 273-8255.

Soldiers can also contact their post's military health clinic, their supervisor or their unit chaplain.

Soldiers can overcome fear from failure in their military careers or home life with the support of their squads in the Army or in life, said Sgt. Maj. of the Army Michael A. Grinston.

"Don't be afraid to go through tough times," Grinston said during the conference. "It's going to make us stronger."

Grinston said during his first weekend of active duty at what is now Joint Base Lewis-McChord, Washington, fellow Soldiers invited him and others living in the barracks to go skiing in the mountains. He said he could count on his fellow Soldiers to uplift him and said that today's Soldiers should do the same.

"That's the value of life," he said. "And it's not what I want or what I don't have. It's what I have right in front of me. And every day, it's there. We just have to sometimes show each other what it means to be alive."

## Saluting this BCT cycle's honorees

3rd Battalion, 39th Infantry Regiment



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Devon Harbin**  
Alpha Company  
3rd Battalion, 39th  
Infantry Regiment

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HARBIN



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3rd Battalion, 39th  
Infantry Regiment

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Moranville

**SOLDIER OF  
THE CYCLE**  
Pfc. Khristian King

KASPAR



**Staff Sgt.  
Bradley Miller**  
Charlie Company  
3rd Battalion, 39th  
Infantry Regiment

**SOLDIER LEADER  
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Pvt. Calah Daniels

**SOLDIER OF  
THE CYCLE**  
Pvt. Juliana Porter

MILLER



**Staff Sgt.  
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Delta Company  
3rd Battalion, 39th  
Infantry Regiment

**SOLDIER LEADER  
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Pfc. Alexis Saagman

**SOLDIER OF  
THE CYCLE**  
Pvt. Sharrod Simmon

KELLEY



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**Staff Sgt.  
Soledad Rivas**  
Echo Company  
3rd Battalion, 39th  
Infantry Regiment

**SOLDIER LEADER  
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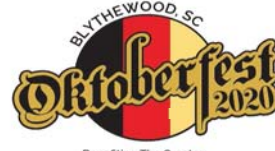
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\*\*\*\*Rogers Septic Tank Service 24 Hours - Anytime Day or Night. 803-669-7194; 803-309-2303 or 803-243-2654.

\*\*\*\*Toby W. Butler - Roof Leaks Fixed. Roofing, siding, painting, and carpentry work. Over 20 years experience. All work with written guarantee. Licensed & Bonded. Call (803)201-2473.

Charles R. Griffin, Sr. Home Improvement. Locally owned. Free Estimates. Residential & Commercial. Roofing, Seamless Gutters/Cleaning, Replacement Windows, Vinyl Siding, Decks, Carpentry, Additions. 803-572-1168.

**EXTERIOR GUTTERS & HOME IMPROVEMENT.** 6" seamless GUTTERS & all other exterior remodeling. dreamgutters.com. 803-425-7160.

**LOWEST PRICES ON GUTTERS-GUARANTEED!**

Residential & Commercial Maintenance, Kitchen & Bathroom Repairs, Interior & Exterior Repairs, Painting and More. 803-513-0856.

Who has been painting for you in Kershaw County since 1969? Me, Darrell McAvoy. Call me and I'll put my experience to work for you. (803)438-2299 or 803-669-5874

## Lawn Care/Tree Service

\*\*\*A Notch Above Tree Care. Top Quality Service-Lowest Prices. Licensed//Insured. BBB accredited. Call 803-983-9721 or 803-669-3414 and save. Free Mulch.

**BARNHILL'S TREE SERVICE.** Tree trimming & removal. Reasonable, Reliable, Licensed & Bonded. Free Estimates. 425-7368.

## Jobs

### Drivers Wanted

ADVERTISE YOUR DRIVER JOBS in 99 S.C. newspapers for only \$375. Your 25-word classified ad will reach more than 2.1 million readers. Call Randall Savelly at the S.C. Newspaper Network, 1-888-727-7377.

### Help Wanted

CSR  
City of Camden is accepting applications for a Customer Service Representative in the Finance Department. Responsibilities include setting up new utility accounts, collecting payments, handling customer inquiries and processing work orders. Requires high school diploma or equivalent and one to two years of experience in customer service. Applications are available at City of Camden Personnel Department, 1000 Lyttleton St., Camden, SC 29021 or online at www.cityofcamden.org. EOE.

**NOW HIRING:** Sub Station II, Lugoff. Prefer applicants that can work day & night hours or night shift. Store Hours: Mon-Sat 10am-9pm; Closed on Sunday. Apply in person. References required.

**TRAIN ONLINE TO DO MEDICAL BILLING!** Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-965-0799 (M-F 8am-6pm ET)

Wanted CSR Insurance- preferred experience but will train the right individual for local Camden business. Excellent benefits and salary. Please send resume to: Blind Box 1047, c/o Camden Media Company, P.O. Box 1137, Camden, SC 29021.

## Real Estate

### Homes For Sale


\*For Sale-Awesome homes at Lake Wateree/Camden/Lugoff & Elgin areas. View www.graham-realtyinc.com or call (803)432-7370/(803)432-0855. Graham Realty, Inc., 519 E. DeKalb St.(Camden)

## Auctions

ADVERTISE YOUR AUCTION in 99 S.C. newspapers for only \$375. Your 25-word classified ad will reach more than 2.1 million readers. Call Randall Savelly at the S.C. Newspaper Network, 1-888-727-7377

## For Rent

\*\*\*\*RENTALS-(All-Price Ranges). Large/small-5BR/4BR/3BR/2BR Houses/Condos/Apartments/Mobile Homes(Short/Long Term). Plus Commercial/Office/Retail Property Available. Camden/Lugoff/Elgin area. Graham Realty, Inc. (803)432-7370 or 432-0855



**803-988-0097**

**— FOR RENT —**

Location	Details	Price
<b>DOWNTOWN</b>	1100 Bluff Road, #504	2/2 \$1375
<b>FOREST ACRES</b>	1825 St. Julian's Place, #11-1	2/2 \$1175
<b>IRMO</b>	203 Rutledge Place	3/1.5 \$900
	208 Beech Branch Drive	3/2 \$1250
<b>LEXINGTON</b>	201 Wallace Circle	2/2 \$1000
<b>NORTHEAST</b>	17 Newnorth Court	3/2 \$1250
<b>NORTH COLUMBIA</b>	1602 Cleveland Street	3/1 \$600
	2607 Schoolhouse Road	2/1 \$600
	3704 Palmetto Avenue	3/2 \$1250
<b>ROSEWOOD/SHANDON</b>	2616B Cypress Street	2/1 \$535
	10 Magnolia Glen Lane	2/2.5 \$1025
	824 Meadow Street	3/2 \$1600
	2506 Cypress Street	4/2 \$2100
<b>USC</b>	1600 Park Circle, #1201 Penthouse	\$1500
	Studio — 3 BRs near USC for	\$675(+)
<b>WEST COLUMBIA/CAYCE/GASTON</b>	210 Augusta Road	2/1 \$775
<b>— FOR SALE —</b>	1825 St. Julian Place, #11-1	1/1 \$104,900

**www.landmarkresources.biz**

1516 Richland Street  
Columbia, SC 29201  
rentals@landmarkresources.biz

## CLOSURES AND HOURS

## Hours

Continued from Page 7

### DA PHOTO LAB:

Training Support Center (TSC) Photo Lab is closed until further notice

### AAFES HOURS:

- Main Exchange: 9 a.m. to 7 p.m. Mon.-Fri. and 11 a.m. to 7 p.m. Sat. and Sun.
- Main Barber Shop: 9 a.m. to 5 p.m. Mon. - Fri. and 10 a.m. to 5 p.m. Sat. and Sun.
- Clothing and Sales: Sun. and Mon. Closed, 9 a.m. to 6 p.m. Tue. - Fri.; 11 a.m. to 4 p.m. Sat.
- Mini-Mall Dry Cleaners: Sun. and Mon. Closed; 9 a.m. to 5 p.m. Tues.-Sat.
- Class 6: 9 a.m. to 7 p.m. Mon. - Fri. and 11 a.m. to 6 p.m. Sat. and Sun.
- Gate 1 Express: 6:30 a.m. to 6 p.m. Mon - Fri. and closed Sat. and Sun.
- Gate 2 Express: 4:30 a.m. to 8 p.m. Mon. - Fri. and 9 a.m. to 7 p.m. Sat. and Sun.
- Exchange Food Facility temporary hours
- Starbucks: 7-11 a.m. Mon.-Sat.
- Boston Market: 11 a.m. to 3 p.m.
- Arby's: 11 a.m. to 3 p.m.
- Qdoba: 11 a.m. to 6:30 p.m.
- Charley's: 11 a.m. to 6:30 p.m.
- Popeye's: 11 a.m. to 7 p.m.

- Burger King: 7 a.m. to 7 p.m. Mon.-Fri.; and 11 a.m. to 7 p.m. Sat. and Sun.
- AAFES food establishments have limited indoor and outdoor seating available.

### COMMISSARY HOURS

- Sun. 11 a.m. - noon 65 and older and immunocompromised
- Noon - 6 p.m. all authorized patrons
- Mon. Closed
- Tue. 7:30 a.m. - 9 a.m. 65 and older and immunocompromised
- 9 a.m. - 8 p.m. all authorized patrons
- Wed.-Thur. 10 - 11 a.m. 65 and older and immunocompromised
- 11a.m. - 8 p.m. all authorized patrons
- Fri. 7:30- 9 a.m. 65 and older and immunocompromised
- 9 a.m. - 8 p.m. all authorized patrons
- Sat. 9-10 a.m. 65 and older and immunocompromised
- 10 a.m. - 8 p.m. all authorized patrons

There is no transaction limit, but restrictions on high-demand essentials will remain in place until further notice.

### DENTAL CLINIC

Caldwell and Hagen Dental clinics are open. Oliver and Oral Surgery Dental Clinics are temporarily closed. Caldwell Dental Clinic is located at Bldg. 4950, Strom Thurmond Blvd. Front Desk/Appointments: 751-5178/6017/5529.

### LEGAL ASSISTANCE OFFICE

The Fort Jackson Legal Assistance Office will take in-person

appointments Tuesdays, Wednesdays and Thursdays to active-duty service members and their dependents.

### RECYCLING CENTER

The Recycling Center will open with limited operations to support Fort Jackson units on Tuesdays and Fridays from 7 a.m. to 2 p.m.

### MONCRIEF ARMY HEALTH CLINIC

#### Acute Care Clinic

- 6 - 11 a.m. for advanced respiratory COVID screening only
- 11 a.m. to 10 p.m. for all other acute care issues.

#### Medical

MEDDAC will provide retiree enrolled beneficiaries their medical benefits at the Moncrief Medical Home. This applies to retiree beneficiaries who normally receive their health care at Moncrief Army Health Clinic on Fort Jackson. Moncrief Army Health Clinic will remain open every day to those retirees who live in waterfall housing on Fort Jackson, active duty service members, and their dependents.

#### New pharmacy procedures

Moncrief Army Health Clinic began a new "in person" pharmacy pick up process Oct. 5. Once a patron receives a text notification their prescription is ready, they will drive to the pick up parking lot and receive buzzer/pager system. The patron will wait until a pharmacy team member is ready to assist.

When the buzzer is activated the screen will indicate what pharmacy window to go to pick up the medication.



## Healthy Relationship Information and Tips

During the shelter at home individuals may experience an increase in emotional abuse; this can be name calling, which causes you to feel bad about your self, feel humiliated, and suffer from low self-esteem.

The following are things you can do to address your partner's negative actions towards you:

*Communicate your dislike of the name calling during a time when both partners are in a good space. Hopefully the other person will be open to hear what you're saying.*

*If communication does not work between the two of you; try seeking outside help like professional counseling (individually or together based on your assessment).*

*If you feel none of the above is possible, you can call the Ft. Jackson Family Advocacy Program at 803-429-4870 for resources and services. The program offers Healthy Relationship classes and domestic violence services.*





Photo by JOSIE CARLSON

Staff Sgt. Wayne Hartman completes an exam online as part of the All-Army Best Warrior Competition, Oct. 1.

## Perfectionist

Continued from Page 11

“In an in-person competition you can kind of gage each competitor and what their strengths and weaknesses are,” he said. “Like for the ruck, I can see if somebody is passing me ... if I were in the lead by a lot there would be no reason for me to push myself and try and break myself off. But with the virtual competition there is no way to know so you just have to run your game and run your competition ... you’re competing against yourself, almost,” Hartman said.

On Oct. 9, Hartman will demonstrate his military bearing and knowledge of the Army in front of a board comprised of command sergeants major from across the Army.

He along with all the competitors will be assessed by their breadth and depth of knowledge on multiple areas including military leadership and counseling, current events, Army history, tactical communications, survival, battle-focused training, weapons, and land navigation.

After this final event, virtual or not, Hartman will know how his skills stack up against the best in the Army.

## Virtually

Continued from Page 10

### Competing in a virtual world

In the end, the call was made: Army finalists would go head-to-head remotely, but beforehand, the 11 Army commands would hold their respective competitions both virtually and in person, Wood said. For these commands, it was a case-by-case basis that relied on health protection conditions at the installations.

At Fort McCoy, Wisconsin, for instance, the Army Reserve BWC was carried out in person in early September. On the other hand, the U.S. Army Recruiting Command BWC was held virtually in late June.

“We have folks from across the continental United States that we’re leveraging, and providing support to this competition,” Melendez said. “The 11 competing commands, and the Army as an entire enterprise, did a phenomenal job with a short amount of time. We turned (BWC) into a virtual and safe event to still recognize the Army’s Soldier and NCO of the Year.”

Modifying the annual competition was about more than the competition itself, Melendez said. It was an example of the Army’s ability to adapt in an ever-changing world, similar to how the force plans to adjust on a multi-domain battlefield.

“This was in line with the vision and future of the Army that [the Army chief of staff] has outlined through 2028,” Wood said. “The resilience, the lethality, and the strategy that we have to deploy, fight, and win decisively against any adversary anytime, anywhere.”



Photo by JOSIE CARLSON

Three noncommissioned officers observe Staff Sgt. Wayne Hartman at the medical lane during the Warrior Tasks and Battle Drills portion of the All-Army Best Warrior Competition, Oct. 1.