

TRACKING ...

NEWS

Teens get 'worked up' at job fair

PAGE 4

UP CLOSE



Officer teaches cultural awareness

PAGE 8

SPORTS



Shaping up is (not that) hard to do

PAGE 25

INDEX

Commanders	2	Chapel	18
News	3-7	DHR	19
Family	9	Health	22
Around Post	10-11	Legal	23
Happenings	14	Police	24
FMWR	15	Sports	25

The Fort Jackson *Leader*



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www.jackson.army.mil

Taking shape



Photo by KRIS GONZALEZ

Staff Sgt. Antonio Irving, a drill sergeant with the U.S. Army Physical Fitness School, demonstrates the heel-hook, one of five climbing drills added to the new Physical Readiness Training regimen taught to Initial Military Training Soldiers.

New PT program relates to Soldier tasks

By KRIS GONZALEZ
Fort Jackson Leader

From zero to 300 in three phases.

That's the goal for Soldiers participating in the Army's new physical fitness training program being implemented at Initial Military Training schools here at Fort Jackson.

Through the U.S. Army Physical Fitness School's new Physical Readiness Program, IMT Soldiers are learning a systematic method to not only boost their physical training test scores, but also to prepare for the

physical challenges of Soldiering both at garrison and during combat.

"We've created an Army physical readiness training program that supports Army Force Generation (ARFORGEN), which means how units are going to deploy, how they're going to fight, how they're going to redeploy — reset or refit, and then deploy again back to the box," said Frank Palkoska, director of USAPFS.

Palkoska and USAPFS's deputy director, Stephen Van Camp, recently completed the final edition of a new PRT training circular

they have been working on for nearly a decade. They sent what they call the "emerging doctrine" to the Army Publishing Directorate March 5 to be reviewed and printed.

Though the circular will likely replace the current Army Field Manual 21-20 in the near future, its contents are only being taught at IMT institutions, a recent mandate from Lt. Gen. Mark Hertling, TRADOC's deputy commanding general for IMT.

"We have a multi-prong attack (to teach-

See PHYSICAL: Page 7

On post, Red Cross has huge impact

As you all are probably aware, humanitarian and financial support has been pouring into Haiti since an earthquake devastated the country two months back. Americans have generously responded to the call for support with millions in donations. Here at Fort Jackson, I am proud to see donations for Haiti exceeding more than \$11,000 so far.

Generosity is always a wonderful story, but I would like to focus on the unsung heroes who put our donations to work and personify what it really means to help and care for victims in disasters. I am referring to the American Red Cross.

I cannot say enough great things about the work of the Red Cross. In case you weren't aware, March is Red Cross month. You might not have known, considering the humble way the Red Cross goes about its business.

The organization has been in existence for nearly 130 years and counting. In that time, the Red Cross has not missed a beat in responding in all types of natural disasters and the emergency circumstances related to the casualties of war. We certainly appreciate the work the Red Cross performs each day, and particularly in times of disasters. Focusing on disaster relief is just one of the important services provided by the Red Cross.

Fort Jackson is serviced by the Red Cross Chapter of Central South Carolina. In 2009, the Central South Carolina Chapter issued more than \$225,000 in disaster

BRIG. GEN. BRADLEY W. MAY
Fort Jackson
Commanding
General



grants to individuals and families to cover food, lodging and immediate needs following a residential fire or other disaster in Richland County, which includes service members assigned to Fort Jackson.

The Red Cross effort doesn't start and stop with disasters. Red Cross workers log countless hours each year handling all types support services. During an average month, Soldiers here on Fort Jackson receive about 200 Red Cross messages from family members. Some of those messages unfortunately concern serious injuries, illnesses or death. So keep in mind that a bearer of bad news has a very difficult and delicate mission.

The Red Cross also recruits and places volunteers in Moncrief Army Community Hospital and dental clinics. They greet patients, assist in the labs and pharmacy, act as chaperones for exams, transport patients between clin-

ics, etc.

The Red Cross also directly supports the training mission here, providing valuable information to Basic Combat Training Soldiers, their families, Soldiers who are deployed, and service members at Task Force Marshall on how to prepare for disasters and how to contact service members in the event of a family emergency. The Red Cross is also at the forefront of the blood donation efforts in the community.

The local impact is huge. Last year, the Red Cross delivered more than 2,300 emergency messages to military members on Fort Jackson; 43 of these messages resulted in financial help for a total of more than \$22,000. Additionally, the staff briefed all family members who attended graduations, and countless patients were helped.

Last year, Red Cross volunteers logged in approximately 13,200 hours of service, which equates to about seven full-time employees. If those employees were paid minimum wage, we would be talking \$96,000 in labor costs, without figuring in the cost of benefits.

Knowing March has been designated Red Cross month, I ask that we all make an effort to show appreciation in some form or another to this great organization. Consider a charitable donation, a donation of blood or a positive ICE comment. Take time to tell a worker or volunteer just how important he or she is to our mission.

Army Strong!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

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Ask the garrison commander about:

Soldiers' annual leave accrual

I am a Government Service employee who supervises two Soldiers. How many days of leave does a Soldier accrue per year?

In accordance with Army Regulation 600-8-10, Leave and Passes, Soldiers on active duty earn 30 days of leave a year with pay allowances at the rate of 2 1/2 days a month. This entitlement excludes periods of:

- (1) Absent without leave, unless excused as unavoidable;
- (2) Confinement resulting from a court-martial sentence;
- (3) Confinement for more than one day while awaiting court-martial provided the Soldier is convicted;
- (4) Excess leave;
- (5) Unauthorized absence because of detention by civil authorities;
- (6) Absence in custody of civil authorities under provisions of Article 14, Uniformed Code of Military Justice (UCMJ), provided the Soldier is not entitled to receive pay and allowances.
- (7) Absence over one duty day due to use of drugs or alcohol, or because of disease or injury resulting from the Soldier's misconduct.

What is arrearage of pay?

The arrearage of pay is the amount of pay that is provided to the surviving beneficiary of a retiree at the time of the retiree's death. The amount of pay is determined by the number of days that the retiree survived in the month in which he or she passed away. For example, if a retiree dies on the 15th of the month then the beneficiary for arrearage of pay would receive 15 days of retirement pay.

My Soldier is deployed/on an unaccompanied tour

COL. LILLIAN A. DIXON
Fort Jackson
Garrison
Commander



and I don't have a support system; what support is available to me and my family?

The Army Community Services Hearts Apart Program is a support group and a forum for families of Soldiers who are deployed or on unaccompanied tours of duty to be able to network with other Families. Children are encouraged to participate. E-mail Miranda.Broadus@us.army.mil or call 751-5256 for more information.

FACT OF THE WEEK

The Army Community Services Relocation Program provides monthly seminars on relocation planning. The seminars are scheduled for 9:45 a.m., the third Thursday of each month at the Education Center. These classes are to assist service members and their families who are PCSing to ensure a smooth move and help to minimize stress. ACS Relocation Programs also provides one-on-one relocation counseling.

Visit Military HOMEFRONT <http://www.military-homefront.dod.mil> for information and relocation tools on over 250 installations worldwide. For more information, e-mail Miranda.Broadus@us.army.mil or call 751-5256.

To submit questions for "Ask the Garrison Commander," call 751-2842, or e-mail scott.nahrwold@us.army.mil.

Survey lets spouses share concerns

By **ROB MCILVAINE**
FMWRC Public Affairs

ALEXANDRIA, Va. — The U.S. Army recently sent out the 2010 Survey of Army Families VI to a random selection of civilian active Army spouses to assess the support provided to families and Soldiers during these past nine years of persistent conflict.

“This survey is your chance to tell the Army leadership what it’s like during this difficult period with so many of our Soldiers deployed,” Lt. Gen. Rick Lynch, IMCOM commander told 75,000 civilian spouses of active Soldiers in a letter introducing the 2010 Survey of Army Families.

Because this number represents just a small portion of the total number of spouses, it’s extremely important to complete the survey, said survey officials. Every four years, this information gives the Army a grassroots view of how family’s opinions and attitudes have changed, and provides an opportunity to evaluate the effects of programs on families.

The survey also tracks trends regarding the character-

istics of Army families, identifies new and emerging family issues and supplements other studies on Army families.

“Your voice is extremely important. As a spouse randomly selected to participate in this survey, you will be not only be speaking for yourself, you’ll be representing many other Army spouses,” said Joseph Rayzor, FMWRC director of marketing.

Army leadership will use the survey results to plan, formulate, and improve policies and programs which benefit Army families. For example, results from previous surveys of Army families have helped the Army design Family Readiness Groups and improve Family and Morale, Welfare and Recreation programs.

This year’s focus is the impact deployments have on Army families.

“Multiple deployments during this time of persistent conflict may have changed the needs of our Soldiers and their family members. We must hear from our customers in order to make the best informed decisions for the Army, our Soldiers and their families,” Rayzor said.

The Survey of Army Families was institutionalized to meet DoD’s requirement for military departments to perform Family research and program evaluation, and an Army requirement (through a 1983 CSA White Paper) to conduct research on the role of Army Families and the effect of Army life on Families.

After receiving the letter about participation in the 2010 Survey of Army Families VI, spouses may complete the survey on the Internet or use a hard-copy version provided by mail.

To keep the survey as accurate as possible, only those selected during the random sampling will be able to participate in the survey.

Spouses not selected for the survey but who wish to provide comments, suggestions or critiques of support programming are encouraged to use their spouse’s chain of command, participate in the AFAP process or speak to their local Family Support Group or Army Community Service directors to learn how to direct their comments to the appropriate agency.

Call 751-6315 for information on the AFAP process.

Late recognition



Photo by SHARONDA PEARSON

House Majority Whip Rep. James Clyburn, D-S.C., presents Kevin Powers with military honors he never received during his time on active duty in a ceremony Monday at the Post Conference Room. Powers separated from the service as a specialist in 1991.

Helping Soldiers



Photo by KRIS GONZALEZ

Brig. Gen. Bradley May, Fort Jackson commanding general, signs his Army Emergency Relief pledge form March 4. AER is a financial assistance program dedicated to helping Soldiers and families. The campaign runs through May 15. Call 751-9119 for information.

Wanted: hard-working students

Teen job fair provides employment, education resources

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

Matthew Welch was ready to start his job hunt. He wore brown corduroy pants and a freshly pressed shirt topped with a sweater vest. Tucked under his arm was a folder containing a copy of his resume and a list of references.

Though he was dressed and prepared like any job seeker, what made him different than some others was his age — he is 14 years old.

Matthew and his father, Greg Welch, joined hundreds of other teens and parents at Saturday's Teen Job and Education Fair at the Solomon Center. Some teens clustered around tables getting job information and asking questions, while some filled out job applications on the spot.

Welch, a military retiree and DA civilian, said he and his son attended the job fair to search for jobs that would accommodate his son's age.

"We hear that they had summer hiring for teens, (but) I didn't think they would have jobs for 14 year olds," Welch said. "So when they sent the (information) out saying they had jobs for 14 year olds, we were excited."

Matthew volunteered with the Boys and Girls Club last summer, but this summer, he is hoping to find a paying job.

Finding a job was important so he could "learn early on how to get money and save it," Matthew said.

"I thought it was a good learning experience because later in life, I will have to do this," Matthew said about attending the job fair. "I'll probably look back on this and say I was glad I went."

Some of the participating agencies included the Fort Jackson Nonappropriated Funds Human Resource Office; Boys and Girls Club of America; Fort Jackson Teen Hired! Apprenticeship Program; Lander



Photo by **CRYSTAL LEWIS BROWN**

Corey Dwyer, Child, Youth and School Services Workforce Preparation specialist, speaks to a group of teens and parents at Saturday's job fair.

University; Midlands Technical College; and Midlands Teens WIA Program. Two new agencies came on board this year, SCANA and Project Hope, which offered job opportunities for teens with special needs.

Barbara Martin, with the Fort Jackson Employment Readiness Program, said the fair was a success.

"The purpose of the Teen Job and Education Fair was to provide teens a hands-on experience to meet potential employers, complete job applications, practice interviewing and learn about volunteer opportunities and obtain information about some of the local colleges," she said.

"Resources were also available for families of specials needs, scholarship information and setting up savings accounts. These

great hands-on opportunities gave young job seekers confidence and direction in helping them land their first job."

Martin said 250 military teens and 150 civilian teens and their parents attended the fair, which is held annually.

She said her office partnered with local schools to get the information out to students.

"Having it on a Saturday also allowed all students to participate," she said. "In the past, it was on a weekday and all teens were not out, so only a couple of school districts could participate."

Martin said that the employers at the fair accepted hundreds of applications.

"Chick-fil-a actually interviewed job seekers on the spot and said at least half of them will be called in for a second inter-

TIPS FOR TEEN JOB SEEKERS

❑ Look for "now hiring" signs wherever you go. Employers might give teens more consideration for employment if they show up at their door.

❑ Go online to www.snagajob.com and find many part-time jobs for 16 year olds. Best bets for finding employment are: city-run youth programs, amusement, theme and recreation parks, ice-cream, juice shops and grocery stores; libraries, museums and zoos; fast food and casual dining restaurants; child and elder care services; and offices needing clerical or customer service help.

❑ Consider volunteering as another option for the summer. You will gain valuable experience that can be listed on future job applications as well as aid you when applying for college scholarships.

view," she said. "The Boys and Girls Club of America said that they actually ran out of application forms. Even with the large unemployment figures for South Carolina, it was great to see that some of the participants will see job offers in the next couple of weeks."

As for Matthew, his father is hopeful that the Blythewood Middle School student is one of those who gets a job offer for this summer.

"I'm very hopeful that he will get a job," he said. "We can teach him at home, but getting a paycheck and getting that experience of getting up (and) going to a job is invaluable."

Crystal.Y.Brown@us.army.mil

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation. <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments.

This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"

BOSS corner

Better Opportunities for Single Soldiers has the following events scheduled for March, which is Fort Jackson BOSS Quality of Life Month.

❑ Today, 9-11 a.m. — Installation Action Council meeting, Post Conference Room
❑ Tuesday — Single Soldier Town Hall Meeting, Sin-

gle Soldier Complex
❑ Wednesday, 11:30 a.m. to 1 p.m. — BOSS meeting, BOSS office
❑ March 23, 1-3 p.m. — Installation CSM meeting, Post Conference Room

For more information, call Sgt. Arnita Miles at 751-1148 or e-mail Arnita.Miles@us.army.mil.

To contact *the Leader*, call 751-7045 or e-mail FJLeader@conus.army.mil.

Red Cross offers classes

By DENISE CUENIN
American Red Cross

What should you do if a family member stops breathing? What if a fellow gym patron passes out? Do you know how to use a defibrillator?

American Red Cross workers and volunteers are doing what they can to ensure that Fort Jackson Soldiers and their family members have access to the training they need to know how to respond in either of the above situations.

The American Red Cross is now offering instructional health and safety classes on post. The classes offered include: CPR for adults, children and infants, First Aid and Automated Electronic Defibrillator, or AED, training. Participants may select one or more of the courses to attend.

"These classes are being offered in cooperation with the local chapter of

the American Red Cross," said Master Sgt. Brett Lantz, the American Red Cross chapter liaison. "They are being conducted on post to make it easier for military families to get this training."

Last fall, classes were offered to the Warrior Transition Unit Soldiers and their families as part of a grant provided by the National Headquarters of the Red Cross.

Lantz said the training can be beneficial.

"While you can't predict when an emergency will occur, you can be prepared," Lantz said. "In less time than you think, this sort of training can give you the vital know-how and skills you'll need to respond to a life-threatening situation with confidence."

Jo An Miller, station manager of the Fort Jackson American Red Cross said, "We hope to offer additional classes, such as babysitting if there is a good response."

The classes are scheduled from 8 a.m. to 4 p.m., March 25, at the Spc. Caughman U.S. Army Reserve Center, 1525 Marion Ave.

Contact the Red Cross office at 751-4329 for additional information.

ABOUT THE ORGANIZATION

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches life-saving skills; provides international humanitarian aid; and supports military members and their families.

The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission.

Editor's note: This is the second in a series of articles highlighting the American Red Cross as part of Red Cross Month.

Housing Happenings

❑ A housing-wide yard sale is scheduled for March 20, 7 a.m. to 2 p.m. The sale is open to the public.

❑ The Community Center at 520 Brown Ave. features an Internet cafe, game/meeting room, cardio room, full kitchen, boundless playground, volleyball pit and soccer field. Office hours are Monday-Thursday, 7:30 a.m. to 6 p.m., Friday 7:30 a.m. to 4 p.m. and Saturday 10 a.m. to 2 p.m. Residents can reserve the Community Center for functions on a first come, first served basis.

❑ Residents who refer a friend who moves to Fort Jackson will receive \$300.

❑ On-post housing is now open to retirees and DoD civilians. For more information, call 738-8275.

❑ LifeWorks events are free and open to all residents. To register, or for more information, e-mail cwilliams@bbcgrp.com or call 738-8275. Join the LifeWorks e-mail list and stay informed. Stop by the management office for a calendar of events. Visit www.ftjacksonfamilyhousing.com for a calendar of events.

❑ Help maintain the appearance of the community by removing trash cans and recycle bins from curbside after pickup. If your trash can is damaged, contact Balfour Beatty Communities for a replacement.

❑ Residents are encouraged to take caution near construction sites.

DEVELOPMENT UPDATES

❑ Community Center: The basketball, volleyball and tennis courts are nearly complete.

❑ Senior NCO: Thirteen buildings are in various stages of framing and roofing.

❑ JNCO / Company grade: Families are being relocated from Phase 2 areas to homes on Bradley, Boone and Legge courts.

❑ Field grade officer: Site work continues. Construct this month.

LEADER INFORMATION

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the March 25 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the March 25 *Leader* must be submitted by March 18.

❑ Send all submissions to FJLeader@conus.army.mil.

❑ For more information on how to submit articles or announcements, call 751-7045.

❑ Follow us on Twitter at www.Twitter.com/FortJacksonPAO. Log on to your Facebook account and become a *Leader* "fan" by visiting <http://bit.ly/10gj2x>, or go to www.Facebook.com and search "Fort Jackson *Leader*."

Women's History Month



Photo by SHARONDA PEARSON

Col. Nancy Hughes, commander of Moncrief Army Community Hospital, presents Judi Gatson with an award for speaking at the installation's Women's History Month luncheon March 3 at the Officers' Club. Gatson, a local TV anchor, spoke on the theme of "Writing women back into history."

Physical training program adjusts to demands of combat

Continued from Page 1
ing it,” Van Camp said. “Drill sergeants are learning and teaching it. BCT Soldiers are getting it. Eventually, in the future, we’ll put together a PRT leader course so everybody in their career can get bigger and better progression toward (mastering it).”

Whereas the old PT was more of a civilian-based fitness program established from American College of Sports Medicine guidelines, the new PRT is based on a system of training that relates to Soldier performance, Palkoska said.

“Physical training prior to the war wasn’t really linked to what Soldiers had to do task performance-wise,” Palkoska said. “Soldiers would get up in the morning, do PT and wouldn’t consider how it applied to the other training that they did during the rest of the training day. We looked at how to link physical training to the performance of the tasks that the Soldiers had to do, whether it was combat related tasks or tasks related to their specific (military occupational specialties).”

To develop the new PT regimen, Palkoska and Van Camp said they studied Soldiers and whom they call “tactical athletes,” whose occupations require a similar level of fitness to perform their work.

“We looked at how professionals such as police, SWAT teams, firefighters and rescue teams require a certain level of physical proficiency just to be able to perform the tasks of the job,” Van Camp said. “If you’re a firefighter and you can’t deploy the fire hose or go up a certain amount of stairs to rescue

people or do certain tasks, then you’re not going to be able to perform.

“Well, the common core of what military people do is warrior tasks and battle drills, some of the most basic things they train for in basic training,” Van Camp said. “We developed the training to support the successful completion or performance of those warrior tasks and battle drills.”

The PRT is broken down into three phases: initial, toughening and sustaining.

During the initial conditioning phase, prospective Soldiers begin training according to a pocket PT guide given to them at their recruiting stations to help them adapt to PT before entering BCT, Van Camp said. Once the Soldiers come into BCT, they enter the toughening phase, in which they learn the Army’s foundational fitness and fundamental movement skills.

As they move to Advanced Individual Training, where they train for their MOS, they enter the sustaining phase, then continue increasing their fitness levels at their gaining units and throughout deployments.

During each phase, Soldiers participate in different variations of ground and off-ground training as well as combatives to work on three fundamental components of PRT: strength, endurance and mobility, Van Camp said.

One significant change to the PRT is that in order to prevent injuries, the new program limits the number of repetitions for each exercise. In the past, Soldiers were required to do 50 to 100 reps for some exercises. In the new program, they are limited to doing five four-counts in the beginning stages, and

work their way up to 10, or work on timed sets or circuits, Palkoska said. Exercises are modified for Soldiers returning from injuries or going through reconditioning, which allows them to restore their physical fitness levels to previous levels of conditioning.

The new program also has significant differences in running requirements. Rather than running for distance, Soldiers will now run for time and are allowed no more than 30 minutes of running during any given session. Speed running is required once per week, to include training such as hill sprinting and shuttle runs.

“The key is to run faster, not longer,” Palkoska said. “Because the longer you run, the more predisposed you are to overuse injuries.

“And Soldiers in combat don’t run long distance,” he said. “They run very, very short distances as fast as they can ... to get out of danger.”

Kris.Gonzalez1@us.army.mil

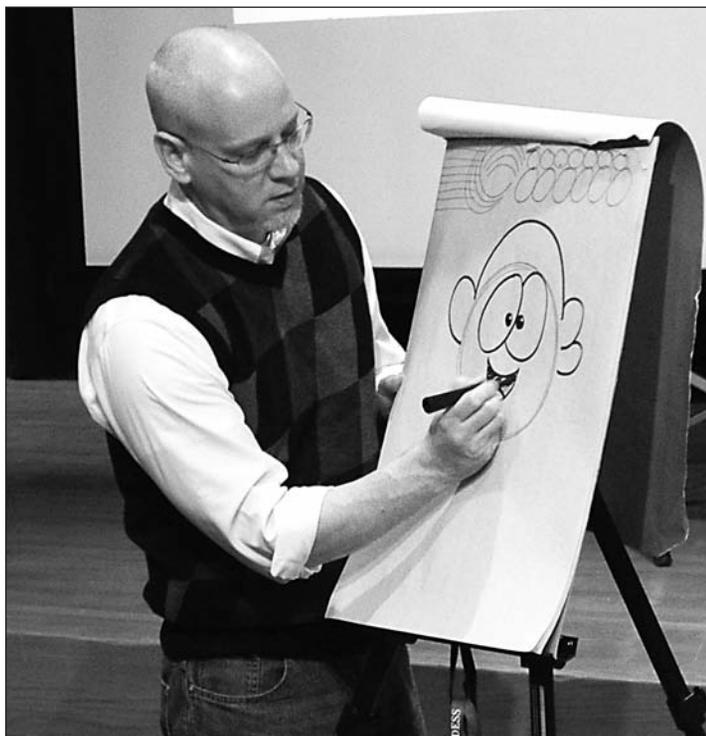
“We’ve created an Army physical readiness training program that supports ARFORGEN ...”

— Frank Palkoska
USAPFS director

Tooning in

Cartoonist and author Dave McDonald demonstrates his drawing techniques during a visit at C.C. Pinckney Elementary School March 4. McDonald, creator of Hamster Sam Comics, visited the Pinckney students as part of their National Read Across America week.

Photo by ANNETTE FRANCIS,
C.C. Pinckney Elementary School



News and notes

FREE MOVIE SCREENING

A free advance screening of “Hot Tub Time Machine,” is scheduled for 4 p.m., Saturday, at the Fort Jackson Reel Time Theater. Tickets are available on post at the Main PX food court, Burger King, AIT Troop Store and Gate 1 Shoppette. The movie, which is rated R, will be in theaters nationwide March 26.

MAUDE LEADERSHIP LECTURE

The Lt. Gen. Timothy J. Maude Leadership Lecture series will continue at 2 p.m., March 23, at the Solomon Center. Maj. Gen. Sean Byrne, commanding general of the U.S. Army Human Resources Command, will serve as guest speaker. RSVP by Monday by calling 751-8353 or e-mail Terry.Brannan@conus.army.mil.

AG MEMBERSHIP BREAKFAST

The Adjutant General Corps Regimental Association quarterly membership breakfast is scheduled for 7:15-8:30 a.m., Tuesday at the NCO Club. Col. Robert Manning, Adjutant General School commandant, will serve as guest speaker. Call 751-8406 for information.

COMMUNITY AWARENESS FAIR

The Exceptional Family Member Program will host a Community Resources Awareness Fair, 10 a.m. to 2 p.m., Wednesday, at the Solomon Center. Various agencies and organizations from the surrounding community will be on-hand to provide information. Call 751-5256 or e-mail ftjacksonefmpvolunteer@gmail.com for information.

YARD SALE SCHEDULED

A housing-wide yard sale is scheduled for March 20, 7 a.m. to 2 p.m. The yard sale is open to the public.

STREET CLOSURE

Imboden Street, from Mills Road to Faison Court, is closed. Call 790-7913 for information.



March 11 — 2 p.m.			
Legion	R		100 min.
March 11 — 5 p.m.			
When in Rome	PG-13		91 min.
March 12 — 6 p.m.			
Edge of Darkness	R		117 min.
March 13 — 4 p.m.			
Hot Tub Time Machine	R		91 min.
March 14 — 2 p.m.			
The Tooth Fairy	PG		102 min.
March 14 — 6 p.m.			
The Lovely Bones	PG-13		135 min.

Fort Jackson Reel Time Theater

(803) 751-7488

Closed Monday, Tuesday and Wednesday

Ticket admission

ADULTS \$4

CHILDREN (12 and younger) \$2

Visit aafes.com for listings

Soldiers bridge cultural gap

Female interaction critical to deploying units' success

By **KRIS GONZALEZ**
Fort Jackson Leader

When an operation requires Soldiers to go outside the wire, there are some things they need to ensure mission success — weapons, a translator, and in many cases, a female engagement team member.

First Lt. Michelle Roberts, military intelligence officer for Fort Jackson's 157th Infantry Brigade, is ensuring units she helps mobilize to Afghanistan are equipped with Soldiers who understand the culture and customs of the local national women, who now make up half the country's population and are often the best promoters of peace in the region.

Roberts recently returned from Camp Atterbury, Ind., where she and fellow 157th Soldiers trained members of the Vermont National Guard for their current deployment to Afghanistan. She taught about 75 female U.S. Soldiers how to interact with Afghan women.

As an active member of the S.C. National Guard, Roberts deployed to Kabul in May 2007 with the Guard's 218th Brigade Combat Team. The BCT was in command of the Combined Joint Task Force Phoenix, which included military units from 13 countries and was responsible for training the Afghan army and national police.

Roberts said that when the task force conducted civil military assistance missions or humanitarian assistance missions, her male counterparts were reluctant to deal with Afghan women, who would sometimes mob them for much needed medical, hygiene and school supplies.

Like Afghan men, local national women had to be searched at drop-off points and before entering buildings, but for religious and cultural reasons, male Soldiers were not permitted to touch them. Female Soldiers, on the other hand, were not so limited.

"As a female Soldier, I could engage (Afghan women), search them, and pat them down if necessary," Roberts said.

So Roberts and other female task force members formed a FET

to keep order among the local women and their children.

The FET also implemented a women's mentoring program to train female soldiers of the Afghan National Army basic soldiering skills, such as how to fire a weapon and provide security, including searching other women so that those soldiers could eventually take over providing security for their own people.

"The goal was to take our faces out of the picture as much as possible, so that the Afghans saw Afghans helping themselves," she said.

Their first task was to teach the female soldiers how to wear their uniforms, she said.

"They had been issued uniforms from their logistics supply, but they didn't want to wear them to work because they got harassed on the street," Roberts said. "They were wearing their usual Afghan clothes, scarves, everything."

She and the other FET members set up a changing room so the Afghan soldiers could wear their normal clothes to work, change into their uniforms and change back before leaving.

The FET taught the Afghan soldiers how to fire M-16s by using simulators. They employed the help of task force military police to teach the soldiers proper search procedures and how to interact with their own local populous, Roberts said.

Throughout the training, Roberts said she was able to realize the many educational needs and concerns of the local women outside of the military arena.

She and the FET joined forces with the Afghan Army Logistics Command's Cultural and Religious Affairs Office to find instructors and compile supplies to open a women's education and training center.

"Before I started the program I sat the ladies down and asked them, 'What do you want to learn? What do you want me to cover with you?'" Roberts said. "The first thing they said was they wanted to learn how to drive. I didn't even know how to tackle that issue."



Courtesy photos

First Lt. Michelle Roberts, leader of the female engagement team for the Combined Joint Task Force Phoenix, greets Afghan children during a humanitarian assistance mission in Kabul in June 2007. Roberts is assigned to the 157th Infantry Brigade.

So Roberts prepared instructional classes for those subjects she could address.

"For a lot of these women, this was their first educational experience," Roberts said. "They had never stepped into a school setting before. A lot of them couldn't even write their names before they came to the class."

First, she set up a class to help the women learn to read and write Dari, one of Afghanistan's official languages.

Roberts said by the time she left Afghanistan in 2008, all the women could sign their names on the poster she kept on the wall in her office at the center.

For those women who were already proficient in their own language, Roberts arranged for lessons in English.

The FET members taught them how to use computer programs, as well.

"A lot of the women would have a computer sitting on their desks as a paper weight because they didn't know how to use them," she said. "They were plugging them in for the first time. Some of them had never learned to



Roberts demonstrates to female Afghan National Army soldiers how to operate an M-16 simulator in April 2008 at Camp Phoenix in Kabul.

write, and now they were using computers."

Roberts recalled that the Afghan men in the area were not very receptive at first to the idea of the women's programs she and her team members had initiated.

"(The men) realized I was setting up computer classes and

teaching the women to read and write in Dari," she said. "The women would take what they learned in the classroom back to their offices and teach the men these skills. The men were seeing firsthand the benefits of educating women."

Kris.Gonzalez1@us.army.mil

Family days bring more than traffic

My first week at Fort Jackson, I received some advice: Limit on-post driving on Thursdays and Fridays — Family Day and graduation.

At the time, I didn't know what Family Day was. But, for me, it soon became nothing more than a traffic hassle. Everywhere I went, from the PX to the Shoppette, it was packed. Quick errands took longer than usual. And forget about grabbing a burger or taco on Family Day; I'd either bring my lunch or eat off-post. But several weeks ago, a last-minute errand took me away from my ordinary routine, and into the PX, on a Thursday.

I'm almost always in a rush, but that day, I took my time looking for shoes for my son. As I walked through the PX, I saw the usual throngs of family members, but this time, I saw something more.

I saw Soldiers, after nine weeks of wearing combat boots, trying on high heels. I saw dads being reunited with children — children who were at that age at which two weeks could mean the difference between having a crawling baby and a toddler. I could imagine that these children were much different than when dad left for Fort Jackson more than two months ago. I saw brothers shopping with sisters, moms hugging sons. And for the first

CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader



time, I saw beyond my own selfishness.

Many of these brothers, sisters, mothers, fathers, wives and girlfriends were experiencing military life for the first time. They had never before seen a military installation, let alone been to one. For those of us who live here, the pause of traffic as a battalion of Soldiers marches across the road is commonplace.

But for these visitors, who I see snapping photos of said Soldiers with their cameras and cell phones, it is something new and amazing. They are seeing through fresh eyes what we have come to know from our own Soldiers — the discipline, the strength and the courage.

I often peruse the Public Affairs Facebook page and am astounded at how many family members and significant others of our Soldiers in training reach out to each other. They thirst for information about their loved ones. They passionately follow, as much as they can, each week of their loved one's training. And they also become friends with each other, even if only online. So, as I looked around at these family members interact their Soldiers, I thought about the numerous posts I read each day. The posts in which a mother's baby boy is leaving the nest for the first time. The newlywed who will be reunited with his or her spouse at graduation.

These loved ones have poured their hearts out on our page as they fretted over receiving letters, mailing care packages and missing phone calls.

I won't say that I will never again complain about traffic on Thursday and Friday, but I will be more patient. Because now I know something about these family members that I didn't before: To me, Family Day was an inconvenience; to them, it was everything.

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

Family stroll

Members of Fort Jackson's Exceptional Family Member Program/ New Parent Support Stroll Along Walking Group prepare for a walk through the Columbia Place Mall March 2. The EFMP staff meets with the group every Tuesday at 10 a.m. in the mall's food court.

Photo by *CHERYL JACKSON, EFMP*



Family Happenings

COMMUNITY AWARENESS FAIR

The Exceptional Family Member Program will host a Community Resources Awareness Fair, 10 a.m. to 2 p.m., Wednesday, at the Solomon Center. Various agencies and organizations from the surrounding community will be on-hand to provide information. Call 751-5256 or e-mail ftjack-sonefmpvolunteer@gmail.com for information.

PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Call 751-1970/1972 for details.

SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at the ACS Annex, Room 8. E-mail jcst143@univision.com or lizperlataina@yahoo.com for information.

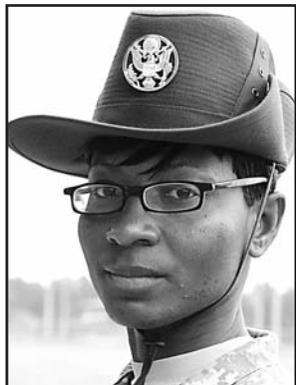
We're PCSing!

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BCT honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Tarasa Wilson-Evans
Company A
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Grant Fritz

SOLDIER OF THE CYCLE

Pvt. Jessica Brantley

HIGH BRM

Pfc. Matthew Abplanalp
Spc. Jonathan Anthony
Pvt. Jake Lilley

HIGH APFT SCORE

Pvt. Grant Fritz

SUPPORT AWARDS OF THE CYCLE

TRAINING SUPPORT AWARD

Elizabeth Thometz

SERVICE SUPPORT AWARD

Richard Oxendine

STAFF SUPPORT AWARD

Seth Brock



Staff Sgt.
Phillip Kriner
Company B
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Terry Frederick II

SOLDIER OF THE CYCLE

Spc. Jerri Taylor

HIGH BRM

Pvt. Andrew Basler
Spc. Gary Thomas
Pfc. Brandon Sizelove

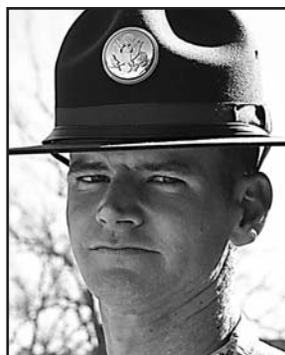
HIGH APFT SCORE

Pfc. Jeffrey Labrake

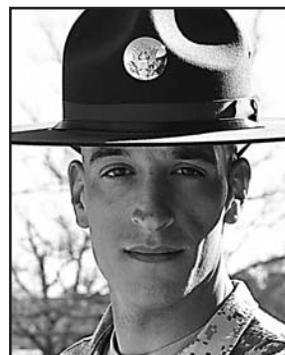
Drill Sergeant School honorees



PERKINS



BOWDEN



DUNKELBERG



KENNEDY

The drill sergeant leader of the cycle is Sgt. 1st Class Shawn Perkins. This cycle's Drill Sergeant School honorees are Staff Sgt. Kyle Bowden (honor graduate), Staff Sgt. Nathan Dunkelberg (leadership award) and Staff Sgt. Vivian Kennedy (physical fitness award).

CPAC CORNER

Conflict of interest

— You may not do government work on a particular matter that will affect the financial interest of you, your spouse, minor children, general partner, organization with which you are negotiating or have arrangement for future employment, or any organization for which you serve as an employee, officer, director, trustee, or general partner.

— You may not seek or accept anything of value, other than your salary, for being influenced in your official duties.

— You may not knowingly solicit or make solicited sales to personnel who are junior in rank, grade, or position (or their families).

— You generally may not represent anyone outside the government before a federal agency or court, or share in any compensation for such representation made by anyone else, if the government is involved in the matter.

— You may not accept compensation from any source except the government for your services

as a government employee.

Army employees must refrain from any private business, professional activity or from having direct or indirect financial interest which would place them in a position where there is a conflict between their private interests and the public interests of the United States government, particularly those related to their duties and responsibilities as Army personnel. Even though a technical conflict may not exist, they must avoid even the appearance of such a conflict from a public confidence point of view.

Additionally, employees may not engage in any private business, professional activity, or financial transaction that involves the direct or indirect use — or the appearance of such use — of inside information gained through an Army position. This includes engaging in any teaching, lecturing, or writing that is dependent on information obtained as a result of government employment, unless that information has been published or is available to the public.

OP-ED

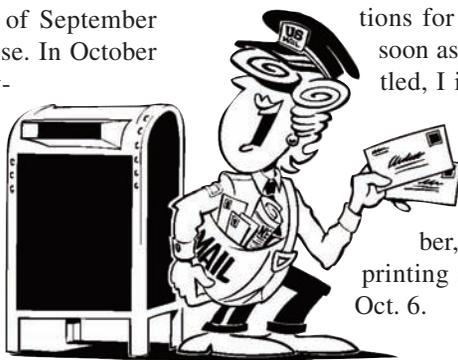
Letter to the editor

I arrived in South Carolina at the end of September 2008. I am an Air Force military spouse. In October 2008, I went to Army Community Services at Fort Jackson to get some guidance and help with my job search, since I was new to the area.

I could not have had a better experience. Everyone was friendly and helpful. I decided to ask if they could also help me with the citizenship process.

They referred me to Ms. Miranda Broadus, the relocation manager. Ms. Broadus was in fact trying to help military family members obtain the citizenship at Fort Jackson, since they do it for military members, on a regular basis.

Since then, Ms. Broadus worked to make the process easier for me. She set up a workshop at Fort Jackson, which was very helpful. We were able to ask all the ques-



tions for which we needed answers. As soon as I got a job and my life was settled, I initiated the process by mailing my application and the requested documents in September 2009.

In the beginning of October, Ms. Broadus set up the fingerprinting appointment, which took place Oct. 6.

The interview was set up on Nov. 10 and the oath ceremony

took place Dec. 8.

Instead of going to Charleston three times, I had all my citizenship process and steps done at Fort Jackson.

The oath ceremony was very special to me, because I was the first civilian being sworn in and I joined four military members.

It was a very special experience and at the same time a very quick process thanks to Ms. Broadus and Army Community Services.

Thank you,
Paula Murdoch

SUBMITTING A LETTER TO THE EDITOR

The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@conus.army.mil.

Recurring meetings

WEEKLY

Walking away stress

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

Play group

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

Range control briefing

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

Columbia Composite Squadron (Civil Air Patrol)

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

Helping Everyone Reach Optimum Strength

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

Protestant Women of the Chapel

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

Military Widows/Widowers Association

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

MONTHLY

Fort Jackson Spouses' Club

Monthly meetings, visit www.fortjacksonspousesclub.com or e-mail Ft.JacksonSpousesclub@yahoo.com.

Fort Jackson Bass Club

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

Weight Loss Surgery Support Group

— Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.

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

Seabees

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

Veterans of Foreign Wars Post 641

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

La Leche League breastfeeding support group

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

Sergeant Audie Murphy Club

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

American Legion Post 182

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

National Federation of Federal Employees

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

Disabled American Veterans

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

Fleet Reserve Association Unit 202

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

Veterans of Foreign Wars Gandy-Griffin Post 4262

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

Vietnam Veterans of America Chapter 303

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

Purple Heart #402

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

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

American Red Cross

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

Victory Riders Motorcycle Club

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

The Rocks Inc., James Webster Smith Chapter

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

Society of American Military Engineers

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

MEDPROS training

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

Retired Enlisted Association

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

Chrome Divas of Columbia

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

92nd Buffalo Chapter 20 DAV

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

Ladies Auxiliary

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

The Ladies Auxiliary Post 4262

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

Combat Vets Motorcycle Association

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

SUBMISSIONS

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

Calendar

Monday

187th Spring Fling golf tournament

Fort Jackson Golf Club, Old Hickory course

Registration begins at 10:30 a.m., play begins at noon. Call 751-3326 for information.

Tuesday

Fort Jackson Spouses Club

11:30 a.m., Officers' Club

Theme: "Decorating tips for Spring" Ways and Means Committee will be selling discounted items.

Single Soldier town hall meeting

5:30 p.m., Community building 2463

Installation representatives will be available to answer questions and resolve issues.

Thursday, March 18

The Rocks Inc. meeting

5:30 p.m., Post Conference Room

Rocks members and prospective members are invited. Call 665-8260 for more information. RSVP by Wednesday.

Monday, March 22-March 26

ASAP Unit Prevention Leader class

8 a.m. to 4 p.m., 3250 Sumter Ave.

Call 751-5007 for information.

Monday, March 22-March 24

AFTB Level I "Learn Army" course

8:30 a.m. to 12:30 p.m.,

Family Readiness Center

Call 751-6315 to register by March 18.

Tuesday, March 23

Job fair

9 a.m. to noon, Solomon Center

More than 45 employers will attend.

Housing events

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

Monday

Pedicure party

10 a.m. to noon

Enjoy a complete spa pedicure. First come, first served. RSVP required.

Wednesday

St. Patty's Day surprises

11 a.m. to 3 p.m.

A variety of activities for all ages. Remember to wear green!

Thursday, March 18

Breakfast on the go

7:30 a.m., Chesnut and Imboden streets

Pick up breakfast on the way to school.

Tuesday, March 23

Neighborhood Huddle

5:30 p.m.

Announcements

TRANSITION CLASSES

Transition classes are geared toward any Soldier who deployed during OIF/OEF. The class meets each Tuesday, 6-7:30 p.m., in the Moncrief Army Community Hospital conference room. The class is geared toward helping Soldiers transition from life in the combat zone. The 10-class session will cover 14 topics, including: anger, closeness, mission orientation and predictability. Call 751-5911 for information.

CENSUS BUREAU EMPLOYMENT

Fort Jackson dependents are eligible to become census takers. Call 866-861-2010, 239-5030 or visit www.2010censusjobs.gov to apply.

THRIFT SHOP UPDATES

Register to win a non-gender specific Easter basket by signing up at the Thrift Shop. There will also be an Easter egg hunt; the winner will be entered into the basket drawing. The basket will be given away March 31.

The Thrift Shop accepts consignments 9:30 a.m. to 12:30 p.m., Tuesday through Thursday. Active duty personnel may bring in items for consignment during regular business hours by appointment.

IG OFFICE CLOSURE

The Inspector General's Office will be closed for training March 19. Call 751-3247 for assistance during that time.

SPRING BREAK FUN

School Age Services Spring Break Fun and Games is scheduled from April 5-9. Care is available 4:30-6:30 p.m. Use of extended hours (before 6 a.m.) require a statement from the sponsor's unit. Activities include: pitch, hit and run competitions; library field trip; bowling; skating and movies.

NCO ACADEMY BOWLING

The Adjutant General Regimental Association will host an "Out of this world" bowling tournament March 27 at Century Bowling Alley. Check-in begins at 11 a.m.; bowling is noon to 3 p.m. Call 751-1696 for information.

CIVIL RIGHTS ESSAY CONTEST

The National Campaign to Restore Civil Rights has launched an essay and visual entry contest with the theme, "What does equality mean to you?" The contest is open to 14-18 year olds. Con-

ADVERTISE IN THE LEADER

Fax to 432-7609 or mail your classified to: The Fort Jackson Leader, P.O. Box 1137, Camden, S.C., 29020. E-mail ad to skaress@ci-camden.com.

test winners will receive prizes, including a cash award and a trip for two to New York City. The contest is open through April 12. Visit <http://www.rollbackcampaign.org/contest2010/> for information.

SCHOLARSHIP DATE EXTENDED

The deadline for the AER Stateside Spouse and the MG James Ursano Scholarship deadline has been extended to April 1. The need-based spouse scholarships are available for spouses of active duty and retired Soldiers through the AER Stateside Spouse Education Assistance Program. The MG James Ursano Scholarship is available for dependent children of Soldiers (active duty, retired or deceased). For more information, call 751-5256 or visit www.aerhq.org.

OPERATION PURPLE

Registration for the National Military Family Association's Operation Purple summer camp program begins Monday. The free camp, which will be at Camp Tekoa, is open to children of service members from any branch of service, including National Guard and Reserve, as well as children of members of the Commissioned Corps of the Public Health Service and National Oceanic Atmospheric Administration. Visit www.operationpurple.org for information.

SPANISH SUPPORT GROUP

The Spanish Support Group/Playgroup offers spouses and their family members the opportunity to connect with other people who share the same native language and similar cultural backgrounds. The group consists of a variety of family members, including those with special needs and meets the last Thursday of the month at the ACS Annex, Room 8. Children are able to play and interact with each other, participate in arts and crafts projects, and practice their Spanish skills. Adults are able to share ideas, express concerns, and socialize among one another. E-mail Claudia Lopez at jcst143@univision.com or Sheila Telles at lizperlataina@yahoo.com for information.

El grupo de Apollo hispano y grupo de juego ofrece a las esposas y los miembros de familia la oportunidad de conocer otras personas y compartir el mismo idioma y similitud cultural. El grupo esta integrado por una variedad de familias incluyendo aquellos que tienen necesidades especiales. El grupo se reúne el último jueves de cada mes a las 11:30 am en el ACS Annex, cuarto 8. Los niños tienen la oportunidad de jugar e interactuar con otros niños participando en manualidades y practicando las destrezas del lenguaje español. Los adultos comparten unos con otros y expresan sus ideas y preocupaciones. Las reuniones mayormente son un evento festivo de intercambio de comidas. Para más información puede comunicarse con Claudia Lopez al jcst143univision.com o con Sheila Telles al lizperlataina@yahoo.com.

Off-post events

SPRING COIN SHOW

The Camden Coin Club has scheduled its annual Spring Coin Show from 8 a.m. to 4:30 p.m., Saturday, at the Camden Recreation Department, Highway 1, Camden. Admission and parking are free. Visit www.sc-na.com or www.coinshows.com for information.

PALMETTO PAINTERS

The Palmetto Painters are scheduled to meet 10 a.m., Saturday, at Green Hill Baptist Church, 1734 Augusta Road., West Columbia. The program will cover Easter bunnies and Easter eggs in acrylics on a faux finish background. Call 781-2340 or visit www.PalmettoPainters.com.

WEST POINT FOUNDERS DAY

The West Point Society of Columbia's Founder's Day dinner is scheduled for Saturday at the Medallion Center, 7309 Garner's Ferry Road. Reception at 5:30 p.m., dinner begins at 7 p.m. The guest speaker is U.S. Military Academy graduate Lewis Sorley, a military historian and biographer.

PALMETTOMAC

The Macintosh User Group in the Midlands has scheduled its March meeting for 7 p.m., Monday at 7006 Two Notch Road. Mac owners, or those interested in Macs, are invited. Membership is not required. Call 743-2501 or visit www.PalmettoMac.org for information.

OLDIES BUT GOODIES DANCE

The Ladies Auxiliary of the American Legion Memorial Post 130 will host a Cabin Fever "Oldies but Goodies" dance, from 7-10 p.m., March 19, at the American Legion Cayce Post 130, 402 Naples Ave., Cayce. Call 447-8234 for information or tickets.

FRIENDS OF SCOUTING DINNER

The India Waters Council, Boy Scouts of America Friends of Scouting dinner is scheduled for April 15 at Seawell's, 1125 Rosewood Drive. Reception begins at 6 p.m.; dinner begins at 7 p.m. Togo West, former secretary of the Army and secretary of Veteran's Affairs, will serve as guest speaker.

MINORITY SCHOLARSHIP

The Richland County Public Library Foundation has established the Ethel Bolden Minority Scholarship. The \$2,500 scholarship will be awarded annually from 2010 through 2013. Call 929-3424 or visit www.myRCPL.com/foundation.

IEP WORKSHOP

The 16th annual Family Connection of "Hopes and Dreams" Conference is scheduled for March 19-20 at Gateway Baptist Church in Irmo. Register at www.familyconnections.org.

Program keeps children on EDGE! with classes

Spring is on its way and EDGE! has a fun line up of classes to help Fort Jackson youth spring into action.

EDGE!, which stands for Experience, Develop, Grow and Excel, is an after school program for children, 6-18, offered from 3-6 p.m. within Family and Morale, Welfare and Recreation partner facilities.

The monthly program packages offer exciting and innovative ways for school age children and youth to spend their time in the afternoons. The difference between EDGE! and SKIES (Schools of Knowledge, Inspiration, Exploration and Skills) is that EDGE! offers finite monthly packages as opposed to SKIES program classes which are ongoing throughout the year.

"The most exciting part of the EDGE! for parents is that the programs are free for 11-18 year olds," said Beverly Metcalfe, FMWR partnerships specialist. The fee for children, 6-10, is \$5 per hour, and children may attend for the entire month or selected weeks during the month.

Spring classes cover a gamut of activities from archery to paper crafts, cooking to kite flying. Partnerships with the Fort Jackson Golf Club and Outdoor Recreation have expanded EDGE! choices for spring.

Current EDGE! offerings include:

IN THE SWING (GOLF)

Wednesdays, 3:30-5 p.m., Fort Jackson Golf Course

Wednesday — An introduction to the golf swing. Learn how to tee in high and let it fly just like the pros did when they were junior golfers.

March 24 — Work on that golf swing. Practice, practice and more practice is the most important part of becoming a great junior golfer.

March 31 — Tour the golf course to see where the great shots are made. There will also be tips on understanding golf rules and proper etiquette.

PAPER BEADING

Tuesdays, 3:30-5 p.m., 5955-D Parker Lane

Tuesday — Use different color oval beads to make a pretty flower necklace.

March 23 — Use the beads you created to make a dangle necklace.

March 31 — Make beads from materials such as magazines, newspaper, etc.

Army Family Covenant

By THERESA O'HAGAN

Child, Youth and School Services

RIGHT ON TARGET ARCHERY

Mondays and Fridays, 4-6 p.m., Heise Pond Archery Range

Friday — Learn about how archery is scored. Practice shooting at the target and keeping score.

Monday — Play archery tic-tac-toe.

March 19 — Heard of musical chairs? This is musical arrows.

March 22 — BINGO! Play bingo with a bow and arrow.

March 26 — Balloon elimination shoot. Shoot the balloons to earn prizes.

March 29 — Tournament time; use all the archery skills you learned to compete against your classmates.

GO FLY A KITE

Fridays, 4-5:30 p.m., 5955-D Parker Lane

Friday — Sleds are not just for snow. Construct a sled kite.

March 19 — Construction gets a little more advanced with the impressive looking box kite.

March 26 — The day we've been waiting for; we get to fly our kites!

IT'S NOT EASY COOKING GREEN

Thursdays, 3:30-5 p.m., 5955-D Parker Lane

Today — What does it take to be a good cook? Learn to follow a recipe, kitchen safety and sanitation. Experiment with making fruit smoothies from a variety of ingredients.

March 18 — Prepare a "green" dessert with fresh fruit.

March 25 — Field trip to a farmer's market. Meet some real local farmers and sample some of their wares.

ARTISTIC TRADING CARDS

Wednesdays, 3:30-5 p.m., 5955-D Parker Lane

Wednesday — Use collage materials to create cards and learn how to emboss paper.

March 24 — Plan the swap meet and create cards using stamping techniques.

March 31 — Have a swap meet and trade cards with other artists.

Visit www.fortjacksonmwr.com for more.



LEADER INFORMATION

Article submissions are due two weeks before the scheduled publication. For example, an article for the March 25 *Leader* must be submitted by today.

Announcements are due one week before the scheduled publication. For example, an announcement for the March 25 *Leader* must

be submitted by March 18.

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

Follow us on Twitter at www.Twitter.com/FortJacksonPAO. Become a "fan" by visiting www.Facebook.com and search "Fort Jackson Leader."

Classified ads are free for mil-

itary members. Ads should be 40 words or fewer and should be written as it should appear in the paper. Fax classified ads to 432-6157 or mail to: *The Fort Jackson Leader*, P.O. Box 1137, Camden, S.C., 29020.

Classified ads can also be e-mailed to: skaress@ci-camden.com.

To place a display ad, call Kathy at 803-786-5681.

FMWR calendar

THURSDAY

- Visit Century Lanes for food, fun and bowling.
- Magruder's Pub and Club is open for lunch.
- Victory Bingo, 2-11 p.m.
- Sleepy story time, 6:30-7 p.m., post library. Come in your PJs and go home ready for bed.
- It's not easy cooking green, 3:30-5:30 p.m., every Thursday, 5955-D Parker Lane. Free for middle school students and teens. Must be registered with CYSS.

FRIDAY

- Visit the Officers' Club, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- Victory Bingo, starts at 2 p.m.
- Texas Hold 'Em Poker, 5:30 p.m., Magruder's Pub.
- Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- Dance to a variety of music provided by DJ Randall at Magruder's Club, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military.
- Right on target archery, Friday and Monday, 4-6 p.m., Heise Pond. Free for middle school students and teens. Must be registered with CYSS.
- Go fly a kite, every Friday, 4-5:30 p.m., 5955-D Parker Lane. Free for middle school students and teens. Must be registered with CYSS.

SATURDAY

- Step Team practice, 2 p.m., dance room at the Youth Services Center.
- Victory Bingo, starts 4 p.m.
- Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- Victory Bingo, starts 10 a.m.
- Family day at the Youth Services Center, 2-6 p.m.
- Traditional brunch, 11 a.m. to 1:30 p.m., Officers' Club. Coat and tie are no longer required. T-shirts, running attire and flip flops are not permitted. Call 751-4906/782-8761 for reservations.

MONDAY

- Right on target archery, Friday and Monday, 4-6 p.m., Heise Pond. Free for middle school students and teens. Must be registered with CYSS.

TUESDAY

- Paper beading, every Tuesday, 3:30-5 p.m., 5955-D Parker Lane. Free for middle school students and teens. Must be registered with CYSS.

WEDNESDAY

- Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
 - Get your party on at the NCO Club, 8 p.m. Cost is \$5 for military, \$7 for civilians.
 - Karaoke night with Tom Marable, Magruder's Pub. Cost is \$3 for military, \$5 for civilians.
 - The EDGE! In the swing golf, 3:30-5 p.m., 5955-D Parker Lane. Free for middle school students and teens.
 - Artistic trading cards, every Wednesday, 3:30-5 p.m., 5955-D Parker Lane. Free for middle school students and teens.
- For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- The Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m. Lunch is open to everyone.

With God's help, we can persevere

By **CHAPLAIN (CAPT.) GUENTER NYANANKPE**
1st Battalion, 34th Infantry Regiment

Sometimes situations and circumstances in our life reach a point where we feel overwhelmed and afraid to persevere. Perhaps you have reached a pivotal decision point and you dread facing the choices. Depending on your faith in God, you may have been pressed to give up the fight.

In Exodus 14:1-31, the children of Israel faced a point where their faith in God was low because they feared the pursuing enemy, the Egyptians. The Israelites faced the difficult decision point to go on in the face of their powerful enemy nearing to crush them.

In the account of this dramatic show of God's salvation, we can learn how to react when we are faced with the tough choice of going forward. The Israelites faced the obstacle of the Red Sea and the fear of the Egyptians. In their case, the going was truly tough.

When the going gets tough, what must we know and what must we do? Exodus 14 teaches us five essential truths about what to know and do when the going gets tough.

Do not fear, stand firm and see the salvation of the Lord (verses 13-14).

The first thing we must do is to stand our ground and not fear. In this case, one must take Franklin D. Roosevelt's words literally when he said, "The only thing we have to fear is fear itself."

The first advice from Moses to the people was: "Do not fear, stand by and see the salvation of the Lord which he will accomplish for you today."

Notice that Moses was a fearless leader who was optimistic in the power of God through his people. Moses knew that the Lord would fight for his people.

In troubled times we ought to be assured that God will fight for us. First we must put aside our fears and stand firmly in God's delivering power.

Take your circumstances to the Lord in prayer (verse 15).

Moses cried unto the Lord when the people were pressing on him for deliverance. Sometimes we should take our problem to the Lord first instead of our own wisdom, friends or bank accounts.

As Joseph M. Scriven, who wrote "What a Friend We Have in Jesus" writes: "Have we trials and temptation? Is there trouble anywhere? We should never be discouraged; Take it to the Lord in prayer; ..."

We can always count on Jesus to help us. Our best friends, bankers and employers may let us down. Our automobile, computers and cell phones may let us down; but God will always be there when we need him most.

Go forward, do not go backward or retreat (verse 15). Thirdly, we must not only pray, but take action to solve our problems. Some would pray without ceasing, but would not take any action in their power to solve their problems. God expects us to take action for our trials and fears. Moses told the people to go forward; not to run away.

Someone said, "One who fights and runs away, lives to fight another day." Do not run from your problem, depend on God and go forward. The only direction for the obedient and strong is forward.

Use the staff the Lord has given you (verse 16).

How can one go forward in spite of all the odds against him or her? The next step is to use the staff of God. Moses had to use the staff of God to strike the Red Sea. Moses understood well the wonderful works the Lord had accomplished through the staff in his hand. Moses remembered how the staff turned into a serpent and swallowed all the

serpents of Pharaoh's men. Moses knew that the land of Egypt was plagued by strokes from the staff.

From these works, Moses gained power to use his staff to take action. You and I can take action in the areas in which God has used us mightily for his glory. We can remember the wonders God has brought about through us and we can use this powers and gifts, to take action on our problems to go forward.



Know that the Lord is always fighting your battles behind the scene (verses 17-20). The last truth to know is that God is on our side, and thus the victory is sure. Exodus included three ways God fought for Israel that led to the defeat of Egypt.

1. The Lord will harden the hearts of your enemy (v. 17) in order to destroy them. God hardened the hearts of the Egyptians to chase Israel.

2. The Lord will manifest his glory through your enemy (v. 18). By destroying your enemies, the Lord will be honored through their destruction.

3. The Lord will blind your enemy (vs. 19-20).

One great aspect of the account is that God sent darkness to the camp of the Egyptians but allowed daylight to his people. These miracles by God slowed down the advances of the Egyptians and allowed Israel to go forward. God will confuse your enemies and blind their intentions. This is the work of the almighty God. God will completely destroy your enemies (vs. 23-28).

You can become resilient in the face of overwhelming forces against you. We can acknowledge these truths and depend upon God's deliverance. After victory is won, we must be able to fear God (reverential); believe in the Lord; and believe in the messenger of the Lord.



PROTESTANT

- Sunday
 - 9 a.m. and 10:30 a.m. Magruder Chapel
 - 9 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
 - 9:30 a.m. Main Post Chapel
 - 9:30 a.m. Solomon Center (Hispanic)
 - 9:40 a.m. Moncrief Army Community Hospital
 - 10:45 a.m. Post-wide Sunday School (Main Post Chapel)
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
 - 6 p.m. Prayer Service Magruder Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)

- Wednesday
 - 7 p.m. Anderson Street Chapel
 - 7 p.m. Gospel Mid-week prayer/Bible study Magruder Chapel
 - 7 p.m. Gospel Congregation's Youth (Magruder Chapel)
- Thursday
 - 9:30 a.m.-noon Women's Bible Study (PWOC, Main Post Chapel)
 - 6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
 - 7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
 - 8 a.m. Men's Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
 - 11 a.m. Magruder Chapel (third Saturday)
- Sunday
 - 5 p.m. Main Post Chapel

CATHOLIC

- Monday-Thursday
 - 11:30 a.m. Mass (Main Post Chapel)
- Sunday
 - 8 a.m. Mass (Solomon Center)
 - 11 a.m. Mass (Main Post Chapel)

- 9:30 a.m. CCD (Education Center)
- 9:30 a.m. Adult Sunday School
- 12:30 a.m. Catholic Youth Ministry
- Wednesday
 - 7 p.m. Rosary
 - 7:30 p.m. RCIA/Adult Inquiry

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
 - 12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
 - 9:30-10:30 a.m. Memorial Chapel
 - 10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

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

LATTER DAY SAINTS

- Sunday
 - 9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

Celebrate St. Patrick's Day safely

By SANDRA BARNES

Army Substance Abuse Program

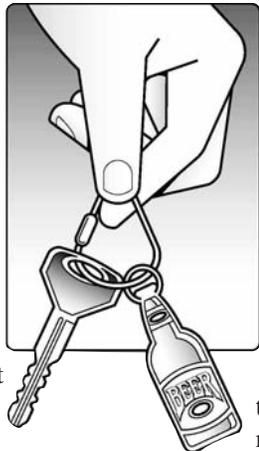
St. Patrick's Day, which is Wednesday, is a big night out for many Americans, particularly young adults, but is also a very dangerous night because of impaired drivers.

According to the 2008 National Highway Traffic Safety Administration statistics, there were 134 crash fatalities on St. Patrick's Day and 37 percent of the drivers and motorcyclists involved in fatal crashes had blood alcohol content (BAC) of .08 or above.

Whether meeting a few friends at the corner pub or attending a local club or party, anyone who uses alcohol to celebrate St. Patrick's Day should never drive while impaired.

Impaired driving is one of America's deadliest problems.

Nationally, in 2008, more than 11,773 people died in impaired driving-related highway crashes. Drunken driving fatalities accounted for 32 percent of all traffic deaths. On average, someone is killed in an alcohol-im-



paired driving crash every 45 minutes in the United States.

The best way to celebrate safely is simple — don't drink. But for those who decide alcohol-free celebrating is not for them, the NHTSA offers a few precautions:

- Designate — and give car keys to — a sober driver before the party begins.

- Anyone who sees a drunken driver on the road, should contact local law enforcement.

- Avoid drinking too much alcohol too fast. Eat, take breaks and alternate with non-alcoholic drinks.

- Decide on a drink limit for the night and stick to it.

- Be prepared to say "no thanks" to offers for more to drink.

- Avoid shots and drinking games.

- If impaired, don't even think about getting behind the wheel. Ask a sober friend for a ride home; call a taxi, friend or family member or stay put and sleep it off.

- Be sure to serve lots of food when hosting a St. Patrick's Day party.

ARMY SUBSTANCE ABUSE PROGRAM

The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. The Army Substance Abuse Program maintains a wide selection of pamphlets and videos that can be used to get a further understanding of the dynamics of substance abuse and use. The staff of the ASAP is available to give presentations on the subjects of alcohol and drug abuse upon request.

- Be sure all guests designate their drivers in advance, or help arrange ride-sharing with sober drivers. Keep the numbers of local taxi companies' on hand, and take the keys away from anyone who thinking of driving while impaired.

Editor's note: The source for this article was the National Highway Traffic Safety Administration. For more information on the National Highway Traffic Safety Administration visit the website www.nhtsa.dot.gov.

National Nutrition Month

Dietitians aim to 'improve nutrition from ground up'

From Moncrief Army Community Hospital

Every March is designated as National Nutrition Month by the American Dietetic Association. This year's theme is "Improving nutrition from the ground up." Improving daily eating habits is the key to overall health.

Some goals the ADA wants Americans to focus on are: eat more fruits and vegetables daily, choose local foods from farmer's markets when available, monitor caloric intake, be open minded to trying new foods and choose healthier snacks and desserts.

By concentrating on improving these basic concepts, a person will be building a healthy base. Proper eating can have big impacts on overall health status and help people achieve optimal nutrition.

Also this month was "Registered Dietitian Day," which was Wednesday. The registered dietitians here at Fort Jack-

son are: Lt. Col. Sonya Corum, who works with TRADOC to educate drill sergeants and Soldiers in training; Lt. Col. Annie Nelson, chief of Nutrition Care Division at Moncrief Army Community Hospital; Capt. Emily Slusher, chief of Clinical Dietetics at MACH and Capt. Bethany Deschamps, who is currently deployed.

"RDs are required to hold a bachelor's degree in the field of nutrition or dietetics and complete an approved supervised internship," Slusher said. "That's what separates RDs with people who identify themselves as nutritionists."

Many RDs also hold advanced degrees in the field of nutrition, business administration, health care administration and certifications in pediatrics, diabetes education, nutrition support and sports nutrition.

What can a registered dietitian do? Those who suffer from chronic conditions such as obesity, high cholesterol, high blood pressure, diabetes, food allergies, or just want to eat better, can consult an RD to help in reaching nutrition goals.

To make an appointment with an RD, call the Nutrition Clinic at 751-2115.

MACH updates

DFAC OPENS

The MACH dining facility has reopened. The DFAC is located on the fourth floor and is now serving premium coffee and teas.

OUT-PROCESSING PROCEDURES

Soldiers must clear the Army Substance Abuse Program, Social Work Services and Behavioral Health prior to leaving the installation.

Out-processing includes a review of medical records and provides an opportunity for the Soldier to receive behavioral health care at his or her gaining installation.

Out-processing hours are 8-11 am, Tuesdays and 1-4 pm Thursdays at MACH Room 7-90. For more information, call 751-2235.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. For assistance obtaining orthopedic care, call the referral center at 751-2363.

Transition help available to mental health patients

From health.mil

The Office of the Deputy Assistant Secretary of Defense for Force Health Protection and Readiness has announced the kick-off of inTransition, a new program designed to offer service members currently receiving mental health treatment a bridge of support between health care providers should they transfer to a new location or separate from active service.

The program may be accessed by service members or referring mental health providers by calling toll-free 800-424-7877 (continental United States including Alaska and Hawaii); 800-424-4685 (outside the United States). Individuals outside the U.S. may also call collect 314-387-4700.

Once contact is made, the service member will be assigned a transition support coach. These coaches are licensed, master's-level behavioral health clinicians specially trained and skilled in understanding today's military culture.

They understand and respect the impor-

tance of service member privacy, and will provide one-on-one coaching with the service member via telephone until the transition to the new mental health provider is complete.

Transition support coaches will offer support through motivational consultation and action planning. They will provide detailed information on how to successfully change providers, assist with referrals, and follow up with new providers to ensure continuity of care.

They will also offer crisis intervention to those who need it, and provide information on local community resources, support groups, and other resources specifically tailored to the service member's new duty station or location.

In particular, coaches will have the knowledge to assist service members transitioning mental health care from the Military Health System to the Department of Veterans Affairs.

For more information, visit www.health.mil/inTransition.

Partners in care



Courtesy photo

Officials with the Warrior Transition Unit honor representatives of the American Red Cross for their contributions to the WTU. The Red Cross representatives participated in a luncheon and were presented certificates of appreciation.

LEADER CLASSIFIEDS

For questions regarding classified ads, call 432-6157.

Keys to accessing safe deposit boxes

By **CAPT. PATRICK BARRETT**
Legal Assistance Office

One question that commonly arises when a person passes away is how to obtain access to the decedent's safe deposit box.

In South Carolina, financial institutions must follow certain minimum procedures required by law to protect the property of the deceased. The following information is provided as a guide for people who want to avoid the potential pitfalls in accessing a decedent's safe deposit box.

Any person who has entered a will into probate and has been provided a Certificate of Appointment as a personal representative will be able to perform an initial examination of the decedent's safe deposit box.

The personal representative will be required to provide the financial institution with the Certificate of Appointment from the probate court and identification indicating that he or she is the person identified on such document. Depending upon the institution, the personal representative may be required to provide either a driver's license or birth certificate in addition to the Certificate of Appointment.

If the decedent's spouse is named as the personal representative in the will, the surviving spouse is only required to provide the financial institution with a copy of the

will and identification such as a driver's license proving that he or she is the personal representative named in the will.

It is advisable, however, for the surviving spouse to take a death certificate and marriage license, in addition to a copy of the will, when attempting to gain access to the safe deposit box.

If no copy of the will is available, a death certificate and marriage license, along with personal identification, should be sufficient for a surviving spouse to obtain access to the safe deposit box.

South Carolina law provides that a decedent's spouse, parent, adult descendant or person named as a personal representative in a copy of the will, must be provided the opportunity to examine the contents of a safe deposit box. This initial examination will take place in the presence of an officer of the financial institution and another employee.

If requested, the financial institution must provide the person examining the safe deposit box the original will if the examining person is named in the will as the decedent's personal representative. The financial

institution is also required to provide the examining person with any writing purporting to be a deed to a burial plot. Also, any beneficiary is to be provided with an insurance policy on the life of the decedent if such documents are in the safe deposit box.

Once a Certificate of Appointment is obtained from the Probate Court, the personal representative may enter the safe deposit box and inventory the contents in the presence of a bank officer and another employee. This inventory must be itemized in detail, including the opening of all bound packages, even if they are marked property of someone other than the deceased.

The personal representative and the bank employee must sign the inventory in the presence of a notary. The notary must also sign the inventory. This inventory is then sent to the South Carolina Tax Commission with a request for a waiver.

Nothing other than the items discussed above may be removed from the safe deposit box until a tax waiver has been received from the South Carolina Tax Commission or a 10-day period has elapsed

since the Tax Commission was notified and no objections have been made.

Once a waiver has been received or the 10-day period has elapsed, the personal representative may remove the contents of the box and the box may be closed, or the box may be placed in the name of the personal representative.

A person other than the spouse or parent who does not have a copy of the will naming him or her as the personal representative is going to have a difficult time obtaining access to the decedent's safe deposit box.

For example, a brother of the decedent who suspects he is named as the personal representative in the decedent's will may be denied access by a financial institution if he does not have a court order allowing him access or a copy of the will naming him as a personal representative.

However, he may be allowed an examination with proper identification and an affidavit indicating that he is the decedent's brother. This situation emphasizes the necessity of providing personal representatives with a copy of the will naming them as the personal representative.

If you have questions regarding wills, administration of estates, or any other legal issues, call Legal Assistance Office at 751-4287 to set up an appointment.



FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,
Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief



TIP OF THE WEEK

Starting this month, Fort Jackson police officers will issue monetary penalties to motor vehicle operators who drive while using a cell phone or hands-free device, such as Bluetooth, on post. In the past, violators received non-monetary tickets.

Drivers now stopped for using cell phones, with or without a hands-free device, will receive a ticket that carries a fine between \$15 and \$25. Drivers will also receive an assessment of points against their driver's licenses. In addition to the fine, there is a \$25 processing fee with the ticket. The total cost of this violation is between \$40 and \$50.

Hands-free earpieces must be removed before driving onto Fort Jackson.

CASES OF THE WEEK

□ A civilian was detained by the Kershaw County Sheriff's Office for having an active warrant after attempting to come onto post, Military Police said. The civilian was initially stopped by gate security for having no proof of insurance. He was also cited by MPs for no insurance coverage, MPs said.

□ A Soldier received a loud noise violation in the Main PX parking lot after receiving complaints that his vehicle was too noisy, MPs said.

□ A Soldier was charged with shoplifting after switching price tags on merchandise, MPs said. The Soldier removed the merchandise from its case and placed it into another case before paying for it, MPs said. The price difference between the two items was \$14. The Soldier was released to her unit.

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

FORCE PROTECTION THOUGHT OF THE WEEK

ANTITERRORISM TRAINING

WHAT IS A TERRORIST GROUP ?



Any organization that uses terrorism in a systematic way to achieve its goals!!!

LEADER ANNOUNCEMENTS

Community submissions to the *Leader* should be typed and no more than 45 words.

□ Announcements are due one week before the scheduled publication. For example, an announcement for the March 25 *Leader* must be submitted by March 18.

□ Stories are due two weeks before the scheduled publication. For example, an announcement for the March 25 *Leader* must be submitted by today.

□ Send all submissions to FJLeader@conus.army.mil.

□ Fax classified ads to 432-6157 or mail to: *The Fort Jackson Leader*, P.O. Box 1137, Camden, S.C., 29020. Ads can also be e-mailed to: skaress@ci-camden.com.

For trainers, clients' fitness is personal

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

Charlina Lewis decided 1 1/2 years ago that she wanted to improve her health. And during that time, she remained consistent, taking classes twice a week at Fort Jackson's Andy's Fitness Center.

But with her son recently off to college, Lewis said some of her workouts fell by the wayside.

That was one reason Lewis decided to sign up with the post's newly instituted personal training program.

"I've done the group classes. I think this way, I'll probably be more motivated," she said.

That's exactly what the Family and Morale, Welfare and Recreation Fitness Department is hoping to provide with its new program, said Pam Greene, a certified trainer and instructor with the department.

Already, the department has two certified trainers on board, Greene said. Additional trainers may be hired based on the program's popularity, she said. Greene may not have to wait long — three days after she started accepting personal training contracts, 10 people had already signed up.

"(Personal training is) for the person who wants more, is ready for more and knows that one-on-one work is necessary to reach that level," Greene said.

Anyone eligible to use the on-post fitness centers — active duty Soldiers, military retirees, DoD civilians and their family members — may sign up for the program.

Lewis said another advantage for her is the hours available for the training. Sometimes, she said, her work schedule didn't coincide with the class times, which also affected her motivation.

"With one-on-one, you get to set your own hours," she said.

The training can be done at any of the on-post gyms, at any time that suits both the trainer and the client. Each gym on post opens at 5:30 a.m. at the latest, and closes at 9 p.m. Andy's Fitness Center opens at 5 a.m.

Greene will first give potential clients a brief overview of the program. Once the person decides to participate, he or she will sign a contract and pay at the Solomon Center. A package of five one-hour sessions is \$100. Once the payment is made, a physical trainer will contact the client to discuss the best times and dates to meet. The first meeting lasts two hours, which includes a one-hour consultation. The consultation does not count toward the five sessions, Greene said.

Besides comfortable clothing, Greene said the most important thing to bring to the consultation is fitness goals to



Photo by **CRYSTAL LEWIS BROWN**

Chris Siau, a certified personal trainer and fitness instructor with Fort Jackson's Family and Morale, Welfare and Recreation Fitness Department, helps Malinda Rogers with a warm-up exercise. Rogers, who trains with Siau three times a week, is a member of the S.C. National Guard.

share with the trainer. The trainer will then outline how the client can best achieve those goals.

"The purpose of the trainer is to use his or her expertise to cater to your needs," Greene said. "That's really how personal trainers work; they cater to the client."

Terry McIntosh, one of the trainers, shared a similar sentiment.

"A personal trainer should be there to help motivate (the clients) to reach their goals," said the retired master sergeant.

The trainer's advice should not only cover working out, but healthy eating and rest habits, as well, he said.

Fellow trainer Chris Siau suggests clients choose both short- and long-term goals.

"Be realistic," he said. "What do you want to accomplish

in those periods of time?"

Both McIntosh and Siau have both regularly taught fitness classes on post, something Siau said shows their commitment to Soldiers and families.

"We're dedicated to this," he said.

Though many of the current contracts are with family members, Greene, McIntosh and Siau also encourage Soldiers to sign up for the program. The trainers can help work on military-specific goals, such as achieving the maximum score on a physical training test.

"I'm not military, but a push up is a push up, running is running," said Siau. "I try to challenge everybody."

For more information, call 751-5768.

Crystal.Y.Brown@us.army.mil

Pinheads

Century Lanes Bowling Center salutes the following league bowlers on their honor scores:

Feb. 16

Johnnie Hickman rolled a 299 as part of a 709 series.

Feb. 23

Kevin Grimes rolled a 300.

The winner of February's King of the Hill tournament is Jerry Horn. The winner of the Super Bowl No Tap tournament is Janine Huff.

For more information about Fort Jackson bowling programs, call 751-6138.



GRIMES

Sports shorts

❑ Letters of intent for intramural and recreational golf are due March 23.

❑ Letters of intent for intramural and recreational volleyball are due March 24.

❑ Letters of intent for intramural and recreational softball are due March 25.

❑ A power lifting meet (bench, squat and dead lift) is scheduled for April 17.

Weigh-in is the night before the event.

Sign up at the sports office.

❑ This year's triathlon was canceled.

❑ Youth Sports is accepting registrations for soccer, track and baseball. Registration for soccer ends Saturday. Practices are already under way.

The season begins Saturday and ends

April 17. Soccer and baseball is open to children, 3-18. Track is open to children, 9-18.

Coaches will contact parents for specific practice times and dates. Call 751-5040 for information.

❑ The 187th Ordnance Battalion "Spring Fling" Golf Tournament is scheduled for Monday. Registration is 10:30 a.m. The tournament begins at noon. Submit team names in advance. The tournament is open to everyone. For more information, call 751-3326 or e-mail *Christopher.W.Chapman@us.army.mil*.

❑ For more information on sports events, call 751-3096.