



Arming today's Soldier



**Fort Jackson plays pivotal role
in Comprehensive Soldier Fitness**

Reader feedback keeps paper on point

A couple of months back, I asked you to make some time for a short readership survey that our post newspaper was conducting so that the *Fort Jackson Leader* staff could get your feedback to gauge its performance in satisfying the informational needs of our organization and community.

Today I would like to thank you for your overwhelming support for the survey. The *Leader's* staff has informed me that the number of responses has not only met — but exceeded the quota — to ensure a margin of error of 5 percent and a confidence level of 95 percent, which is an accurate reading by any means.

Before I share a few results with you, I want to stress again how important it is to stay informed. In an Army that is constantly on the move, change is the one thing that remains constant. We are constantly searching for improvements in the way we conduct and accomplish our numerous missions.

We are all about outcomes, yet outcomes stem from ideas and planning. And ideas and planning come from knowledge and comprehension of our mission. Communication serves as the transport system in which all these things flow. The better that we communicate, the less we impede our progress toward getting to where we need to go. A byproduct to this is that we maintain relevance,

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



which is also a primary reason why we do assessments. Without getting too analytical, I just want to say that I am pleased to see that more than 95 percent of participants in the *Leader's* survey found that the information in the paper to be very useful or sometimes useful. I was very pleased to see that more than 99 percent of those surveyed felt that the information they are reading is very accurate or somewhat accurate. I encourage anyone who has comments or suggestions to contact the *Leader* staff.

Some other interesting things that the survey indicated — in no particular order of importance — were:

— More than 75 percent of those who responded were 36 years old or older and the greatest number of responses came from respondents in the 46-55 range.

— Nearly 75 percent of the responses indicated that they read the print copy of the *Leader* rather than the online version for the newspaper.

— More than 99 percent of the respondents find the *Leader* at least somewhat interesting, with nearly half of those surveyed finding the paper “very interesting.”

— As for the sections of the newspaper, “Around Post” and “Happenings” finished one-two in the order of what survey responders deemed important. These two categories were followed by FMWR, which kind of makes me believe that readers want to stay current with events on post.

There were many interesting responses and requests — too many to note here — that the *Leader's* staff members are analyzing to relay the most relevant command information possible. In any excellent organization or community — effective communication is absolutely paramount.

Here on Fort Jackson, that statement is extremely relevant as we continue to evolve and take on more missions. We are fortunate in that our post newspaper, the *Fort Jackson Leader*, keeps us up-to-date with command information tailored to the interests and informational needs of our organization and community.

Army Strong!

The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the *Fort Jackson Leader* are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

All editorial content of the *Fort Jackson Leader* is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The *Fort Jackson Leader* is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson.

The civilian printer is responsible for commercial advertising.

For display advertising rates and information: call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail skaress@ci-camden.com or fax (803) 432-7609.

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.

Commanding GeneralBrig. Gen. Bradley W. May
Garrison CommanderCol. Lillian A. Dixon
Public Affairs Officer Karen Soule
Command Information Officer .. Joseph Monchecourt
Editor Crystal Lewis Brown
News editor/Staff writer..... Susanne Kappler
Online editor..... Mike A. Glasch
Staff writer Kris Gonzalez

WWW.JACKSON.ARMY.MIL

Ask the garrison commander about:

Digitally signing the DD-214

Why do I have to digitally sign my DD Form 214 (Certificate of Release of Discharge from Active Duty) with my Common Access Card?

Implementing the capability of the digital electronic signature (e-signature) process in TRANSPROC will allow authorization parties (separating Soldier and Separation Authorizing Officials) to electronically sign and authorize issuance of the DD Form 214, Certificate of Release or Discharge from Active Duty. The e-signature process eliminates having to individually sign multiple copies of the DD-214.

The electronically signed form will reflect the signature certification information imbedded on the Soldier's CAC, as well as that authorizing official. Once the DD Form 214 has been digitally signed, it can be printed and distributed in accordance with current Army policy. The forms will be saved in the TRANSPROC database, stored for historical purposes and be available as required.

Once the procedures are implemented, the copy of the DD-214 and/or DD-215 with digital signatures, including the most recent separation order, will be automatically transmitted one day following the separation date from TRANSPROC data base to the Soldier's Official Military Personnel file.

I plan to get married after I complete Advanced Individual Training while I am on leave enroute to my permanent duty station. Can I add my spouse to my orders authorizing government transportation to my new duty station?

Soldiers who acquire family members after the “effective date of orders” are not entitled to transportation at government expense. However, Soldiers who PCS overseas are eligible for space-available transportation to the overseas location. Upon approval from the overseas com-

COL. LILLIAN A. DIXON
Fort Jackson Garrison Commander



mand for command sponsorship of the family members, the Soldier's overseas command will issue the space-available travel per Army Regulation 55-46, Travel Overseas, appendix C, figure C-6.

Is the Officers' Club closing?

No. The Fort Jackson Officers' Club provides a great service to our installation, and we do not anticipate it closing. The Officers' Club is one of five “O'Clubs” left in the Army. Over the years, both the Officers' Club and NCO Club have had to make business changes and provide out-of-the-box programs because the wants and needs of our Army have changed. Our clubs are great assets to our Fort Jackson Community and we expect both facilities to be serving the Fort Jackson Community for many years to come.

FACT OF THE WEEK

Easter Sunday is not far away. Make your reservations now to attend the Officers' or NCO Club Easter Sunday Brunches. For more information call the Officers' Club at 782-8761 or NCO Club 782-2218.

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

Resilience school to open in April

Fort Jackson at forefront of Army's new mental fitness program

The Comprehensive Soldier Fitness program is the Army's way to address more than a Soldier's physical well-being, but his or her mental well-being. This article, is the first in a series addressing how the Comprehensive Soldier Fitness program benefits Soldiers, families, civilians and the Army as a whole.

By **SUSANNE KAPPLER**
Fort Jackson Leader

When Staff Sgt. Keith Allen, an instructor at Victory University, was selected to participate in the Master Resilience Training pilot program at the University of Pennsylvania in August, he was skeptical, at best.

"I honestly had no idea what to expect. All I knew was I was going to something that had to do with the University of Pennsylvania and the psychology department," Allen said. "I got up there, and on the first



couple of days, my battle buddies and I thought, 'There's absolutely nothing they can do to help us. We're hard-charging NCOs (noncommissioned officers). We're infantrymen. We're former drill sergeants. What do I need in terms of psychology?'"

Allen said his attitude quickly changed once he understood how resilience training worked and what kind of an impact it could have.

"I recognized that there is some value in this," he said. "And I can see the practical application across the spectrum. I can see it at home. I can see it at work in the garrison environment. I can see it in combat. So, I guess, I got sold."

More than 600 Soldiers have been trained in master resilience to date; either at UPenn or via video teleconference. Master resilience trainers are one of the four pillars of the Army's Comprehensive Soldier Fitness Program, the Army's long-term effort to improve emotional, social, family and spiritual strength in Soldiers.

The program, which was initiated in October 2008, is rapidly growing and will mark a milestone with the opening of the Master Resilience Training school at Fort Jackson April 5.

"Fort Jackson will be at the cutting edge of the resiliency (program), and building and continuing resilience in the

Army," said Col. Darryl Williams, deputy director of Comprehensive Soldier Fitness. "I think we will be able to double our capacity ... and produce master resilience trainers quicker and get them out where they're needed on the front lines."

About 750 students are scheduled to take the 10-day course this fiscal year before the school will reach its full capacity of 1,800 in fiscal year 2011. The curriculum will consist of three phases. During the first eight days, students will learn resilience fundamentals based on UPenn's principles of positive psychology. That phase is followed by instruction on sustainment, which is comparable to the former Battlemind training. At the end of the course, students will receive one day of enhancement training, which teaches them how to maximize their performance.

So far, 17 civilians have been hired to instruct the classes. The employees, on average, have master's degrees and come from a variety of backgrounds, ranging from former service members to a college professor, said Lt. Col. Scott Heintzelman, director of Victory University.

"We had literally thousands of people apply for the jobs and picked the top 1 percent," Heintzelman said. "We're very, very happy with the quality of people we got, the educational background and the experiences of things they've done."

Before the start of classes, the civilians will be trained at UPenn on the specifics of the program. In addition, 13 Soldiers were assigned to the new school.

The first class will consist of newly trained Advanced Individual Training platoon sergeants who will begin the course after completing the AIT platoon sergeant course. Eventually, all AIT platoon sergeants will take the course. Others targeted to receive the training are One-Station Unit Training drill sergeants, instructors for several Army leadership courses and designated NCOs and officers. The Army plans to have one MRT-trained officer and NCO in each brigade and one NCO in each battalion. Select DA civilians will also attend the course in the future.

After receiving the training, the Soldiers will be able to teach others in their units about resilience, either in an informal setting or in a structured environment, Allen said.

Fort Jackson was chosen as the site of the school in December and it took a concerted effort from organizations across the installation to get the project off the ground.

"This effort is a great example of Team

Jackson pulling together and accomplishing the toughest of missions," said Col. Jeffrey Sanderson, Fort Jackson chief of staff. "The installation staff, Victory University, garrison staff and the Corps of Engineers were all working together to accomplish this critical goal."

Fort Jackson also plays a role in the administration of the Global Assessment Tool. The GAT is an online tool that assesses a Soldier's emotional, social, family and spiritual strength. So far, more than 300,000 Soldiers have taken the GAT, which must be completed by May 31.

Soldiers will take the confidential survey several times throughout their careers, starting in Basic Combat Training.

BCT Soldiers assigned to Fort Jackson will begin taking the test in mid-April at a designated facility that is equipped with 120 computer stations.

"Those computer stations will have a kiosk software loaded on them, whereby the Soldier will ... log on — and the only item that will pop up is the GAT survey via the Web site," said Duane Myers, Fort Jackson communication officer, during an interview earlier this year.

The other two elements of the Comprehensive Soldier Fitness program — beside the GAT and the MRT course — are online self development modules, which are tailored to a person's performance levels on the GAT, and institutional military resilience training.

Williams said that the Comprehensive Soldier Fitness program will have benefits for the entire Army.

"We'll have Soldiers and civilians and family members who will be able to better deal with adversity, will be able to communicate better with their loved ones, will be able to instill resiliency in the folks they're charged with and will just be better. We will be a better fighting force by being a more resilient Army."

Despite his initial skepticism, Allen said he is now convinced that the program will be successful. He said he advises Soldiers selected for the MRT course to have an open mind.

"I am an infantry Soldier, so I had a lot of reluctance to do the program," he said. "I know that people can overcome their reluctance. The program will sneak in and people will find out that it works. If it weren't worthwhile, I wouldn't be involved in it myself. I guess I'm a personal believer."

Susanne.Kappler1@us.army.mil

Editor's note: Additional reporting by Crystal Lewis Brown.

Dimensions of strength

The mission of the Comprehensive Soldier Fitness program is to develop and institute a holistic fitness program for Soldiers, families and Army civilians in order to enhance performance and build resilience.

The Comprehensive Soldier Fitness program identifies five dimensions of strength: physical, emotional, social, family and spiritual. The program's focus is on the last four dimensions of strength.



EMOTIONAL Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with choices and actions.



SOCIAL Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views and experiences.



FAMILY Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.



SPIRITUAL Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional and societal sources of strength.

CSF program

Master resilience training is one of four elements of the Army's Comprehensive Soldier Fitness program. The program is designed to strengthen Soldiers' psychological, emotional and mental well being through individual assessments as well as virtual and classroom training.

The other three elements of the Comprehensive Soldier Fitness program are:

— Global Assessment Tool: An online assessment that evaluates a Soldier's emotional, social, spiritual and family strength.

— Comprehensive Resilience Modules: Online tools to develop emotional, social, spiritual and family strength.

— Sustainment Resilience Training: Build Soldiers' inner strength. The training will be applied throughout a Soldier's career.

ON THE WEB:

Go to http://www.jackson.army.mil/2009_pages/CSF/index.html for Fort Jackson's Comprehensive Fitness Program page, which includes the most up-to-date information on the Comprehensive Soldier Fitness program. Log on to www.army.mil/csff/ to take the Global Assessment Tool.

Barracks no longer the only option for single sergeants

By **KRIS GONZALEZ**
Fort Jackson Leader

Some of Fort Jackson's single sergeants soon may be moving out of the barracks.

Noncommissioned officers in the rank of E5 with promotable status now have the option to live on or off post.

"This is a huge step for Fort Jackson," said Sgt. Arnita Miles, president of Fort Jackson's Better Opportunities for Single Soldiers.

Miles made the announcement during a single Soldier town hall meeting Tuesday night at the Single Soldier Complex Community Building.

BOSS collaborated with housing officials and garrison leadership to come to a partial resolution for single Soldiers who, during a town hall meeting in July, had asked if they could move out of mandated living quarters and into more "apartment-style" accommodations, Miles said.

The housing request could only be granted to E5 promotable NCOs because, according to Army regulation, 95 percent of an installation's billeting space must be in use before single Soldiers in the ranks of E5 and lower can be authorized Basic Allowance for Housing.

"Right now, we are about 84 or 85 percent," said Emma Watson, Residential Communities Initiative director.

"When you see other, larger installations that already allow their E5s to go off post, that's because they have an inventory that does not meet demand," Watson said.

With about 928 single Soldiers living in barracks, Fort

Jackson is considered to have a small single Soldier population compared to other Army installations, Miles said.

The resolution may not oblige every single Soldier, but it's a start in the right direction, Watson said.

The housing office streamlined the process so E5 promotable NCOs don't have to go through their chains of command to make the move. All the sergeants need to do is go to the housing office with a request form and a copy of their Enlisted Record Brief verifying promotable status.

The turnaround time is two to three days, Watson said.

Cheers and claps could be heard among the more than 50 Soldiers who attended the meeting.

"We really fought for this," Miles said. "Because of the support of the BOSS program, our Soldiers were heard on this issue and we were able to move forward."

Miles encouraged her fellow single Soldiers to continue to voice their concerns regarding any issues that envelop the three pillars of the BOSS program: quality of life, community service, and recreation and leisure.

"Anytime you have an issue and you feel like you need to be heard, bring it to BOSS and we can take action," Miles said.

Additional briefings during the meeting covered topics such as financial readiness; Directorate of Family and Morale, Welfare and Recreation programs and upcoming events; and safety procedures in the barracks and around post.

For more information regarding any of the topics discussed at the town hall meeting, contact Miles at 751-1148.

Kris.Gonzalez1@us.army.mil

Housing Happenings

□ A housing-wide yard sale is scheduled for Saturday, 7 a.m. to 2 p.m. Residents who want to participate should contact Courtney Williams at cowilliams@bbcgrp.com. Participants will receive balloons to mark their homes. Any unsold items must be removed from the yard by the end of the day. The sale is open to the public.

□ An open house is scheduled for Saturday, 10 a.m. to 2 p.m. Homes are available for immediate occupancy. Residents who refer a friend who moves to Fort Jackson will receive \$300.

□ Recreational vehicles and trailers must be stored in the RV storage lot. It is not allowed to park them in the housing area.

□ 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.

DEVELOPMENT UPDATES

□ Residents on Mills Road will not have access to Owens Road starting Monday because a fence has to be moved.

□ Families who have to relocate because of construction are reimbursed for the cost of the move and for the costs to transfer telephone, cable and internet.

□ New neighborhood signs have been installed at Pierce Terrace, Howie Village and Imboden Street. Two more signs will be installed as construction progresses.

AAFES gas sales provide convenience, discounts

By **SUSANNE KAPPLER**
Fort Jackson Leader

Like many active duty and retired Soldiers who work on Fort Jackson, Sgt. 1st Class Dawn Cantele, a drill sergeant with Company B, 3rd Battalion, 34th Infantry Regiment, fuels up her car on post.

"It's convenient," Cantele said.

But Jason Rosenberg, general manager of AAFES Fort Jackson and Shaw Air Force Base, said that he does not rely on AAFES gas stations' convenient location alone, but wants to make sure customers get a fair deal at the pump.

He said that AAFES gas prices are determined once a day by surveying at least five gas stations in the proximity of the installation. The AAFES price will then be adjusted to the lowest price recorded for each fuel grade.

Rosenberg said that a surveyor records the price of 11 gas stations to make sure the customer gets a fair deal.

"I wanted to show that we're going above and beyond," he said. "We're not just going to pick and choose five gas stations. I'm literally covering every (station)

that's near us."

He explained that because of the sheer volume of gas stations in Columbia, not every station in the city can be surveyed.

"Our direct competition is the (gas stations) close by," he said. "A lot of times I get a call from somebody who says, 'I live out by the airport and (gas stations here) are 3 cents cheaper than you.' But that's not our direct competition."

Although off-post gas stations may adjust their prices several times throughout the day, prices on post remain the same once the daily price is set.

"The gas market is so fluid and the cost prices are different, literally, for every shipment you get. These gas stations ... get multiple shipments per day," Rosenberg said. "We can only take one glimpse in time every day. I do still believe that is a pretty fair way to do it."

Rosenberg added that one of the biggest misperceptions among customers is that AAFES is exempt from charging fuel taxes. He explained that although AAFES is immune from state and local taxes for most items, that immunity was waived by Congress with regard to gaso-

line.

"Accordingly, AAFES pays state, federal and local motor fuel taxes, as well as underground storage fees, etc. on motor fuel," he said. "The federal and state motor fuel taxes and other applicable fees paid by AAFES are included in the motor fuel price to the military customer and paid to the appropriate taxing authority. That means we're on the same playing field as everybody else. We have to pay the same taxes as (other gas stations) do."

Even though customers cannot save on taxes by purchasing gas on post, AAFES offers other ways of lowering the pain at the pump.

"I use my Military Star Card as a gas card to get a discount," said Sgt. Chelsey Baxter, Company B, 4th Battalion, 10th Infantry Regiment.

AAFES offers a discount of at least 5 cents per gallon for customers using the card. Rosenberg explained that this is possible because, unlike other credit cards, the exchange service does not have to pay fees on purchases made with a Military Star Card.

Susanne.Kappler1@us.army.mil

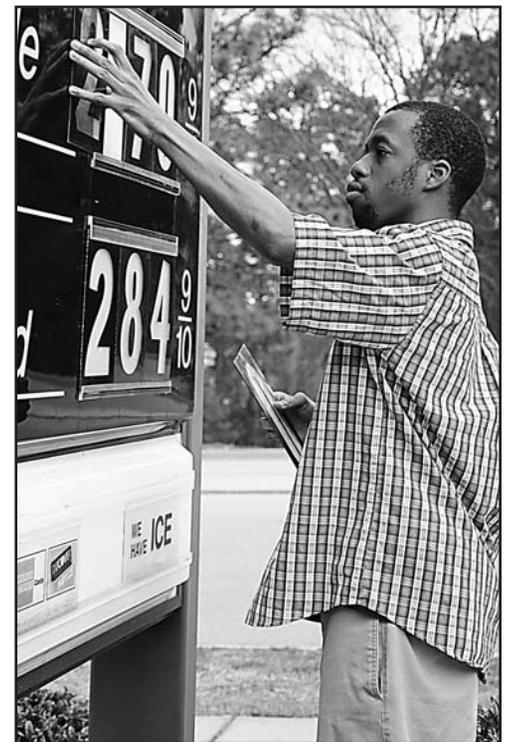


Photo by **SUSANNE KAPPLER**
Marcel Morphis, AAFES employee, changes gas prices at the Gate 2 Shoppette Monday.

Post NEC to get new 'Remedy'

Leader Staff Report

Fort Jackson's Network Enterprise Center recently received training to institute a new web-based program aimed at providing better customer service. The new trouble-ticket system, Remedy Information Technology Service Management, will eventually allow users to submit their own work orders, instead of relying on unit IT specialists to do so.

"ITSM is, simply put, a way for the NEC to manage and track anything that causes a disruption to information technology services whether an end-user reports the issue

or not," said Andria McDonald, project director with NCI Information Systems Inc., the company that is implementing the program. "We know if we don't do our job well, the Soldier will suffer. Supporting the war fighter is our number one duty, above everything else."

In the past each installation had its own system for reporting computer problems. The new system is web based, which means it can be accessed from any computer. Currently, the system is only available to computer specialists, such as information management officers. The program is expected to eventually be instituted Army-wide.

"If this program is implemented throughout the Army as a whole, then we have the ability to efficiently process service management delivery to our customer base anytime, anywhere," said Jesus RosaVelez, Fort Jackson NEC director.

"It's like calling your general '800' customer service number for your products at home. You communicate with a service representative who may not be at Fort Jackson and your request or inquiries are routed to the nearest service center."

This new system means that on-post IT personnel will spend less time answering phones and more time fixing computer problems.

"The new trouble ticket system will allow us to better serve our customers," said Tammy Cunningham, chief, NEC Customer Service Center. "We will be able to focus on user requirements instead of fielding telephone calls."

Although currently only IT professionals can use Remedy, other users can still get assistance by calling 751-GNEC or 751-DOIM. IT professionals who have not been trained on using Remedy can download classes via AKO at <https://www.us.army.mil/suite/files/20298941>. Weekly training is available at <https://connect.dco.dod.mil/ismtraining>.

Call 751-GNEC for information.

Red Cross staff, volunteers liaison for families, Soldiers

By DENISE CUENIN
American Red Cross

During a busy month, Fort Jackson Soldiers receive as many as 300 American Red Cross Emergency messages from families. Throughout the entire year, approximately 2,300 messages are delivered.

Messages are often upsetting, concerning the death, serious illness or injury of a family member, however, there are happy messages as well, delivering the good news of healthy new born family members. American Red Cross caseworkers and their predecessors have been sending and delivering emergency messages on behalf of United States servicemen and women since World War I.

When a service member needs to be informed of an emergency, usually a family member initiates an emergency notification at the local Red Cross Chapter office. The local chapter staff collects the vital information and then expedites validation with local medical or other authorities. The result is that when a unit command receives a message, it knows the message has not been embellished or understated in the transmission. This allows the command to make an informed decision on whether emergency leave is appropriate for the service member involved.

At the core of the program is the volunteer or staff caseworker who handles the intake and delivery and concern for the service member and his family. It is the human contact with the Red Cross caseworker that is the heart of the program.

Bill Bartlett and Linda Crimmins are volunteer caseworkers at Fort Jackson who dedicate one day a week to working at the Red Cross office delivering emergency messages. There is little chit-chat or time to socialize. Each message requires some work to locate the Soldier's unit and reach someone authorized to receive the message. As time permits, messages are drawn from the cooperative queue and delivered as needed in a sensitive and clear manner, often to other bases and posts across the country.

Before becoming case workers, Bartlett and Crimmins received training on the basic program, use of the technology and the appropriate protocols for delivering and documenting the delivery of messages. Before a case worker can work alone, formal classroom and online training must be completed



Courtesy photo

Volunteer Bill Bartlett answers the phone at the Red Cross on post, where he volunteers weekly.

"Nothing sits on anyone's desk" say Deborah Anderson, casework chair at Fort Jackson. Anderson is a retired Soldier who both does case work and trains other volunteers on the process. "If a message cannot be delivered right away, it is electronically dispatched back into the system to ensure the additional information needed to allow delivery is worked on immediately."

Red Cross local station staff members make sure Soldiers and their families are well versed on how emergency messages are processed and what information is needed.

Deborah Welch, assistant station manager, frequently reminds service members to keep their families current on when and where they are training, stationed or deployed. Family members are advised to contact their local Red Cross Chapter or Station when an emergency situation arises, as they are best equipped to provide the details that will allow the emergency to be verified. Along with details on the emergency, families need to provide Red Cross workers with the Soldier's name, rank, Social Security number, unit and unit address.

Visit the Red Cross office in Building 2464 for volunteer information.



twitter

Follow the Fort Jackson Leader on Twitter at <http://twitter.com/FortJacksonPAO>

Check us out for breaking news, videos and more.

facebook

Fan us on Facebook at

<http://www.facebook.com/pages/Columbia-SC/Fort-Jackson-Leader/115560926584>

Care plan to encompass more families

By **ELAINE WILSON**
American Forces Press Service

WASHINGTON — The Defense Department's family care plan policy will be expanded in the coming months to encompass a wider population of military parents, a defense legal expert said.

The new policy will require military parents with custody of children from a previous relationship to file a family care plan, said Army Col. Shawn Shumake, director of the Pentagon's office of legal policy. The requirement already is in place for dual military couples and single parents with custody.

Family care plans are used to ensure dependents are cared for while the service member is away for an extended period of time, whether it's for training, a deployment or a remote assignment, Shumake explained. The document includes everything from designation of temporary guardianship to arrangements for financial and logistical support, including relocation and medical care.

While the family care plan always has been a required and useful planning tool for dual-military couples and single parents, the lack of inclusion of "blended" families represented a "gaping hole" in the policy, Shumake said, prompting the first policy update since 1992.

"What we're trying to do is put these service members in the best possible position before they leave," he said.

In recent years, Shumake said, he has seen an increase in custody disputes involving blended families that mostly arose from a lack of prior coordination.

The deploying parent may designate guardianship to the step-parent, for instance, only to have the biological parent intercede

while the custodial parent is gone. And the biological parent has every right to custody of that child, he explained, unless extenuating circumstances exist.

This situation can put a deployed parent in a tough, stressful spot while far from home, he noted.

"The worst possible thing is when things come to a head while the service member is gone," Shumake said. "The service member is going to be overseas, and that biological parent is going to pop up and be able to walk away with that kid."

Requiring service members with a blended family to have a family care plan will lead to anticipating some of these potential problems early on, he said.

Shumake noted that although it's helpful, the family care plan isn't a legally binding document. But if it's prepared early enough, the service member generally would be able to take the plan to court and petition for a court order to enforce it.

Service members who anticipate that they won't be able to reach an agreement with or trust the noncustodial, biological parent should visit their legal assistance office so they understand the legal ramifications of not involving the biological parent, Shumake advised.

The new policy also will address issues that affect all parents required to have a care plan. For instance, if a catastrophic circumstance arises — a temporary guardian refusing to care for the child or getting into an accident and being unable to provide care, for example — the new policy allows for a deployment deferment until the issue is resolved. Commanders also will be sensitive to those circumstances, Shumake said.

"It would shock me if there was any commander out there who would not allow a military parent the opportunity to deal



Metro Creative Graphics photo

The Department of Defense is expanding its policy on family care plans for the first time in eight years to better accommodate "blended" families.

with that and figure out a good response," he said. "We have no interest in ripping a service member away from a child and sending the service member to Iraq or Afghanistan. No commander is going to want that to happen."

In extreme cases, when the service member just can't piece together a family care plan, the commander has the option of separating the service member from service. "The commander needs to rely on his people and needs to know they'll be there," Shumake said.

The commanders also are tasked with advising service members of the risks involved with designating a nonviable guardian or leaving a biological parent out of the equation, he explained. The new policy will outline this increased responsibility for commanders, he added.

Family care plans are extensive and can take some time to fill out, Shumake ac-

knowledged, further underscoring the need to start well in advance of a departure. Legal assistance offices are a valuable resource for help with a plan, as well as Military One-Source at <http://www.militaryonesource.com> or Military Homefront at <http://www.military-homefront.dod.mil>.

For parents needing more extensive assistance, such as those seeking court orders to establish guardianship, Shumake advised they first check with their legal office for advice. Local legal offices can help to point them to free legal assistance, such as that offered through the American Bar Association's Military Pro Bono Project.

Above all, the aim is to avoid problems in the first place, Shumake said. "We want to mitigate or avoid the problems before they happen," he said. "Deployments are stressful enough without the added worry of care for your children back home."

Safety first



Photo by KRIS GONZALEZ

A group of Soldiers with the 157th Infantry Brigade participates in the brigade's Motorcycle Safety Day, Wednesday. The event included safety briefings, equipment inspections and an on and off post ride.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

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

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

A complete list of Community

FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/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.

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!"

Puerto Rico will void older birth certificates

From IMCOM Public Affairs

SAN ANTONIO, Texas — Recent legislative action by Puerto Rico will soon begin affecting service members from that territory.

In January, the government of Puerto Rico implemented a new law aimed at strengthening the issuance and usage of birth certificates to combat fraud and to protect the identity of all people born in Puerto Rico. As of July 1, the law will invalidate all birth certificates issued before that date by the Puerto Rico Health Department, through its Vital Statistics Record Office.

Why such extraordinary measures? According to a fact sheet by the Puerto Rico Federal Affairs Administration, many common official and unofficial transactions on the island “unnecessarily” required the submission, retention and storage of birth certificates. Meaning: hundreds of thousands of original birth certificates were stored without adequate protection, “making them easy targets for theft.”

Subsequently, many birth certificates have been stolen from schools and other institutions; sold on the black market for prices up to \$10,000 each; and used to illegally obtain passports, licenses and other government and private section documentation and benefits.

The administration fact sheet also noted that because of such problems, “approximately 40 percent of the passport fraud cases investigated by the State Department’s Diplomatic Security Services in recent years involved birth certificates of people born in Puerto Rico.” This left Puerto

Rico born-citizens vulnerable to identity theft, ruined credit, stolen Social Security benefits and increased random security checks at airports.

Recognizing such enormous risks — including homeland and nation security concerns — the government of Puerto Rico took action to enhance the safekeeping of birth certificate data and to better protect the public from fraud and identify theft.

Accordingly, the Vital Statistics Record Office will begin issuing new birth certificates July 1, incorporating technology to limit the possibility of document forgery. Moreover, the new law will invalidate all birth certificates issued before July 1.

Does this mean that everyone will need to run out and request a new birth certificate immediately? No, said Puerto Rico Federal Affairs Administration officials. In fact, they recommend that only people who have a specific need for their birth certificate for official purposes — such as passport application — request a new document.

“Those people who want to obtain a copy of the new birth certificate for their records are encouraged to do so at a later date to prevent an unnecessary rush of applications,” said officials, “and to ensure those individuals who have a specific need for the birth certificate are able to obtain them in a timely fashion.”

For more information on how to apply for a birth certificate — including forms that will need to be completed — visit the <http://www.salud.gov.pr/Programas/RegistroDemografico/Pages/RequisitosparasolicituddeNacimiento.aspx>.

☐ For more information, call 751-7045.

LEADER ON SOCIAL MEDIA

☐ Follow us on Twitter at www.Twitter.com/Fort-JacksonPAO. Become a “fan” by visiting www.Facebook.com and search “Fort Jackson Leader.”

ADVERTISING IN THE LEADER

☐ To place a classified ad, please fax to 432-7609 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.

☐ For information about display ads, call Kathy at 786-5681.

LEADER DEADLINES

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the April 1 *Leader* must be submitted by today.

☐ Announcements are due one week before the scheduled publication. For example, an announcement for the April 1 *Leader* must be submitted by March 25.

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

News and notes

DRMO SALE

The Defense Reutilization Marketing Office will sell used dormitory furniture March 27, 8 a.m. to 1 p.m. at 1902 Ewell Road. The sale is open to Active duty and Reserve service members, DoD employees and military retirees. Items include wall lockers, dressers, nightstands and armoires. Pre screening is not available. For more information, call 751-1875.

MAUDE LEADERSHIP LECTURE

The Lt. Gen. Timothy J. Maude Leadership Lecture series will continue at 2 p.m., Tuesday, 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.

YARD SALE SCHEDULED

A housing-wide yard sale is scheduled for Saturday, 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 18 — 2 p.m.

The Lovely Bones PG-13 135 min.

March 18 — 5 p.m.

Edge of Darkness R 117 min.

March 19 — 6 p.m.

The Wolfman R 102 min.

March 20 — 6 p.m.

From Paris With Love R 92 min.

March 21 — 6 p.m.

The Wolfman R 102 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

COMMUNITY SNAPSHOTS

Special lunch



Courtesy photo

Employees at the 120th Adjutant General Battalion (Reception) dining facility pose in front of the DFAC after preparing and serving a special lunch for Soldiers in honor of Black History Month.

Graduating preschool



Courtesy photo

Catharine Strope will retire this month after 17 years with Child, Youth and School Services. The 68-year-old is the preschool room teacher at the Hood Street Child Development Center.

Civilian honors



Photos by NICHOLE RILEY, Moncrief Army Community Hospital

Col. Nancy Hughes, commander of Moncrief Army Community Hospital, presents an award to one of MACH's civilian employees of the year, Michael Lee, who works in logistics.



Photos by NICHOLE RILEY, Moncrief Army Community Hospital

Col. Nancy Hughes, commander of Moncrief Army Community Hospital, presents an award to one of MACH's civilian employees of the year, John Evans, with same-day surgery.

AER spells personal relief for Soldiers

Back in 1993, it didn't seem Soldiers made very much money. My husband at the time was a private first class, and while living on his income, we struggled to make ends meet.

We shared one small clunker that got him back and forth from work and me to my college classes. One day our "hoopy" died as I was driving it the 20 miles to class. This was long before cell phones, so I had to walk to the nearest gas station to use a pay phone to call for help. When my husband arrived in a cab, I cried, knowing we couldn't afford a new set of wheels; we couldn't even afford the cab fare home.

The next morning my husband found a ride to work, while I enjoyed another day of hooky from school. When he returned home at the end of the day, he handed me a \$500 check. He had visited the Army Community Services center on post and asked for Army Emergency Relief. Realizing we were in dire straits, ACS deemed we were eligible for a small grant. We fixed our car and drove it for two more years, including on a trip across country.

When I joined the Army in 2000, I hadn't forgotten how grateful I was for that help seven years earlier. So when I was asked to make a pledge to the AER campaign while in Basic Combat Training, I signed up to have \$5 deducted from my paycheck each month for one year.

When my first sergeant heard that I had done such a thing, he came to me immediately to make sure I knew I wasn't obligated to contribute anything. But I was, I told

COMMENTARY

By KRIS GONZALEZ

Fort Jackson Leader



him. A long time ago I needed help and it was there for me, I said. I wanted to pay it forward.

Little did I know, two years later my donation would come back to me, as they say, tenfold — well, according to my calculations, by nearly 4,000 percent.

In December 2002, my brother called me to tell me my 57-year-old father had cancer. Within two weeks, he was gone. I spent the first of couple days of the new year flying from Germany, where I was stationed, to my family home in New Jersey to arrange for a funeral.

I quickly found out my father had no life insurance policy. Even after making the most frugal choices in arrangements, the cost of my father's funeral totaled about \$5,000. Because he had been receiving Social Security benefits before he passed, I knew, being the next of kin, I would receive some burial benefits. But what I got wasn't enough to cover even half of the costs.

Recalling, once again, my experiences with AER, I

sought help at the nearest ACS center. I told the counselors my situation and gave them all the documents they required. They told me to come back the next day. When I did, they handed me a check for \$2,300. I signed a contract to pay back the interest-free loan in monthly installments over the next two years.

After the funeral, I spent the remainder of my 30-day emergency leave clearing out my dad's apartment, handling the remainder of his affairs, and moving my grandmother to an assisted living facility because she no longer had her son to care for her. It wasn't until I returned to Germany that I cried for my dad. I finally had time to mourn.

During my first day back to work, I was relieved to know I had no loose ends looming back home. I could do my job with no worries. Financially, the Army had taken care of me, like it had before.

Today I will show my gratitude by making a pledge to this year's AER campaign. I find comfort knowing my pledge may help another Soldier in need.

Kris.Gonzalez1@us.army.mil

Editor's note: *Kris Gonzalez is a reporter with the Fort Jackson Leader.*

Army Emergency Relief provides emergency financial assistance to Soldiers and their families. For information on donating, call 751-9119, e-mail Danny.Duarte@us.army.mil or stop by the Strom Thurmond Building, Room 120.

College scholarship deadline approaches

By KRIS GONZALEZ
Fort Jackson Leader

Although most high schools in the area are three months shy of graduation day, it is not too late for students to apply for college scholarships. With this in mind, students should begin their scholarship search immediately to avoid missing deadlines that are quickly approaching.

Barbara Martin, manager for the Army Community Service Employment Readiness Program, said she realizes searching for scholarships can be extremely overwhelming for some people, and it can feel like a job in itself, but the efforts can really pay off. Martin teaches a scholarship seminar for family members.

"Parents are getting their children's scholarships paid for 100 percent because they're applying for many scholarships and some (children) are being awarded four or five of them at a time," she said. "Some scholarships range from \$500-\$1000, while others are in the thousands of dollars.

"So it's worth your time to go out there and get the information and start applying as many times as you can," she said. "The more you apply for, the greater your chances are."

Martin offers these tips for getting the most money to pay for higher education:

Apply for a Federal Student Aid Report.

As soon as the family's taxes are filed, students should apply for their SAR, which is often required by many organizations to be sent in along with scholarship applications.

Use scholarship finders.

Many Web sites allow students to set up profiles according to specific attributes and circumstances. These scholarship finders do searches on an ongoing basis, e-mailing matches daily, making the search faster and easier.

A few Web sites geared toward finding scholarships for military dependents are military.com; The Military Community Scholarships & Financial Aid Explorer Web site at www.mcsfex.net; and at the Career One Stop Web site at www.careerinfonet.org.

Fill in all the blanks.

"Provide as much information as possible because you never know what they may be looking for," Martin said. Don't be reluctant to answer questions about topics such as financial situation, racial or ethnic heritage, or disabilities, because a lot of scholarships are awarded to individuals based on specific circumstances.

"You may have two really good incomes coming in, but you may also have four to six children, or special circumstances within your family ... that put you at a greater need," Martin said. "Make sure to address those issues in your paperwork so they can be taken into consideration."

Read the directions.

Many scholarship applications require transcripts, test scores, essays, letters of recommendation and other documents. Martin said it is essential to do everything that each application requires and especially remember to sign and date the application. Making sure all supporting documents are turned in by deadline dates is crucial.

Get organized.

Martin suggests creating what she calls a "research and reaction" form to keep track of scholarships, their application requirements and contact information, and to prioritize them according to deadline dates.

Keep copies of everything.

"If you apply for the same scholarships year after year, you don't have to start all over again, you can just update your application according to new submission guidelines and deadlines," she said.

Follow up.

Monitor the status of your application after submitting it.

"There are thousands of scholarships out there," Martin said. "There are all kinds of military affiliations, civic groups and private organizations out there that want to hand out money. It's never too late to apply for scholarships.

"It's like turning money down if you don't apply."

For more information, contact Martin at 751-4862.

Kris.Gonzalez1@us.army.mil

Reading fun



Photo by MELANIE MINGAY, C.C. Pinckney Elementary School

Brenda Richards, author of the Bellman Bear book series, reads one of her books to students at C.C. Pinckney Elementary School March 3 as part of the school's weeklong National Read Across America celebration.

LEADER INFORMATION

Article submissions are due two weeks before the scheduled publication. For example, an article for the April 1 *Leader* must be submitted by today.

Announcements are due one week before the scheduled publication. For example, an announcement for the April 1 *Leader* must be submitted by March 25.

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

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

For questions regarding advertising or subscriptions, including classified ads, call (803) 432-6157 or (800) 698-3514. Classified ads can be faxed to (803) 432-7609, Attn: Leader classifieds or mailed to The Fort Jackson Leader, P.O. Box 1137, Camden, S.C. 29021.

To submit a classified ad via e-mail, send it to skaress@ci-camden.com. Classified ads are free for service members who are selling personal items. Please limit the ad to 40 words.

What a blast! EOD retiree shares story

The Explosive Ordnance Disposal Unit receives a call from an orderly room at Fort Riley, Kan. Soldiers removing junk metal from the range believe they have a live round. The EOD team hurries to the scene, where they find a 106 mm live high explosive anti-tank (HEAT) round in the middle of a troop area.

The senior supervisor stabilizes the round with a Styrofoam cup and carries it the disposal site. Assigned to drive the jeep and shield the walking Soldier was Spc. 5 Mary Louise Resch. The HEAT round was safely blown up. It was just another day at work for this young Soldier.

As a young girl growing up in Bruno, Neb., Resch knew her family could not afford college, so she joined the Army in 1974, as the Vietnam War was ending. As a member of the 716th Military Police Battalion, at Fort Riley, Resch knew she could get promoted faster if she volunteered for EOD. Resch eventually became the first female enlisted EOD instructor at the Joint Services EOD School. She left the Army in 1979. A bad economy prompted Resch's return to the Army in 1982, where the Soldier found herself rub-

VETTING VETERANS

By **TERESA SANDERSON**
Leader correspondent



bing elbows with the most prestigious men and women in the world at Fort Belvoir, Va. As a bomb disposal technician, Resch protected Presidents Nixon, Ford, Carter, Reagan, and George H.W. Bush. Resch said her favorite moment was standing at the U.S. Capitol and gazing across the National Mall during Reagan's 1984 State of the Union address.

After nine years on active duty, Resch again left the military to complete her graduate degree at the University of Wisconsin, something she credits to the GI Bill. She helped

put together the Army's first bibliography of military family resources while working with the Department of the Army's Army Family Action Plan Office. While earning her master's degree, Resch worked with Vietnam veterans suffering from PTSD and dealing with anger, sleep problems and substance abuse. Resch has worked in human services for more than 25 years working on suicide hotlines, working with domestic and child abuse as a child therapist.

Resch is a senior certified grants specialist, certified professional contracts manager, and a registered lobbyist for Harvest Hope Food Bank. She is also chaplain and former vice-commander of American Legion Richland Post 6; a member of the Vietnam Veterans Association — S.C. Chapter; Forest Acres Rotary Club; S.C. Women in Philanthropy, Crimestoppers of the Midlands board member; and a member of National Explosive Ordnance Disposal Technician's Association. Her awards include: National Point of Light, Army Commendation Medal, Army Achievement Medal, S.C. Development Specialist of the Year and S.C. Prevention Specialist of the Year.

Food bank helps fight South Carolina's hunger



Courtesy photo

Army retiree Mary Louise Resch works at Harvest Hope food bank.

By **TERESA SANDERSON**
Leader correspondent

Imagine a mother who comes home after a hard day at work knowing she can't afford a meal for her family because the utility bill had to be paid. She tucks her children into bed knowing the last meal they had was lunch at school and that they will not eat again until breakfast at school.

According to the Food Research and Action Center, in 2009, South Carolina was fifth in the nation for families suffering from food hardship, with 22.4 percent of the state's population reporting they did not have enough money to buy food.

Every day Mary Louise Resch sits at her desk writing grants for the Harvest Hope Food Bank knowing that food bank's ability to feed the hungry depends partially on her success.

Resch has raised \$1.4 million in restricted and unrestricted funding during

her first 11 months at Harvest Hope. Though her resume is impressive, for Resch, getting the message out about how the community can help feed the hungry and helping those in need is more important than her accomplishments.

Harvest Hope's recent Hunger in America 2010 study shows that the face of hunger in South Carolina is changing. With an average unemployment rate of 14.77 percent in the 20 counties served by the food bank, those who previously made donations are now the some of the ones needing the services. In the line at the food bank are educated, hard working people, elderly citizens, veterans and sometimes, Soldiers. Most of Harvest Hope's clients are making hard choices: paying the utility bill, paying for medicine, paying for transportation and gas or buying food. In 2009, Harvest Hope served more than 3 million individuals. Harvest Hope serves more than 400 agen-

cies in 20 South Carolina counties to assist thousands of hungry people each week.

Harvest Hope participates in Kids Cafe, an after-school program offering tutoring, nutrition education, mentoring, and provides nutritious meals to children at risk of hunger. In addition, The Back Pack and SnackSack Programs help meet the needs of local elementary and middle school children, identified as chronically hungry, by filling backpacks with food and sending them home prior to weekends and holiday breaks. Clients must bring identification and a Social Security number for each member in the family to receive services.

To volunteer, contact Erin Schroeder at 254-4432, ext.1115 or Eschroeder@harvesthope.org. Food donations can be brought to the Harvest Hope main office at 2220 Shop Road, Columbia. Visit www.harvesthope.org for information.

Saluting the cycle's Basic Combat Training honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Michael Byars
Company A
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Michael Witherspoon

SOLDIER OF THE CYCLE
Pfc. Juan Ramirez

HIGH BRM
Pvt. Steven Job

HIGH APFT SCORE
Pvt. Rodney Willis



Staff Sgt. Charles Johnson Jr.
Company B
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Zeljko Mijatovic

SOLDIER OF THE CYCLE
Spc. Jason Russell

HIGH BRM
Pfc. Joseph McShinsky

HIGH APFT SCORE
Pvt. Chelsea Hoppe



Staff Sgt. Amaka Brown
Company C
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Bradley Bollinger

SOLDIER OF THE CYCLE
Pvt. Jordan Boyer

HIGH BRM
Pvt. Joshua Kuczma

HIGH APFT SCORE
Pvt. Luke Wegmann



Staff Sgt. Curtis Washington
Company D
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Nathan Hardesty

SOLDIER OF THE CYCLE
Spc. Rebecca Crow

HIGH BRM
Pfc. Jose Zarate

HIGH APFT SCORE
Pfc. John Samwell



Staff Sgt. Brian Self
Company E
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Lindsey Potter

SOLDIER OF THE CYCLE
Pvt. Richard Mann

HIGH BRM
Pvt. Billy Jean Fisher

HIGH APFT SCORE
Spc. Alaa Alzubaidi



Staff Sgt. Maria Herrera
Company F
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Brittany Campbell

SOLDIER OF THE CYCLE
Spc. Tamika Schaeffer

HIGH BRM
Pvt. Matthew Taylor

HIGH APFT SCORE
Pvt. Inoha Barth

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT AWARD
Staff Sgt. Yanira Taylor

TRAINING SUPPORT AWARD
Georges Dib

SERVICE SUPPORT AWARD
Gwendolyn Brantley

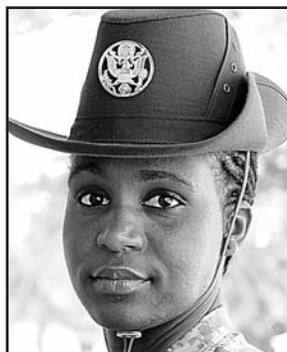
DFAC SUPPORT AWARD
Mary Glover

FAMILY SUPPORT AWARD
Tina Parent

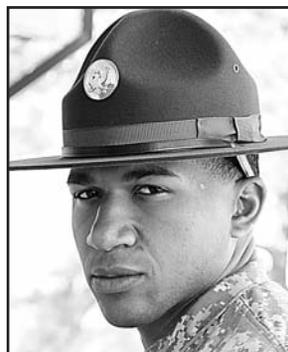
Drill Sergeant School honorees



KENDRICK



SINKFIELD



JOHNSON



BITLE

The drill sergeant leader of the cycle is Sgt. 1st Class Kevin Kendrick. This cycle's Drill Sergeant School honor graduates are Staff Sgt. Carmen Sinkfield (honor graduate), Staff Sgt. Brad Johnson (leadership award) and Staff Sgt. Elizabeth Bitle (physical fitness award).

LEADER INFORMATION

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the April 1 *Leader* must be submitted by today.

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

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

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

❑ For questions regarding classified advertising or subscriptions, call (803) 432-6157 or (800) 698-3514.



At your service

phone numbers and operating hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-4329/5923	Monday-Friday; 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2-10 p.m.
Bowling, Ivy Lanes	751-4759	
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday, Thursday 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday; 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7593	Monday-Thursday, 8-11 a.m. and 1-3 p.m.
Defense Military Pay Office	751-6669 (Soldiers) 751-4914 (Civilians)	Monday-Friday, 8-11:30 a.m. and 12:30-4 p.m.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday- Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Closed Monday-Wednesday
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times
Officers' Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m. (open to nonmembers); Sunday brunch, 11 a.m. to 2 p.m. (members)
Palmetto Falls Water Park	751-3381	Closed Monday; Tuesday-Saturday, 11 a.m. to 7 p.m.; Sunday, 1-7 p.m. **Closed for season**
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; closed Saturday and Sunday **Closed for renovations**
Pools, Legion	751-4796	Monday-Friday, noon to 7 p.m.; closed Saturday and Sunday **Closed for season**
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Tuesday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 9 a.m. to 6 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday and Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday-Wednesday, 9 a.m. to 3 p.m.; Thursday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at fjleader@conus.army.mil.
This information is published monthly in *The Fort Jackson Leader*.

Calendar

Today

The Rocks Inc. meeting

5:30 p.m., Post Conference Room
Rocks members and prospective members are invited. Call 665-8260 for more information.

Monday-Friday

ASAP Unit Prevention Leader class

8 a.m. to 4 p.m., 3250 Sumter Ave.
Call 751-5007 for information.

Monday-Wednesday

AFTB Level I "Learn Army" course

8:30 a.m. to 12:30 p.m.,
Family Readiness Center
Call 751-6315 to register by today.

Tuesday

Job fair

9 a.m. to noon, Solomon Center
More than 45 employers will attend.

Friday, March 26

A.T. E.A.S.E.

6-8 p.m., Main Post Chapel
This month's program is on marriages. Bring your husband's favorite dish for potluck. E-mail at.ease.jackson@gmail.com for more information. Call 708-2869 to reserve child care.

Saturday, March 27

'Out of this world' bowling

Noon to 3 p.m., Century Lanes
Hosted by the Adjutant General Regimental Association. Check-in begins at 11 a.m. Call 751-1696 for information.

Tuesday, April 6

AUSA Membership Luncheon

11:30 a.m., Officers' Club
Association of the United States Army membership luncheon. Steve Spurrier will serve as guest speaker. E-mail c3601@ausa.org for information.

Wednesday, April 7

Historical marker unveiling ceremony

2 p.m., Hood Street annex
The unveiling will commemorate the desegregation of the former Fort Jackson Elementary School.

Housing events

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

Tuesday

Neighborhood Huddle

5:30 p.m.

Thursday, March 25

Neighborhood Huddle

10 a.m.

Friday, March 26

Teen Wii games tournament

5 p.m.
For teens, 12-18.

Every Thursday

Kids' Day

10 a.m.

Fitness challenge

4 p.m.
Open to anyone older than 16.

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 will be closed for Spring Break.

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 Friday. 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.

SPVA VOLUNTEERS NEEDED

The Southeastern Paralyzed Veterans of America is looking for volunteers and disabled veterans for planting day at the Fort Jackson garden plot, located on Washington Road next to the Victory Fuel

Station. The planting day is scheduled for 10 a.m., March 26. Lunch will be served. Items needed: fertilizer, garden boxes, seeds, plants and more. For information call, 629-5589, 782-2587 or 348-0833.

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 jst143@univision.com or Sheila Telles at lizperlataina@yahoo.com for information.

SPVA COOKOUT

The Southeastern Paralyzed Veterans of America is hosting a cookout for disabled veterans, 11 a.m., April 9, Perez Gym.

YOUTH TECHNOLOGY LABS

Fort Jackson youth in grades six through 12 now have access to computers in the youth technology labs. The middle school program lab hours are 2:30-5:30 p.m., Monday through Friday at the Pinckney Elementary Annex Building. The teen program lab hours are 6-9 p.m., Monday through Friday, and 2-6 p.m., Saturday, at the Youth Center. Call 751-4865 or 751-6387 for more information.

CORRESPONDENCE COURSES

TRADOC has announced that its curriculum for the Army Correspondence Course Program, or ACCP, is migrating from the Interim Learning Management System to the Army Learning Management System. The migration will allow for enhanced security features. Students enrolling in the ACCP through the Army Training Requirements and Resources System will be directed to the ALMS (www.lms.army.mil) automatically.

Students enrolled in a course prior to its migration are allowed one year from their enrollment to complete the course. All courses, subcourses and exams should be migrated and hosted on ALMS by July. Students should contact the Army Training Help Desk (<http://athd.army.mil/>) if they experience difficulty with the content, have questions regarding their student records, or have concerns about exam security or the compromise of exam material.

SPRING FLING GOLF

The AGCRA Carolina Chapter is hosting a Spring Fling golf tournament April 9 at the Fort Jackson Golf Course. Registra-

tion begins at 7:30 a.m., with a shotgun start at 9 a.m. The format will be captain's choice. Prizes for first, second and third place will be awarded. For information, call 751-3144 or 751-3158 or e-mail Larry.D.Brown3@conus.army.mil or Dion.Simpson@conus.army.mil.

Off-post events

COMBAT VETS AT THE ZOO

The Dorn VA Medical Center is honoring OEF/OIF combat veterans by hosting a free family day at Riverbanks Zoo, Wednesday from 10:30 a.m. to 2:30 p.m. Free guess passes and lunch is available during that time. RSVP by Monday by calling 776-4000 ext. 7303.

CIB MEETING

The Combat Infantryman Association is scheduled to meet April 13 at American Legion Post 6, 200 Pickens St. Dinner will begin at 6 p.m. The meeting will begin at 7 p.m. Active duty Soldiers, retirees and veterans are invited. Call 351-2333 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., Saturday, 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 Friday and Saturday at Gateway Baptist Church in Irmo. Register at www.familyconnections.org.

HERITAGE AIRE CELTIC CONCERT

The Heritage Aire Celtic Ensemble will perform a free concert 8 p.m., Friday, at the Newberry Opera House. The ensemble, which was formed in 2004, is part of the Air Force band. Reserve tickets by calling 276-6264 or visit www.Newberry-operahouse.com.

Post events celebrate military child month

April is the Month of the Military Child and according to www.military.com more than 1.7 million American children under the age of 18 have at least one parent serving in the military. Of course, here at Fort Jackson Month of the Military Child is celebrated every year with special events and family-friendly fun across many Family and Morale, Welfare and Recreation activities, planned and coordinated by Child, Youth and School Services.

The main events for month of the Military Child are the annual Easter egg hunts, April Fool-ish Dog Show, and of course the Family Fun Fair, all of which are free events.

The Easter egg hunts will be held April 3, 10 a.m.-12 p.m. at the Youth Sports Complex. For teens, there will be a flashlight Easter egg hunt, also on April 3 at the Youth Center. A little more challenging than the traditional egg hunt, this event starts at dusk and teens should take flashlights and something in which to collect their eggs.

The 4th Annual April Fool-ish Dog show is scheduled for 2-4 p.m., April 11, at the Youth Sports Complex. The dog show is one of the most popular dog-gone fun events of Month of the Military Child. Once again, CYSS will present the wackiest dog show ever seen (on Fort Jackson).

"Last year's show was a bow wows-ing success," said Beverly Metcalfe, EDGE! director. Forty-one dogs of all shapes and sizes participated and a tail-waggin' time was had by both the two-legged and four-legged participants. With lots of fun categories to choose from, there is surely one to suit every dog. Contestants are urged to pre-regis-

Army Family Covenant

By THERESA O'HAGAN

Family and Morale, Welfare and Recreation

ter for the event (not required for the stuffed variety). Registration is free with a donation of old towels, blankets, dog toys, leashes, or treats. All proceeds will be donated to the Fort Jackson Veterinary Clinic. Pre-registration packets may be obtained at any CYSS location or at the CYSS Central Enrollment Office in the Joe E. Mann Building, 3392 Magruder Ave. For more information, contact Beverly Metcalfe at 751-3053.

Family and Morale, Welfare and Recreation will provide a Ferris wheel, spinner, swings and bucket ride for parents and little ones at the Family Fun Fair, April 17, 10 a.m.-3 p.m. at Hilton Field. CYSS is providing a bounce house and slide, as well as other attractions.

"The rides and games will be free, free, free! All of our FMWR activities are kicking in to ensure there are enough ac-

tivities and games for what we hope will be a great turnout." said Rose Edmond, CYSS chief. Food concessions will be available on site.

In keeping with the commitment to the Army Family Covenant, events are planned all month in CYSS activities and facilities. See a complete list of activities at www.fort-jacksonmwr.com or check the Facebook page, Fort Jackson FMWR.



Keeping the Promise

“For us, the Army Family Covenant means better after school programs like dance for me and sports for my brother.”

MALENNIE AND BRYAN, U.S. Army Kids



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., 5955-D Parker Lane. Free for middle school students and teens. Participants 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. Participants 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. Participants 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. Participants 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. The event is free for middle school students and teens.

For a complete calendar of FMWR events, visit www.fort-jacksonmwr.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.

Separation does not end obligation

By **CAPT. SCOTT SOMERSET**
Legal Assistance Office

Whether a Soldier is contemplating divorce or is separated for logistical reasons, AR 608-99 is a guiding regulation in how to make sure a service member's dependents are cared for properly.

Regardless of the reason for separation, this regulation can be an extremely helpful tool for all dependents of service members.

AR 608-99 states that a Soldier's dependents will be provided with a minimum amount of support if they are separated from the Soldier.

This amount is prescribed as the BAH Type II with dependents rate, and varies by the rank of the Soldier. If the dependents are in military housing, they do not qualify

under AR 608-99. Further, if spouses are dual military, they do not qualify; if they have children, then the children will still qualify.

If a Soldier with children is separated or divorced from his or her spouse, an order from family court may have been issued. The court order can detail how custody is to be arranged, whether sole or joint, and how child support is to be paid.

Employers, as well as agencies of state and federal government, work with the Child Support Enforcement Office for each state to locate parents and ensure child support obligations are met.

If a parent fails to pay child support in accordance with a court order, many civil-



ian legal consequences can follow, including a requirement to pay back child support or a garnishment of wages.

If there has not been a court order issued and the parties have not reached an agreement as to the support of the children, then AR 608-99 is triggered and requires the Soldier to support his or her dependents. Child support is a major responsibility for the Soldier parent,

and the Army requires those Soldiers be responsible for supporting their dependents.

Failure to comply with this regulation can result in punitive action under Article 92 of the UCMJ. Such repercussions can include Article 15 proceedings and courts martial. Even though AR 608-99 is applicable, Soldiers do not always comply. The best course of action for a dependent is always to start simple and remind the Soldier of his or her obligations and make a direct request for support.

If a dependent wishes to seek enforcement of AR 608-99, then he or she should contact the Soldier's commander. The dependent can also contact the local Office of the Inspector General. Call the Legal Assistance Office at 751-4287 for additional information.

Family commitment takes dedication

By **CHAPLAIN (CAPT.) JERRY JOHNSON**
2nd Battalion, 39th Infantry Regiment

One of my favorite authors on parenting is Dr. Ken Canfield of the National Center on Fathering, whose research is presented in "The Seven Secrets of Effective Fathers."

His principles apply to mothers, as well. Canfield's first secret is the word, "commitment." Most leaders in the Army are committed to their jobs, whether they are a staff officer/noncommissioned officer, drill sergeant or company cadre member.

Today's battle rhythm, both in combat and in garrison, requires tremendous amounts of hours dedicated to legitimate, necessary duty. I find great fulfillment in my job, which is to meet the spiritual and personal needs of Soldiers. If your family is anything like mine, your spouse often has to take a leading role in running the house. So how do we demonstrate our family commitment?

Canfield asserts that there are two types of commitment — dedication and constraint.

"Dedication implies an internal state of devotion to a person or project. Dedication conveys the sense of a for-

ward-moving force, a motivation to follow a certain path and give it your best" (Page 33).

He also discusses constraints:

"Constraints come with the territory when you make commitments. You cannot modify them without uprooting your basic values regarding your family. Constraints also tend to sound negative when defining them."

The goal for us should be to combine the two. Constraints are positive in that they force us to place our families before our career from time to time. Dedication causes us to go beyond "checking the block."

In order to overcome this tendency, we must tell others and the world "these are mine," to build an identification that fuels our motivation for success by placing pressure on us to actually participate in the lives of our family members.

Canfield notes too many parents are not resolved to take an active role, forcing the entire burden on the spouse. Many of us substitute television, the purchasing of material possessions, the school system, our church, or occasional extracurricular activities for being actively involved in their emotional, social, physical and spiritual development. One

of these weekends, ask your kids if they feel starved for attention.

Canfield offers six practical tips. First, pursue your commitment aggressively. Next, monitor your commitment level closely, using others to provide accountability. Creatively seek ways to stimulate your commitment when you see it ebbing. Third, have a task orientation toward your role as a parent; make it a verb with action rather than just a noun. Also, draw confidence from the role itself. Fifth, do not be afraid of failure; do not use excuses in order to "pass the buck" off on others.

Finally, find ways to actually become more motivated as the tasks become more complex, which is definitely the case with teenagers. Homework becomes more difficult. Dating begins to be a part of the guidance you provide. Teaching life skills shifts in the direction of adulthood, as the focus revolves around college and career choices. Ultimately, the more you invest in your children, the more you are investing in your marriage and in the Army.

Proverbs 22:6 promises us, "Train up a child in the way he should go, And when he is old he will not depart from it."



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

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



Hartsville Guard, Wildcat Road, and Johnson Rifle Road are affected by this change. This change has been instituted in an attempt to make these roads safer for the community, specifically troops on foot. The speed limit on Fort Jackson while transporting troops has always been 30 mph.

Traffic laws will be just as strictly enforced on these roads as they are on any other road on Fort Jackson. There will be zero tolerance for those who refuse to adhere to the new speed limits. There are two electronic signs advising passing traffic of the upcoming changes, and also all speed limit signs will reflect the change.

CASES OF THE WEEK

❑ Two civilians were issued post bar letters after attempting to enter post with false identification, Military Police said. The civilians, whom MPs determined were illegal immigrants, were charged with illegal entry and escorted off post.

❑ Two civilians were escorted from Twin Lakes after being charged with trespassing, MPs said. The civilians were fishing at Twin Lakes without valid state or Fort Jackson fishing permits.

TIP OF THE WEEK

The speed limit on all range roads has been reduced to 30 mph. Dixie Road,

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

FORCE PROTECTION THOUGHT OF THE WEEK

ANTITERRORISM TRAINING



Visit <https://atlevel1.dtic.mil/at/>

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 April 1 *Leader* must be submitted by March 25.

❑ Stories are due two weeks before the scheduled publication. For example, an announcement for the April 1 *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 display advertising, call Kathy at 786-5681.

Stamping out the stigma

Routine screenings key to early detection, preventing deadly colorectal cancers

By **TIMOTHY COFFEY**

Moncrief Army Community Hospital

Moncrief Army Community Hospital, along with national health care organizations, is encouraging all citizens to learn more about colorectal cancer, assist in prevention efforts and to recognize the importance of colon and rectal cancer screenings.

Of the 35 Military Treatment Facilities in the Army Medical Command, MACH ranks as the best facility for colorectal cancer screening. However, this accomplishment does not meet MACH's objective of having all of its eligible population screened for this deadly disease.

According to the American Cancer Society, more than 50,000 people die each year from colorectal cancer, which is the second leading cause of cancer death for men and women combined, lung cancer being the first. Someone dies from colorectal cancer every 9.3 minutes. More lives are lost each year to colorectal cancer than to breast cancer

and AIDS combined. The good news is that death rates from colorectal cancer are declining. The bad news is that only half of those who need screening are doing so.

When detected early, colon cancer has a 90 percent survival rate. Early stages of colon cancer have few, if any, symptoms or warning signs. The most important step toward preventing colon cancer is getting screened.

Those who are 50 or older should talk to a health care provider about being screened for colon cancer. Those with a family history of colon cancer or polyps may need testing earlier.

Some people are embarrassed to be screened for colon cancer because one of the screening tests, called a colonoscopy, involves having a scope inserted into the rectum. Polyps, or precancerous lesions, are found like this and removed before they can turn into cancer. The only screening method that allows for the removal of polyps before cancer develops is colonoscopy. A colonoscopy is recommended every 10 years to ensure early detection.

Also, pay attention to changes in bowel habits. Any new changes such as blood in your stool, stomach discomfort (bloating, fullness or cramps), persistent constipation, diarrhea, or weight loss for no apparent reason, may warrant further investigation. These changes should be discussed with a health care provider.

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.

SOCIAL MEDIA

MACH is announcing same-day appointments for primary care on Twitter. Sign up at www.twitter.com/machcsd. MACH also has a Facebook page. Search for "Moncrief Army Community Hospital" and become a fan.

Prior approval can mean fewer hassles for patients

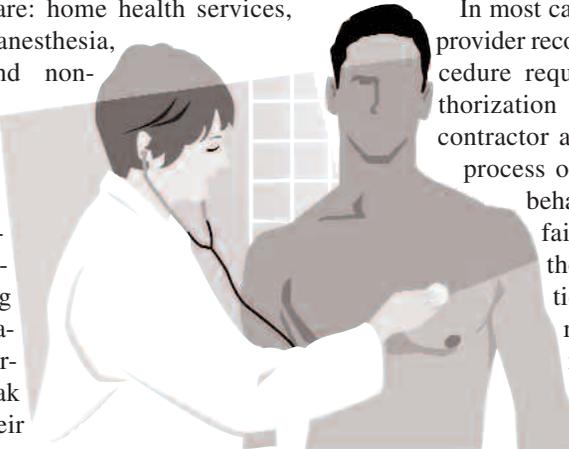
From **TRICARE**

Some health care services — like visiting a primary care provider when sick or for a follow-up appointment — are, as their name implies, routine. However, for other services — such as care from a medical specialist or special tests — TRICARE requires prior authorization.

Routine care includes general office visits for the treatment and follow-up care for an ongoing medical condition. These do not need prior authorization.

However, when a provider recommends special tests, services, hospitalizations or other procedures, a prior authorization may be required. Some services requiring prior

authorization are: home health services, hospice care, anesthesia, transplants and non-emergency inpatient admissions. Because there is no all-inclusive list of services requiring prior authorization, beneficiaries should speak with their provider and regional contractor to confirm prior authorization before getting care.



In most cases, the health care provider recommending the procedure requests the prior authorization from the regional contractor and coordinates the process on the beneficiary's behalf. If the physician fails to get prior authorization, the patient may be responsible for payment.

Standard beneficiaries in particular, since they often make their own appointments and self-refer to specialists, should be careful

to follow TRICARE's prior authorization guidelines.

Beneficiaries who have other health insurance need to follow the rules of their commercial health plan. Generally, they don't need prior authorization for TRICARE-covered services, but there are exceptions. To learn more about prior authorization and what is covered go to www.tricare.mil.

To verify prior authorization, beneficiaries can contact their regional contractors: North Region: 1-877-TRICARE (1-877-874-2273); South Region: 1-800-444-5445; West Region: 1-888-874-9378.

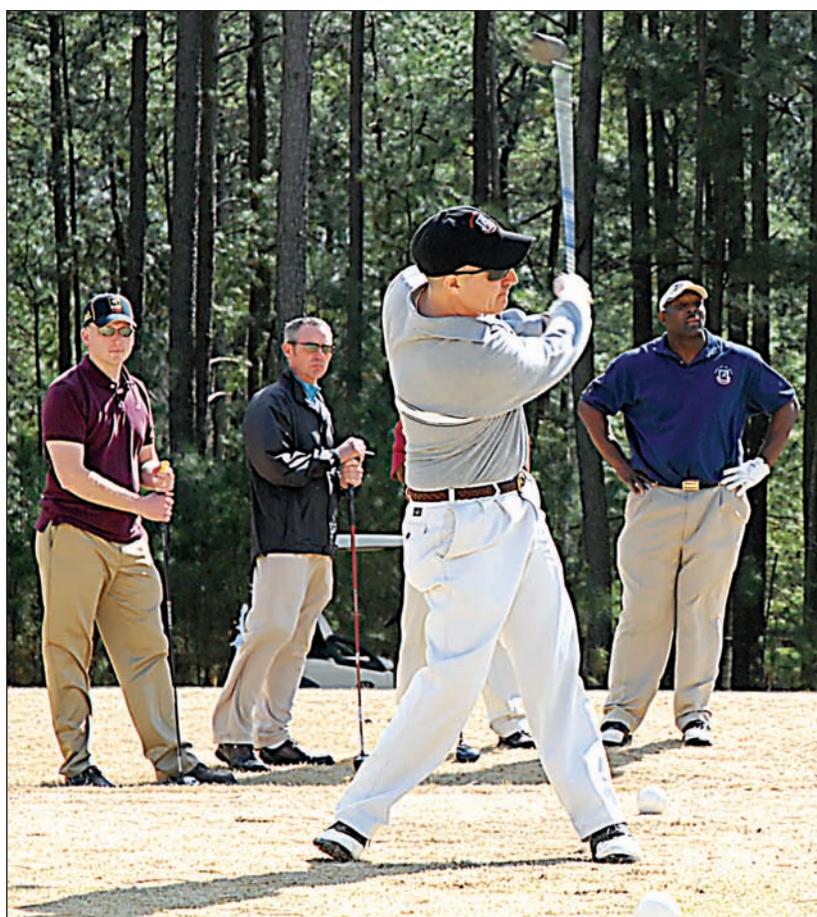
On Fort Jackson, call the TRICARE referral center at 751-2363.

Spring fling



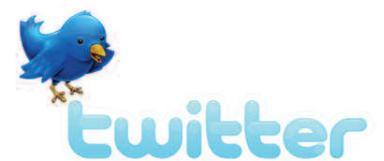
Above: John Philibert attempts a short putt on the 17th green of the Old Hickory Course at the Fort Jackson Golf Club Monday. Philibert and his teammates, Crispin Dickens, Robert Studdard and Cindi Keene participated in the 187th Ordnance Battalion's "Spring Fling" golf tournament. Right: Michael Bineham follows through on his drive on the 14th hole during the tournament. The tournament winners are Jack Rashleigh, Dan Pierce, Steve Bower and Bill Gragdon with a team score of 56. The long drive winner was Marvin Vance.

Photos by KRIS GONZALEZ



Sports shorts

- Letters of intent for intramural and recreational golf are due Tuesday.
- Letters of intent for intramural and recreational volleyball are due Wednesday.
- 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 has begun 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.
- For more information on sports events, call 751-3096.



Follow the Fort Jackson Leader on Twitter at <http://twitter.com/FortJacksonPAO>

Check us out for breaking news, videos and more.



Fan us on Facebook at

<http://www.facebook.com/pages/Columbia-SC/Fort-Jackson-Leader/115560926584>

LEADER INFORMATION

- Article submissions are due two weeks before the scheduled publication. For example, an article for the April 1 *Leader* must be submitted by today.
- Announcements are due one week before the scheduled publication. For example, an announcement for the April 1 *Leader* must be submitted by March 25.