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*The Fort Jackson*  
**Leader**



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Thursday, March 25, 2010

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[www.jackson.army.mil](http://www.jackson.army.mil)

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# Family affair



**Comprehensive  
Soldier Fitness  
reaches out to  
family members**

— Page 10

**INFANTRYMEN PUT THEIR SKILLS TO THE TEST IN EIB QUALIFICATIONS — PAGE 11**

# Munitions safety starts with the '3Rs'

Let's spend a few minutes on the "3Rs," something very elementary, yet very important. I am not referring to "reading, 'riting and 'rithmetic," but rather to "recognize, retreat and report," the reactionary process that we should follow in maintaining explosives safety. How important is this? It could save you a limb or your life, for that matter.

The Army's 3Rs are something that we stress to children who attend schools on post, but one might be surprised to know how many adults among us — in particular civilians — who are not prepared to execute the 3Rs should they accidentally discover munitions. It's important that everyone knows what he or she should do in a situation such as this. We work and live in a military environment, where it is possible to stumble upon munitions.

Here on post, for example, there was an incident not that long ago in which a construction worker in the housing area found a Vietnam War vintage grenade. Of course, we need to teach our children that they should stay away from construction sites in general, just because of the obvious dangers that heavy equipment, construction work, incomplete projects and debris pose themselves. But we also need to instill in our children exactly what they need to do if they should stumble upon some old rounds, ammo cans and boxes or even a smoke grenade.

Although it is unlikely that children would find dangerous explosives on Fort Jackson, one can't ignore the

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



amount of training that is conducted here in which munitions are used. I am sure that you are familiar with the term, UXO, which stands for unexploded ordnance. Military installations that are suspected to contain UXOs have marked warning signs. It goes without saying that we need to pay attention to these types of signs, should we run across them.

Let me assure you that the probability of anyone finding munitions near the living areas around post is very, very slim, mainly because of the extensive checking that is done by the Army before anyone is permitted to live on a post. Nevertheless, the possibility exists that some things can be buried for years and not discovered until some extensive excavation is done.

As for munitions, they come in various sizes, shapes and colors. Some could look like bombs or bullets, and others could look like pipes or small cans or even like a

muffler from a car. But if we execute the 3Rs, we defuse the risks that they could pose. The 3Rs stand for:

- Recognize: Be able to tell that you have encountered munitions and that it might be dangerous.
- Retreat: Without touching it, moving it or disturbing it, carefully leave the area.
- Report: Call the military police and report what you saw and where you saw it.

The inception of the 3R concept did not happen by coincidence. There was a lot of planning involved, all of which focused on a goal that we craft something that sticks in one's mind and can be easily remembered by children as well as adults, much like the "stop, drop and roll" fire safety message.

Some Army activities are advised to use the "3Rs" message in safety educational programs. The "3Rs" Explosives Safety Educational Program is available for download from the Defense Environmental Network and Information eXchange Web site at <https://www.denix.osd.mil/uxosafety>.

The Web site is filled with information and is designed to provide educators and safety experts a toolbox of materials to include targeted guides, coloring books, posters, public service announcements, videos, and presentations so that the message can be communicated effectively.

Again, the message — recognize, retreat and report — is a simple one, but that does not discount its importance. Remember that Army Safe equals Army Strong!

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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## Ask the garrison commander about: Missing evaluation reports

*What can a Soldier do if he or she notices that his or her Official Military Personnel File is missing an evaluation report for a period of rated time?*

Soldiers should first visit the Interactive Web Response System at <https://www.isdrad16.army.mil/iwrs/AcceptTermsServlet> and verify that the evaluation has not already processed. If the evaluation is missing from IWRS, the evaluation should be submitted as soon as possible.

Digitally signed evaluations completed on a current form version should be uploaded and sent to HQDA using AKO Forms. Soldiers with only a hard copy of the evaluation should mail it to Human Resources Command. The mailing address is: Commander, AHRC, ATTN: AHRC-PDV-ER, 200 Stovall St., Alexandria, VA 22332.

*As a Soldier, how long must I serve on active duty in order to be eligible for Social Security benefits?*

Soldiers who serve at least 10 years of active duty are fully insured for Social Security purposes. For more information call 800-772-1213 or log on to <http://www.ssa.gov>.

*Are there any places on post that can provide Wi-Fi that can be accessed by my laptop?*

The Thomas Lee Hall Post Library has recently come into the wireless Internet age. Wireless service has been

**COL. LILLIAN A. DIXON**  
Fort Jackson  
Garrison  
Commander



provided to the library through the Army Recreation Machine Program. Wireless service is available during all open library hours, which are Monday through Thursday, 11 a.m. to 8 p.m.; and Friday through Sunday, 11 a.m. to 5 p.m.

Thirty computers with Internet access are provided to Soldiers, family members, retirees and civilians, as well. Show a DoD ID card at the front circulation desk for access to the computers. The ARMP also provides wireless service at the Bowling Centers.

### FACT OF THE WEEK

Since opening the computer lab in the library, 16 April 2000, more than 225,500 users have signed in to use the Internet. An average of 2,500 to 3,000 people use the Internet services each month.

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



**Article submissions are due two weeks before publication. For example, an article for the April 8 Leader must be submitted by today.**

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# Play tells 'passionate' story

By **SUSANNE KAPPLER**  
Fort Jackson Leader

This Easter, the Christian community on Fort Jackson will have the opportunity to witness the Passion of Jesus through the eyes of Simon Peter.

A one-man play in two acts will recount the story from the Last Supper to the Resurrection. The first part, which ends with the Resurrection, is scheduled for Good Friday, April 2, 7-8 p.m. at the Solomon Center.

The play will continue as part of the installation's Easter sunrise service, April 4, 8-9 a.m. at the Solomon Center.

When Chaplain (Lt. Col.) Bart Physioc, installation chaplain, was deployed in support of Operations Desert Shield and Desert Storm in 1991, he decided to get to the essence of his Christian faith. He took the story told in the four gospels and combined them into one narrative.

"When I did that, I memorized it all," Physioc said. "I never intended to put it into a play. I just memorized it and went through it, because I wanted to experience it personally.

I wanted to remember it."

Physioc was inspired to turn his narrative into a play after seeing actor Dean Jones' presentation "St. John in Exile."

"I was really totally impressed and I thought, 'I've got the best script ever. It's from the scriptures, these four gospels put together in a narrative,'" he said. "So I crafted those verses into a narrative. And I thought, 'Who better than Peter could tell the story?'"

Physioc has been taking on the role of Peter every year since 1995.

"(Jesus') passion has been my passion," he said. "It's an opportunity each year to present it to others. But, initially, it was for me to be reminded, 'This is the essence of my faith and I need to revisit it often.'"

Although he is the one performing the play, Physioc insisted that he does not want to be the center of attention, but that the purpose is to bring the story closer to the audience.

"I want everybody to go away with experiencing the story," he said. "I want it to be about him. I want this to be about Jesus."

*Susanne.Kappler1@us.army.mil*



*Courtesy photo*

**Installation Chaplain (Lt. Col.) Bart Physioc will portray Peter in a two-part play about the Passion of Jesus.**

## Holy week services

### JEWISH

☐ Monday, Passover Seder, 7:30 p.m., Officers' Club

### PROTESTANT

☐ Monday through April 2, Protestant worship services, noon to 1 p.m., Memorial Chapel. A small lunch will be provided.

☐ April 2, The Passion of Jesus, Part 1, 7 p.m., Solomon Center. Free and open to the community

☐ April 2, Good Friday service, 7 p.m., Magruder Chapel

☐ April 4, postwide Easter service, 8 a.m. Solomon Center, includes Part 2 of The Passion of Jesus

☐ April 4, Daniel Circle Chapel gospel service, 9:30 a.m., Post Theater

☐ April 4, Protestant service, 9:30 a.m., Main Post Chapel

☐ April 4, 11 a.m., Memorial Chapel

### CATHOLIC

☐ April 1, Holy Thursday, 7 p.m., Main Post Chapel

☐ April 2, Good Friday, 7 p.m., Main Post Chapel

☐ April 3, Easter vigil, 9 p.m., Main Post Chapel

☐ April 4, Easter service, 9:30 a.m., Solomon Center

☐ April 4, Mass, 11 a.m., Main Post Chapel

☐ April 4, Easter service, 8 p.m., McCrady Chapel

### LITURGICAL/ANGLICAN

☐ April 4, 8 a.m., Anderson Chapel

# Postal service puts stamp on WWII Army cartoon

## Leader staff report

As the story goes, famed cartoonist Bill Mauldin, then a sergeant in the Army, raised the ire of Gen. George Patton with his depiction of Army life in World War II. But the higher ranking Gen. Dwight Eisenhower was a fan of Mauldin's cartoons, which often parodied Mauldin's superiors, making him a hero among Soldiers.

The cartoons stayed.

Next week, Fort Jackson, along with the rest of the country, will honor the Pulitzer Prize-winning cartoonist with the issuance of a stamp in his honor.

"Because of his reputation across the Army, they're honoring him with this stamp," said Darcie Foust, curator of the Adjutant General's Corps Museum of the former *Stars & Stripes* cartoonist.

In addition to the stamp, which will be unveiled Wednesday in a special broadcast on WIS-TV's Sunrise Show, the Fort Jackson Post Office will be designated as the "Willie and Joe Station," for characters in Mauldin's most famous cartoons.

Post office patrons will also be able to get a special "Willie and Joe" postmark from Wednesday to April 30.

The free postmark is only available for first-class postage.

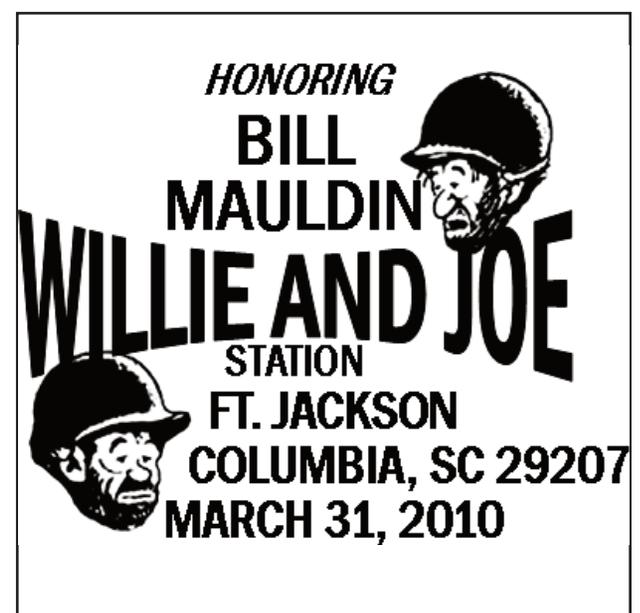
"Fort Jackson is a great place, we're proud to serve the personnel here," said Michelle Murphy, station manager. "It's exciting that we're honoring Bill Mauldin for his part in upholding morale during World War II."

Mauldin, a native of New Mexico, died in 2003 at the age of 81.

"Mauldin was such an inspiration to the Soldiers and he really related to so many of our Soldiers during that time of war," said Henry Howe, curator of the U.S. Army Finance Corps Museum. Howe will be accepting a photo of the stamp during next week's unveiling on behalf of the Military Museums of the Midlands. The Military Museums of the Midlands include the Basic Combat Training Museum, the South Carolina Military Museum, the U.S. Army Chaplain Museum, the Finance Corps Museum and the AG Corps Museum.

"Accepting that portrait on behalf of the Fort Jackson museum community is going to be a great tribute to our Soldiers," Howe said.

Foust said that the museums have received permission to display copies of some of Mauldin's work in each of the museums. She said the goal is to find cartoons that relate to each of the museums' missions and create a special display.



*Graphic courtesy United States Postal Service*

**A postmark in honor of veteran and cartoonist Bill Mauldin will be available at the Fort Jackson Post Office Wednesday through April 30.**

# 187th turns Fort Campbell upside down

*Fort Jackson team teaches MRAP recovery in course*

**By PFC. SHAWN DENHAM**  
101st Sustainment Brigade, Fort Campbell

FORT CAMPBELL, Ky. — Turning a flipped vehicle as large as the Mine Resistant Ambush Protected transport is a difficult job for inexperienced mechanics.

So a six-man Mobile Training Team from Fort Jackson's 187th Ordnance Battalion met Soldiers of the 129th Combat Support Sustainment Battalion, 101st Sustainment Brigade, 101st Airborne Division, to teach them how to recover a flipped MRAP.

"There's a general misconception that we can't recover MRAPs. It's the biggest learning curve we have to overcome," said Sgt. 1st Class Douglas Holloway, senior instructor with Fort Jackson's 187th Ordnance Battalion.

The 187th is home to one of three Wheeled Vehicle Recovery Courses in TRADOC. The 12-day course given at Fort Campbell encompassed 84 hours of classroom and hands-on training and mimics what is taught at Fort Jackson.

The concept of the class was simple: Provide a hands-on approach to learning vehicle recovery. Flip an MRAP in a training environment, and then use either a Heavy Expanded Mobility Tactical Truck or Medium Tactical Vehicle wrecker to pull it right-side up. Both of these methods were being taught, said Holloway.

Holloway said the training was important because of the safety MRAPs provide Soldiers in combat zones. The rough terrain of Afghanistan and insurgent attacks can stop an MRAP. Their size and weight make the recovery process very difficult, he said.

"We actually train for wheel recovery. We train mechanics on how to recover damaged vehicles and get them back into the fight," Holloway said.

Holloway said the Army wanted to develop a recovery vehicle specifically for the MRAP. The training program teaches Soldiers how to use existing vehicles to recover MRAPs, he said.



Photo by CHIEF WARRANT OFFICER 4 CLEVELAND WITHERSPOON, 187th Ordnance Battalion

**Fort Campbell Soldiers practice trying to upright a flipped MRAP during a 12-day course taught by a team from Fort Jackson's 187th Ordnance Battalion last week.**

The training team hooked cables and chains to multiple stationary points in order to stabilize the flipped MRAP. The Soldiers assisted in the recovery process as the wrecker lifted the MRAP upright.

Sgt. Maj. Jennifer Love, noncommissioned officer in charge of Support Operations Battalion, 101st Sustainment Brigade, 101st Airborne Division said the Soldiers taking the course would become teachers themselves in their own units.

"This is 'train the trainers.' These things happen in combat and we need to be ready for recovery," she said.

"In civilian terms, we're the Army's version of AAA on

the battlefield," said Chief Warrant Officer 4 Cleveland Witherspoon, who is director of the recovery course and head of Fort Jackson's Mobile Training Team.

"We teach an additional skill the average Soldier doesn't learn in Advanced Individual Training. Our main function is to teach the students how to roll the MRAP back over if they're in a combat zone," Witherspoon said.

Witherspoon said this form of training was different than previous methods. This class sent six or seven instructors to different locations to teach multiple students. The old classes brought multiple students to one location. This method is much more effective, he said.



## Citizen Soldiers

Twenty-four Soldiers with the 1st Battalion, 61st Infantry Regiment repeated the Oath of Allegiance to become U.S. citizens last week during a family day ceremony at Hilton Field. The Soldiers are from countries such as Iraq, Russia, China, Kenya, Nepal, Cuba, Ghana, Mexico, El Salvador and Ghana.

Photo by SHARONDA PEARSON

# Red Cross to establish pet visitation program

By DENISE CUENIN  
American Red Cross

The American Red Cross is working to make pet visitation therapy a reality at Fort Jackson.

Research shows that pet visitation provides measurable effects on the health of hospitalized or seriously ill patients, including noticeable improvements in mental and physical well-being.

Visiting pets often provide an emotional outlet to patients, lifting their moods, improving their spirits and giving them energy. The animals may also serve as a bridge to encourage dialogue between the patient and his caregivers or visitors. When a patient is hospitalized or ill while far away from home, he or she may miss the closeness of his or her treasured pet.

"I first experienced the Red Cross Pet Visitation Program in Fort Leonard Wood (Missouri)," said Merry McKeown, MACH's Red Cross hospital chairwoman. "Since the program was foreign to me, I accompanied our

volunteers Lela, a Labrador, and Pepper, a Pomeranian, along with their owners on one of their visits. It was amazing to see how our four-legged volunteers made so many people smile while they made their 'rounds' through the hospital. We estimated that on a single visit from the basement to the 10th floor they encountered at least 250 patients, military dependents and staff members. We hope to have the same effect and success with our pet visitation program here at Fort Jackson."

Red Cross workers hope to get enough volunteers to establish the pet visitation program at MACH and the Warrior Transition Unit.

Pets must be at least a year old, be spayed or neutered and must pass a careful evaluation for both good health and good behavior. The pet's obedience skills and their relationship with the pet owner are also evaluated. Owners and dogs will receive training and certification prior to beginning visits.

Call 751-4329 for information about the pet visitation program or to volunteer for the program.

## Maude lecture



Photo by CRYSTAL LEWIS BROWN

**Maj. Gen. Sean Byrne, commanding general of Human Resources Command, speaks during the Lt. Gen. Timothy J. Maude Lecture Series Tuesday at the Solomon Center.**

## Guest of honor



Photo by SUSANNE KAPPLER

**Adm. Gary Roughead, chief of naval operations, addresses students in the religious program specialist course during his visit to the Naval Chaplaincy School and Center Tuesday.**

## Housing Happenings

❑ Wii games tournament, Friday, 5 p.m. at the Community Center. The tournament is open to 12-18 year olds and will feature a variety of Wii sports games.

❑ Residents who refer a friend who moves to Fort Jackson will receive \$300. For more information, call 738-8275.

❑ Spring Eggstravaganza, April 2, noon to 3 p.m. at the Community Center. The event will also mark the beginning of the Army Survey. Return the survey soon for the maximum number of entries for raffle prizes.

❑ 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 do not have access to Owens Road because a fence must be moved.

❑ Families have started moving into homes on Mills Road. All personal traffic should enter Mills Road from Brown Avenue. Construction traffic will enter Mills Road from Imboden Street to prevent the mixing of construction and family traffic. Residents should take caution when near any construction site.

❑ To date, 64 families have moved into new homes.

❑ Families who are relocated because of construction are reimbursed for the cost of the move and the cost to transfer telephone, cable and Internet access.

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

## 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/well-being.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](http://www.facebook.com). Search for CMS Fort Jackson.

"Let your voice be heard!"

# CID warns of online scam

From the U.S. Army  
Criminal Investigation Command

FORT BELVOIR, Va. — Some women have fallen for an Internet scam in which someone they believe to be a service member promises true love, but ends up breaking hearts and bank accounts.

Special agents from the U.S. Army Criminal Investigation Command are warning the public to be vigilant of Internet scams and impersonation fraud.

According to Army agents, CID is receiving frequent reports of various scams involving persons pretending to be U.S. Soldiers, who get romantically involved on the Internet with female victims and prey on their emotions and patriotism.

"We are seeing a number of scams being perpetrated on the Internet, especially on social, dating-type web sites where females are the main target," explained Chris Grey, Army CID's spokesman.

The criminals are pretending to be U.S. service members, and are routinely portrayed as serving in Iraq or Afghanistan. The perpetrators will often take the true rank and name of a Soldier who is honorably serving his country somewhere in the world, take photographs of a Soldier from the Internet and then build a false identity to begin prowling the internet for victims.

The scams often involve requests for money from the victim to purchase "special laptop computers," international telephones and transportation fees to be used by the "deployed Soldier," so their fictitious relationship can continue. The scams include asking the victim to send money, often thousands of dollars at a time, to a third party address so the phone or laptop can be purchased for the Soldier.

Once hooked, the criminals continue their ruse.

"We've even seen instances where the perpetrators are asking the victims for money to "purchase leave papers" from the Army or help pay for their flight home so they can leave the war zone," Grey said.

These scams are outright theft and fraud and are a grave misrepresentation of the U.S. Army and the tremen-

dous amount of support programs and mechanisms that exist for Soldiers today, especially those serving overseas, Grey said.

Army CID is warning people to be very suspicious if they begin a relationship on the Internet with someone claiming to be a U.S. Soldier and within a matter of weeks, the alleged Soldier is asking for money or marriage.

Many of these cases have a distinct pattern to them, explained Grey. "These are not Soldiers, they are thieves."

The perpetrators often tell the victims that their units do not have telephones or they are not allowed to make calls or they need money to "help keep the Army Internet running."

"We've even seen where the crooks said that the Army won't allow the Soldier to access their personal bank accounts or credit cards," Grey said.

All lies, according to CID officials.

"These perpetrators, often from other countries, most notably from Ghana, Angola and Nigeria, are good at what they do and quite familiar with American culture, but the claims about the Army and its regulations are ridiculous," Grey said.

To date there have been no reports to Army CID indicating any U.S. service members have suffered any financial loss as a result of these attacks. Photographs and actual names of service members have been the only thing used in the scam. On the contrary, the victims have lost thousands.

The U.S. has established numerous task force organizations to deal with this and other growing issues; unfortunately, the personnel committing these scams are using untraceable e-mail addresses on "gmail, yahoo, aol," etc.,

routing accounts through numerous locations around the world, and utilizing pay-per-hour Internet cyber cafes, which often times maintain no accountability of use. The ability of law enforcement to identify these perpetrators is limited, so individuals must stay on the alert to protect themselves.

## WHAT TO LOOK FOR:

— If you do start an Internet-based relationship with someone, check them out, research what they are telling you with someone who would know, such as a current or former servicemember.

— Be very suspicious if you never get to actually speak with the person on the phone or are told you cannot write or receive letters in the mail. Servicemen and women serving overseas will often have an APO or FPO mailing address. Internet or not, servicemembers always appreciate a letter in the mail.

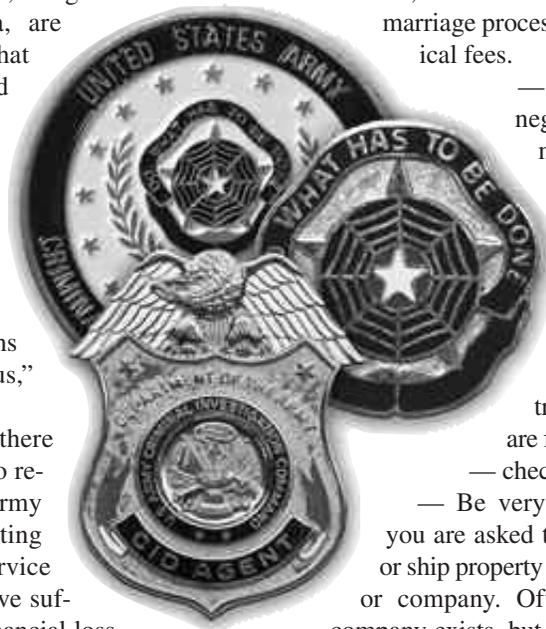
— Be extremely suspicious if you are asked for money for transportation costs, communication fees or marriage processing and medical fees.

— Many of the negative claims made about the military and the supposed lack of support and services provided to troops overseas are far from reality — check the facts.

— Be very suspicious if you are asked to send money or ship property to a third party or company. Often times the company exists, but has no idea or is not a part of the scam.

— Be aware of common spelling, grammatical or language errors in the emails.

To report the theft to the Federal Trade Commission, call 1 (877) ID-THEFT (438-4338) or contact the FTC online at [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft). Or contact the CID at [www.cid.army.mil](http://www.cid.army.mil) or the Internet Crime Complaint Center at [www.ic3.gov/default.aspx](http://www.ic3.gov/default.aspx).



## News and notes

### DRMO FURNITURE GIVEAWAY

The Defense Reutilization Marketing Office is giving away free dormitory furniture 8 a.m. to 1 p.m., Saturday, at 1902 Ewell Road. The giveaway is open to active duty and Reserve service members, DoD employees and military retirees. Items include wall lockers, dressers, nightstands and armoires. Prescreening is not available. For more information, call 751-1875.

### STREET CLOSURE

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



#### March 25 — 2 p.m.

From Paris With Love R 92 min.

#### March 25 — 5 p.m.

The Wolfman R 102 min.

#### March 26 — 6 p.m.

Dear John PG-13 108 min.

#### March 27 — 6 p.m.

Valentine's Day PG-13 119 min.

#### March 28 — 6 p.m.

Dear John PG-13 108 min.

#### Fort Jackson Reel Time Theater

(803) 751-7488

Closed Monday, Tuesday and Wednesday

#### Ticket admission

ADULTS \$4

CHILDREN (12 and younger) \$2

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# CSF helps family members, too

*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 second 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

As an Army spouse of 11 years, Leslie Glad has been in situations that required her to adapt to circumstances quickly, without letting them affect her family adversely. Twice during her husband's career, Glad found herself alone with her two children within weeks after arriving at a new duty station because her husband was ordered to deploy.

Glad said she draws on these experiences in her work as the Fort Jackson family readiness support assistant, which includes empowering family members to help themselves when life in the Army gets rough. The Army now provides new tools to family members to help them with these challenges.

In January, the Comprehensive Soldier Fitness program started reaching out to family members. Comprehensive Soldier Fitness aims to strengthen a person's resilience so he or she will be able to better deal with adversity.

The first step in making the program available to family members was the modification of the Global Assessment Tool. The GAT is a self-assessment survey that provides a baseline in four dimensions of strength: social, emotional, family and spiritual.

Dana Whitis, subject matter expert for the family component of Comprehensive Soldier Fitness, said that although the family GAT is slightly different from the one that Soldiers take, the survey fulfills the same function.

"The family GAT is talking to the family members, specifically, so the (Soldier-centric) language is removed," Whitis said. "But as far as measuring the strengths ... that isn't changed."

After completing the confidential survey, family members will be able to take online self-development modules, which will improve their knowledge and skill set in the four dimensions of strength.

Currently, four modules per dimension have been developed, but more will be added as the program grows, Whitis said. The GAT is voluntary for family members. To date, more than 1,300 family members Army-wide have completed the survey.

In addition to these online tools, family members will also be able to receive classes in Comprehensive Soldier Fitness. At least two Army Community Service employees per installation will be edu-



Photo by KRIS GONZALEZ

**The Army's Comprehensive Soldier Fitness program is available to family members like Rachel Anthony, pictured with her husband, Spc. Jonathan Anthony at his graduation from Basic Combat Training.**

cated as master resilience trainers.

Carla Atkinson, director of the Fort Jackson ACS, said she is excited about the program becoming available to family members and sees her organization as a perfect fit to facilitate those skills.

"ACS has always been in the resiliency business," Atkinson said. "We're not about doing things for families, we're about teaching them to be resilient and to be able to handle whatever comes at them and to bounce back from adversity."

Atkinson was part of a focus group of family members and ACS employees who attended the MRT course at the University of Pennsylvania in November.

"It was absolutely the best training I have ever had in the Army, bar none," she said. "It just really energized me and got me thinking about resilience."

She said she her long-term plans are to offer ACS classes about Comprehensive Soldier Fitness to family members. She also said she hopes that the positive psychology on which the concept is based can permeate all of ACS's programs. She said she bases that expectation on her experience that resilience is teachable.

"Before I went (to UPenn), I thought, 'Positive thinking? Either you're positive or you're not, end of subject,'" she said. "Well, it's not that way. Negative people

can learn to think in a positive way."

Whitis said that one of the benefits of the program is that those positive thinking skills are not limited to the family member's time with the Army.

"These are lifelong skills. You can use them for the rest of your life — with the Army or not," she said.

Soldiers are required to have take the GAT by May 31. Whitis and Atkinson agree that the fact that the GAT and the online modules are available to Soldiers and their families adds to the benefits of the program.

"The beautiful thing about this is that this is going to create a common language between you and your Soldier," Whitis said.

Glad said she is looking forward to using Comprehensive Soldier Fitness, both personally and professionally.

"This is a great tool for me to push to family members, because it is a program that helps families help themselves and their dependents to become stronger and to become more knowledgeable and to be able to, in the end, be a stronger family as a whole," she said. "I think it will evolve into a really great program once people start to know more about it and know what the program is all about."

*Susanne.Kappler1@us.army.mil*

## ON THE WEB:

Go to [http://www.jackson.army.mil/2009\\_pages/CSF/index.html](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/](http://www.army.mil/csff/) to take the Global Assessment Tool. For more resources provided by the University of Pennsylvania, visit [www.authentic happiness.com](http://www.authentic happiness.com).

## 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

The Comprehensive Soldier Fitness program is designed to strengthen Soldiers' psychological, emotional and mental well being through individual assessments as well as virtual and classroom training.

The four 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. Family members who do not have access to a computer can take the GAT at the Fort Jackson Family Readiness Center.

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

— **Master Resilience Trainer Course:** A course that teaches leader to instill resilience in subordinates. The school will open in April on Fort Jackson.

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

# EIB puts infantrymen to the test

## Fort Jackson Soldiers try for coveted badge

By **KRIS GONZALEZ**  
Fort Jackson Leader

The Expert Infantryman Badge is worn by few but desired by many.

This week nearly 150 Fort Jackson Soldiers sought to earn the coveted blue and silver badge. But before they made it to the starting line, nearly 40 Soldiers had already been knocked out of the race to glory.

For this year's EIB competition, competitors were required to pre-qualify as experts at both day and night basic rifle marksmanship, which proved too daunting for some.

By the end of the first day of testing Monday, the Army Physical Fitness Test and land and night navigation had eliminated another 32 Soldiers.

Tuesday morning, the remaining 58 warriors donned their full battle rattle to engage fictitious enemy combatants in mock skirmishes. Until late this afternoon, the Soldiers will continue to negotiate through scenario-based combat lanes designed to test their abilities in realistic wartime situations.

"We've got three different scenarios that the Soldiers will go through in three different lanes that they're pretty much going to (encounter) if they go to Iraq or

Afghanistan," said Sgt. Maj. Michael Love, post EIB NCOIC.

Love is referring to the three newly added components to this year's competition — an urban lane, a patrol lane, and a traffic control point lane — all of which require Soldiers to simulate engaging in events that commonly occur downrange.

And contrary to competitions of the past, grading for this year's EIB testing is driven by outcome-based standards. It's the first time since Love received his EIB in 1984 that the Soldiers don't have to complete each individual task under an extremely rigid time constraint, he said.

"Most of the tasks I had to go through were not combat situations," Love said. "It was somebody standing on the other side of the table with a stop watch saying these are the tasks, conditions and standards, and here's the start time. Go. Stop. Here's a go or no-go."

This year, he said, the Soldiers are given 20 minutes to complete 15 tasks deemed core by the Army Infantry School at Fort Benning and another 15 tasks chosen by Fort Jackson leadership.

"That's an entire 20 minutes to complete the lane from beginning to end," Love said.

"I like this better than when I went through," he said. "I think the Soldier leaves the combat lanes



Photos by KRIS GONZALEZ

**Staff Sgt. Clint Atchison, Company D, 2nd Battalion, 60th Infantry Regiment, simulates operating an MK 19 grenade launcher during Expert Infantryman Badge testing Tuesday.**

with a little bit more knowledge of what they can actually do under similar circumstances."

Staff Sgt. Clint Atchison, of Company D, 2nd Battalion, 60th Infantry Regiment, said he also favors the new testing.

"In the old testing, ... you would have very minimal time to load weapons systems. You would get

very nervous about it and start stumbling around," Atchison said. "You'd be worried about the next task and it would mess you up. Now you actually get to take your time and do the training," he said.

Atchison, who, while deployed to Afghanistan and Iraq, has experienced some real life combat, said he feels confident his experiences

and training will push him through to the final round of the competition, a 12-mile road march, which begins at 4 a.m. tomorrow.

He expects to march the grueling trek to Hilton Field, where he and the remaining infantrymen will receive their badges and join an elite band of brothers.

*Kris.Gonzalez1@us.army.mil*



**National Guard Sgt. Kyle Crowley, Company C, 4th Battalion, 118th Infantry Regiment, shoots dummy rounds from a M240B machine gun as Staff Sgt. Thomas Clark, Company B, 4th Battalion, 10th Infantry Regiment, grades Crowley on his performance.**



**Crowley determines the location of a fictional enemy on a map in order to call for indirect fire during the patrol lane event of EIB testing Tuesday.**

# Living in the 'new normal'

*Program focuses on meeting the needs of military children*

By **KRIS GONZALEZ**  
Fort Jackson Leader

One Friday, a grade-school teacher noticed that something was a little off about one of her best students. At first glance, the little girl — who was often called upon to be a line-leader for her class because of her stellar performance — seemed to be sporting the same, neat hair style she had worn all week.

But upon closer inspection, the teacher realized that only the front of the girl's hair had been arranged while the back of her hair was disheveled.

After some careful questioning, the teacher discovered the girl's father had been deployed and her mother was overwhelmed and would not get out of bed. For one week, the little girl had been dressing herself every morning and getting herself to school. While doing her hair, she had only been looking at the front of herself in the mirror, not thinking to comb the back of her hair.

"We talk to educators about looking for signs of stress among their students at school, but this girl hardly showed any signs," said Sally Patterson, director of professional development for the Military Child Education Coalition. "She did not change her habits; she did not change her behavior. It took that teacher being aware and mindful of that child to notice there was something different."

The girl's situation is similar to those of many military children, said Patterson, who teaches a new program that focuses on preparing educators, guidance professionals and community members to recognize and address the issues facing children dealing with separation from a parent or experiencing trauma and grief due to the injury or loss of a loved one.

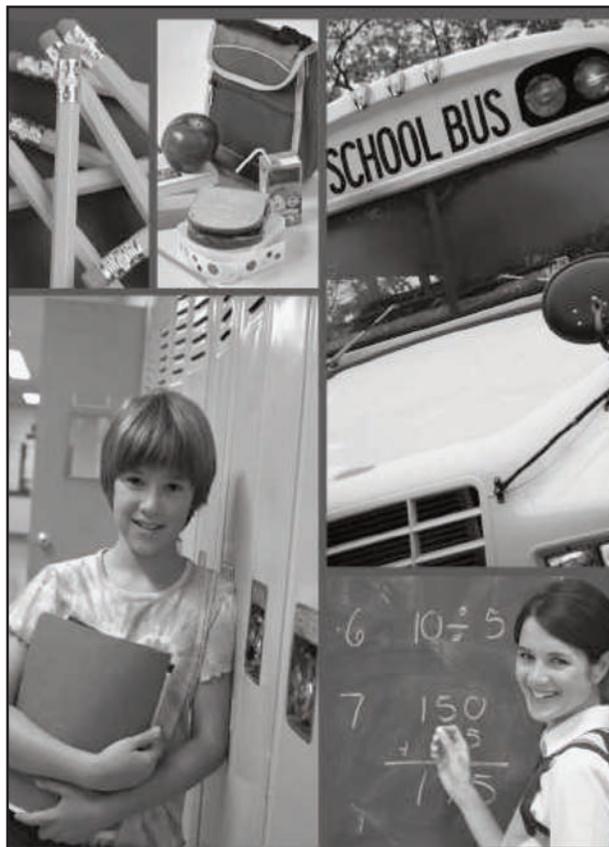
According to the MCEC, more than 1 million military-connected children in the U.S. have been separated from a mother or father because of deployment.

That's why the MCEC developed the "Living In the New Normal: Helping Children Thrive through Good and Challenging Times" initiative. Patterson will facilitate the two-day professional development program in Columbia from 8 a.m. to 4 p.m., April 12-13, at the Marriott downtown.

"The course is about the 'new normal,'" Patterson said. "The child's (life) is never going back to the way it was. Depending on his or her circumstances, there may be changes to a family's structure. Children may now be living with single parents, aunts, uncles or grandparents, and they may have to leave the military community altogether. This program provides concerned adults with information to help support children during these times of uncertainty."

The program is designed around the premise that kids are naturally resilient, Patterson said. It focuses on the guiding principles that first, children do grieve and differently than adults; secondly, they are not victims of their circumstances; and lastly, their family's ethnic, cultural and spiritual beliefs need to be respected.

"It's probably one of the best programs that provides re-



*Metro Creative Graphics photo*

**A workshop aimed at military children's needs is scheduled for April 12-13 in Columbia.**

sources and strategies to aid attendees in developing their own plan for encouraging resilience in children confronted with the many scenarios occurring in the military family environment," said Beth Shwedo, who serves as a MCEC project assistant for partnership and development. "For most military, and some nonmilitary (affiliated) children, the 'normal' is constantly changing, and it is important that we know how to aid them as they transition to their 'new normal.'"

"This is not a grief counseling seminar," Shwedo said. "Although loss will be touched upon as a challenge, the scope is much larger."

"The training provides systematic support and awareness in the community for kids who now have to redefine their lives and their families based on what they have to live with," Patterson said.

The course is not limited to those associated with the military, she said. It is open to child care workers, teachers, children's group leaders — anyone who impacts the life of a child.

"There are lots of kids who go through the same types of trauma without being a part of the military," she said. "Sadly, we have kids in our schools who are affected by domestic violence, automobile wrecks (and such). This (training) can be used within different systems to support all kids."

The course is free but space is limited, so registration is required. To register, log on to [www.MilitaryChild.org](http://www.MilitaryChild.org) and choose "Upcoming Trainings" from the top menu bar.

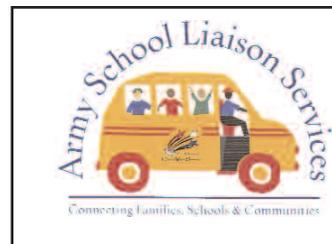
For more information, contact Patterson at 788-6226.

*Kris.Gonzalez@us.army.mil*

## Schoolhouse notes

### RICHLAND ONE:

- Friday: No school; teacher work day.
- April 5-9: Spring Break.
- Richland School District Two: Aug. 20.



### RICHLAND TWO

- Today-Wednesday: Report cards issued.
- April 2: Teacher inservice/student holiday.
- April 5-9: Spring Break.
- April 23-29: Middle/high school interim report cards issued.
- April 28: Early dismissal for elementary schools.

### FORT JACKSON SCHOOLS

- Monday: Staff development (no school).
- April 1: School board meeting, 4 p.m.
- April 5-9: Spring Break.

### RICHLAND TWO SCHOOL BOARD

Richland Two recently announced Katie Brochu as its new superintendent. Brochu will assume her duties when current superintendent, Stephen Hefner, retires in June.

### SCHOOL TRANSFER FORMS

Parents of Richland Two students who want to request a student transfer to a new school must apply by May 1.

### ONLINE TUTORING

Military-connected students can register for free tutoring service provided by the Army. The cost occurs to the Army when the tutoring service is provided. The link is: <http://www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesOnlineTutoring/default.aspx>.

For students to get their own passwords, they need to go to [myarmyonesource.com/cyss\\_tutor](http://myarmyonesource.com/cyss_tutor) and follow the directions. They will be asked for garrison name, e-mail address, and gender. They then will be given a specific password, sent to their e-mail addresses.

The garrison will be credited with a census count for each student who logs on, and then the count will continue throughout the year.

### HOMESCHOOLERS

For more information about Fort Jackson's Home School Group, contact Bethany Storlazzi at 419-0760 or e-mail [johnlazzi@yahoo.com](mailto:johnlazzi@yahoo.com). Fort Jackson home-schoolers meet weekly throughout the school year.

For more information on home schooling in South Carolina, visit: [http://www.hslsda.org/laws/analysis/South\\_Carolina.pdf](http://www.hslsda.org/laws/analysis/South_Carolina.pdf).

**Editor's note:** Call Army School Liaison Services at 751-6150.



**Article submissions are due two weeks before publication. For example, an article for the April 8 Leader must be submitted by today.**

**Announcements are due one week before publication. For**

**example, an announcement for the April 8 Leader must be submitted by April 1.**

**Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).**

**For more information on how to submit articles or announce-**

**ments, call 751-7045.**

**For questions regarding advertising or subscriptions, including classified ads, call (803) 432-6157 or (800) 698-3514. To submit a classified ad via e-mail, [skaress@ci-camden.com](mailto:skaress@ci-camden.com).**

# Feature to help keep families balanced

Last Wednesday, on our production day (i.e., the day we send the newspaper to the publisher for printing) I was stressed out. We were running a bit behind and were scrambling to make our mid-afternoon deadline. As stressed as I already was, I doubted it could get any more hectic.

And then I got a phone call from the day care. The baby had a rash and it looked bad, they said. I texted my husband to pick him up but that was a no go — he would not be free until several hours later. And I couldn't reach the friends I thought might be able to babysit for a few hours.

Within a matter of moments, my day had gone from normal-stress (the type of stress in which I normally thrive) to super-stress (the type of stress that makes me wish I'd stayed in bed).

Although everything worked out in the end, I couldn't stop the anxiety I was feeling, even throughout the next day. Could I really do this working mom thing? Did my coworkers think me less professional? If I'd paid more attention, could I have prevented the rash (which turned out to be a bad diaper rash)?

All of us experience stress from time-to-time. As military spouses, I (with much bias) say that I think we may have it worse than some others. In addition to the normal

## CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**  
*Fort Jackson Leader*



stress that comes from being a mom, working, volunteering and trying to get dinner on the table every night, we also have a few added stressors.

What if my Soldier deploys? Will my drill sergeant/supply sergeant/company commander husband get home from work in time for the baby's first birthday party? How will I ever be able to find another job if we PCS? We can't sell our house, but BAH will only pay for one dwelling — how will we make ends meet? If I go talk to the chaplain, will it affect my husband's career? What will people think if they find out?

One great thing about the military, however, is that we do not have to go it alone. The Army's not just an institution, we are a family; here on post, we are Team Jack-

son. And there is someone on post who can answer each and every one of those questions listed. Perhaps you just want to speak with someone to help you work some things out, or even just to vent. Folks like that are available too, for you and your Soldier, and it's confidential.

On our end, the newspaper will feature an occasional feature, Balancing Act, which addresses some of those things that stress us out (found on the next page). Because my child's health is one of those things that constantly keep me on edge, the first installment will be a feature from the staff of Fort Jackson's Army Public Health Nursing.

But we will also be seeking questions from you, which we will in turn, pass along to the agency that can best answer it. We will then publish those answers in the newspaper. All questions will remain confidential, so don't worry that people will know that you sent something in.

Just remember that if there is something out there causing you anxiety, it is probably bothering someone else, as well.

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

## Family Happenings

### FREE DENTAL SCREENINGS

The Colgate Van will be in the parking lot of the Main PX from 11 a.m. to 4 p.m., Tuesday to offer free dental screenings for children, 1-12 years old.

### FAMILY MOVIE DAY

Sunday is Family Movie Day at the Fort Jackson Theater. Get theater admission for two adults and two children, two orders of large popcorn and four medium drinks for \$25.

### FAMILY FUN BOWLING

The Family Fun Duo League at Century Bowling Center bowls at 6 p.m., each Sunday for 16 weeks. Call 751-6138 for information.

### ESSAY CONTEST

Children are invited to participate in this year's Month of the Military Child essay contest. The theme is "How the military has impacted your life." Age groups are: 5-10 and 11-16.

One winner will be selected from each age group. Be sure to include contact information on the essay. Winners will be notified April 30. The contest runs April 1-April 23. E-mail [RosenbergJ@aafes.com](mailto:RosenbergJ@aafes.com) for information.

### 4-H CLUB

The 4-H Club (for first through fifth graders) meets 4-5 p.m., every Wednesday at the Youth Center. Call 751-1136 for information.

### 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.

### PLAYGROUP

Join other parents and their children, at Playgroup, 10-11:45 a.m., every Monday, Wednesday and Friday, at 5615 Hood St., Room 8. An evening playgroup for Soldiers and their children is scheduled for 5-6:30 p.m., Wednesday. Call 751-5256 for information.

### SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail [jcst143@univision.com](mailto:jcst143@univision.com) or [lizperlataina@yahoo.com](mailto:lizperlataina@yahoo.com) for information.

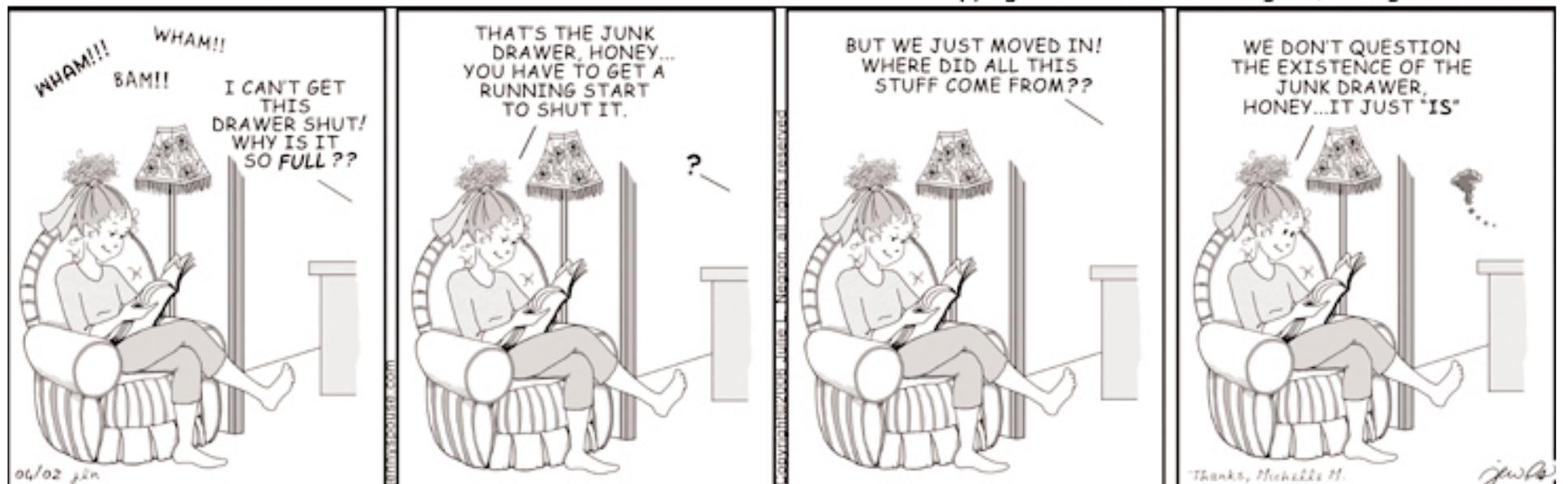
### PARENTS' NIGHT OUT

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

Visit <http://jackson.mhsoftware.com/> for a full listing of on-post calendar events.

## The Junk Drawer

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# Treating hand, foot and mouth disease

*What is hand, foot and mouth disease and how can I limit my child's exposure to the illness?*

Hand, foot and mouth disease is a common viral illness that affects infants and children.

The illness is generally mild. Symptoms include a fever, poor appetite, sore throat, and a general feeling of illness.

One or two days following the onset of the fever, small red spots that blister develop and are often visible in the mouth, on fingers, palm of hands, buttocks and soles of feet. A non-itchy skin rash may also develop. The blisters may be present for as long as seven to 10 days.

Sometimes the oral blisters may make it difficult for the child to eat or drink.

HFMD is contagious and can be spread by the respiratory system through coughing and sneezing, by direct contact, and stool of infected persons. The infected person is most contagious during the first week of the illness.

The viruses that cause HFMD can remain in the body for several weeks after the symptoms have gone away, consequently, the infected person can still pass the infection to other individuals. Fre-

quently, adults that contract the virus are asymptomatic or have no symptoms. The health care provider can usually diagnose HFMD by a physical evaluation and symptoms reported by the parent.

There is no specific treatment for HFMD. Comfort measures or treatment for relief of symptoms may include: over-the-counter pain medication appropriate for children (aspirin should not be given to children), insuring adequate fluid intake and rest. Complications of the virus are not common, but if they do occur, medical care should be sought. There is no vaccination available for HFMD.



**HFMD PREVENTION TIPS:**

- Good hand-washing is essential.
- Covering all coughs and sneezes with either a disposable tissue or properly coughing or sneezing into a shirt sleeve. This is a perfect time to review proper hand-washing and "cough into a sleeve" techniques.
- Avoid direct and close contact with infected individuals.
- Clean dirty surfaces and soiled items, to include toys; first with soap and water, then with a diluted bleach solution (1 ta-



blespoon of bleach to 4 cups of water).

A frequently asked question is whether a child diagnosed with HFMD can remain in the child care setting. The Centers for Disease Control and Prevention has no specific guidance for exclusion from a day care or school setting.

Generally, during the first few days of the illness the child is kept at home, which will reduce exposure to other children. Policy exclusion guidelines for the specific child care or school setting should be followed for all illnesses.

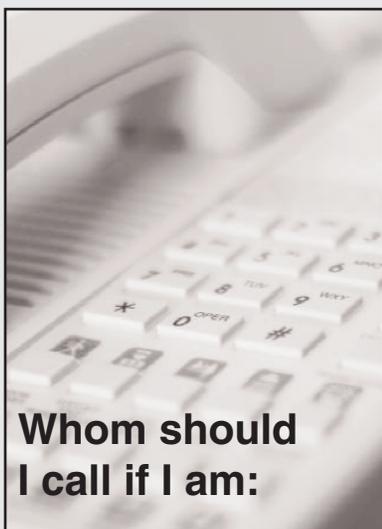
*Information for this article was gathered from the Centers for Disease Control and Prevention and the American Academy of Pediatrics.*

**Editor's note:** Fort Jackson's Army

*Public Health Nursing department is part of Moncrief Army Community Hospital's Department of Preventive Medicine. Its staff of six provides health education to the Fort Jackson community. The staff members also serve as medical consultants to the post's Child Development Centers.*

**Balancing Act questions**

Have a question about something that has you stressed? E-mail your question to [FJleader@conus.army.mil](mailto:FJleader@conus.army.mil). Be sure to put "Balancing Act" in the subject line and include contact information. Contact information is for verification purposes only and will not be printed.



**Whom should I call if I am:**

**PCSing?**

Relocation and Referral Services  
Strom Thurmond Building, Room 223, 751-1124

**Looking for a job?**

Employment Readiness Program  
Strom Thurmond Building, Room 223, 751-4862

**Looking for child care?**

Child, Youth and School Services  
Joe E. Mann Center, 751-4865/4824.

**Leaving the Army?**

Army Career and Alumni Program,  
Building 4600, Room A200, 751-4109

**Looking for an off-post school?**

School liaison officer, 751-6150

**Having mental health problems?**

Community Mental Health Services  
McWethy Troop Clinic, 751-5183.

**Being abused?**

Family Advocacy Program  
Strom Thurmond Building, Room 218, 751-6325

**Married to a deployed Soldier?**

Mobilization and Deployment  
Family Readiness Center, 751-7220

**Having trouble balancing the family**

**budget?**

Financial Readiness Program  
Strom Thurmond Building, Room 223, 751-5256

**In legal trouble?**

Legal assistance office  
9475 Kershaw Rd., 751-4287

**Trying to lose weight?**

Family and Morale, Welfare and Recreation Fitness Department  
Joe E. Mann Center, 751-5768

**Looking for spiritual support?**

Family Life Center  
Main Post Chapel, 751-5780

**Concerned about my health insurance coverage?**

TRICARE Service Center  
MACH, 800-444-5445

**Please e-mail [FJleader@conus.army.mil](mailto:FJleader@conus.army.mil) to add your on-post agency to this list.**



**Visit Military OneSource.com for information on education, relocation, parenting, stress and more.**

**This free service is available by phone or online for active duty, Guard and Reserve Soldiers, along with their family members.**

# Saluting the cycle's BCT honorees

## DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class Chasitie Nelson**  
Company C  
1st Battalion,  
13th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pfc. Alexandra Lippi

### SOLDIER OF THE CYCLE

Pfc. Jonathan Grondel

### HIGH BRM

Pvt. Jesse Sutich  
Pfc. Patrick Lee

### HIGH APFT SCORE

Pvt. Kevin Daverssa



**Staff Sgt. David Schible**  
Company D  
1st Battalion,  
13th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pfc. Dustin Spangler

### SOLDIER OF THE CYCLE

Spc. Jason Knickerbocker

### HIGH BRM

Pvt. Tyler Shreve

### HIGH APFT SCORE

Pvt. Eric Ulm



**Staff Sgt. Craig Butler**  
Company E  
1st Battalion,  
13th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pfc. Jerry Beugh

### SOLDIER OF THE CYCLE

Spc. El Jay Sinceno

### HIGH BRM

Pvt. Allen Bear

### HIGH APFT SCORE

Spc. Abdel Mohammaedbey



**Staff Sgt. Fallon White**  
Company F  
1st Battalion,  
13th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pfc. Joseph Mannor

### SOLDIER OF THE CYCLE

Spc. Ladson Berry

### HIGH BRM

Pvt. Nicholas Heath

### HIGH APFT SCORE

Pvt. Keith Botschafter

## SUPPORT AWARDS OF THE CYCLE

### STAFF SUPPORT AWARD

Spc. David Henderson

### TRAINING SUPPORT AWARD

Master Sgt. Kenneth Hendrix

### SERVICE SUPPORT AWARD

William Craft Jr.

## Upcoming ceremonies

### CHANGES OF COMMAND

- ❑ Recruiting and Retention School: Col. James Comish will relinquish command April 27, 10 a.m. at the Officers' Club. The incoming commander will be announced at a later time.
- ❑ 2nd Battalion, 39th Infantry Regiment: Lt. Col. Collin Fortier will relinquish command to Lt. Col. Glenn Blumhardt May 18, 9 a.m. at the Officers' Club.
- ❑ U.S. Army Chaplain Center and School: Col. Samuel Boone will relinquish command to Col. David Smartt, May 26, 2 p.m. at the Solomon Center.
- ❑ 3rd Battalion, 60th Infantry Regiment: Lt. Col. Alan DeoGracias will relinquish command to Lt. Col. John Allen June 3, 10 a.m. at the Officers' Club.
- ❑ 1st Battalion, 34th Infantry Regiment: Lt. Col. Daniel Beatty will relinquish command to Lt. Col. Quincy Norman June 9, 9 a.m. at the Officers' Club.
- ❑ Moncrief Army Community Hospital: Col. Nancy Hughes will relinquish command to Col. Ramona Fiorey June 15, 9 a.m. at MACH.
- ❑ 193rd Infantry Brigade: Col. Brian Prosser will relinquish command to Col. Drew Meyerowich June 24, 9 a.m. at the Officers' Club.

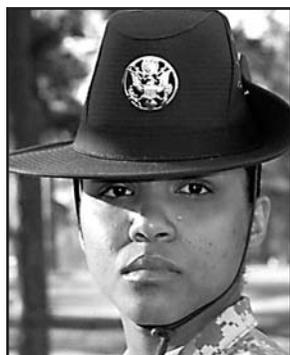
### CHANGES OF RESPONSIBILITY

- ❑ 1st Battalion, 34th Infantry Regiment: Command Sgt. Maj. Leon Green will relinquish responsibility to Sgt. Maj. Michael McIntosh April 9, 10 a.m. at the battalion headquarters.

If any of the information changes, please send updates for changes of command and changes of responsibility to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045.

The *Leader* covers changes of command and responsibility for battalion-level or higher organizations only.

## Drill Sergeant School honorees



**DELAROSA**



**McKINLEY**



**WALL**

The drill sergeant leader of the cycle is Staff Sgt. Paola Delarosa. This cycle's Drill Sergeant School honor graduates are Staff Sgt. Joel McKinley (honor graduate and leadership award) and Staff Sgt. Jamie Wall (physical fitness award).

### LEADER INFORMATION

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the April 8 *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 April 1.

❑ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

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

❑ For questions regarding classified advertising, call (803) 432-6157

or 800-698-3514.

To submit a classified ad via e-mail, send it to [skaress@ci-camden.com](mailto:skaress@ci-camden.com).

Classified ads are free for service members who are selling personal items. Please limit the ad to 40 words.

❑ For questions regarding display advertising, call (803) 786-5681.

❑ Are you interested in knowing what's going on at Fort Jackson?

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# Army Community Service

## April calendar of events

### Thursday, April 1

**AER commander's referral training:** 9-10:30 a.m., Education Center

**WorkKeys Assessment:** 9 a.m. to noon, Strom Thurmond Building, Room 222 (\$36 assessment fee)

### Monday, April 5

**English as a Second Language class:** 9-11 a.m., Strom Thurmond Building, Room 222 (every Monday, except holidays)

**Play group:** 10-11:45 a.m., 5614 Hood St., Room 8 (every Monday, Wednesday and Friday, except holidays)

### Tuesday, April 6

**Stroll along walking group:** 10 a.m. to noon, Columbia Place Mall food court (every Tuesday, except holidays)

**La Leche/breastfeeding support group:** 10-11:45 a.m., 5615 Hood St., Room 8

**Positive parenting:** 2-4 p.m., Joe E. Mann Center, conference room

**EFMP family night out:** 5-7 p.m., Chick-fil-A, 2600 Decker Blvd.

### Wednesday, April 7

**Newcomers' orientation/re-entry brief:** 9 a.m. to 11:30 a.m., Post Conference Room

### Thursday, April 8

**New direction support group:** Noon to 1 p.m., 5615 Hood St., Room 10

### Tuesday, April 13

**Care team workshop:** 8:30 a.m. to 4:30 p.m., Officers' Club (April 13 and 14)

**Baby basics; Part 1:** 10 a.m. to noon, Joe E. Mann Center, conference room

**Stress management — lunch and learn:** Noon to 1 p.m., 5615 Hood St., Room 10

**EFMP family night out:** 5 p.m., EdVenture, 211 Gervais St. (\$1 per person)

### Wednesday, April 14

**Employment readiness program orientation:** 8:30 a.m. to noon, Strom Thurmond Building, Room 222

**Bullying awareness — lunch and learn:** 11 a.m. to 1 p.m., 5615 Hood St., Room 10

**Phase II LEVY briefing:** 2:30-3:30 p.m., Strom Thurmond Building, Room 213

### Thursday, April 15

**Resume writing and interviewing skills:** 8:30 a.m. to noon, Strom Thurmond Building, Room 222

**Financial/relocation initial PCS class:** 9-10 a.m. Education Center

### Monday, April 19

**AFTB Army 101 course (in Spanish):** 8:30 a.m. to 3 p.m., Family Readiness Center

### Tuesday, April 20

**Reintegration/reunion training:** 8:30-10 a.m., Family Readiness Center

**Starting and running a small business:** 9-11:30 a.m., Education Center, call 751-4109 to register

**Deployment support children and youth training:** 10-11:30 a.m., Family Readiness Center

**Prevention block party:** 10 a.m. to 3 p.m., Solomon Center

**Anger management — lunch and learn:** Noon to 1 p.m., 5614 Hood St., Room 10

**Child abuse awareness class:** Noon to 2 p.m., 5615 Hood St., Room 10

**Positive parenting 102 (5-12 years):** 2-4 p.m., Joe E. Mann Center, conference room

**Evening breastfeeding support group:** 5-6:30 p.m., 5615 Hood St., Room 8

### Wednesday, April 21

**National denim day — wear your denim jeans in support of Sexual Assault Awareness Month:** For more information, call Lisa Magallanes at 751-6325.

**Financial readiness for first-termers:** 8:30 a.m. to 4:30 p.m., Education Center

**Steps to federal employment:** 9 a.m. to noon, Strom Thurmond Building, Room 222

**Helping Hands award:** 9 a.m., Post Conference Room

**Information Exchange Council meeting:** 9:30 a.m., Post Conference Room

### Thursday, April 22

**Career exploration:** 12:30-2 p.m., Strom Thurmond Building, Room 222

**EFMP support group — TRICARE and ECHO:** 5 p.m., location to be determined

### Tuesday, April 27

**Baby basics; Part 2:** 10 a.m. to noon, Joe E. Mann Center, conference room

**Managing emotions under pressure:** 11 a.m. to 1 p.m., 5615 Hood St., Room 10

**Hearts Apart support group:** 6-7:30 p.m., Family Readiness Center

**Careers in real estate — lunch and learn:** Noon to 1 p.m., Strom Thurmond Building, Room 222

### Wednesday, April 28

**Employment readiness program orientation:** 8:30 a.m. to noon, Strom Thurmond Building, Room 222

**Parent support play group:** 5-6:30 p.m., 5615 Hood St., Room 8

### Thursday, April 29

**Family support team meeting:** 6-8 p.m., Family Readiness Center

### Friday, April 30

**Family assistant team FACEX:** 10-11:30 a.m., Family Readiness Center



For more information or to register for classes, call 751-5256 or 751-6325.  
This information is published the last week of each month in *The Fort Jackson Leader*.

## Calendar

### Friday

#### 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](mailto:at.ease.jackson@gmail.com) for more information. Call 708-2869 to reserve child care.

### Saturday

#### '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.

#### DRMO furniture giveaway

8 a.m. to 1 p.m., Ewell St.  
Free used dormitory furniture will be given away, first come, first served. For DoD personnel, active and reserve components, civilian employees and military retirees.

### 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](mailto: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.

### Thursday-Friday, April 15-16

#### Reclamation sale

8 a.m. to 4 p.m., 2570 Warehouse Road  
Both days are open to all ranks. Cash only.

## Housing events

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

### Today

#### Neighborhood huddle

10 a.m.

### Friday

#### 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](http://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.

### 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., Friday. 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 [jcst143@univision.com](mailto:jcst143@univision.com) or Sheila Telles at [lizperlataina@yahoo.com](mailto: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.

### PROCTORING SERVICES

The Fort Jackson Army and Continuing Education System has discontinued its test proctoring services. Students requiring a test proctor should contact their schools to make other arrangements for proctoring. Students are also encouraged to coordinate with schools within the first two weeks of each semester to select an approved proctor or obtain appropriate approval for a proctor candidate.

### SPRING FLING GOLF

The AGCRA Carolina Chapter is hosting a Spring Fling golf tournament April 9 at the Fort Jackson Golf Course. Registration 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](mailto:Larry.D.Brown3@conus.army.mil) or [Dion.Simpson@conus.army.mil](mailto:Dion.Simpson@conus.army.mil).

## Off-post events

### 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.

### 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](http://www.myRCPL.com/foundation).



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# 'Rent to own' leases may have downside



Metro Creative Graphics photo

**Tenants considering signing a "rent-to-own" or "option to buy" contract should understand the downside, say Fort Jackson legal experts.**

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

For those who are currently renting a home, there is a decent chance the landlord will, or already has, offered a new lease that looks a lot different than the one that was originally signed. This new lease contains an "option to buy" the property. These leases are commonly referred to as "rent to own" leases.

In 2009, Richland County, along with several other South Carolina counties, reassessed property taxes. As a result, real estate taxes went up significantly. This increase in property taxes, combined with the current recession, has made some landlords eager to find a way to unload some of that tax liability. They found it in South Carolina Code of Laws, Title 12, Section 12-43-220.

This section of code essentially drops real estate taxes from 6 percent to 4 percent if the "owner" lives in the property. Having the property classified as a "primary home" instead of a rental property also reduces the millage rate, a number set by local officials which also determines real estate taxes. The end result is that the landlord gets to keep more money if the prop-

erty belongs to the tenant instead of the landlord. The rent to own lease is an attempt for the landlord to take advantage of this tax reduction while still retaining control over the property. Unfortunately, it is a very sloppy attempt with a great deal of risk and not much reward for the person renting.

The underlying problem with rent to own contracts is that they attempt to accomplish something that logically should be impossible. If you own the property, how are you still paying rent and how can you still be evicted by a landlord? This question really never gets answered because rent to own leases were not designed to make sense, they were designed to reduce tax liability. All the other problems rent to own leases cause can be traced back to this central issue. Tenants are stuck in this gray area. They are responsible for the property as if they own it but, they still have to answer to, and could ultimately get kicked out by, their landlord.

Each rent to own lease is different so not all of these problems may be present. However, here are some of the more common issues regarding these leases:

1) Even if the tenant is making mortgage payments, if he or she violates the lease, he or she can be evicted and will not

retain any equity in the property. This aspect of rent to own leases is the most disturbing. While the tenant is making the payments and bearing the responsibility of someone who owns the property, unless he or she buys the house, he or she owns nothing.

2) The tenant will be responsible for paying real estate taxes. If taxes go up, the tenant will be forced to pay more.

3) The tenant will be responsible for any damage caused by mold, wood rot and excessive moisture, even if it was present before he or she signed the lease. If he or she insists on signing one of these leases, it is important to get a thorough inspection done first.

4) The tenant is responsible for making sure the property is fully insured and, even though the tenant is the "owner," he or she is liable to the landlord if anything catastrophic happens to the property.

These are just some of the potential issues that could be embedded in a rent to own lease. Each lease is unique, but the general advice of the Legal Assistance office is to not sign one. Those who are interested in signing a rent to own lease should have it first examined by a legal assistance attorney.

Call 751-4287 to make an appointment.

## FIRST RESPONDER

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

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

**Col. Ronald F. Taylor**

Director,

Emergency Services/Provost Marshal

**Sgt. Maj. Glen W. Wellman III**

Provost Sergeant Major

**Billy Forrester**

Fire Chief

### CASES OF THE WEEK

□ Military Police are searching for someone for fleeing the scene of an accident that occurred at the Ammo Supply Point, Building K5510. MPs said it appeared that a vehicle struck one of the bay doors, denting it.

□ A civilian was charged with wrongful use of a license plate after gate security reported the civilian's vehicle registration as expired, MPs said. MPs discovered that the vehicle had a valid registration, but the valid registration was not being displayed



on the vehicle.

□ A civilian was denied entry to the post after attempting to enter with an unregistered weapon, MPs said. Although the civilian had a state-issued permit to carry the weapon, post policy requires all weapons coming onto post be registered on Fort Jackson.

### TIP OF THE WEEK

The Directorate of Emergency Services 911 Center operators now have the ability to directly answer cell phone calls for 911. This change eliminates the routing of 911 calls through the Richland County 911 Cen-

ter. Cell phone callers needing emergency assistance (which includes fire, medical and police) can dial 803-751-9111 to receive assistance from a DES 911 operator. This change will provide a faster response and allow callers to speak to 911 operators who are familiar with Fort Jackson. DES officials encourage those who live and work on Fort Jackson to program this emergency number

into their cell phones. Callers who dial 911 from a cell phone will still have calls routed through Richland County.

**crimestoppers**  
1-888-559-TIPS  
[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

**FORCE PROTECTION  
THOUGHT OF THE WEEK**

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We Can Do It!

**PRACTICE  
ANTITERRORISM  
PROTECTIVE MEASURES!**

**AVOID COMPLACENCY!**

**MAINTAIN SITUATIONAL  
AWARENESS!**

**SECURE YOUR  
PROPERTY!**

Report suspicious activity to Fort Jackson MPs (803)751-3114/3115

# Kites set to take off at Hilton Field festival

This Friday, the entire Fort Jackson community is invited to the Kite Festival, 4- 6 p.m. at Hilton Field, just in time for National Kite Month, which begins Saturday and runs through May 2. Child, Youth and School Services, in partnership with Outdoor Recreation, are committed to the Army Family Covenant promise and have planned this event for youth, parents, Soldiers and civilians to come together for an afternoon of camaraderie and kite flying.

This event is free and open to everyone. For a month, the students in the Edge! Go Fly a Kite class have been learning about, making and flying kites; now the group wants to share the fun with everyone.

The Edge! participants learned kite history, how to construct a simple diamond kite, and then moved up to sled kites and the impressive and more sophisticated box kite, many of which will be flown at the festival.

Everybody knows about Benjamin Franklin's kite flying experiments, but kites have been around even longer than that. So long in fact, that no one knows for sure how long. One of the earliest recorded events in kite flying history took place in China around 200 B.C.

Chinese General Han Hsin of the Han Dynasty used a kite to determine how far his army would have to tunnel under the city he was attacking to get inside. He flew a kite over the city walls to measure the distance. His troops made it inside, surprised their enemies and were victorious.

## Army Family Covenant

By **THERESA O'HAGAN**

*Family and Morale, Welfare and Recreation*

Seventh century Buddhist monks in Japan used kites to ward off evil spirits and flew kites over crops to ensure successful harvests.

Franklin used his kite to increase his knowledge about lightning. Other scientists used kites to increase their understanding of wind and weather as well. The Wright brothers used kites for early experiments in their development of the airplane.

Even the U.S. military has used kites. Kites were used in the Civil War near Vicksburg to fly messages over enemy lines trying to get Soldiers to desert by offering money and horses. During World War II, the Navy used kites for many purposes. Shipwrecked Sailors flew kites overhead to help search parties find them at sea.

Kite fighting is a popular sport in Afghanistan. People make or buy kites and use glass-coated string to fly them. The object is to cut the string of your opponent, causing him or her to lose the fight and the kite. A kite runner then runs after the kite. The runner who catches or finds the kite first gets to keep it.

What are you waiting for? Go Fly a Kite!



### ARMY FAMILY COVENANT: Keeping the Promise

“For me, the Army Family Covenant means there is support for my family so I can focus on the mission.”

SGT LINCOLN GORDON  
Hometown: Raleigh, NC



## 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 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.
- ☐ 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](http://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.

# National Brain Injury Month

## MACH offers screening for Traumatic Brain Injuries

By **MARC COOPER**

Moncrief Army Community Hospital

Advances in battlefield medicine are saving the lives of many service members currently serving in OIF/OEF conflicts.

The current conflicts in Iraq and Afghanistan have made the assessment of concussion/mild Traumatic brain injury, or mTBI, an important focus of military medicine.

Traumatic brain injury is considered the signature wound of the current conflicts in Iraq and Afghanistan. It is estimated that 50 percent of Soldiers returning from these conflicts have some form of mTBI, versus 14-18 percent of those who returned from the Vietnam conflict.

What is TBI? TBI results from a trauma-induced alteration in mental status that may or may not result in loss of consciousness. The majority of concussions in the current conflict are from blast injuries. Soldiers may or may not have loss of consciousness at the time of the blast but are frequently confused and have no memory of the traumatic event, including loss of recall for events immediately before and after the event.

Eighty percent of TBI cases are considered mild. The majority of Soldiers recover within three to 12 months. However, up to one third of the blast injuries may develop chronic symptoms.

### TYPES OF TBI

**Mild** — loss of consciousness less than or equal to 30 minutes or no actual loss of consciousness.

**Moderate** — loss of consciousness lasting less than or equal to six hours.

**Severe** — loss of consciousness lasting more than six hours.

Post concussion syndrome refers to an array of cognitive, physical and emotional symptoms that can occur following the brain injury. Patients with post concussion syndrome may complain of headaches, dizziness, trouble sleeping, memory problems, fatigue and irritable or depressed moods.

Recovery from brain injury varies significantly by severity group.

### SCREENING FOR TBI

In 2007, Fort Jackson began screening returning service members for TBI in the post deployment health reassessment. Soldiers who screen positive on the PDHRA are referred for additional screening by the Moncrief Army Community Hospital TBI program.

The TBI case manager documents injuries and obtains a history and list of current symptoms. The Soldier is scheduled to see the TBI primary care provider, who obtains a detailed history and physical exam.

Most Soldiers have symptoms of chronic excruciating headaches, sleep problems, memory loss, irritability and mood changes. Most Soldiers fully recover, but it is a time-consuming process.

The most important things a Soldier can do is recognize that this is not a weakness on his or her part but a real injury that requires treatment.

The majority of Fort Jackson Soldiers being treated for mTBI are active duty and functioning in multiple areas on post. Most sustained their original blast injury at least a year ago but, for a variety of reasons, never sought treatment.

There is an interactive booth set up at the MACH ground-floor entrance that provides information and activities to involve participants. In addition, there will be literature available at the dining facility.

For more information, call 751-2932/2845.

**Editor's note:** Marc Cooper is MACH's chief of behavioral health.

## MACH updates

### DFAC UPDATE

Renovations at the MACH dining facility are ongoing. Staff and visitors can eat and be served in the dining area. 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 a.m., Tuesdays and 1-4 p.m. 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.



**NICCUM**

### WELCOME TO MACH

Maj. Kevin Niccum is the hospital's new chief of hospital education. He comes to MACH from Walter Reed Army Medical Center.

### SOCIAL MEDIA

Follow MACH on Twitter at [www.twitter.com/machcsd](http://www.twitter.com/machcsd) to receive announcements for same-day appointments.

Become a MACH "fan"

by logging into Facebook and searching "Moncrief Army Community Hospital." The MACH Facebook page provides appointment updates, calendar events, job listings and more.

# Military personnel susceptible to Dry Eye Syndrome

By **WENDY LAROCHE**

U.S. Army Public Health Command, Provisional

Have you experienced a stinging, burning or scratchy sensation in your eyes? Have you ever had stringy mucus in or around your eyes, increased eye irritation from smoke or wind or eye fatigue after short periods of reading? Perhaps you've noticed light sensitivity, tearing, blurred vision or a sense that a foreign substance is in your eyes. If so, you may have dry eyes.

Dry Eye Syndrome is a common disorder that affects a large part of the population, mostly women and those older than 40.

However, because of environmental conditions at military installations and deployment locations, service members beyond that demographic may also be at risk for

DES.

This condition occurs when there is an imbalance in the tear system. Tears are a mixture of saltwater, fatty oils and mucus. Together these three layers form a film that lubricates the eyes between blinks, resulting in comfortable and clear vision. When these three layers are not performing properly, dry eyes may result. Decreased production of fluids from tear glands can destabilize the tear film, allowing it to break down and create dry spots on the surface of the eyes.

Dry eyes can also occur when individuals cannot produce enough tears to keep their eyes lubricated or when there is excessive tear evaporation.

Other factors that have been associated with dry eyes are adverse reactions to medications such as antidepressants, antihistamines and oral contraceptives. Exposure to

environmental conditions that have a drying effect can also increase the risk for dry eyes.

Although no cure exists for DES, many treatments are available. Seek medical advice if you experience prolonged symptoms of dry eyes such as red, itchy, tired and painful eyes. Treatment is based on identifying the reasons for the dry eye condition which involves an assessment of the quantity and quality of your tears.

If DES is diagnosed, your health care provider may use artificial tear drops, ointments, silicone plugs, prescription eye drops or other medications to alleviate the symptoms.

Properly taking care of your eyes through eye therapy is another way to diminish the effects of DES. Below is a list of ways to take care of your eyes, regardless of whether or not you have DES:

- Schedule routine eye examinations.
- Give your eyes proper rest and relaxation time. Take frequent breaks after reading or watching television for long periods of time by closing your eyes for three to five minutes.
- Blink more when your eyes feel tired or irritated.
- Avoid excessive air movement. Reduce the speed on ceiling fans, hair dryers and car heaters.
- When possible, use a humidifier when there is a lack of moisture in the air.
- Avoid looking directly in the sun and rubbing your eyes.
- Wear proper eye wear (sunglasses) when in the sun.

For more information on DES, consult your healthcare provider and/or ophthalmologist.



**The Leader welcomes reader submissions. Submissions may be edited for style, grammar and length. Send submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).**

**Article submissions are due two weeks before publication. For example, an article for the April 8 Leader must be submitted by today.**

**Announcements are due one week before publication. For example, an announcement for the April 8 Leader must be submitted by April 1.**



Photo by ROBERT MCILVAINE, Family and Morale, Welfare and Recreation Public Affairs

Sgt. 1st Class Jose Osvaldo Rodriguez practices the new rules needed to compete in the U.S. Army Dominoes Tournament. On Feb. 17, he and his partner, Erick Figueroa, began competition at Fort Belvoir's Officers' Club. The competition began this month at 30 garrisons across the country.

# What happens in Vegas stays in Vegas

*Dominoes players compete for chance to play in world championship*

By **ROB MCILVAINE**

*Family and Morale, Welfare and Recreation*

ALEXANDRIA, Va. — The Family and Morale, Welfare and Recreation Command is hosting the first U.S. Army Domino Championship, which runs through April 24.

Dominoes fans will compete at 30 Army garrisons, and the victorious team will win an all-expense-paid trip to Las Vegas to compete in the 2010 World Domino Championship, with the chance to take home a part of the \$40,000 cash prize purse.

“This program is the biggest event ever in the history of dominoes. Thanks to our friends at MWR, thousands of young men and women will be exposed to the sport,” said Ralph Paniagua, president of R. Paniagua, Inc. “And with the championship at the Las Vegas Hilton over the Memorial Day weekend, this will mark a significant milestone for the sport of dominoes.”

RPI worked jointly with DominoUSA, the governing U.S. domino federation, to establish the tournament rules and guidelines, and to ensure the fairness and integrity of the tournament.

“As president of the USA Domino Federation, I am

very excited that this event will spread the word about dominoes to thousands of players,” said Manuel Oquendo, president of Domino USA. “As a retired Army man, I’m hoping this will be very exciting for our Soldiers and their families to enjoy some downtime playing dominoes.”

For further information and all tournament rules and regulations, visit [www.DominoUSA.org](http://www.DominoUSA.org) and [www.VivaDomino.com](http://www.VivaDomino.com).

Fort Jackson’s tournaments are scheduled for each Wednesday through April 7 at 6 p.m. Call 751-0892 for information.

## Sports shorts

❑ Letters of intent acceptance for intramural and recreational volleyball has been extended to Tuesday. The season will begin April 19.

❑ Letters of intent acceptance for intramural and recreational softball has been extended to April 8.

❑ 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.

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

❑ The Fort Jackson Golf Club is hosting

a “Get Golf Ready” program throughout the Spring and Summer. The national program includes eight hours of instruction by PGA professionals and on-course experience.

Class sized is limited to 16 participants per class. Classes dates are: April 13,

May 11, June 7, July 8 and August 10. Classes meet Tuesdays and Thursdays. Call 787-4344 for information or visit [www.playgolffamerica.com/ggr](http://www.playgolffamerica.com/ggr).

For a full list of calendar events, visit <http://jackson.mhsoftware.com/>