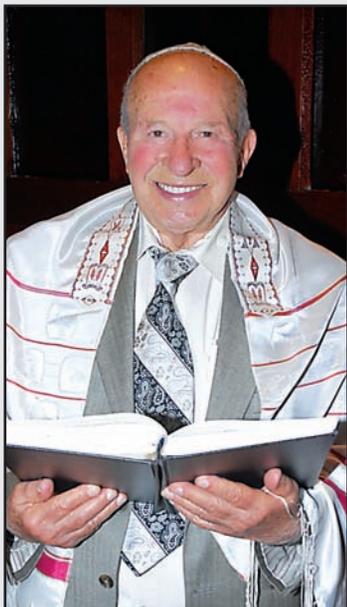


TRACKING ...

NEWS

Retirees honored
at two-day event

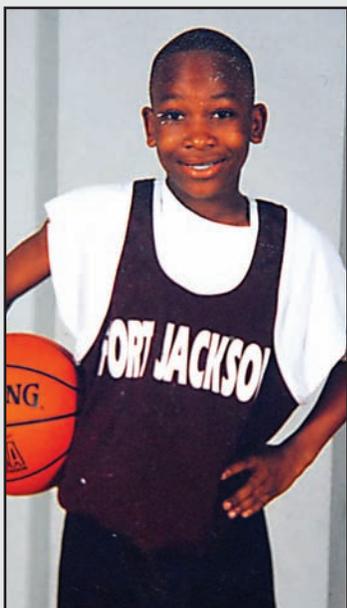
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Holocaust survivor
to speak on post

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UP CLOSE



On-post CYSS
shapes man's life

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The Fort Jackson *Leader*



Thursday, April 8, 2010

Published for the Fort Jackson/Columbia, S.C. Community

www.jackson.army.mil

A class act



Photo by SUSANNE KAPPLER

The Master Resilience Training Course facility opens with a ribbon-cutting ceremony Monday. Cutting the ribbon are (from left) Col. Kevin Shwedo, Fort Jackson's deputy commander, Brig. Gen. Rhonda Cornum, director of Comprehensive Soldier Fitness, Dr. Martin Seligman, director of the University of Pennsylvania Positive Psychology Center, and Maj. Gen. Todd Semonite, commander of the South Atlantic Division, U.S. Army Corps of Engineers.

MRT Course opens on Fort Jackson

By SUSANNE KAPPLER
Fort Jackson Leader

The Army's Master Resilience Training Course facility opened Monday with a ribbon cutting ceremony. The school is one of the four elements of the Comprehensive Soldier Fitness program, which aims to strengthen Soldiers' emotional, social, family and spiritual strength.

The first class, comprising new Advanced Individual Training platoon sergeants, started this week. During its first year in operation, the school will graduate about 750 students as master resilience trainers. Subsequently, 1,800 students from across the Army will attend the 10-day course each year.

"It's quite an honor to have the Army se-

lect Fort Jackson for this tremendous school," said Col. Kevin Shwedo, Fort Jackson's deputy commander. "It's the Army's premiere school to build resiliency in its leaders."

Fort Jackson was selected to be the home of the course in December, and the school is housed in a newly renovated former barracks building.

"In terms of dollars spent to renovate this facility, about \$2.7 million, this is not a large military construction project," said Maj. Gen. Todd Semonite, commander of the South Atlantic Division, U.S. Army Corps of Engineers. "Despite the modest price tag, the Corps of Engineers and I have personally taken an intense interest in this project, because it is so important to our Soldiers and

their families, to our overall Army readiness."

Brig. Gen. Rhonda Cornum, director of Comprehensive Soldier Fitness, said the school is an important step in enhancing the overall strength of the Army

"Not everyone joins our great Army with the same set of skills in communication or in decision making or in judgment. Just as we have historically ... given (Soldiers) the opportunity to realize their potential in physical skills and in technological skills, what the Master Resilience Training Course will do is help us give them the tools to develop themselves psychologically as well."

The resilience training offered at the

See COURSE: Page 7

Heat injury prevention 101: 911 and ice

When hot days, high humidity and strenuous outdoor training mix with one another, we must be extremely aware of the potential for heat injuries. Heat injuries are preventable when we implement aggressive composite risk management strategies.

Here in the Southeast, heat and humidity can both be pretty uncomfortable. When summer rolls around and kicks into high gear, it is not uncommon for Category V heat — which is the heat classification for when temperatures reach 90 degrees and above — to affect training for weeks or months at a time.

Leaders must update leaders at all levels and must take every step necessary to ensure that we understand and practice heat-injury risk management and take the necessary steps to make sure every safety precaution is firmly in place. Risk assessments must be updated daily, at a minimum, or even more often when conditions warrant it.

The most important things to remember for heat injuries are “911 and ice.”

If a heat injury is suspected, call 911. If there are signs or symptoms of heat injury, the individual undergoes a

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



mental status change, or if you are in doubt, call 911. When using a cell phone, call 803-751-9111.

An initial reaction might be to transport a heat victim to Moncrief Army Community Hospital yourself. Do not do that: Call 911 and get the emergency response team on the way to you. When the emergency personnel arrive, they will decide which medical treatment facility can provide the best treatment for the patient. While waiting on their arrival, concentrate on cooling the casualty.

Remember that rapid cooling is the most important

treatment for heat injuries and must be initiated as soon as possible. Ice sheets should be stored in ice water as near as possible to the Soldiers. The sheets are used to wrap a heat-injured victim in order to lower his or her core temperature until emergency medical personnel arrive.

No one should ever be left alone. A Soldier should always be with a buddy, and any heat casualty should receive 100 percent monitoring from the same person until the ambulance arrives.

The Fort Jackson Safety Center provides a variety of products, ranging from posters to booklets to classes, aimed at educating the leadership and Soldiers on all facets of heat injury prevention, identification and response. Cadre are not allowed to be in charge of Soldiers until they have had requisite heat training. The Fort Jackson Safety Center conducts a heat-injury prevention class each Monday at 1 p.m. Call 751-6004 to register.

Effective risk management is the key. Know how to prevent, identify and respond to heat injuries. We must make every effort to protect our people from heat injuries.

Army Strong!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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

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Ask the garrison commander about: Army Family Action Plan issues

What kinds of issues are addressed by AFAP?

AFAP issues pertain to numerous subject areas, such as medical/dental, child care, housing, consumer services, Soldier support, employment — anything that impacts military quality of life. Issues might concern only Fort Jackson or relate to problems that have Armywide impact. About 90 percent of issues raised at AFAP conferences are worked at the local level and tracked through the Community FIRST issue resolution process.

How can I get involved?

There are several ways to become involved in the AFAP process: Submit an issue (online or hard copy) for vetting at the annual conference; serve as a delegate at the annual conference; serve as a staff member at the conference, assisting the delegates. No previous experience is needed; training will be provided. For more information on AFAP, visit www.fortjacksonmwr.com/acs_afap or call 751-6315.

What is Army Family Action Plan?

The Army Family Action Plan, also known as AFAP, is a program designed to improve the quality of life for the total Army family. Through AFAP, Soldiers (active, Reserve, National Guard), family members, retirees and DA civilians have a forum to raise issues and voice concerns to Army leadership. During the annual AFAP Conference, delegates representing Army constituents identify, prioritize and elevate issues to Army leaders for resolution. Fort Jackson's 2010 conference was in February.

With Operation Enduring and Iraqi Freedom still

COL. LILLIAN A. DIXON
Fort Jackson
Garrison
Commander



going on, I've heard the phrases combat-related injury and physical disability mentioned a lot. What do they mean?

A combat-related injury is a personal injury or sickness that a Soldier incurs under one of the following conditions: as a direct result of armed conflict; while engaged in extra-hazardous service; under conditions simulating war or; which is caused by an instrumentality of war.

Physical disability is any manifest impairment caused by disease or injury, regardless of degree, that reduces or prevents an individual's actual or presumed ability to engage in gainful or normal activity. The term includes disability caused by mental disease. The regulation that covers physical disability is AR 635-40.

FACT OF THE WEEK

Army Family Action Plan was founded by Army spouses in the 1980s. Since then, more than 650 issues have been addressed at the Headquarters-DA level.

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



Article submissions are due two weeks before publication. For example, an article for the April 22 Leader must be submitted by today.

Announcements are due one week before publication. For example, an announcement for the April 22 Leader must be submitted by April 15.

Easter celebration



Photo by SPC. JOANNE CAREY, 3rd Battalion, 34th Infantry Regiment

Soldiers and civilians bow their heads in prayer during the installation's Easter sunrise service Sunday at the Solomon Center. The worship service was the culmination of a number of on-post of events celebrating the Christian Holy Week.

Events set to render salute to retirees

By KRIS GONZALEZ
Fort Jackson Leader

In order to give back to those who have given so much, the Fort Jackson community will honor its retirees and their commitment to serving in the U.S. military during a celebration April 23 and 24.

During this year's Retiree Appreciation Days, retirees, spouses, widows and service members nearing retirement, are invited to attend the two-day event, which is structured to be a one-stop, full-service function, offering sporting and leisure, military cohesion and access to many agencies and activities that provide services to retirees and veterans, said Albert Brackett, post retirement services officer.

"The purpose is to honor retirees and veterans and to inform them of services and benefits offered by Fort Jackson and the United States military as a whole," Brackett said.

Last year nearly 1,900 retirees and their family members attended the RAD events. Brackett said he expects the same amount of attendees this year, if not more.

Attendees are invited to attend the Basic Combat Training graduation ceremony at 9 a.m. Friday at Hilton Field, or tee off in the RAD golf tournament, which also begins at 9

a.m. at the Fort Jackson Golf Club.

For those looking for a little "midday madness," Victory Bingo will open its doors at 11 a.m., Friday. Games begin at noon.

The commissary will conduct a sidewalk sale from 9 a.m. to 5 p.m. Friday, while AAFES will host an in-store sale at the Main PX both days.

Friday's activities will conclude with a retiree dinner at 7 p.m. at the Officers' Club. The guest speaker will be retired Marine Maj. Gen. James E. Livingston, who earned the Medal of Honor in 1970 for his acts of gallantry during the Vietnam War.

Saturday's events begin with the Retiree Recognition Ceremony at 9 a.m. at Darby Field. Post Command Sgt. Maj. Brian Stall will pay tribute to Fort Jackson retirees who have dedicated years of selfless service to the military.

At a Health and Benefits Exposition at the Solomon Center, which also begins at 9 a.m., retired Army Maj. Gen. William M. Matz Jr., president of the National Association for Uniformed Services, will give a presentation about current legislation affecting military retirees, and will also speak about his daily battles in lobbying U.S. lawmakers for more benefits for service members.

During the expo, which runs until 2 p.m., attendees will

be able to talk to finance personnel, renew their ID cards, apply for Fort Jackson vehicle registrations and have the opportunity to visit with representatives from more than 30 participating organizations, including Combat Related Special Compensation, S.C. Dept. of Veterans Affairs, Dorn VA Hospital, The Retired Enlisted Association, National Association for Uniformed Services, Association of the United States Army, and others.

The DENTAC will offer oral screenings for retirees and their beneficiaries. Moncrief Army Community Hospital will offer blood pressure and glaucoma screenings, as well as other screenings. Representatives from TRICARE and the DELTA Dental Insurance Company will be available to answer questions.

Booklets and pamphlets will be available, providing information regarding men and women's health, self care, nutrition, patient safety and more specific health concerns, such as gastric bypass surgery.

The RAD will conclude with a bowling tournament at 6 p.m. Saturday at the Century Lanes Bowling Center.

Some events require a small fee and/or registration. For more information, contact the Fort Jackson retirement services office at 751-6715.

Kris.Gonzalez1@us.army.mil

Survivor scheduled to speak at Holocaust commemoration

By **SUSANNE KAPPLER**
Fort Jackson Leader

Abraham Getman has been married to his wife, Muriel, for almost 50 years. The 83-year-old is the father of four grown children and the grandfather of one. His family owns a small business in New York. He is also a Holocaust survivor.

Getman escaped from his hometown of Luboml, Poland, on the Polish-Ukrainian border hours before German forces ordered the liquidation of the Jewish ghetto in the fall of 1942.

Then 16, he survived for almost two years without money, fleeing from town to town on foot or by cargo train. Getman was one of only 51 survivors of the Jewish community in Luboml, which used to number about 5,000 before World War II.

More than 20 members of Getman's immediate family were killed during the Holocaust.

Getman, who wrote a book, "Borders of Hope," about his experiences, will share his story with the Fort Jackson community during the installation's Days of Remembrance service Sunday, 9:30 a.m. at Memorial Chapel.

"I believe that since there aren't many survivors alive today, it is important to speak publically to those who never met a survivor in person," he said. "By speaking publically, my story has a stronger impact than someone would get by just reading (it) in a book. It gives people the chance to meet with a survivor and to see in person that — even 60 plus years after the Holocaust has happened — it is still emotional to

IF YOU GO

— Days of Remembrance service, Sunday, 9:30 a.m., Memorial Chapel

— A reception is scheduled after the service at the Joe E. Mann Center.

— The event is open to the public.

describe what my generation went through to survive."

Stephanie Alexander, who serves as the Jewish lay leader on post, said that many young people have never had the chance to hear about the Holocaust directly from a survivor. She said that to prevent similar atrocities, young people have to be aware of what happened in the past, and the Days of Remembrance service Sunday will provide an opportunity to promote that awareness.

"The majority of the attendees will be Basic Combat Training Soldiers," Alexander said. "It's going to be younger people, and I think that's when you need to get them — when they're young, so they realize, 'Hey, we're not really all that different. We're all people. It's OK to get along with someone who might look different or have a little different belief than I do. That's not a reason to exterminate an entire population.'"

Getman said that sharing his story with younger generations helps keep the memory alive.

"I believe that this generation needs to know the story so that they can then tell the



Courtesy photo

Abraham Getman, a Holocaust survivor, will speak at the Days of Remembrance service Sunday.

story to their generation and future generations," he said. "The reason for this is so that future generations will never forget what had happened. As the years go by there are fewer and fewer survivors and we need our story to continue and pass our legacy to future generations. Like the story of Passover that happened thousands of years ago — it has continued because it is passed down from generation to generation so it isn't forgotten."

Susanne.Kappler1@us.army.mil

Housing Happenings

☐ All service members are required to process through the Housing Services Office when arriving and departing Fort Jackson. The HSO assists service members and DoD civilians with relocation needs. For more information, call 751-7566/5331/5788 or visit the office at 5450 Strom Thurmond Blvd., Room 241.

☐ The mayoral council meeting scheduled for today was canceled. The next meeting will be May 10, 1 p.m. Anyone interested in becoming a mayor or vice mayor should contact Vickie Grier at 751-7567.

☐ On-post residents should contact Balfour Beatty Communities at 738-8275 to update their contact information and PCS status.

☐ Spring is finally here and the grass will be cut more frequently. Please help the landscapers by keeping yards free of debris on the scheduled landscaping day.

☐ Housing-related events are posted on the community calendar at the bottom of the Fort Jackson Web page. To view the calendar, visit www.jackson.army.mil.

DEVELOPMENT UPDATES

☐ Relocation for families into junior NCO housing is ongoing. Senior NCO homes are scheduled to become available in early summer. Field grade officer homes are scheduled to become available this summer.

☐ To date, 78 families (57 junior NCOs' families and 21 officers' families) have moved into new homes. By mid-May, 45 more homes are scheduled to be completed.

CMS Corner

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

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

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

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

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

"Let your voice be heard!"

Meet and greet

Darin the D.A.R.E. Lion greets a group of children at Scales Child Development Center during a recent event. Darin was joined by McGruff the Crime Dog and several Fort Jackson police officers. As part of the program, children were able to tour police cars.

Photo by OFFICER LIONEL BROWN, Directorate of Emergency Services



Chaplain encourages children to serve

By **JULIA SIMPKINS**

U.S. Army Chaplain Center and School

While he was talking to a fellow church member, Chaplain (Lt. Col.) Chuck Lynde, the Army Reserve liaison for the U.S. Army Chaplain Center and School, mentioned his recent return from a deployment to Iraq.

As the conversation progressed, he showed the church member a camouflage-covered Gideon Bible, offering it for her nephew who she said had just deployed with the Navy SEALs.

Instead of thinking of her nephew, however, Lisa Higgins immediately thought of her boys — all 16 of them.

Higgins is a volunteer coordinator for the Child Evangelism Fellowship, a national Christian outreach program that targets children to encourage their lives as Christians.

The group Higgins heads has 16 boys, ages 9 and 10. She asked Lynde to come speak to them at her home.

“One of the emphases is on missionary work and Christian outreach. We want the boys to aspire to Christian professions ... and I wanted the chaplain to show the boys that there’s a way to grow up and serve their country and the Lord,” she said.

When he arrived at Higgins’ Columbia home, Lynde gave the boys a brief biography, she said.

“He told the boys about himself — how he’d decided to make chaplaincy his life,” she said, “Then he let them try on his helmet. They loved that.”

Lynde had no way of knowing he would be such a hit, he said. He was just trying to do what was asked and describe what an Army chaplain does.

“I wondered how they would react,” he said. “When children think of the Army,



Photo by **LISA HIGGINS**, Child Evangelism Fellowship

Jack Stokes, 8, tries on Chaplain (Lt. Col.) Chuck Lynde’s Kevlar helmet during Lynde’s visit with the 16 boys in Child Evangelism Fellowship.

they think of all the guns and the Soldiers going to fight. I told them I wasn’t with that kind of unit — not with the typical infantry. My mission was to train and equip Iraqi security — their army and police forces — and to advise senior leadership.

“I talked about people and how hot it was

over there. I told them about chaplains in general and explained that my mission was to make sure that all people got to practice their religion,” Lynde said.

The talk went well, but the evening’s highlight was when he handed out those Gideon Bibles, Higgins said.

“(The boys) thought those Bibles were so special,” she said, “We went to church this past Sunday and I saw that my son, Will, had one in his blazer.”

A special visitor was Benjamin Lynde, the chaplain’s 7-year-old son, who sometimes accompanies his father to special events.

“I try to include one of my children when I do things out in the community,” Lynde said.

Lynde also brought along some of his combat gear — his Load Bearing Equipment and a helmet.

“I let them try on the helmet and the LBE — they lined up to wear the helmet,” he laughed.

Will Cureton, 10, was one of the children at the Higgins home who heard Lynde speak.

“He talked about how he didn’t have a gun (when he went to Iraq). Chaplains don’t carry guns,” said Cureton about Lynde’s speech. “He also talked about how he earned his badges and how he had on a camo (camouflage) suit and boots. He brought his backpack and gave us camo Bibles of the New Testament. I thought the whole thing was pretty cool. I think the other kids liked it too.”

Lynde said he hopes his talk inspired the children to consider Army chaplaincy as a career option.

“I enjoyed sharing with these boys the ministry to which God has called me. It would be wonderful to learn in the future that God used this talk to move in the heart of one of these boys to become a chaplain. God has given me several opportunities since I got back to share the story of my deployment and I am grateful for these and humbled that others are interested,” he said.

Safe Summer campaign emphasizes prevention

From U.S. Army Combat/Readiness Safety Center

FORT RUCKER, Ala. — The summer season is fast approaching and the Army is continuing its commitment to safeguarding Soldiers, Army civilians and their families with the launch of the 2010 Safe Summer campaign.

“Historically, our off-duty fatality rates inevitably increase from April to September,” said Brig. Gen. William Wolf, U.S. Army Combat Readiness/Safety Center commanding general and director of Army Safety. “In fiscal 2009, almost 40 percent of our accidents occurred during this timeframe, with POV and motorcycle accidents leading the way every month.”

Once again this year, the 2010 Safe Summer campaign will stress the importance of proactive, prevention focused risk mitigation during summer months. The campaign, which runs through September 30, will encourage members of the Army family to have fun this summer but keep a watchful eye on the risk associated with every activity.



“Our Soldiers are working hard and playing harder than ever and we are not telling them to stop what they’re doing,” Wolf said. “Instead, we’re asking them to ‘Play It Safe’ in all their off-duty activities, because safety is the key to ensuring a good time for all.”

Campaign materials including articles, posters and videos will once again be hosted on the U.S. Army Combat Readiness/Safety Center Web site and will emphasize teamwork and the need for extra precautions during the

high-risk summer months ahead.

Products are available for downloading, allowing leaders at installations around the globe the opportunity to tailor their summer safety campaigns to meet the needs of their individual populations.

New in this year’s campaign is a branding toolkit that provides official logos and templates to those looking to replicate the Safe Summer products with minimal effort.

“Soldiers talk about what they’re doing in their off-duty time, even if a leader isn’t always within earshot,” said Command Sgt. Maj. Michael Eyer, senior noncommissioned officer for the U.S. Army Combat Readiness/Safety Center. “This is why it’s so important for our families and battle buddies to educate themselves about summer risks, take an active interest in their Soldier’s safety and intervene when the risks become too great.”

More information about the 2010 Safe Summer campaign can be found by visiting <https://safety.army.mil>, and clicking on the Safe Summer icon at the bottom of the site.

Soldier helps in native Haiti after quake

By **CANDACE ROMERO**
Columbia Recruiting Battalion

It was 2008 when Staff Sgt. Faustin Desir last set foot in his native homeland of Port au Prince, Haiti.

The Soldier, who is currently stationed with the Columbia Recruiting Battalion, came to the United States when he was 20 years old.

From time to time, the chaplain assistant would travel back to Haiti to visit his mother, his three brothers and two sisters. The memories from those trips are dramatically different from the memories he had when he recently returned home to check on his family.

On Jan. 12, Desir got a phone call from his brother. And though Desir could barely make out the sound of his brother's voice, he knew something was very wrong.

In the very early morning hours of that day a magnitude 7.0 earthquake hit a small village just 15 miles southwest of the capital city of Port au Prince.

"My brother called right after the first major quake, but the call only lasted for three or four seconds," Desir said. "I tried to call back but the connection was lost."

Desir said he grew sick with worry and concern as more news coverage came in about the devastation. As days turned to weeks, he was unable to eat or sleep, not knowing if his family was OK. Desir knew he had to get to Haiti.

Once he heard about Desir's situation, Lt. Col. Charlester White, Columbia Recruiting Battalion commander, approved two weeks of emergency leave for Desir, who was on recruiting duty at the Salisbury, N.C. Station.

On Feb. 1, Desir flew to the Dominican Republic where he took a bus to Port au Prince. It had been more than two weeks since the earthquake hit and the death toll was estimated to be in the hundreds of thousands.

When he arrived, he was relieved to see that his mother and siblings had survived and were holding up as best they could



DESIR

outside their home under a makeshift tent in the backyard.

"There was so much damage to everything around me, I felt hopeless at times," he said. "I recognized the Soldiers of the 82nd Airborne Division and inquired as to where I could find the the chaplain's office."

Once he located the chaplain, he immediately offered to translate for his fellow Soldiers in the Mortuary Affairs Unit.

"When I was told I could put on my uniform, I felt so much pride to be able to wear

it and help my people," Desir said. "The language barrier between the Haitians and the American Soldiers made it difficult to get information out, so it was a blessing to be in the position to help."

Desir worked with the Mortuary Affairs Unit for one week. He translated, answered questions, and directed other Haitians where they needed to go for more information.

"I remember one afternoon, it was almost dark and people were out walking around," he said. "Even though it was a small act, it meant so much to me to be able to buy them a bottle of water, talk to them and give them hope."

Desir said the aftermath he witnessed, and the photos he took of the crumbled presidential palace, will always stay with him. But not all the pictures were of destruction; one in particular shows a group of Haitians celebrating the arrival of U.S. Soldiers.

"I want to thank my chain of command for allowing me the opportunity to go home," Desir said. "It meant a lot to be able to help my people in their time of need."

Course offers 10-day training

Continued from Page 1

school is based on the positive psychology program of the University of Pennsylvania. Martin Seligman, who is director of the Positive Psychology Center and a psychology professor at UPenn, said that the objective of the training is not only to enable people to bounce back from a traumatic event, but to ultimately grow from the experience.

"Some people collapse under adversity," said Seligman, who has a doctorate in psychology. "The great majority are resilient. A month after the adversity, they're back where they were. And, most importantly, a very large number of human beings ... grow. A year later, they're physically and psychologically stronger than they started with."

Cornum shared a similar sentiment.

"We will give (Soldiers) the tools to actually thrive in the good days, to thrive more fully, and to be able to gain wisdom and judgment from the things that they face, not just depression, anxiety and helplessness," she said.

She said that noncommissioned officers, who are one of the target audience groups for the course, will especially benefit from the training.

"Noncommissioned officers are already the backbone of the Army," she said. "Noncommissioned officers and junior leaders already shoulder huge responsibilities. They're responsible for themselves and their subordinates and the families of themselves and their subordinates. And they're responsible to the commander for accomplishing the mission. And, really, what the Master Resilience Training Course will give these great young Soldiers is a preventive set of tools with which to accomplish that ... mission."

One of those NCOs is Sgt. 1st Class Jose Sixtos, lead instructor for the pre-command course at Victory University. Sixtos has participated in the MRT pilot program at UPenn and is now an MRT trainer.



Photo by **SUSANNE KAPPLER**

Brig. Gen. Rhonda Cornum, director of Comprehensive Soldier Fitness, addresses the attendees of the ribbon cutting ceremony for the Master Resilience Training Course Monday.

"Had I had the training (before deploying), I think it would have been easier for me to cope with some of the things that came with deployment," said Sixtos, who has deployed three times, twice to Iraq and once to Afghanistan. "I deployed shortly after I came in the Army, so I wasn't really mentally prepared like I should have been. ... It probably would have made me a stronger person a lot quicker instead of having to go through those hard life lessons that I had to learn all by myself."

Susanne.Kappler1@us.army.mil

LEADER CLASSIFIEDS

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News and notes

SPECIAL OLYMPICS VOLUNTEERS

Volunteers are needed for this year's Special Olympics Summer Games, which are scheduled from May 7-9 at Fort Jackson. View available volunteer opportunities at www.so-sc.org. Click "summer games volunteer" and input contact information.

DAYS OF REMEMBRANCE

Fort Jackson's Days of Remembrance ceremony is scheduled for Sunday, 9:30 a.m. at Memorial Chapel. The guest speaker will be Abraham Getman, a Holocaust survivor.



April 8 — 2 p.m.

Cop Out R 110 min.

April 8 — 5 p.m.

Percy Jackson and the Olympians:
The Lightning Thief PG 118 min.

April 9 — 4 p.m.

Kung Fu Panda G 88 min.

April 9 — 6 p.m.

Shutter Island R 138 min.

April 10 — 6 p.m.

The Crazies R 102 min.

April 11 — 5 p.m.

Shutter Island R 138 min.

Fort Jackson Reel Time Theater

(803) 751-7488

Closed Monday, Tuesday and Wednesday

Ticket admission

ADULTS \$4

CHILDREN (12 and younger) \$2

Visit aafes.com for listings

Navy graduation



Photo by LT. CDR. YOLANDA GILLEN, Navy Chaplaincy School and Center.

Navy Capt. Michael Langston, commanding officer of the Navy Chaplaincy School and Center, addresses graduates during the first Navy Basic Chaplain Course graduation ceremony in the school's new building March 31. The opening ceremony for the Armed Forces Chaplaincy Center is scheduled for 9 a.m. on May 6.

Honorary AG medal



Courtesy photo

Col. Robert Manning, chief of the Adjutant General's Corps, presents Richland County Sheriff Leon Lott with an honorary Horatio Gates Medal during the Lt. Gen. Timothy J. Maude Leadership Lecture March 23. Lott was recognized for his support of the Maude Foundation and the Soldiers of the AG Corps and Fort Jackson.

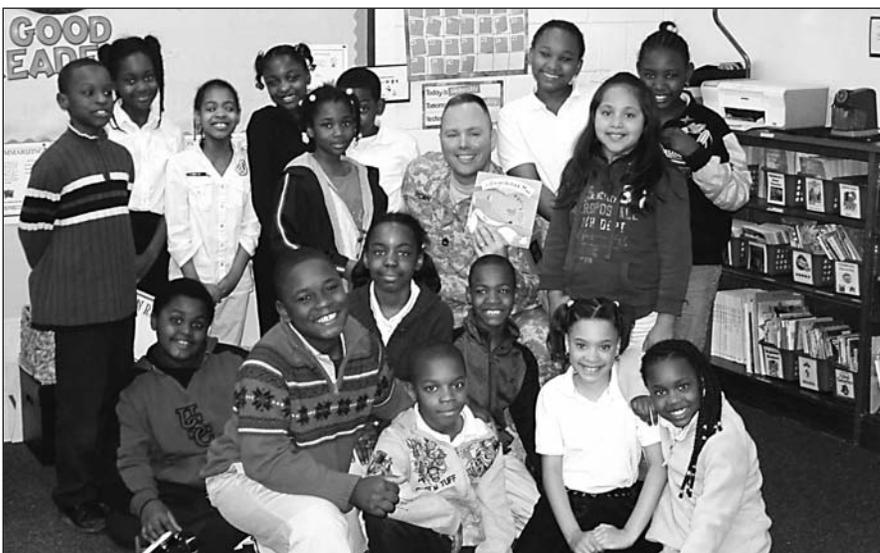
Retiring from service



Photo by CRYSTAL LEWIS BROWN

From left, Sgt. 1st Class James Conner, Staff Sgt. Leonard Puryear, Master Sgt. Mark Kosobucki, Maj. Denita Deramus, Sgt. 1st Class Keith Cline, Sgt. 1st Class Edwin Olmeda and Sgt. 1st Class Shane Kelly are recognized during a Retirement Review Ceremony March 31.

Real men read



Courtesy photo

Sgt. 1st Class Danny Ray Brown, 2nd Battalion, 345th Infantry Regiment, visits third-grade students at Joseph Keels Elementary School as part of the Real Men Read program, which promotes literacy in children, with a special emphasis on boys.



TACOM honors

Employees with Fort Jackson's TACOM receive service awards for a combined 295 years of federal service. The awards were presented to 27 employees by Col. Lillian Dixon, garrison commander, at right.

Courtesy photo

Feeling 'lost?' Post offers spouses help

The hit television show, "Lost," is about a group of plane crash survivors who find themselves stranded on a mysterious tropical island. Each episode, the characters become more and more confused as they encounter polar bears, a monster made entirely of black smoke and unknown assailants.

For many of us, our first experience in the Army life may feel a bit like that. It's easy to feel lost as we try to become acclimated to the new world we have entered.

But unlike those plane crash survivors, we don't have people lurking around every corner, threatening us with harm. Instead, there are those who work countless hours to provide us with everything we need to become acclimated to the Army life. So for those who are new to the military life, I offer the following tips:

1) Take a visit to the Army Community Services center. When I arrived at my husband's first duty station, he was instructed to take me first to ACS. Although I had no clue at the time what ACS was, it made a huge difference. I got the chance to see what types of services were offered, get a calendar of on-post events and I even left with a couple of job leads.

2) Take advantage of the free classes and events. Fort Jackson offers a wide array of classes every week. The best part is, they're all free. Whether you want to learn how to "speak Army," get a handle on your finances or learn how to deal with your active toddler, there is a class

CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader



for you. ACS even holds events for newcomers that provide information on various on-post agencies and what they have to offer.

3) Contact the hospital. Even for those who never get sick, it is a good idea to be familiar with the on-post hospital. While Moncrief Army Community Hospital doesn't have an emergency room, there are several other clinics, including an urgent care clinic, that offer family members and Soldiers an opportunity to be seen.

It is also a good idea to stop by the TRICARE office to make sure that you and all of your family members are enrolled. A couple of weeks ago, I missed out on an appointment for my son because I never bothered to fill out the proper paperwork. Taking a few minutes in advance to make sure all of your paperwork is in order can mean avoiding a hassle later.

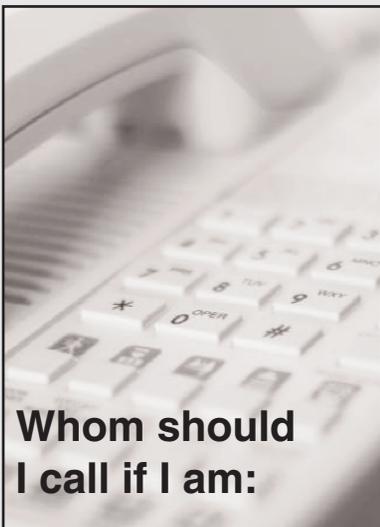
4) Get in touch with your unit's Family Readiness Group. At an FRG meeting the other day, one of the women shared how she had an emergency soon after she and her husband reached their new duty station. With her husband already away on assignment, she was left to take care of things alone. The FRG offers support for spouses, whether in an emergency or not. Don't wait until a deployment to seek guidance from the FRG, start now. If your unit doesn't have an FRG, or if you're unsure, speak to the company commander about possibly starting one.

5) Get out of your comfort zone. It's easy to want to keep to yourself upon arriving in a new place. But it is healthy for you — and your family members — to experience all that the post has to offer. Check out the community calendar at <http://jackson.mhsoftware.com/>. Or take advantage of the hourly care options on post and take some "me" time to go shopping, work out or just take a nap while the children are under the care of trained professionals.

Is this an exhaustive list of hints to get you ready for a new life in the military? Of course not. But I can assure you that there are many men and women, much wiser than me, who have the best advice possible.

And many of them are right in your unit.

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



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

Looking for spiritual support?

Family Life Center
Main Post Chapel, 751-5780

Concerned about my health insurance

coverage?

TRICARE Service Center
MACH, 751-2123/2425/2778

Trying to lose weight?

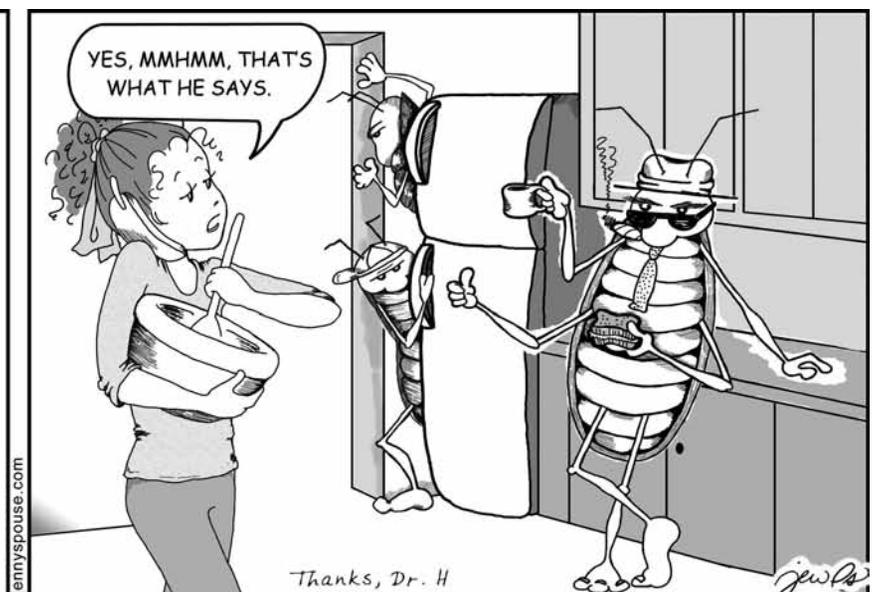
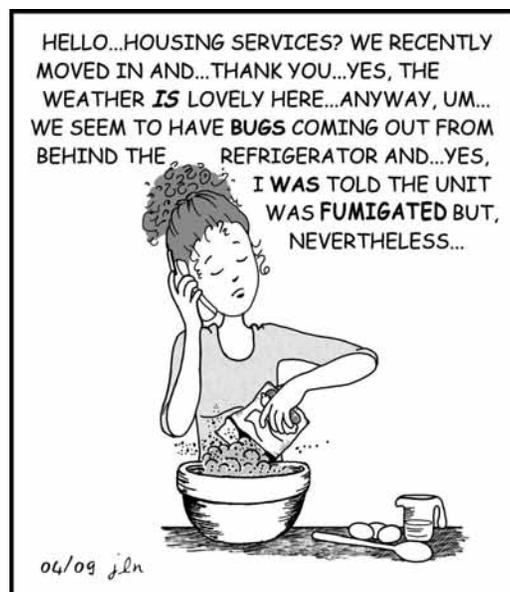
Family and Morale, Welfare and Recreation Fitness Department
Joe E. Mann Center, 751-5768

Interested in learning more about the military?

Army Family Team Building
Family Readiness Center, 751-6315

Please e-mail FJLeader@conus.army.mil to add your on-post agency to this list.

Have a question about something that has you stressed? E-mail your question to FJleader@conus.army.mil. Be sure to put "Balancing Act" in the subject line and include contact information for verification.



Youth mentor shares life lessons

Civilian comes full circle with post CYSS

By **KRIS GONZALEZ**
Fort Jackson Leader

Like many boys growing up during the 1990s, who had a passion for basketball, Darius Lane dreamed of becoming the next Michael Jordan. When he and his family moved to Fort Jackson in 1995, 9-year-old Lane had already mapped out plans in his mind for turning his hoop dreams into reality.

With a lot of practice and the help of his father Darral Lane, then a new drill sergeant and coach for Lane's CYSS basketball team, Lane just knew he would forge his way to a glamorous career as a professional basketball player.

For the next several years, Lane practiced the sport faithfully, playing for Child, Youth and School Services, and on every team at each school he attended, from Dent Middle School and Richland Northeast High School, to Charleston Southern University, where he was noticed for his talent and awarded a basketball scholarship to Benedict College.

Though Lane learned many life lessons through his active participation in the CYSS youth club, it was his dad who would have the greatest impact on the aspiring sport star's career.

"Everybody should have something to fall back on in case Plan A doesn't work out," the elder Lane told his son. "You never know what is going to happen in the future, so instead of banking on one specific thing, you should have the option of taking up another field if your main one doesn't work out."

Though it might have seemed something a teenager would let flow in one ear and right out the other, it was advice the younger Lane took heed to. It was advice the 18-year-old relied on after he and his girlfriend had a baby girl. Thrust into fatherhood at such a young age, his priorities changed fast.

Lane, with the support of his family, continued to pursue his college education, but now, instead of focusing solely on basketball, Lane channeled his energy and efforts into a more pragmatic career plan.

With a true desire to build a career around physical education, a major not offered at Benedict College, Lane moved for-



Photo by KRIS GONZALEZ

Darius Lane, middle school and teen assistant director for Child, Youth and School Services, talks to children at the Youth Services Center about how his experiences at CYSS helped prepare him to overcome obstacles later in life.

ward with his new pursuit to get a Bachelor of Science in recreation.

During his junior year, he experienced an emotional setback when his father, who had retired from the military years before and had become a policeman for Richland County, suffered a fatal heart attack while making an arrest.

"When my father passed, it was a rough time for me," Lane recalled. "It was such a shock to me. I had never dealt with an immediate family member passing away before."

Lane said he didn't want to do anything for a while, but

eventually made his way back to Benedict College, where he found solace once again playing basketball.

"I love to play," Lane said. "And my coaches and teammates welcomed me back with open arms and really lifted my spirits."

While working on his degree, Lane took a job at the same youth center where his father had coached him as a boy, where he had nurtured his love for basketball and where he had befriended so many people who he would later consider a second family.

For Lane, his position at the CYSS offered him an opportunity to give back to the

folks at Fort Jackson who had taken him under their wings, and to become a mentor for military kids like him who aspire to do great things.

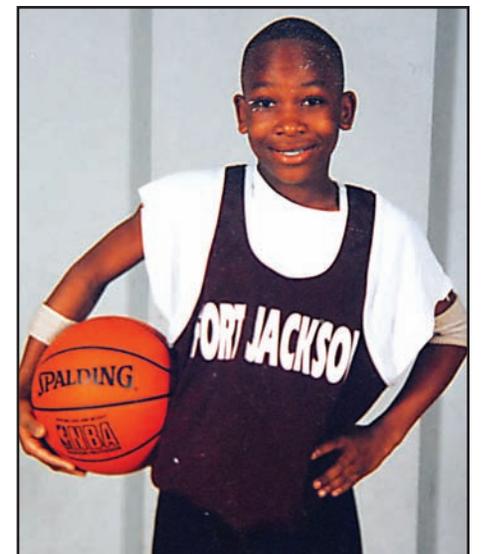
"I've been an Army brat my entire life," Lane said. "I can relate to military kids. They're special. I jumped at the chance to come back and work with them."

Lane, now 23, was recently promoted as middle school and teen assistant director for CYSS and is coaching kids in his own way. He advises those he encounters on how to achieve their own goals. Recently, he was chosen to be a keynote speaker at the Youth of the Year Awards ceremony. He was also asked to accompany six Fort Jackson teens, along with another CYSS teen adviser, as they traveled to Pittsburgh, Pa. to attend the Boys and Girls Club's 43rd annual National Keystone Conference.

James Andrews, CYSS director, has watched Lane grow from a boy into manhood throughout the 20 years he has worked at the agency. Fort Jackson's young community has benefited immeasurably from Lane's dedication and commitment to the club, Andrews said.

"He understands what these (military) kids are going through," Andrews said. "He understands their lingo and uses their language to talk to them and steer them in the right direction."

"Kids respect him, staff members respect him. He's one of my everyday heroes," An-



Courtesy photo

Darius Lane played CYSS basketball on Fort Jackson as a child.

draws said.

Lane said he's still vying to play basketball overseas, but in the meantime, he is extremely happy in his role as a mentor and said he learns from the kids, as well.

He said as he continues throughout his journey to success, he'll always pass on his father's advice and encourage youth to dream more than one dream, set goals, and tackle life head on in order to overcome all obstacles.

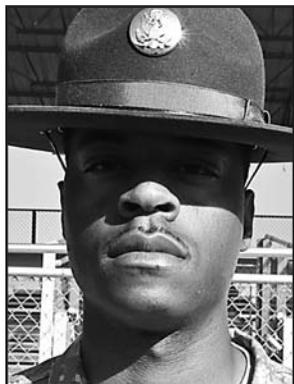
Kris.Gonzalez1@us.army.mil

“ Kids respect him, staff members respect him. He's one of my everyday heroes. ”

— James Andrews
Child, Youth and School Services

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Julian Culbreath
Company A
2nd Battalion,
60th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Ryan Mingus

SOLDIER OF THE CYCLE
Pvt. Timothy McCarty

HIGH BRM
Pfc. John Lowthrope

HIGH APFT SCORE
Pfc. Pamela Asher



Staff Sgt. Tonya Horton
Company B
2nd Battalion,
60th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Danielle Spishak

SOLDIER OF THE CYCLE
Pvt. Sonja Vanpelt

HIGH BRM
Pfc. Brian Smead

HIGH APFT SCORE
Spc. Alexander Driscoll



Staff Sgt. David Evans
Company C
2nd Battalion,
60th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Wade Robertson

SOLDIER OF THE CYCLE
Pfc. Ryan Vanderpool

HIGH BRM
Pvt. Edward Rhodes III

HIGH APFT SCORE
Pvt. Nathan Kubinski



Staff Sgt. Abina Riley
Company D
2nd Battalion,
60th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pfc. Brandielyn Smithe

SOLDIER OF THE CYCLE
Pfc. Tyler Moore

HIGH BRM
Pvt. Austin Stackhouse

HIGH APFT SCORE
Pfc. Susan Hemsley

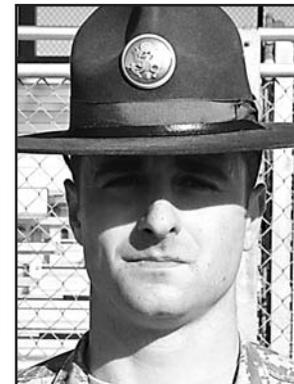


Staff Sgt. Normando Gallardo
Company E
2nd Battalion,
60th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pfc. Patrick Ortiz

SOLDIER OF THE CYCLE
Pfc. Mark-Anthony Gonzales

HIGH BRM
Pvt. Joshua Lemon

HIGH APFT SCORE
Spc. Hermina Fobare



Staff Sgt. David Fortier
Company F
2nd Battalion,
60th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pvt. Krystal Eley

SOLDIER OF THE CYCLE
Pfc. Christina Alexander

HIGH BRM
Pvt. Lucas Schultz

HIGH APFT SCORE
Spc. Jason Bruner

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT AWARD
Spc. Rishawn Perreau

TRAINING SUPPORT AWARD
Master Sgt. Christopher Barnard

SERVICE SUPPORT AWARD
Mary Miller

DFAC AWARD
Tonya Parnell

FAMILY SUPPORT AWARD
Debbie Minor

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.
- 2nd Battalion, 307th Field Artillery Regiment: Lt. Col. Richard Howard will relinquish command to Lt. Col. Michael Angell May 21, 10 a.m. at the 157th Infantry Brigade headquarters.
- 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 Friday, 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 or call 751-7045. The *Leader* covers changes of command and responsibility for battalion-level or higher organizations only.



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

Check us out for breaking news, videos and more.

April Promotions

Name	Rank	Name	Rank	Name	Rank
FORBES, Christopher S.	COL	NELSON, Simone K.	1LT	KNIGHT, Bernardo L.	SFC
ALT, Jonathan K.	LTC	POPE, Christy A.	1LT	MIEDANER, David M.	SFC
FRANGA, Dion L.	LTC	ROBINSON, Alvin C.	1LT	THORNTON, Donna L.	SFC
GUERRIE, Mathew D.	LTC	RYKS, Carina M.	1LT	TOWNSEND, David A. Jr.	SFC
JURY, Matthew A.	LTC	TAYLOR, Pamela M.	1LT	WENDL, Robert M.	SFC
SCHETZLINE, Raymond Y. III	LTC	WICKS, Kenya U.	1LT	YOUNG, Felicia M.	SFC
TROUT, Michael S.	LTC	WILLIAMS, Sean J.	1LT	AVILA, Daniel L.	SSG
YOUNG, Eric W.	LTC	BLANCHETTE, Angelina	SGM	EVERETT, Jasmine W.	SSG
ACKAH, Kwansah E.	1LT	ANDERSON, Sheldon W.	MSG	McGEE, Lamyra K.	SSG
ATWATERS, Derek D.	1LT	CHAMBERS, Vashana	MSG	SWEETNAM, Dale M.	SSG
BARRAGAN, Taniel E.	1LT	BENDEBEL, Sherwin K.	SFC	CARABALLO, Carlos J.	SGT
CHRISTENSEN, Tonjia B.	1LT	BENITEZ, Dannia M.	SFC	MATTHEWS, Omar R.	SGT
CLAY, Forrest R.	1LT	COX, Crawford D.	SFC	MUNIZCARDONA, Angel G.	SGT
GAMEZ, Adelita L.	1LT	GARNER, Foster H. Jr.	SFC	SCHOENING, Dominique A.	SGT
GARCIA, Shawn L.	1LT	GASKIN, Connell D.	SFC	TYLER, Jeremy S.	SGT
GAYLE, Shellyann S.	1LT	HESLOP, Heath A.	SFC		
McQUEEN, Rachel M.	1LT	HOLMES, Detrick A.	SFC		

Don't let a heat injury take you out of the fight



- Call 911 at the first sign of heat injury (including mental status change).
- Use ice sheets
- Give the Soldier sips of water
- Monitor him or her at all times.

Emergency numbers:

Cell phone users: 803-751-9111.

Alternate 1: Range control via radio.

Alternate 2: Range control at 751-7171/4732.

Alternate 3: MP desk at 751-3113/3114/3115.

Never leave the Soldier unattended!

911 & ICE:

At the first sign — every time.



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Calendar

Today

Military Chaplains Association meeting
Noon, Officers' Club
Call 206-4702 for information.

Friday

SPVA membership drive
11 a.m., Perez Gym
The Southeastern Paralyzed Veterans of America is hosting a membership drive and cookout. Call 629-5589 for information.

Tuesday

The Rocks Inc. meeting
5:30 p.m., Post Conference Room
RSVP by April 12 at 665-8260.

Tuesday-Wednesday

Care team workshop
8:30 a.m. to 4 p.m., Officers' Club
This workshop is designed to provide Care Team volunteers information on how to handle traumatic events and unit casualties. E-mail Patricia.A.Guillory@us.army.mil by today to register. Call 751-7220 for information.

Thursday, April 15

PWOC Royal Ambassadors
9:30 a.m. to noon, Main Post Chapel
All military wives and female service members are invited. Bring a luncheon dish to share. Child care is provided. E-mail jackson@pwoc.org for information.

Fort Jackson Scouting luncheon

Noon to 1 p.m., 11559 Jenkins Road (next to Victory Tower). Togo West, former secretary of the Army, will recognize Fort Jackson military leaders and spouses involved with scouting. Call 917-1869 for information.

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.

Saturday, April 17

AG Corps Home run Derby
10 a.m. to 3 p.m., Softball complex
Check-in begins at 10 a.m. with a \$12 entry fee. Call 751-7380 or e-mail Christopher.Flores1@us.army.mil.

Wednesday, April 21

Shred day
9 a.m. to 2 p.m., Recycling Center

Housing events

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

Thursday, April 22

Breakfast on the go
7:30 a.m., Imboden and Chesnut streets
Stop by for a free lunch on the way to school.

Friday, April 23

Housing shred day
7:30 a.m., Imboden and Chesnut streets
Stop by for a free lunch on the way to school.

Monday, April 26

Operation Shoebox
Fort Jackson is collecting items for Operation Shoebox through April 30. Operation Shoebox is an initiative to send support, snacks and personal care items to deployed Soldiers. A list of items is available at the community center.

Announcements

FCC PROVIDERS TRAINING

Fort Jackson Child, Youth and Schools Services is currently seeking Family Child Care providers. The next Family Child Care orientation training is scheduled for May 10-14. Applications must be turned in by April 30.

The FCC program offers employment for military spouses who enjoy working with children. FCC providers who can accept children younger than 2 are especially needed. FCC providers must be: living in government quarters on post, or be a Department of Social Services registered off-post provider. An amnesty program is available for those who are providing child care on post but are not certified.

Call 751-6234 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 through April 23. E-mail RosenbergJ@aafes.com for information.

AFTB FOR SPANISH SPEAKERS

"Neuvo al ejercito?" Clase del ejercito 101, el 19 de Abril, 8 a.m.-3 p.m., las clases seran ofrecidas en el Centro de la Preparacion de la Familia. Se requiere registro. Por favor llame a 751-6315 o envie por correo electronico a veronica.jacksonpatrick@us.army.mil por el 15 de Abril.

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.

AG CORPS BALL

Tickets for the Adjutant General's Corps National Regimental Ball are now on sale. The ball is scheduled for June 11 at the NCO Club. Brig. Gen. E. Eric Porter is the guest speaker. Cocktail hour starts at 5:30 p.m. Visit www.agball2010.com for more information or to purchase tickets online.

SPRING FLING GOLF

The AGCRA Carolina Chapter is hosting a Spring Fling golf tournament Friday 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 or Dion.Simpson@conus.army.mil.

RICHLAND ONE TRANSFER DATES

Parents requesting a school transfer for children within Richland must do so by May 1. Application forms are now available at www.richlandone.org. To download a form, click on the "departments" tab on the home page and then click on "Registrar's Office." Forms may also be picked up at the Registrar's Office, 1310 Lyon St. Call 231-6944 for information.

SPVA VOLUNTEERS NEEDED

The Southeastern Paralyzed Veterans of America is seeking 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.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. The community calendar is located at the bottom of the Fort Jackson home page.

Off-post events

HAITI HUNGER WALK

A Haiti Hunger Walk is scheduled for Saturday at the Cayce Riverwalk. The 2K health walk begins at 8:30 a.m. The event goal is to send 10,000 boxes of food to Haiti. Each box can feed a family of four for three days.

CIB MEETING

The Combat Infantryman Association is scheduled to meet Tuesday at American Legion Post 6, 200 Pickens St. Dinner will begin at 6 p.m. The meeting begins at 7 p.m. Active duty Soldiers, retirees and veterans are invited. Call 351-2333 for information.

FRIENDS OF SCOUTING DINNER

The Indian 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, is guest speaker. Call 348-5646 for information.

GOOD CLEAN FUN

Keep the Midlands Beautiful is hosting a photo contest on its Facebook fan page through April 30. Enter the contest by becoming a fan and posting pictures of friends, relatives and neighbors having Good Clean Fun. The winning photo submitter will receive an eco-friendly grand prize basket worth more than \$250. The winner will be announced May 13.

SWEET POTATO FESTIVAL

The 2010 Lower Richland Sweet Potato Festival is scheduled for April 24, 11 a.m. to 6 p.m., at the Hopkins Adult Activity Center, 150 Hopkins Park Road. The free festival features a parade, sweet potato pie contest, arts and crafts show, talent show, step teams and more. Artist and pastor H.E. Dixon will be the special guest. Call 776-2778 for information.



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Seasons the reason to spring to life

By **CHAPLAIN (LT. COL.) WILLIAM BAREFIELD**
193rd Infantry Brigade

Spring is a wonderful time of the year, especially in a part of the country with four distinct seasons.

Three years ago, my family was grief stricken over the unexpected death of my 52-year-old cousin on Dec. 29. A single parent, he left behind two sons, 19 and 16.

“Turn, Turn Turn” as performed by 1960s rock band, The Byrds, played at his memorial service. The lyrics, taken from the Biblical text Ecclesiastes 3:1-8, seemed appropriate to honor my cousin:

*To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time for every purpose, under heaven*

*A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep*

*To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time for every purpose, under heaven*

*A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones, a time to gather stones together*

*To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time for every purpose, under heaven*

*A time of love, a time of hate
A time of war, a time of peace
A time you may embrace, a time to refrain from embracing*

*To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time for every purpose, under heaven*

*A time to gain, a time to lose
A time to rend, a time to sew
A time to love, a time to hate
A time for peace, I swear it's not too late*

Why do I mention my cousin's death? It is in hopes that you will enjoy today more.

After a lengthy, unpredictable, chilly, winter, spring is the time of the year we associate with life. The flowers blossoming, the trees starting to bud and the grass slowly turning green with new growth are sure signs of renewed life.

Life is so precious. Let's enjoy each day to the fullest. Isn't it nice to get off work and still enjoy the daylight?

Yes, death is a part of life. Yes, we have sorrows, but that should not stop us from celebrating the life we have today.

Today is a great day, like any other day, if you but know what to do with it.

Again, enjoy today — work a little, play a little, love a lot.



PROTESTANT

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

Protestant Bible Study

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

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

PROTESTANT YOUTH OF THE CHAPEL

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

CATHOLIC

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

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

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

ADDRESSES, PHONE NUMBERS

Daniel Circle Chapel

3359 Daniel Circle, corner of Jackson Boulevard, 751-4478

Main Post Chapel

4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469

Bayonet Chapel

9476 Kemper St., 751-4542

Family Life Chaplain

4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780

Anderson Street Chapel

2335 Anderson St., corner of Jackson Boulevard, 751-7032

Education Center

4581 Scales Ave.

Magruder Chapel

4360 Magruder Ave., 751-3883

120th Rec. Bn. Chapel

1895 Washington St., 751-5086

Memorial Chapel

4470 Jackson Blvd., 751-7324

Chaplain School

10100 Lee Road, 751-8050

Tips can stop unwanted calls, mail

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

Many military families find themselves receiving unsolicited mail, including pre-approved credit card applications when they move to a new duty station. How many times have you dropped whatever you were doing to run to the phone, only to be greeted by someone that you didn't know who was trying to sell you a new product?

Consumers can drastically reduce unsolicited mailings, calls and e-mails by requesting that companies remove the consumer's name from marketing lists and pre-approved credit cards, and to not sell their credit information.

Telemarketing agencies and credit card companies can easily obtain personal information, without the consumer's permission, in order to send him or her pre-approved credit card applications. To opt-out of pre-approved credit offer solicitations, call 888-5-OPTOUT (567-8688). In addition,

consumers can contact the following three major credit bureaus to prevent companies from sharing their names and addresses for promotional services. Once the request is processed, the person's name remains on the credit bureau opt-out list indefinitely.

❑ Equifax, Inc. Options, P.O. Box 740123, Atlanta, GA 30374-0123.

❑ Experian Consumer Opt-Out, 701 Experian Parkway, Allen, TX 75013-3715.

❑ TransUnion Corporation's Name Removal Option, P.O. Box 97328, Jackson, MS 39288-7328.

Telemarketing companies and credit card companies can also easily obtain a per-

sonal e-mail address without permission. To reduce unsolicited commercial e-mail, visit the Direct Marketing Association Web site at <http://www.e-mps.org/en/> to register online. Once the request is processed, it remains in effect for one year.

The DMA also offers mail and telephone preference services to help reduce direct mail marketing and telemarketing. The DMA registers consumers for five years with direct-mail and telephone marketers. Registering with the DMA, however, does not eliminate mail from list brokers, "Dear Occupant" mailers, local merchants, charities, and professional organizations. A consumer must be contact these organizations directly to be deleted from their mailing lists. To register with DMA, send: name, current mailing address, previous mailing address, Social Security number, telephone number, date of birth and signature to the following addresses:

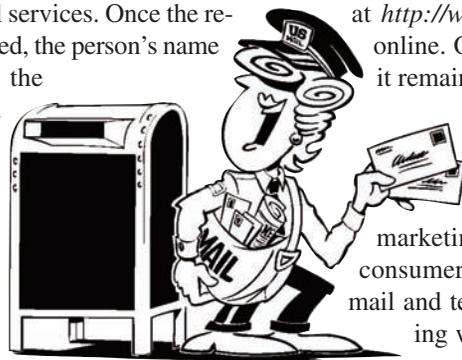
❑ Telephone Preference Service Direct Marketing Association, P.O. Box 9014, Farmingdale, NY 11735-9014.

❑ Mail Preference Service, Direct Marketing Association, P.O. Box 9008, Farmingdale, NY 11735-9008.

If telemarketers continue to make contact despite the opt-out, file a telemarketing complaint with the Federal Trade Commission at <http://www.ftc.gov/ftc/consumer/htm>.

For more information on how to stop unsolicited mailings, contact the Fort Jackson Legal Assistance Office to speak with an attorney. The Legal Assistance Office is located in the Office of the Staff Judge Advocate, Building 9475, Kershaw Road. If you would like to schedule an appointment, please call the front desk at 751-4287.

The office is open for appointments from 9 a.m. to 4 p.m., Monday through Thursday. Walk-ins are available 1:30-4 p.m., Wednesday (this is a recent change).



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



Provost Marshal's Office. Fort Jackson regulation states that all military personnel reporting to the installation must submit a weapons registration form to their unit commander within five working days. Unit commanders must ensure these forms are updated annually. The unit commander will also forward a copy to the PMO.

Civilian employees, contractors or any visitors who want to bring a weapon onto post must register the weapon(s) with the PMO prior to bringing them on post. Those who enter post for authorized hunting, skeet shooting or practice firing will be issued temporary registration. A temporary registration does not permit possession of the firearm on Fort Jackson for any other purpose. Those who violate this policy may receive a citation and have his or her weapon confiscated.

CASES OF THE WEEK

❑ Two civilians were permanently barred from post after drug paraphernalia was found in their vehicle during an inspection at Gate 2, Military Police said. The paraphernalia was confiscated after military working dogs searched the vehicle, which was later towed from the installation. The driver was also charged with possession of drug paraphernalia.

❑ A civilian was released to the SC Department of Probation/Parole after post security found that he was on probation and had an active warrant. The civilian was originally detained for attempting to enter post without proof of insurance, for which he was cited.

TIP OF THE WEEK

Anyone who brings a firearm onto the installation, even if it is on a one-time short duration, must register that weapon with the

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

FORCE PROTECTION THOUGHT OF THE WEEK

Terrorist Attack Planning Cycle



DEADLINES

Article submissions are due two weeks before publication. For example, an article for the April 22 Leader must be submitted by today.

Announcements are due one week before publication. For example, an announcement for the April 22 Leader must be submitted by April 15.

E-mail all submissions to FJLeader@conus.army.mil.



Photos by SUSANNE KAPPLER

Sharonda Pearson focuses as she rides a motorcycle for the first time during the Motorcycle Basic RiderCourse.

Born to ride

Motorcycle safety course turns doubter into devotee

Slowly release the front brake with your right hand while simultaneously releasing the clutch with your left. Make sure your wrists are properly aligned, and then gently twist the throttle. Look out into the horizon and not down at the ground. Make a mistake and you might find yourself on the pavement with a 300-pound motorcycle on top of you.

Riding a motorcycle always seemed to me like a simple one, two, three process. Turn the bike on, gun the throttle, release the brake and go as fast as your heart desires.

I was wrong. Merely turning on the bike on is a five-step process. Fuel, ignition, neutral, engine, choke. Thirty minutes into Fort Jackson's Motorcycle Basic RiderCourse, it was clear that riding a motorcycle took much more concentration, focus and mental alertness than I originally thought.

The class, which is part of the Fort Jackson Safety Center, was taught by Rick Williams and Bruce Dinoff, who, together, have more than 85 years of riding experience. The class curriculum was created by the Motorcycle Safety Foundation.

"Stop the stupid," is the phrase Williams uses to instill the importance of such safety classes.

I have seen some of the "stupid," which includes helmet-less riders weaving through traffic at 90 mph, with the backs of their shirts flapping wildly in the wind. I have also witnessed riders exceeding speeds that those in a 4,000-pound, fully-enclosed vehicle should not exceed.

An already tragic motorcycle accident seems even more so when it involves Soldiers who have survived an Iraq or Afghanistan deployment without injury, only to die in a motorcycle accident once they come home.

In fact, it was the rising death rate of Soldiers in motorcycle accidents that resulted in an Armywide initiative requiring motorcycle safety courses. In 2000, there were eight Army motorcycle fatalities. In 2008, there were more than seven times as many, 51.

There was a mixture of experience among the nine students in my class. Several students had no experience, but there were also some who had been riding

for years.

For example, Sgt. Timothy Prest, a Marine recruiter from Greenville, said he had been riding dirt bikes since he was 7, but felt there was always something new to learn. Second Lt. Michael Brown, from the 193rd Infantry Brigade, who is also an experienced rider, had to take the mandatory course in order to operate his motorcycle on post. But he said he also saw the course as an opportunity to correct some of his bad riding habits.

Much of the first day was spent reading and discussing the basics of motorcycle riding. Then the fun began. Each student took a turn on the EF-Bike Motorcycle Simulator, which combines video game-like graphics with real road

feedback.

After spending time on the simulator, we hit the streets on the Honda 250 Rebels provided us. The "streets" were actually a closed course set up in a Sumter Avenue parking lot.

By the next afternoon, I began to feel more confident but my feelings of adequacy quickly ended when, over the roar of the nine motorcycles, I heard Dinoff yell at me.

"My grandmother drives faster than that ... you have got to get over 15 mph," he said. A look at the speedometer showed that the 30 mph I thought I was riding was just a mere 12 mph.

By Day Three, Williams said we had graduated to "motorcycle middle school." We had only two requirements left to earn our MSF cards — score at least an 80 percent on the written test and demonstrate proficiency in certain riding skills. We all passed, and three students even earned awards.

I was just happy that I survived.
Sharonda.Pearson@us.army.mil

Editor's note: Field Day is an occasional column written by Public Affairs intern Sharonda Pearson. The column will highlight the post's various activities and offerings.

Visit <https://airs.lmi.org/> to sign up for motorcycle safety classes, including the Basic RiderCourse, Sportbike RiderCourse and the Experienced RiderCourse.

To view Sharonda and her fellow students practicing their new motorcycle skills, visit <http://vimeo.com/10589891>.

FIELD DAY

By
SHARONDA PEARSON
Public Affairs
Office



Pearson receives feedback from instructor Rick Williams after practicing how to bring the bike to a sudden stop.



Participants line up before starting on a practice ride while Bruce Dinoff gives the group final instructions.

Month spotlights STIs

Sexually transmitted diseases focus of awareness month

By **KENNETH COBB**

Moncrief Army Community Hospital

April is Sexually Transmitted Infections Awareness Month, an annual observance to raise public awareness about the impact of STIs. STI Awareness Month also focuses on the importance of preventing, testing for and treating STIs. It is an opportunity to normalize routine STI testing and conversations about sexual health.

According to a 2008 report by the U.S. Centers for Disease Control and Prevention, approximately 19 million women and men contract STIs, including HIV and AIDS, each year.

There were more than 1.5 million cases of chlamydia and gonorrhea reported to CDC. This makes them the two most commonly reported infectious diseases in the U.S. The report also stated that South Carolina has the third highest chlamydia and gonorrhea infection rates in the U.S.

Adolescent girls and young women are especially hard hit by these two diseases. The largest number of reported cases of chlamydia and gonorrhea in 2008 was among girls between 15 and 19 years of age, followed closely by young women 20 to 24 years of age.

Chlamydia and gonorrhea are bacterial infections that can easily be cured with antibiotics. Unfortunately, most of these infections have no symptoms and often go undiagnosed and untreated, which may lead to severe health consequences, especially for women. Left untreated, 10 to 20 percent of chlamydia and gonorrhea infections in women can result in pelvic inflammatory disease — a condition that can cause long-term complications such as chronic pelvic pain, ectopic pregnancy, and infertility. Untreated STIs are estimated to cause at least 24,000 women to become infertile each year.

Although serious health consequences are less common among men, untreated chlamydia and gonorrhea infections may cause epididymitis, a painful infection in the tissue surrounding the testicles. In addition, untreated chlamydia in

men may also cause urethritis, which can cause pain and fever. In rare cases, these conditions can result in sterility.

Studies also suggest that the presence of a chlamydia or gonorrhea infection can increase the risk of HIV transmission.

The CDC report stated there were 13,500 known cases of primary and secondary syphilis (the most infectious stages of the disease) in 2008. Although on the verge of elimination less than a decade ago, syphilis re-emerged as a public health threat in 2001 and rates have steadily increased since then. This is the highest number of cases reported since 1995 and an increase over 2007 (11,466 cases).

The CDC also reported that genital herpes infection is very common in the United States; about one out of six people between the ages of 14 and 49, or 16.2 percent, have genital herpes infection.

In that same age group, genital herpes infection is more common in women, with approximately one out of five women being infected. The estimate of infection within men is about one out of every nine. The transmission from an infected male to his female partner is more likely than from an infected female to her male partner.

Genital herpes can cause recurrent painful genital sores in many adults, and herpes infection can be severe in people with suppressed immune systems. Regardless of severity of symptoms, genital herpes frequently causes psychological distress in people who know they are infected.

The surest way to avoid transmission of STIs is to abstain from sexual contact, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected. Latex male condoms, when used consistently and correctly, can reduce the risk of transmission of STIs.

Anyone who is unsure if he or she has contracted a STI should contact a health care provider for testing. Military health care beneficiaries who have been involved in risky sexual behavior and are not in acute pain can contact the Army Public Health Nursing office at 751-5251 for testing. Also, any organization interested in STIs education can contact APHN office at the same phone number to schedule a class.

Cancer registrars recognized during month

National Cancer Registrars Association

Cancer registrars will join with their colleagues worldwide April 12-16 to observe the annual National Cancer Registrars week.

This year's theme "Cancer Registrars are Recording Artists" demonstrates cancer registrars as often the first link in capturing data on patients diagnosed with cancer, which leads to improved cancer control.

"Cancer registrars are an integral part of the cancer program," said NCRA president Inez Evans, BS, RHIT, CTR. "The cancer registries work with physicians, administrators, researchers, and health care planners to provide support for cancer program development, ensure compliance with reporting standards, and serve as a

valuable resource for cancer information with the ultimate goal of preventing and controlling cancer."

Cancer registrars compile the patient-level data into registries that provide information for health care providers and health officials to use in monitoring and improving cancer treatment, conducting cancer research, and targeting cancer prevention and screening programs.

Cancer registrars are data management experts who work in cancer treatment and research settings. Cancer registrars find, interpret and record a wide range of demographic and medical information on people with cancer. The information is submitted to state and national cancer databases for use in research, treatment and prevention initiatives.

Cancer programs are thus able to accurately determine cancer patient

populations, measure outcomes of treatment and survival, and formulate plans for quality improvement.

Chartered in May 1974, the National Cancer Registrars Association is a nonprofit organization that represents more than 5,000 cancer registry professionals and certified tumor registrars.

The mission of NCRA is to promote education, credentialing, and advocacy for cancer registry professionals. Cancer registrars capture a complete summary of patient history, diagnosis, treatment, and status for every cancer patient in the United States, and other countries as well.

Cancer registrars hope their work will lead to better treatments, and ultimately, a cure.

For more information about NCRA, visit ncra-usa.org.

MACH updates

RETIREE HEALTH FAIR

MEDDAC and DENTAC will sponsor the annual retiree health fair during this year's Retiree Appreciation Days April 24, 9 a.m. to 2 p.m. at the Solomon Center.

Services provided include oral (for retirees and their beneficiaries) and blood pressure and glaucoma screenings, as well as information on self-care, nutrition, patient safety, gastric bypass surgery and men and women's health. Representatives from TRICARE, MACH pharmacy, physical therapy and occupational therapy will also attend.

Call 751-2501 for information.

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.

MACH PATIENT ENROLLMENT

While MACH is currently unable to enroll adult active duty family members, there are open pediatric TRICARE Prime enrollment spaces for active duty families. Other family members may choose from a list of primary care managers who are in the TRICARE Prime civilian network.

OUTPROCESSING PROCEDURES

Soldiers must clear the Army Substance Abuse Program, Social Work Services and Behavioral Health prior to leaving the installation. Outprocessing includes a review of medical records and provides an opportunity for the Soldier to receive behavioral health care at his or her gaining installation. Outprocessing 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.



The Leader welcomes reader submissions. Submissions may be edited for style, grammar and length. Send submissions to FJLeader@conus.army.mil.

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Group offers support for 'waiting' families

Hearts Apart is a support network sponsored by the Fort Jackson Army Community Services Center. As a part of the Army Family Covenant, this support group has been established for military families who are waiting for their service member to return home from an unaccompanied tour.

The Hearts Apart family support network links military family members with other families who are left behind due to the sponsor's mission requirements.

ACS wants to ensure it provides military families a supportive group setting for activities, opportunities to learn about available resources (on and off post), and the ability to network with other military families who are living in the local area without their military sponsor.

The ongoing contact of a supportive group and/or a friendly gathering seems to offer the greatest comfort to those separated from their loved ones. The Hearts Apart Waiting support group, sponsored by ACS, offers families an opportunity to connect with old and new friends, and provides information and quality support to waiting family members of military and DoD civilian personnel.

The military command realizes that family well-being can affect a Soldier's ability to focus on his or her mission.

The Hearts Apart support group helps to ensure that the family is supported while the Soldier is away. Through informal programs, Hearts Apart can provide supportive fellowship, education, referral, and assistance.

Hearts Apart encourages families to maintain contact with their command and unit Family Readiness Group.

Families that live either too far from the unit or from other military families can stay connected through the resources available on-line and in their community.

HOW DOES HEARTS APART WORK?

Hearts Apart is designed to assist family members and make prolonged separations more bearable. When a Soldier is leaving on a deployment or an unaccompanied tour of duty, ACS staff works with his or her command to obtain accurate contact information for the family.

Army Family Covenant

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

Once the family is identified, ACS makes every effort to reach the family to assess the need for services and information, provide answers to questions with ongoing information updates, and act as liaison with military and civilian organizations.

ACS invites spouses to participate in Hearts Apart support meetings to share fun-filled activities such as monthly birthday celebrations, holiday events, arts and crafts activities such as scrap-booking, powder puff mechanics, self-defense and much more.

Hearts Apart activities will differ to meet the needs and special interest of the individuals involved, i.e., groups with many small children may tend to be child focused with emphasis on playgroups while groups with more male spouses and older children

might focus on sports events and fishing.

Ongoing support from ACS, as well as from old and new friends and Hearts Apart meetings, make separations easier to handle.

HOW IS HEARTS APART STRUCTURED?

Hearts Apart is not formally structured; instead, people are invited to meetings and events focusing on sharing some ideas about things to do. It is both a fun-filled, relaxing and informative time to meet with other spouses and families in similar life situations. The group usually meets monthly for activities such as bowling, skating, pizza and movie nights, book clubs, card games, parties for children or making arts and crafts or special holiday gifts for the absent family member now living abroad or in another area of the U.S. for specialized training, etc.

For more information on this group, contact Patricia Guillory at 751-7489 or e-mail Patricia.Guillory@jackson.army.mil.



The EDGE! classes

☐ Earth Smart Craft, Thursdays, 3:30-5 p.m. at the Community Center. Children 9-15 can celebrate Earth Day every Thursday in April by creating crafts from things that would normally be thrown away.

☐ Biking on the Edge, Mondays and Fridays, 4-5:30 p.m. at the Youth Services Center. Children 10 to 15 years old can learn the rules of the road and the best places to bike on Fort Jackson. The classes wrap up with a postwide bike rodeo May 1.

☐ Voyage on the Titanic, Fridays, 3:30-5 p.m. Assume the identity of a passenger on the Titanic and explore the reasons why the ship sank. For 9 to 16-year-olds.

☐ Raise a Racquet, Thursdays, 3:30 p.m., tennis courts, Brown Avenue. Tennis classes are open to 9 to 16-year-

olds.

☐ Egg-stravaganza, Tuesdays, 3:30-5 p.m., 5955-D Parker Lane. Dye, boil, devil, scramble and eat eggs. Open to 9 to 16-year-olds.

☐ Tend My Garden, Wednesdays, 4-5:30 p.m., Marion Street Station. Help green the world by learning to grow flowers, herbs and vegetables. Open to 9 to 15-year-olds.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those older than 10 years old. For children 9-10 years old, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil>. Become a fan of the Fort Jackson EDGE program on Facebook. For more information, call Beverly Metcalfe at 751-3053.

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.

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.
- ☐ Health Rocks! 6:30-9 p.m., Youth Services Center. Call 751-5040 for information.
- ☐ 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.

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.
- ☐ Canoeing 101 Class, 1-3 p.m. Cost is \$10. Call 751-3484 for information.

SUNDAY

- ☐ Victory Bingo, starts 10 a.m.
- ☐ Visit the Officers' Club, 11 a.m.-1:30 p.m. for Sunday brunch. Coat and tie not required. Call 751-4906 or 782-8761 for reservations.
- ☐ April Fool-ish Dog Show, 2-4 p.m., Youth Sports Complex. Call 751-5040/3053 for information.

MONDAY

- ☐ Spirit Week begins at Scales Avenue Child Development Center with daily activities. Parent luncheons are scheduled from 11 a.m. to noon all week. Events continue through April 16. Call 751-6221 for information.

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.

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

ONGOING OFFERS

- ☐ Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work as a mission requirement, and parents who are in the National Guard or Reserve during battle training assembly. Child and youth programming is available to other parents at an hourly or daily rate.
- ☐ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for some hotels. For details, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. Fort Jackson's installation number is 164.
- ☐ The Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m. Lunch is open to everyone.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for



Follow the **Fort Jackson Leader** on
Twitter at <http://twitter.com/FortJacksonPAO>
 for breaking news, videos and more.

Army Ten-Miler breaks registration record

Spots for the annual race gone after only 35 hours

From ARMYTENMILER.COM

WASHINGTON — It's a wrap. It took just 35 hours for the Army Ten-Miler to fill its 30,000 runner field — an opening day all-time finest, shattering last year's registration record of six days. The ATM registration opened April 1 at 12:01 a.m. and by 11 a.m. Friday morning the Army's long-established, annual race closed Oct. 24 at the Pentagon.

"Wow, no one expected us to sell out in 35 hours. Each year, the sprint to the registration finish line gets shorter and shorter," said Vandak, ATM race director. "This testifies to the race's popularity and its tradition of excellence. A special thanks to all our runners for supporting the race and Soldiers."

Vandak noted that in the last four years, the sell out time for the ATM race has gone from 44 days, to 22 days, to six days and now, to just 35 hours. "Since the race continues to sell out in record time, we plan to explore other registration options for next year that may include a lottery system or early open enrollment for military personnel," added Vandak.

Registration for the Army Ten-Miler is provided by *MarathonGuide.com*. This year, additional servers were added to handle increased registration traffic and to make sure that the online registration experience was quick and flawless for the runners. Runners representing all 50 states, the District of Columbia, Canada, Germany, Sweden, Norway, Brazil and the United Kingdom have already secured their spots for the race, which begins and ends at the Pentagon. More than 675 teams were registered, with the majority of those being military teams who will compete for the Commander's Cup and other military honors.

The Army Ten-Miler is distinct for incorporating the spirit of sport with its unique military culture and spirit



Photo courtesy ARMYTENMILER.COM

Thousands of runners line up at last year's Army Ten-Miler starting line at the Pentagon. Registration for the 2010 race, scheduled for Oct. 24, opened April 1. All 30,000 slots filled within hours.

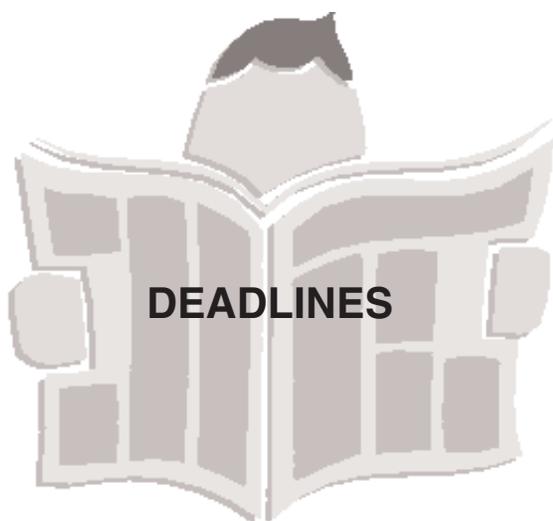
— Blackhawk flyovers, Golden Knights parachute team, Missing Parts in Action Team (military amputee runners), Operational Excellence, and Finishers' Coins.

The Army Ten-Miler is one of the largest 10-mile road races in the world. Race weekend activities include a two-day race expo, fitness clinics, youth runs, post race party and HOOAH tents from Army installations around the world.

The ATM is produced U.S. Army Military District of

Washington, with proceeds benefiting Army Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their families. The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations.

For more information about this race, visit www.armytenmiler.com.



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

Article submissions are due two weeks before publication. For example, an article for the April 22 *Leader* must be submitted by today.

Announcements are due one week before publication. For example, an announcement for the April 22 *Leader* must be submitted by April 15.

E-mail submissions to FJLeader@conus.army.mil or call 751-7045 for information. All submissions may be edited for length, clarity and style.

Sports shorts

- ❑ A power lifting meet (bench, squat and dead lift) is scheduled for April 29. Weigh-in is the night before the event. Sign up at the sports office.
- ❑ Spring tennis deadline. Season runs April 19 through May 7.
- ❑ The Fort Jackson Golf Club is hosting a "Get Golf Ready" program throughout the spring and summer. Size is limited to 16 participants per class. Classes meet Tuesdays and Thursdays. Classes dates are: April 13, May 11, June 7, July 8 and Aug. 10. Call 787-4344 for information or visit www.playgol-famerica.com/ggr.

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