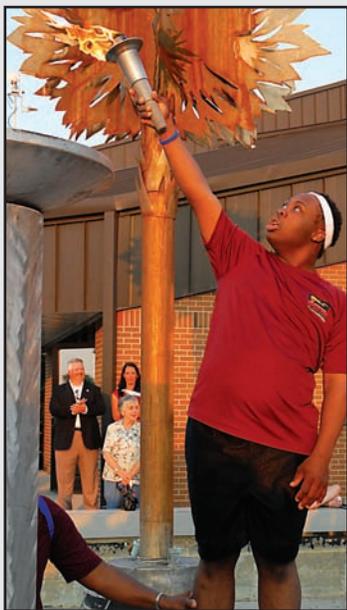


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# The Fort Jackson Leader



Thursday, May 13, 2010

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

www.jackson.army.mil

# New Americans

## 52 Soldiers become new U.S. citizens

By KRIS GONZALEZ  
Fort Jackson Leader

A group of non-citizen Soldiers assembled at Hilton Field last Thursday as their dream of becoming Americans came true.

A day before graduating Basic Combat Training and becoming some of the U.S. Army's newest Soldiers, 52 BCT Soldiers also became some of the United States' newest citizens.

In front of their fellow graduating Soldiers and about 1,000 family members who attended the 2nd Battalion, 39th Infantry Regiment's Family Day celebration May 6, the 52 Soldiers raised their right hands to pledge the Oath of Allegiance to the United States in one of the largest naturalization ceremonies in Fort Jackson's history.

Before administering the oath, Rosemary Langley Melville, acting Southeast regional director of U.S. Citizenship and Immigration Services, underscored the gravity of the commitment these Soldiers were about to make.

"Think about these words because they are very, very meaningful and we expect you to fully mean them as you say them," Melville said.

The Soldiers hailed from 35 countries.

"Despite having been born outside the United States, these Soldiers have embraced our nation by joining the Army," said Melville, who remarked that by doing so, these Soldiers have "certainly demonstrated their patriotism."

The new citizens also vowed to perform work of national importance, something Spc. Rajasekhar Katuru intends to live up to in his new role as a combat medic while on his quest to become an emergency room physician.

Katuru, 29, was a family care physician in his native country, India, before coming to the U.S. four years ago as a student to work on a master's degree in clinical nutrition. For the last two years he's been doing research in

See NATURALIZATION: Page 10



Photo by KRIS GONZALEZ

Pvt. Diana Anderson, a native of Kenya, kisses her son Damien, 3, as they celebrate Anderson's new status as a U.S. citizen after she was sworn in during a naturalization ceremony May 6 at Hilton Field.

# Chaplaincy center exemplifies unity

Fort Jackson is blessed to be the home of the Armed Forces Chaplaincy Center, which held its dedication and ribbon-cutting ceremony last week. The AFCC is a prime example of how three services can work together toward the common goal of providing religious support for service members.

Keep in mind that the AFCC is not a combined school. Each service has and will continue to teach its chaplains separately. Nevertheless, the co-location plants the seed for shared opportunities in common areas of interest and epitomizes the theme of team spirit.

As irony would have it, the AFCC owes its existence to the Base Realignment and Closure initiative, which was geared toward consolidation and controlling costs. But the mandate could be a blessing in disguise for our military ministers. Co-locating makes sense in a lot of ways, and it's a concept that is similar to the one that our military

**BRIG. GEN. BRADLEY W. MAY**

*Fort Jackson  
Commanding  
General*



doctors have at Fort Sam Houston.

Let me elaborate and sum up what has occurred with the AFCC so far.

Earlier this year, the Air Force moved its training for chaplains and assistants from Maxwell Air Force in Alabama to here. Meanwhile, the Navy moved its chaplain

school from Rhode Island to here and relocated its religious program specialists — the Navy's term for chaplain assistants — from Mississippi to here.

Incidentally, the Navy is already reaping a benefit from the relocation. This is the first time that the Navy has had the training for chaplains and religious program specialists under the same roof. The Army's chaplain school has been on Fort Jackson for the last 14 years.

Judging by what the chaplains are saying, I believe that they are extremely pleased to be co-located here and are eager to explore the benefits of being so close in proximity to one another.

Being in the same area naturally allows communication to flow and develop much easier, all of which will build relationships and cooperation among ministers. Training in the same location will also benefit chaplains who deploy or work in a joint environment.

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

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## Ask the garrison commander about: Medal of Honor award eligibility

*Who awards the Medal of Honor and for what reasons?*

The Medal of Honor is awarded by the president in the name of Congress to a person who, while a member of the U.S. military, distinguishes him or herself conspicuously by gallantry and intrepidity at the risk of his or her life above and beyond the call of duty while engaged in an action against an enemy of the United States; while engaged in military operations involving conflict with an opposing foreign force; or while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party. The deed performed must have been one of personal bravery or self sacrifice so conspicuous as to clearly distinguish the individual above his or her comrades and must have involved risk of life. Incontestable proof of the performance of the service will be exacted and each recommendation for the award of this decoration will be considered on the standard of extraordinary merit.



*What is the Joint Service Achievement Medal?*

The Joint Service Achievement Medal is awarded in the name of the secretary of Defense to members of the U.S. armed forces below the grade of O-6 who, after Aug. 3, 1983, distinguished themselves by outstanding performance of duty and meritorious achievement. The prescribing directive for the HSAM is DOD 1348.33-M.

*I have heard rumors that there are new credit card rules — is this true and if so, what will this law mean to me as a consumer?*

Yes. New credit card rules took effect in February. This new law puts an end to some confusing billing prac-

**COL. LILLIAN A. DIXON**

*Fort Jackson  
Garrison  
Commander*



tices and will offer consumers new protections when they use their credit card.

Under the new rules credit card companies can't raise interest rates on a credit card for the first 12 months on a new account; payment due dates have to be the same day for every month (this date is unchanging and can no longer be changed for an invoice cycle); a co-signer will be compulsory for all credit card applicants younger than 21; if credit card companies increase interest rates, it can't be applicable toward the earlier balance and only applicable to new invoices; lastly and most importantly, credit card companies must reveal how much interest will be paid and how long it will take to pay off the balance if only minimum payments are made, and promotional offers must stay in place for six months.

For more details on the new credit card rules, visit [http://www.federalreserve.gov/consumerinfo/wyntk\\_cred-itcardrules.htm](http://www.federalreserve.gov/consumerinfo/wyntk_cred-itcardrules.htm) or contact an Army Community Services financial counselor at 751-5256.

### FACT OF THE WEEK

If a credit cardholder carries a \$3,000 balance on a credit card that charges 18.99 percent and he or she pays the minimum required payment of \$90 (3 percent of the balance) with interest, it will take him or her approximately four years and \$1,298 to pay off the debt. However, by increasing the payment to \$110 per month, it will only take a credit cardholder three years and \$957.74; leading to a savings of \$341.

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

# Top enlisted crowned in contest

By KRIS GONZALEZ  
Fort Jackson Leader

They say three's a crowd, but many platoon sergeants, noncommissioned officers and Soldiers would be proud to be in this company.

Fourteen Soldiers, to be exact, competed in a fierce competition to earn this year's Fort Jackson Platoon Sergeant, Noncommissioned Officer and Soldier of the Year titles.

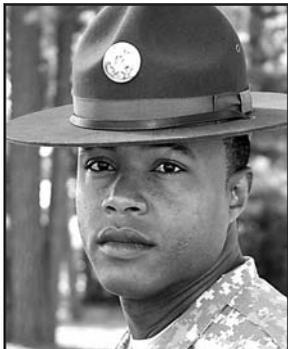


GARCIA

Sgt. 1st Class Jose Garcia, Sgt. 1st Class Alwyn Jones, and Spc. Chentile Jackson, proved to be a triple threat, blowing away their rivals and winning the titles.

Garcia, an Advanced Individual Training platoon sergeant for Company C, 369th Adjutant General Battalion, said he is elated to be Fort Jackson's 2010 Platoon Sergeant of the Year.

"It feels excellent," he said. "It was a very competitive competition. I was surprised when I found out I had won. I thought every noncommissioned officer did an outstanding job representing his or her unit."



JONES

Jones, a drill sergeant for Company E, 3rd Battalion, 34th Infantry Regiment, said being named Fort Jackson's 2010 NCO of the Year is an achievement that not only recognizes his technical and tactical expertise, but it also gives him the opportunity to progress as a Soldier, an NCO and a leader.

"You can accomplish so many things if you set your mind to it," he said. "This is

one goal that I've accomplished and it's just going to push me further to bettering myself and any Soldiers that I train."



JACKSON

Spc. Chentile Jackson, supply specialist for Company C, 3rd Battalion, 60th Infantry Regiment, said serving as Fort Jackson's 2010 Soldier of the Year will allow her to stand out among her peers, a job she doesn't take lightly.

"I'll set an example for other Soldiers," she said.

Jackson already is a model Soldier, said her sponsor and mentor Staff Sgt. Christopher

Walker, a drill sergeant for Company B, 3-60th Inf. Reg.

"She's one of the best Soldiers I've seen," Walker said. "She works hard, putting a lot of effort and time, her free time, into studying and practicing hands-on tasks. That says a lot about her."

Jackson said she studied every day for the last several



Photos by KRIS GONZALEZ

**Staff Sgt. Mahoma Tello, drill sergeant for Company C, 2nd Battalion, 13th Infantry Regiment, plots points on a map during the urban orienteering event of the NCO of the Year competition.**

months to prepare for the competition, in which she and her competitors battled it out to prove they were the most skilled in events such as day and night land navigation, warrior task and battle drills, and urban orienteering.

They started the competition the morning of May 4 with an Army Physical Fitness Test at Darby Field and ended Friday with a formal board. In between, they were given a written exam, which tested their knowledge of things every Soldier, especially NCOs should know, Garcia said.

"Every aspect of the competition came natural," he said. "Disassembling a weapon comes natural to a Soldier. Identifying points on a map, plotting a map — these are things a platoon sergeant or NCO would know."

The most challenging aspect of the competition, he said, was not knowing what was going to happen next.

Garcia was referring to the few elements of surprise intermixed into this year's competition, such as the mystery event — a Tomahawk throw.

"The Tomahawk throw was very challenging," Garcia said. "It's not something that everybody does on a daily basis."

Jackson said the board was her most challenging event, but one for which she was well prepared.

"They asked strange, off-the-wall questions," she said. "Such as, are male Soldiers allowed to wear wigs?"

"Yes," she said she told the board, knowing the correct answer.

In fact, Jackson knew the answer to just about every question the board asked her, Walker said.

"She did an outstanding job," he said.

That's a sentiment post Command Sgt. Major Brian Stall, shares, regarding all three winners.

"Earning these titles is huge," Stall said. "They prevailed among a field of tough competitors. Their motivation, self-discipline, courage and perseverance speak volumes about them as Soldiers."

"I am proud of their individual performance and know the leaders within their organizations feel the same pride," he said.

Lt. Col. Bryan Hernandez, commander of the 3-34th Inf. Reg. concurred, and spoke highly of his Soldier, Jones.

"He gives 110 percent in everything he does," Hernandez said. "He's physically fit, mentally tough and dedicated to his profession. He's a true professional."

1st Sgt. Rashad Hickson, of Company C, 369th AG Bn., shares similar feelings about Garcia.

"He's an outstanding leader," Hickson said. "Simply put, he's a Soldier — the best of the best."

All three winners will travel to Fort Monroe in August to compete in the TRADOC-level competitions.

Hernandez said they will show TRADOC that Fort Jackson is producing some outstanding Soldiers and NCOs.

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# ACS hosts spouse appreciation event

By **SUSANNE KAPPLER**  
Fort Jackson Leader

Fort Jackson military spouses came together Friday to strengthen bonds, exchange information and to celebrate Military Spouse Appreciation Day. The event took place at the Family Readiness Center and featured free food, door prizes and the opportunity to obtain information on classes and programs for spouses.

"We can't thank you enough for what you've been through, for what you've done," said Carla Atkinson, Army Community Services director, as she addressed attendees, adding that being a spouse may be the hardest job in the Army.

Samantha Tello, who has been an Army spouse for seven years, is active as a Family Readiness Group leader and said she encourages everyone to support events and programs for spouses.

"(Spouses) can rely on each other," she said. "Your husband's not around a whole lot, and if you don't have the support system you need, it can be really hard."

Leslie Cooley, whose husband recently retired from the military, said that support

system has been important throughout her time as a military spouse.

"I believe it's important for spouses to know what's going on, to meet other spouses," she said. "It's helped me along the way through deployments and other situations."

Military Spouse Appreciation Day has been celebrated on the Friday before Mother's Day since 1984. In this year's presidential proclamation, President Barack Obama said the day marks a reaffirmation of the nation's commitment to support military spouses.

"At the heart of our armed forces, service members' spouses keep our military families on track," the proclamation reads. "They balance family life, military life and their careers, all while supporting other military families and giving back to their communities. Many have served in uniform themselves and, understanding the obligations involved, can provide unparalleled support. They are pillars of strength in their families, often celebrating their children's life milestones while the other parent is away."

*Susanne.Kappler1@us.army.mil*



*Photo by SUSANNE KAPPLER*

**Casie Miller, the youngest spouse in attendance, and Derek Nixon, store manager at Wachovia, which sponsored the event, cut the cake during Military Spouse Appreciation Day Friday at the Family Readiness Center.**

## Making the cut



*Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School*

**Representatives from the Navy, Air Force and Army cut the ribbon on the Armed Forces Chaplaincy Center during a ceremony May 6. The ceremony also marked the opening of the Naval Chaplaincy School and Center and the Air Force Chaplain Corps College. For the first time, chaplains, chaplain assistants and religious program specialists of all service branches are trained at the same location.**



twitter

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

# Fort Jackson readies for heat

By **SUSANNE KAPPLER**  
Fort Jackson Leader

For the Soldiers in Company D, 1st Battalion, 61st Infantry Regiment, Friday was a typical day in Basic Combat Training, as they spent the day on the range, practicing Basic Rifle Marksmanship skills. Not so typical was the look the Soldiers sported — their uniform pants were rolled up and untucked from their combat boots.

Capt. Jon Shackelford, Company D, 1-61st commander, ordered his Soldiers to unblouse their trouser legs because the temperature was approaching 90 degrees that day. Allowing for changes in clothing is just one of the measures taken on Fort Jackson to protect Soldiers from heat injuries during the summer months.

“Heat injury prevention is as important as any other program within the battalions,” said Maj. Thomas Sherbert, environmental science officer with MEDDAC. “I think we’re doing a good job here at Fort Jackson with the prevention of heat injuries. Sure, we always have room for improvement, but I think ... commanders take heat injuries very, very seriously.”

To prepare for the warm weather, all training cadre were trained on preventing, identifying and reacting to heat injuries by April 1. In addition, two Soldiers in each company are trained in field sanitation, which includes preventing and tracking climatic injuries.

Ideally, heat injury prevention starts months before a Soldier reports to basic training, Sherbert said.

“You have a lot of folks who are coming in off the street into the Army who’ve never worked out,” he said. “They’ve never done anything (physically). And then you want to come here and go from 0 to 60 in one or two days in an environment that you’re not used to in this climate that’s very hot and humid — that’s not a good mix.”

He said he advises recruits to start getting physically active as soon as possible to be prepared for the demands of training.

Sherbert said one of the most important ways to prevent heat injuries is to stay hydrated and to eat at least three meals daily.

“The dehydration process is a cumulative effect on the body,” he said. “That’s why it’s important for Soldiers to continuously have an intake of water, eat their meals and have the right sodium intake so they can replenish the salt that’s being lost and maintain the proper plasma level within the body.”

The recommended water intake when temperatures exceed 90 degrees is one quart per hour. Sherbert said that drinking more than 1 1/2 quarts an hour or more than 12 quarts per day might lead to water intoxication, which can lead to serious health problems.

One way Soldiers can self-assess their hydration level is by monitoring the color of their urine, Sherbert explained.

“If your urine is clear or light yellow, you’re probably pretty good, but when you start seeing your urine turn a darker yellow, you’re dehydrated to the point of concern and you need to start consuming some more water,” he said.

In case a Soldier suffers a heat injury, training cadre are



Photo by **SUSANNE KAPPLER**

**Pvt. Anthony Vongxay, Company D, 1st Battalion, 61st Infantry Regiment, cools down with a sip of water Friday during training on the range. Staying hydrated can help prevent heat injuries.**

instructed to follow a strict procedure: The Soldier is taken into a shaded area where any excess clothing will be removed and the person will be wrapped in sheets soaked in ice water. The Soldier must not be left alone and first aid must be given until emergency personnel arrive.

Shackelford said that ice sheets are always at the ready when training in hot weather. Fort Jackson spends about \$800,000 a year on ice and during the hottest time of the year, more than 1 million pounds of ice are typically purchased monthly, said Michael Heckman, chief of the supply and services division with the Directorate of Logistics.

Sherbert pointed out that Soldiers and civilians working in the heat need to take symptoms of heat injury seriously.

“If you feel nauseated, if you feel like you’re going to pass out, you need to take a knee and evaluate the situation for yourself,” he said. “A lot of times what happens is that people push through that point.”

The Safety Office offers weekly classes for newly-arriving cadre. Training for units is also available upon request from Moncrief Army Community Hospital’s Preventive Medicine Services.

*Susanne.Kappler1@us.army.mil*

## Recognizing heat injury

### COMMON SIGNS OF HEAT INJURY

☐ Dizziness, headache, nausea, unsteady walk, weakness or fatigue, muscle cramp

If you experience any of these signs, stop physical activity, rest in the shade, loosen clothing, take sips of water and contact a medic or ambulance for further evaluation.

### SERIOUS SIGNS OF HEAT INJURY

☐ Hot body, high temperature; confusion, agitation; vomiting; involuntary bowel movement; convulsions; weak or rapid pulse; unresponsiveness, coma

Immediately call an ambulance while doing the following: Lay the person down in the shade with the feet elevated until the ambulance arrives; undress as much as possible; aggressively apply ice packs or ice sheets; pour cold water over person and fan; give sips of water; monitor airway and breathing.



**Watch Fort Jackson videos at**  
<http://www.vimeo.com/user3022628>

## Housing Happenings

### COMMUNITY UPDATE

❑ Nominations for Yard of the Month can be submitted by calling 738-8275 or via e-mail to [cowilliams@bbcgrp.com](mailto:cowilliams@bbcgrp.com). Judging takes place the first Monday of each month. The Yard of the Month winners for May are Spc. Douglas Turey (grand prize), Staff Sgt. Larry Byles, Staff Sgt. Cesar Coronado, Staff Sgt. Steven Darling and 2nd Lt. Tonjia Christensen.

❑ Residents who fill out a customer comment card are entered into a monthly drawing for \$100. The April winner is Staff Sgt. Gerald Newton.

❑ Residents in new construction areas are asked to refrain from removing the green foliage that has been planted in the flower beds. Residents are invited to plant additional flowers to add to the existing curb appeal.

### DEVELOPMENT UPDATE

❑ To date, 115 homes have been completed.

❑ Senior NCO homes are scheduled to become available in June or July. Field grade officer homes are scheduled to become available in July or August.

❑ Asbestos testing is complete on many Phase II homes and demolition is scheduled to begin shortly. Balfour Beatty Communities will ensure that proper environmental procedures are used to comply with state environmental requirements for handling and abating asbestos-containing materials. The state requirement is to have water continuously sprayed on the building being demolished. This reduces the possibility of unsafe matter being dispersed into the air. In addition, a third-party contractor monitors the air quality before, during and after all abatement and demolition. This ensures that the site is always within state requirements with regard to loose debris. Procedures are in place and are followed to ensure the safety housing residents.

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

"Let your voice be heard!"

## Recipe for success



Photo by KRIS GONZALEZ

**Azzalee Brown, IMCOM-Southeast food program manager, observes as Reginald Archie cuts peppers for Wednesday's lunch at the 2nd Battalion, 13th Infantry Regiment dining facility. Brown was inspecting the DFAC as part of this year's Phillip A. Connelly Awards competition.**

# Concert to celebrate forces

## Leader staff report

Saturday's Armed Forces Day celebration will take on a musical twist, as Hilton Field is transformed into an outdoor concert venue.

The concert will be headlined by country artist John Anderson, who will hit the stage at 8 p.m. The show starts at 4 p.m. with patriotic music from Eric Horner, who is followed by the funk-rock quartet Ten Toes Up at 5:15 p.m., and R&B act The Finesse Band at 6:30 p.m.

In addition to the entertainment, a number of vendors will offer a variety of food items as part of an international food festival. Children can participate in fun and games at

a carnival.

"This is another event that shows how committed Family and MWR command is to the Army Family Covenant and to providing quality entertainment to our Soldiers, families and civilians," said Theresa O'Hagan, with Fort Jackson FMWR marketing.

Anderson is best known hits such as "Swinging," "Seminole Wind" and "Straight Tequila Night."

The concert is free and open to the public. Gates open at 3 p.m. Attendees who do not have a DoD car decal need to provide the car registration, proof of insurance and proper identification for all passengers older than 10 to gain access to the installation.

# Naturalization marks end of process

Continued from Page 1

cancer and nutrition. He said becoming an American citizen will open a lot of doors that were closed to him before naturalizing.

“The Army gives me a good opportunity to pursue the specialty I want,” Katuru said. “Without citizenship, I could go into internal medicine or become a pediatrician, but I really want to be an ER physician. In India we don’t have an ER residency, so becoming a citizen makes a lot of difference for me.”

On July 3, 2002, President George W. Bush signed the “Expedited Naturalization Executive Order,” which allowed for the expedited naturalization of aliens and non-citizens serving in the U.S. military on or after Sept. 11, 2001.

Beforehand, service members would have had to serve one year before qualifying to file for citizenship. Now immigrants who enlist during a time of war could apply after serving only one day.

As a result, the USCIS and the Army established the Naturalization at Basic Training Initiative to give non-citizen enlistees the opportunity to naturalize at the completion of basic training.

During BCT, as Soldiers are being introduced to Army life and honing their combat skills, the USCIS’ immigration officers and staff travel to installations like Fort Jackson to help them meet requirements for naturalization, which include filling out an application, being fingerprinted for a background check and passing an English literacy and civics test.

All application and fingerprinting fees are waived.

“They are already making the greatest sacrifice by volunteering to serve,” said Ana Santiago, regional media manager for the USCIS Southeast Region Office of Communication. “We do everything we can to shepherd them into citizenship.”

Capt. Jameelah Grover, executive officer for the 2-39th, said leaders within the Sol-



Photos by KRIS GONZALEZ

**Rosemary Langley Melville, acting Southeast regional director of U.S. Citizenship and Immigration Services, administers the Oath of Allegiance to 52 Soldiers of the 2nd Battalion, 39th Infantry Regiment May 6 on Hilton Field.**

diers’ units also play a big part in making the naturalization process a success. She credits unit leaders for ensuring the Soldiers not only meet requirements of BCT graduation, but also the requirements for citizenship.

“Sometimes Soldiers may have appointments (for naturalization) but are also scheduled to be on the range, qualifying on their

weapons,” Grover said. “With balancing and tasking out of the few resources they have, the units make sure these Soldiers get done what they need to get done.”

Fort Jackson’s first naturalization ceremony took place in August when eight Soldiers became citizens. Since then, 217 Fort Jackson Soldiers have raised their right hand to recite the oath.

Since September 2001, USCIS has naturalized more than 58,300 members of the military at installations in the U.S. and overseas.

For more information, contact the USCIS at 1-877-CIS-4MIL (877-247-4645), or visit their website at <http://www.uscis.gov/military>.

*Kris.Gonzalez1@us.army.mil*

## NCO Academy group leader named SSI’s top NCO

### Leader staff report

Sgt. 1st Class Larry Brown, a small group leader for the NCO Academy Senior Leader Course, was recently named the Soldier Support Institute’s NCO of the Year.

Though Brown is an avid sportsman — he is a competitive triathlete and 5K runner, bowler and mountain biker — it took more than his physical strength to win the competition.

“I tried not to think about whether I would win or not, just to have a good performance and represent the NCO Academy to the best of my ability,” he said.

Brown moved on to the SSI-wide competition after being named NCO of the Quarter for the second quarter.

The one-day competition included Warrior Tasks and Battle Drills, weapons qualification and a formal board in front of the SSI command sergeant major.

Competitors had to be proficient in 37 different skills, in addition to having a proven track record in their military occupational specialty. Brown is a 79R, which makes him a recruiter NCO.

The competition is based on the “total Soldier con-



**BROWN**

cept,” which means every facet of the NCO, including military bearing, professionalism and basic military skills, is being judged.

“I think it’s a good experience for noncommissioned officers to prepare and compete for (these boards) because it keeps us deeply rooted in the NCO doctrine,” he said. “We use that doctrinal knowledge in our day-to-day functions as NCOs.”

Brown will go on to compete in the Combined Arms Support Command and Sustainment Center of Excellence NCO Competition at Fort Lee, Va. later this month.

Brown said he is excited about the opportunity.

“I am excited to compete at the next level and represent the Soldier Support Institute.”

# Athletes strive for Olympic gold

*Games mark unit's third year hosting Special Olympics*

By **KRIS GONZALEZ**  
Fort Jackson Leader

As a torch was ignited at the Solomon Center Friday night, so too, was the enthusiasm of almost 1,100 athletes from across the state who traveled to Fort Jackson to showcase their athletic talents.

The 2010 South Carolina Special Olympics Games began May 7 with an Olympic torch run in which Athlete of the Year, Kenneth Whitaker, led about 100 runners, mostly law enforcement personnel, 7 miles from the Statehouse steps in Columbia to the Solomon Center to light the "Flame of Hope" and launch the opening ceremonies.

This year marked the 43rd anniversary of the Special Olympics Games, and the third year the 3rd Battalion, 13th Infantry Regiment hosted the events, which included bowling and softball competitions on post; aquatics and track and field competitions in Columbia; and gymnastics and cheerleading in Irmo.

"It was a privilege for us to be able to host these events," said 1st Lt. Tony Hedrick, project officer for 3-13th. "It was such a rewarding experience working with these athletes. Their motivation and determination is beyond belief."

"It was a real honor for the athletes as well," said Kelly Garrick, sports director for South Carolina Special Olympics. "Our community has such a high regard for the military and the role each Soldier plays in protecting and serving. It is not uncommon



**Regina Williams, 4, gets help with her putting from a Special Olympics volunteer as she participates in activities designated for athletes ages 2-7 outside of the 3rd Battalion, 13th Infantry Regiment headquarters.**

Photos by KRIS GONZALEZ

for an athlete to request to be involved in a PT run on Sunday morning after having competed all day on Saturday."

Garrick said the triumphs achieved during the games were a culmination of hard work and long practice sessions for athletes

who require training with a very specific approach.

"The athletes are required to train a minimum of eight weeks before competition and compete in a local competition as well," she said. "They rely on strong coaches with a good eye for correct strokes, techniques for a good baton exchange in a relay, knowledge of how to hit the perfect bunt and home run ... and techniques for throwing a perfect pin-knocking strike.

"These games are the athletes' opportunity to show how they have grown in their sport," she said.

Lt. Col. Benjamin Higginbotham, commander of the 3-13th, said he had the opportunity to visit every one of the venues and said he thought this year's events went extremely well.

"The enduring partnership between the battalion and the South Carolina Special Olympics coordinators paid great dividends in helping to achieve a smooth outcome," Higginbotham said.

He said the battalion's cadre have taken such pride from supporting the Special Olympics that some of those who have moved on to other positions came back this year to volunteer.

Staff Sgt. John Doyle, a drill sergeant for Company C, 3-13th who helped set up tents and was a first-time spectator for the

softball competitions, said watching the players inspired him both personally and professionally.

"As Soldiers, we are faced with adversities in our duty," Doyle said. "These special athletes overcome adversity with nearly every waking moment of their lives. Their spirit, drive and determination to keep going is truly inspiring."

Van Abbott, coach for the Myrtle Beach Mariners, said he and the members of his softball team appreciated the camaraderie shared among the athletes and Soldiers alike.

"To me the overall enjoyment of both the athletes and the Soldiers is the best aspect of the games," Abbott said. "The Soldiers are always around smiling and saying hello to these guys and in our case, they were right there at the softball complex showing support and giving high fives, something that means a great deal to these athletes."

"The service we receive from every civilian to every military personnel speaks volumes to us about how much our athletes mean to the community," Garrick said. "That acceptance is priceless."

In July, 154 South Carolina athletes will travel to Lincoln, Neb., to compete in the 2010 Special Olympics USA National Summer Games.

Kris.Gonzalez@us.army.mil



**Brittany Ramey of the Myrtle Beach Mariners connects for a home run against the Pickens County Golden Corner Kings during Saturday's Special Olympics softball competition at Hilton Field.**

# Back to school: Battalion commanders learn creative approach to leadership

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

Four battalion commanders find themselves caught in a snowstorm with about 15 items, such as a blanket and a map, a van and a decision to make — should they stay in the van, or should they go for help?

Though it sounds like the start of a bad joke (How many commanders does it take ...), the above scenario was actually one of several leader-building exercises Fort Jackson's 14 battalion commanders took as part of a four-month commander leadership course. The course, which was taught by staff from the Center for Creative Leadership, is part of a larger, 12-month program instituted by Fort Jackson's commanding general, Brig. Gen. Bradley May.

"It kind of started 12 to 15 months ago," said Mike Ryan, the fort's strategic planner.

Ryan explained that in the Army, leaders are routinely trained to supervise those within two levels of subordination. For example, he said, battalion commanders' leadership training should focus on company commanders. In May's case, said Ryan, his leadership focus is on the post's battalion commanders, all of whom are lieutenant colonels.

"Gen. May is probably one of the rare commanding generals who is taking time to prepare a formal leadership program like this," said Ryan. "As you get above brigade level, you don't really see a formalized leadership program."

Lt. Col. Michael Bineham, 120th Adjutant General Battalion (Reception), said the program shows the importance May places on leadership training.

"Having the CG take time out of his busy schedule to impart his knowledge and share his thoughts on a wide range of topics demonstrated how deeply he is committed to the welfare of his subordinates, their organizations and their families," Bineham said. "He continually stresses what is truly important, which is taking care of Soldiers and their families. He also never lets us forget what a vital role each of us does here, which is providing well-trained Soldiers."

The two main components of the program are monthly commanding general-led programs, and a formal program provided by the Center for Creative Leadership. The latter ended last month with the battalion commanders presenting May their group projects.

Which brings us back to the snowstorm.

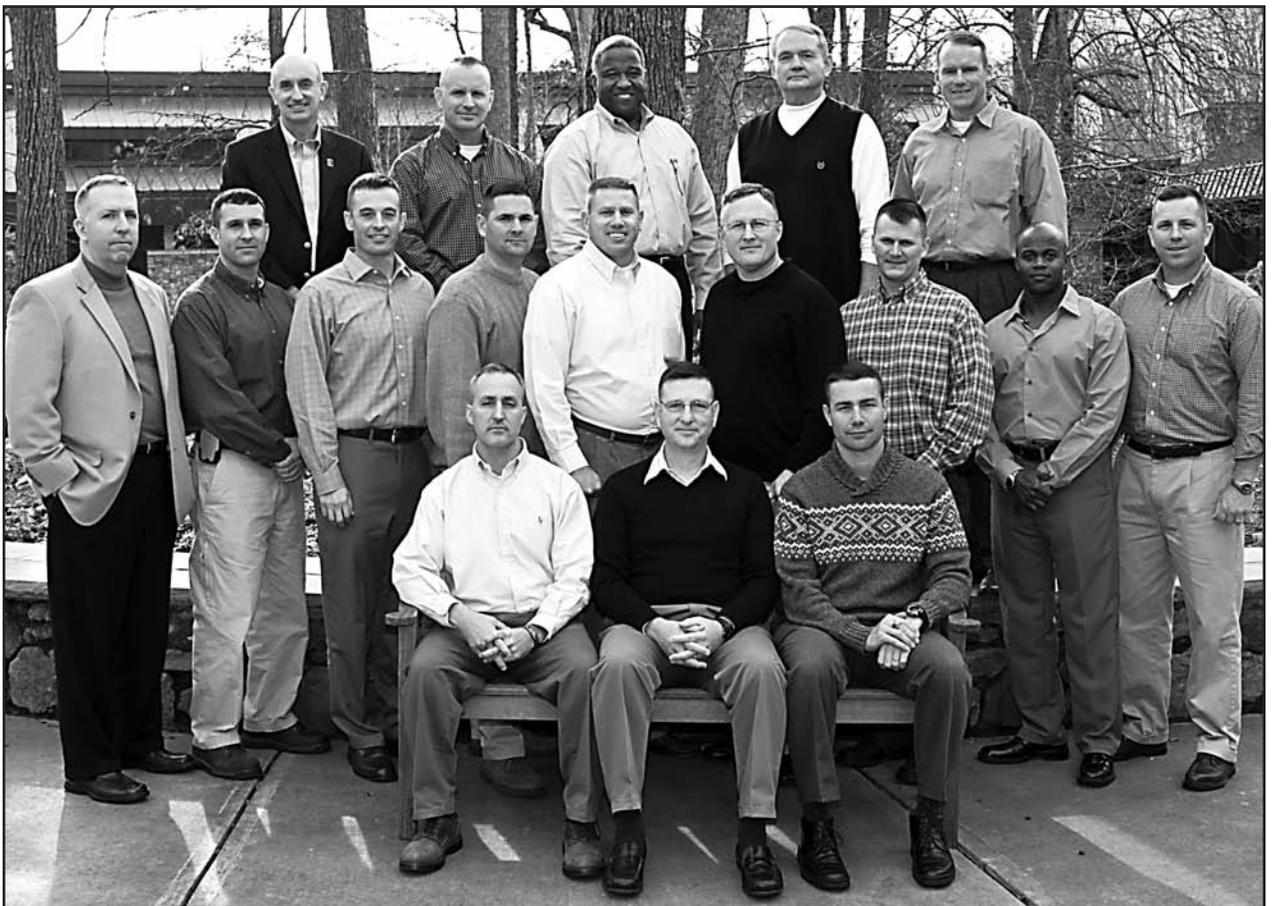
The 14 battalion commanders took a trip to Greensboro, N.C. to the Center for Creative Leadership campus. Lt. Col.

Alan Deogracias, 3rd Battalion, 60th Infantry Regiment, along with the other commanders, had been divided into three groups. Their task was to decide as a team whether they should seek help or try to wait out the storm. The exercise, among others, was to identify the commanders' leadership style.

Prior to arriving on campus, each of the veteran Soldiers filled out a self-assessment and had a few assessments completed by peers, subordinates and leaders. CCL staff then reviewed those assessments, along with the results of personality and conflict resolution indicators, to determine their strengths and weaknesses as leaders.

The conflict resolution portion, said Deogracias, was extremely helpful because it taught "the best way to deal with other personalities."

And though the commanders are already leaders, Deogracias said that training is an essential part of furthering their careers.



*Courtesy photo*

**Fort Jackson battalion commanders visit the Center for Creative Leadership in Greensboro, N.C. as part of the installation's command leadership course, a 12-month program.**

"If we're going to go on ... then we need to know about ourselves and how we deal with people," he said. "You can't stagnate if you're going to stay in the Army and be a senior leader. I think this type of training is going to help (leaders) succeed."

Lt. Col. Bryan Hernandez, 3rd Battalion, 34th Infantry Regiment, shared a similar sentiment.

"The whole (program) is really for us to learn about our leadership ... so we can be more effective as leaders," he said. "It was a good opportunity to spend some time with our peers, to watch the way they lead their organizations, to share ideas (and) share some of our challenges."

Deogracias said he also appreciated the opportunity to work with his peers, something it is often difficult to find time for with their demanding schedules. The program allowed the BCT commanders to get some insight into what those other commanders deal with on a daily basis, and vice versa, said Deogracias.

Bineham agreed that the information sharing was invaluable.

"It forced the battalion commanders to break from the daily grind and pressures of command in order to get together to learn from one another and share experiences," he said. "It was extremely beneficial because it allowed us to take the focus off of our own organizations and look at how sister battalions operate. This information sharing — good and bad — of best practices and things to avoid helped all the battalion commanders become better leaders."

The CCL also provided mentors for each of the three teams as they worked on group projects in which the commanders addressed issues faced by Fort Jackson's commanders on a regular basis.

Ryan said having the different commanders represented, was part of the plan. "It adds to the dynamic mix of learning," he said.

Ryan said the program also forced commanders to set aside time to focus on leadership.

"It was tough because it's such a demanding job being a battalion commander," he said. "They had to take time away from their real jobs to do this. They're busy, but (they) have to make time."

That time equals to nearly nine hours each quarter for CG-led programs, which include physical training with the CG, followed by breakfast and a leadership seminar; a half-day training event hosted by a battalion commander at one of his training areas; and lunch with the CG, followed by a leadership seminar. Each event takes place once a month.

Most of the commanders agreed that the entire process shows that regardless of rank, it is important that Soldiers never stop learning.

"Our environment is one of increasing complexity which requires leaders who are confident, versatile, adaptive, and innovative," Bineham said. "As leaders we must counsel, coach and mentor to develop subordinate leaders, identify future leaders and inspire our junior officers, NCOs, civilians and Soldiers to a lifelong career of service."

Hernandez added, "I think at this level, we've got to understand that (we) don't have it all right; (we're) still learning as we go," he said. "Leadership is a core element of what we do in the Army. In the military ... we ask men and women to put their lives in harm's way, and they can only do that if they've been led well. What drives success in the military is that we have capable men and women who can get the job done."

"Good leadership is a matter of life or death."  
*Crystal.Y.Brown@us.army.mil*

“ Good leadership is a matter of life or death. ”

— Lt. Col. Bryan Hernandez  
*3rd Battalion, 34th Infantry Regiment*

## News and notes

**2-345TH WELCOMES NEW COMMANDER**

Lt. Col. Nikki Griffin Olive assumed command of the 2nd Battalion, 345th Infantry Regiment from Lt. Col. Robert Thrasher during a ceremony at the Floyd Spence Reserve Center Friday. Griffin Olive previously served as the chief of operations for the 335th Signal Command. Thrasher will stay at Fort Jackson as a staff officer with the U.S. Army Basic Combat Training Center of Excellence.

**"RUN TO HOME BASE" DISCOUNTS**

The Red Sox Foundation is offering 500 discounted tickets to Soldiers on active-duty, in the Reserve and National Guard to participate in the "Run to Home Base" 9K May 23 in Boston. The race will end at Fenway Park's home plate. Tickets are available for \$25. The deadline to sign up is Sunday. For more information, e-mail [megv@redsox.com](mailto:megv@redsox.com) or [gborson@redsox.com](mailto:gborson@redsox.com).

**CASE LOT SALE**

The commissary case lot sale is scheduled for 8 a.m. to 5 p.m., Friday and Saturday. Visit [www.commissaries.com](http://www.commissaries.com) for more information.

**ROAD RESURFACING**

Road resurfacing work is scheduled for Dixie Road beginning Monday and is expected to be completed within 30 days. The portion of Dixie affected is from Boyden Arbor Road to Wildcat Road. Drivers should expect some delay and single-lane blockage.

**INFANT MEDICINE RECALL**

Several over-the-counter children's and infants' liquid medicine products are being voluntarily recalled. Products include various Tylenol infant and children's medicine, Motrin infant and children's medicine, Children's Zyrtec and Children's Benadryl. Moncrief Army Community Hospital has removed the recalled products from their inventory. Generic versions not affected by the recall are still available. A full list of recalled products is located at [www.mcneilproducts.com](http://www.mcneilproducts.com).



**May 14 — 4 p.m.**  
Monster vs. Aliens PG 100 min.

**May 14 — 6 p.m.**  
Clash of the Titans PG-13 106 min.

**May 15 — 6 p.m.**  
The Ghost Rider PG-13 128 min.

**May 16 — 5 p.m.**  
Why Did I Get Married Too PG-13 121 min.

**May 8 — 2 p.m.**  
How to Train your Dragon PG 98 min.

**May 20 — 2 p.m.**  
Clash of the Titans PG-13 106 min.

**May 20 — 5 p.m.**  
The Ghost Rider PG-13 128 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](http://aafes.com) for listings

# Soldiers discuss concerns

Customer Management Service, in partnership with Army Family Action Plan, recently facilitated a single Soldier focus group at the Family Readiness Center.

The purpose of the focus group was to provide a forum for delegates to raise issues that affect all single Soldiers in the Fort Jackson community.

Four issues were prioritized during the focus group:

**Issue: Permanent party shuttle**

**Scope:** There is no inner post public transportation system on Fort Jackson except for those who report to sick call. This contributes to heavy traffic flow, congested parking areas and road damage due to excessive use. This affects all single Soldiers and will allow a more efficient and coordinated use of post facilities to get personal needs met.

**Recommendation:** Provide a free multi-bus system with various routes for permanent party, DoD civilian and other ID card holder use. Post schedules at designated covered bus stops and distribute in common areas (i.e. PX, commissary, units).

**Issue: Gate 2 (Strom Thurmond Boulevard) congestion**

**Scope:** There is continuous congestion at Gate 2 because of improper markings and not maximizing lane use. There is a third lane available. However, it is only used for oversized vehicles. This minimizes traffic flow because the proper available channel is not being used. This issue affects everyone who enters through Gate 2.

**Recommendation:** Allow the third lane to be used by decal holders during high traffic hours (i.e., morning surge, lunch hours).

**Issue: Single Soldier Complex recycling bins**

**Scope:** Recycling bins are overflowing because of lack of pick-up. The hours of operation for the recycling facility are not conducive to BOSS Soldiers' work schedule. This diminishes the area beautification and contributes to increased pest infestation.

**Recommendation:** Designate one day per week for extended hours (after duty) for dropoff, with personnel present to provide a receipt. Post extended hours on Victory distribution and the *Leader*.

**Issue: NCO billeting (E-5 and above)**

**Scope:** AR 210-50 does not allow NCOs E-5 and above

## CUSTOMER SERVICE CORNER

with more than three years of active service the option of living in either on- or off-post quarters. These NCOs are sharing living areas with Soldiers under their leadership which causes morale issues for the NCOs. These NCO's are being asked to be on-duty even when they are supposed to be off-duty which causes undue stress.

**Recommendation:** Change AR 210-50 and installation policy to allow NCOs E-5 and above, older than 21 with three or more years of active service the option to live in either on-post or off-post housing without the dependent BAH rate. Change the approval authority to brigade-level commander or above.

Other issues raised included: additional tuition for college assistance; not enough employees at the education center to assist Soldiers; maintenance of washers and dryers in the barracks; extended lunch hour on Family Day.

Issues will be developed then staffed out to the appropriate agencies for responses.

All issues were out-briefed to Garrison Command Sgt. Maj. Christopher Culbertson.

"I'm pleased with the effort and enthusiasm these Soldiers showed in developing these issues which will enhance the quality of life for all Soldiers," he said.

**ICE APPRECIATION**

The garrison congratulates the Directorate of Family and Morale, Welfare and Recreation, specifically ACS Exceptional Family Member Program; and Hagen Dental Clinic. For a 12-week period, these agencies achieved a 4.97 and a 4.88 rating respectively, out of a possible 5.0 in employee/staff attitude. This is an outstanding performance in customer service.



## Garden party

Spc. Arielle Schiltz, Moncrief Army Community Hospital, participates in a beautification project in front of the Andrew Jackson statue near Gate 1. Members of Better Opportunities for Single Soldiers were among the volunteers who landscaped the area.

*Courtesy photo*

# IMCOM dedicated to new technology

The IMCOM community is committed to leveraging the power of technology to expand our communication capabilities and enhance our ability to serve and support Soldiers, civilians and families. In today's world, IT is at the core of all we do at work, at home, and at play. Smaller, more powerful and less expensive IT products hit the market every day. Becoming savvy with state-of-the-art technology helps us work smarter, learn more efficiently and play harder.

During the past six months, I have visited many garrisons, listening to many members of the Army family to better understand how they prefer to receive information and communicate.

Because more than 75 percent communicate and retrieve information through the Internet and other electronic means, I now communicate through my Facebook page and the IMCOM Twitter, Flickr and YouTube sites. This implements the Deputy Secretary of Defense memorandum (Feb. 25) that requires DOD unclassified networks be configured for Internet-based capabilities like YouTube, Facebook, MySpace, Twitter and Google Apps.

Because IT is so critical in how we do business and communicate, I have made IT one of the focus areas of the Services and Infrastructure Core Enterprise, or SICE, in my role as co-lead of the SICE board. SICE is a collaborative and cross-functional team of more than 15 commands, organizations and staff offices formed to develop

**LT. GEN.  
RICK LYNCH**  
*Installation Management  
Command  
Commanding  
General*



solutions to Armywide challenges. The SICE team is currently developing plans to modernize and standardize IT services on Army installations. The results will enhance delivery of IT in the deployment process, training and programs such as Comprehensive Soldier Fitness. Also, look for improved IT to lead to improvements on how we deliver on our promises of the Army Family Covenant and Army Community Covenant.

The most important components of IT — telecommunications, information assurance and data processing — tie into every aspect of installation management. We use telecommunications to connect Soldiers to their families by video teleconference when they deploy.

Tech-smart Soldiers and family members use it when they Tweet to friends and family through their Twitter accounts. Information assurance measures and practices re-

duce risk and ensure our communication and information remains secure from malicious attacks. IA enables Soldiers and civilians to communicate with government-issued Blackberries, knowing conversations are secure from unauthorized use.

Most of us use data processing to manage our bits and bytes of information each day when we work on desktop computers, laptops, scanners and copiers. And cell phones may be the most powerful device of all since they incorporate all three of these IT components.

Every day, the universe of IT products expands. Mobile handheld devices like the current generation of smart phones have led to possibilities that were only dreams a few years ago. The convergence of cell phones, digital cameras, music players, GPS, video games, camcorders, electronic book readers and mobile web browsers rapidly change how we communicate and interact.

As the IMCOM commander, I am dedicated to embracing these new, exciting technologies and adapting them to continue to be ahead of the curve in supporting Soldier, civilian and family well-being and mission readiness.

Each generation of Soldiers brings a valuable, new perspective to the Army. It is up to us to stay in step with communication capabilities that are in sync with a quality of life commensurate with service.

We are the Army's home.

## Letter to the editor

My husband, Randy G. Jones, was an employee with the the Directorate of Plans, Training, Mobilization and Security Division, where he worked as a security analyst.

Mere words cannot express how appreciative my son and I are for the support, kindness and thoughtfulness of the Fort Jackson community after he passed away. Your kind expression of sympathy and friendship will always remain in our memories.

— Brenda and Ja'Mil Jones, Blythewood, S.C.

**Editor's note:** Randy Jones, a retired sergeant first class, died April 6.

•••

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

## Want more Fort Jackson news?



twitter

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<http://twitter.com/FortJacksonPAO>



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at [http://www.vimeo.com/  
user3022628](http://www.vimeo.com/user3022628)

# Saluting the BCT honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.  
Seth White**  
Company C  
3rd Battalion,  
60th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Spc. Nicole Pressman

### SOLDIER OF THE CYCLE

Pfc. Jesse Fritz

### HIGH BRM

Pvt. Jason Hanson

### HIGH APFT SCORE

Spc. Sarah Wear

## SUPPORT AWARD OF THE CYCLE

### STAFF SUPPORT AWARD

Spc. Sean Smith



**Sgt.  
Cassandra McKinney**  
Company D  
3rd Battalion,  
60th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Pvt. Ian Travis

### SOLDIER OF THE CYCLE

Pfc. Joseph Davidson

### HIGH BRM

Pfc. Jonathan Sanchez

### HIGH APFT SCORE

Pfc. Laurana Sveback



**Sgt. 1st Class  
Stacie Archangel**  
Company F  
3rd Battalion,  
60th Infantry Regiment

### SOLDIER LEADER OF THE CYCLE

Spc. Peter Frank

### SOLDIER OF THE CYCLE

Pfc. Steven Forrest Jr.

### HIGH BRM

Pvt. Kevin Gibney

### HIGH APFT SCORE

Pvt. Robert Macbay

## Upcoming ceremonies

### CHANGES OF COMMAND

❑ 2nd Battalion, 39th Infantry Regiment: Lt. Col. Collin Fortier will relinquish command to Lt. Col. Glenn Blumhardt, 9 a.m., Tuesday, at the Officers' Club.

❑ 2nd Battalion, 307th Field Artillery Regiment: Lt. Col. Richard Howard will relinquish command to Lt. Col. Michael Angell, 9:30 a.m., May 21, at the 157th Infantry Brigade headquarters.

❑ U.S. Army Chaplain Center and School: Col. Samuel Boone will relinquish command to Col. David Smartt, 2 p.m., May 26, at the Solomon Center.

❑ 157th Infantry Brigade: Col. Timothy Vuono will relinquish command to Col. David Bushey, 10 a.m., June 1, at the Officers' Club.

❑ 3rd Battalion, 60th Infantry Regiment: Lt. Col. Alan Deogracias will relinquish command to Lt. Col. John Allen, 9 a.m., June 3, at the Officers' Club.

❑ 1st Battalion, 34th Infantry Regiment: Lt. Col. Daniel Beatty will relinquish command to Lt. Col. Quincy Norman, 9 a.m., June 9, at the Officers' Club.

❑ Moncrief Army Community Hospital: Col. Nancy Hughes will relinquish com-

mand to Col. Ramona Fiorey, 9 a.m., June 15, at MACH.

❑ USABCToE: Brig. Gen. Bradley May will relinquish command to Maj. Gen. James Milano, 9 a.m., June 16, at the Officers' Club.

❑ 193rd Infantry Brigade: Col. Brian Prosser will relinquish command to Col. Drew Meyerowich, 9 a.m., June 24, at the Officers' Club.

❑ Garrison: Col. Lillian Dixon will relinquish command to Col. James Love, 10 a.m., June 25, at Post Headquarters.

❑ 171st Infantry Brigade: Col. Karl Reed will relinquish command to Col. George Donovan, 9 a.m., July 9, at the Officers' Club.

❑ Training Support Battalion: Lt. Col. Lawrence Anyanwu will relinquish command to Lt. Col. Sula Irish, 8 a.m., July 12, at the Officers' Club.

If any of the information changes, please send updates for changes of command and changes of responsibility to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045. The *Leader* covers changes of command and responsibility for battalion-level or higher organizations only.

### LEADER INFORMATION

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the May 27 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the May 27 *Leader* must be submitted by May 20.

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

# Recurring meetings

## WEEKLY

### Fort Jackson Boy Scouts

Tuesdays, 6:30-8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

### Walking away stress

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

### Play group

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

### Range control briefing

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

### Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail [tom.alsup@gmail.com](mailto:tom.alsup@gmail.com) or visit [www.scwg.cap.gov](http://www.scwg.cap.gov).

### Helping Everyone Reach Optimum Strength

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

### Protestant Women of the Chapel

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

### Military Widows/Widowers Association

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

## MONTHLY

### Fort Jackson Cub Scouts

First Sunday of the month, 5:30-7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

### Fort Jackson Spouses' Club

Monthly meetings, visit [www.fortjacksonspousesclub.com](http://www.fortjacksonspousesclub.com) or e-mail [Ft.JacksonSpousesclub@yahoo.com](mailto:Ft.JacksonSpousesclub@yahoo.com).

### Fort Jackson Bass Club

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

### Disabled American Veterans Woodrow Wilson Unit 4

Second Monday of the month, 6:30 p.m., 511 Violet St.,

West Columbia, 788-1836 or 791-4422.

### Weight Loss Surgery Support Group

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

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

### Seabees

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

### Veterans of Foreign Wars Post 641

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

### La Leche League breastfeeding support group

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

### Sergeant Audie Murphy Club

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

### American Legion Post 182

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

### National Federation of Federal Employees

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

### Disabled American Veterans

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

### Fleet Reserve Association Unit 202

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

### Veterans of Foreign Wars Gandy-Griffin Post 4262

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

### Vietnam Veterans of America Chapter 303

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

### Purple Heart #402

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

### Better Opportunities for Single Soldiers

First and third Wednesday of the month, 1:30 p.m., 4405

Jackson Blvd., 751-1148.

### American Red Cross

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

### Victory Riders Motorcycle Club

First and third Thursdays of the month, 5 p.m., Magruder's Club. E-mail [sec@fjvictoryriders.com](mailto:sec@fjvictoryriders.com).

### The Rocks Inc., James Webster Smith Chapter

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

### Society of American Military Engineers

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

### MEDPROS training

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

### Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail [jrodgers11@sc.rr.com](mailto:jrodgers11@sc.rr.com).

### Chrome Divas of Columbia

Second Saturday of the month at 10:30 a.m., 606-5402 or [www.thebikerchicks.com](http://www.thebikerchicks.com).

### 92nd Buffalo Chapter 20 DAV

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

### Ladies Auxiliary Post 641

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

### The Ladies Auxiliary Post 4262

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

### Combat Vets Motorcycle Association

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

## SUBMISSIONS

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

# Intern gets in the swing of things

## FIELD DAY

By  
**SHARONDA  
PEARSON**  
*Public Affairs Office*



I will never forget the first time I took a full swing at a golf ball. Three successful lessons in pitching, putting and chipping in the "Get Golf Ready" course at the Fort Jackson Golf Club had me feeling confident that it would be easy. In my mind, the short game and iron shots were essentially the same. I just had to swing harder, right? Wrong.

As I set up at the driving range, with a 9-iron in hand, and addressed the ball, I envisioned lofting the itsy-bitsy golf ball roughly 100 yards to drop softly left or right of the pin. Before taking a backswing, I mentally replayed everything that I had been taught by the pro instructors. I aligned my feet and knees parallel to the target. I leaned forward at the hips, allowing my arms to dangle relaxed. I bent my knees slightly, distributed my weight evenly and made sure the ball was parallel with the inside of my front foot.

OK. 1-2-3-swing! W-h-o-o-o-o-o-o-o-s-h!

All air, no ball. Luckily the club head did not hit the ground or I would have broken my wrist.

Strike one for the intern.

If hitting a 9-iron is the hardest golf technique to master, then hitting a sand wedge is a close second. Did you know there are times in golf when the objective is to play the ball without actually hitting it? The concept was completely illogical to me as I listened to the instructor explain a sand shot—which is when the club explodes through the sand and lifts the ball into the air with a thin layer of sand still under it—and the importance of accelerating and committing to the shot.

Anyone who really knows me can tell you that I have a hard time doing anything that doesn't make sense to me. So even after the instructor, who had been playing golf for years, clearly explained the bunker shot, I decided to do things my way, and only follow 50 percent of his advice.

The iron accelerated as I committed to the swing. So far, so good.

But instead of following through with the club head and cutting through the sand, I got all ball, no sand. The result was even more disastrous than my first swing on the driving range. Instead of floating over the lip of the bunker, the ball ricocheted and nearly hit another student in the head.

Strike two for the intern.

After four days of learning the what, when, where, why and how of golf, I was set loose on the course. Once the instructor put together the three foursomes, my team headed to the 15th hole. As if there was not already enough pressure with the PGA professional looking over

my shoulder, just my luck the garrison commander, Col. Lillian Dixon, was in my group.

Who wants to be remembered as the intern who humiliated herself in front of the garrison commander because she couldn't hit a golf ball to save her life? I tried not to panic. I said a quick prayer before I got out of the cart and reminded myself that I thrive under pressure and always pull through when the heat is on. This time would be no different.

Wrong again.

No matter how many times I attempted to get the golf club in the right position, or mimic the exact stance that the instructor had demonstrated during our sessions, something always went haywire between my takeaway and impact with the golf ball.

Half the time, I missed the ball, which was becoming my signature shot, something made even more embarrassing when you have people watching you.

Another 48 percent of the time, I either ripped the ball, duck-hooking it to the left or banana-slicing it to the right. That means during our short-lived, two-hole competition, I only hit the ball correctly about 2 percent of the time.

Strike three for the intern.

Anyone who has ever attempted to learn golf knows that it's a very humbling sport—very, very, humbling. In a matter of seconds it can make an otherwise competent individual feel like an uncoordinated, floundering fool. For the golf legends like Tiger Woods, Arnold Palmer and Byron Nelson, feelings of idiocy were probably few and far between.

### IF YOU GO:

❑ The five-session Get Golf Ready program includes six hours of instruction from PGA professional and four hours of supervised play on the course. Participants learn the basics of golf, including proper golf etiquette, chipping, pitching, green-side bunker shots, correct iron use, and driving. The program costs \$99.

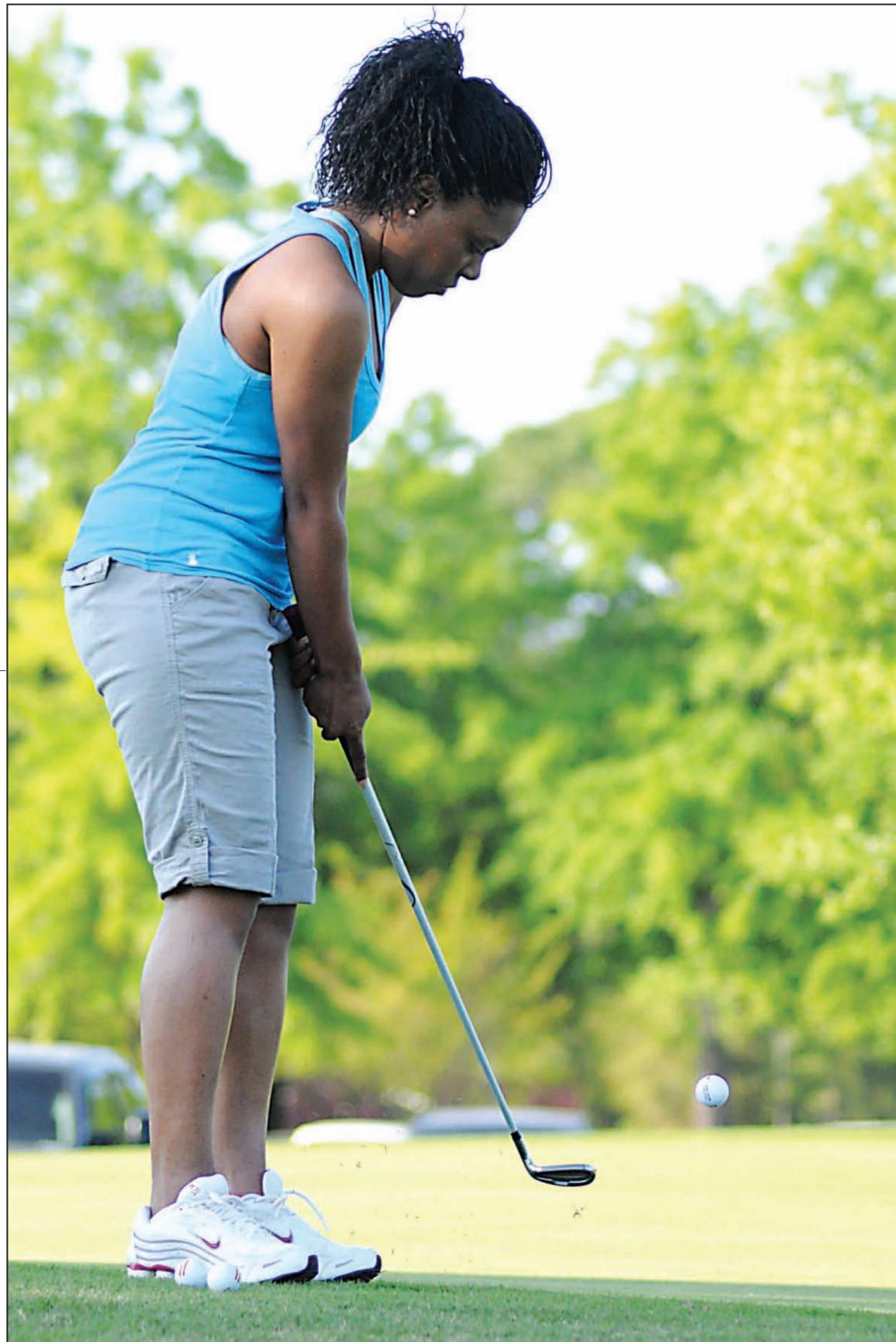
❑ The Fort Jackson Golf Club offers a variety of options, ranging from monthly free lessons, free 10-minute lessons, and the Get Golf Ready course, for anyone who wants to learn to play golf.

❑ For the seasoned player the club offers an intramural golf league, First Friday Tournaments, couples tournaments, and the Senior Men's Club Championship.

Visit [www.playgolfamerica.com](http://www.playgolfamerica.com) to register for the Player Development Programs, including the Get Golf Ready, offered by the Fort Jackson Golf Club.

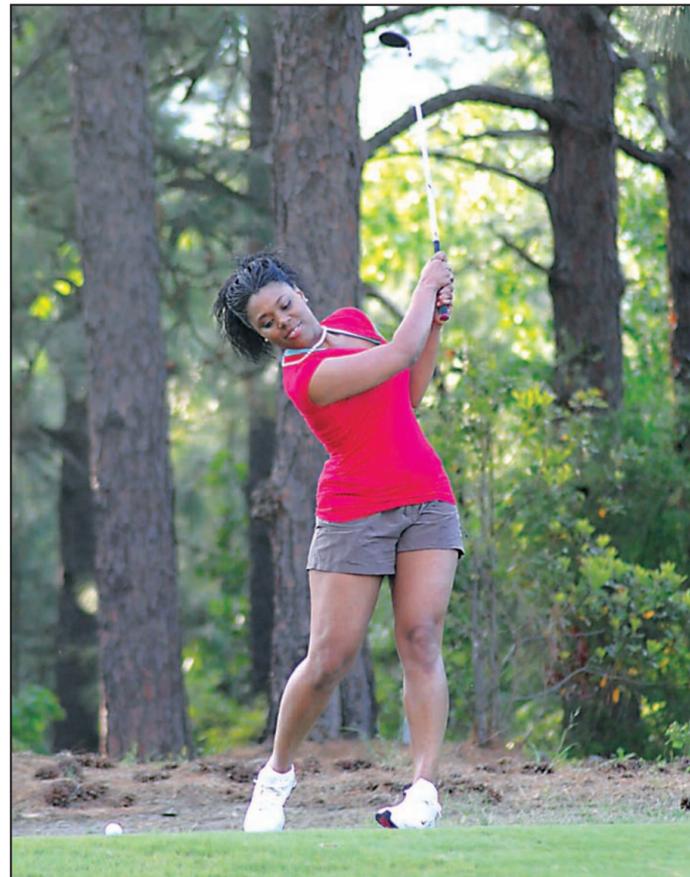
On the other hand, if you're new to the sport like me, for every 100 bad shots, you will probably have one good shot. But any fan of the sport will tell you that it's that one good shot and the dream of a hole-in-one that keeps you coming back, again, and again, and again.

*Sharonda.Pearson@us.army.mil*



Photos by SUSANNE KAPPLER

Sharonda Pearson practices her short game during the second lesson of the Get Golf Ready course.



Pearson displays pretty good form the final day of play but fails to hit the golf ball.



Kurt Sokolowski, golf pro with the Fort Jackson Golf Club, corrects Pearson's grip on the club. Participants in the Get Golf Ready program receive six hours of lessons from PGA professionals at the Fort Jackson Golf Course.

## Calendar

### Today

#### Strongman competition

6 p.m., Hilton Field

### Friday

#### EFMP Talent Show

6 p.m., Solomon Center

#### Red Cross Bloodmobile

8:30 a.m. to 1:30 p.m.

Directorate of Logistics Headquarters  
All donors are entered into a statewide drawing for a cruise.

### Friday-Saturday

#### Commissary case lot sale

8 a.m. to 5 p.m., commissary

### Saturday

#### Armed Forces Day 5K/10K Walk, Run

7:30 a.m., Hilton Field Softball Complex  
Registration for the race begins at 6:45-7:15 a.m., with a warm-up from 7:15-7:30. The race begins at 7:30 a.m. Call 751-3096.

### Saturday, May 22

#### Scavenger hunt ride

8 a.m., Solomon Center

Each rider will be given a map and three hours to complete the scavenger hunt. Cost is \$10 for those who need a bike and helmet. Visit [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com) or call 751-5768 for more information.

#### 8K Volksmarch

9 a.m., Solomon Center

The walk, hosted by Fort Jackson's Army Public Health Nurses, starts and finishes at the Solomon Center. Call 751-5251 or [Kenneth.Cobb@amedd.army.mil](mailto:Kenneth.Cobb@amedd.army.mil).

#### 187th Ordnance Battalion Ball

6:30 p.m., Marriot Hotel and Resort  
Call 751-5161/4098 for ticket information.

### Tuesday, May 25

#### Civilian employee focus group

8 a.m. to noon, Family Readiness Center  
Call 751-4926 or e-mail [Dennis.Ramirez2@us.army.mil](mailto:Dennis.Ramirez2@us.army.mil) to register. Register by May 21.

## Housing events

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

### Tuesday

#### Neighborhood Huddle

5:30 p.m.

A forum to discuss housing-related issues, concerns or comments.

### Thursday, May 20

#### Breakfast on the go

7:30 a.m., corner of Imboden and Brown  
Stop by for breakfast before school.

#### Neighborhood Huddle

10 a.m.

A forum to discuss housing-related issues, concerns or comments.

### Friday, May 21

#### Dirty sock contest

11 a.m.

Does your car need a tune-up? Join in a contest to win a free tune-up and keep your car "green."

### Monday, May 31

#### Offices closed for Memorial Day

## Announcements

### SCHOOL IMMUNIZATIONS

DoDEA has added a new immunization requirement for next school year. All students will be required to have proof of having received two doses of the Varicella (chickenpox) vaccine. Parents who are unsure whether their currently enrolled students have been given the vaccine can contact the school nurse at 782-1772. Check with the school nurse for those vaccines required for enrolling students.

### THRIFT SHOP

The Thrift Shop is accepting welfare requests. Requests may be submitted any time. Send the detailed request to: The Thrift Shop, 4110 Moseby St., Suite 1, Fort Jackson, SC 29207.

### EDUCATION CENTER HOURS

The Education Center is now offering additional testing times for students. Hours are: Monday through Friday, 7:30-11:30 a.m. and 12:30-4:30 p.m. To schedule an appointment with an ACES counselor, call 751-5341 or stop by the Education Center, Building 4600, Room A100.

### TRANSITION CLASSES

Transition classes are geared toward any Soldier who deployed during OIF/OEF. The class meets 6-7:30 p.m., each Tuesday, in the Moncrief Army Community Hospital staff conference room. The class is geared toward helping Soldiers transition from life in the combat zone. Call 751-5911 for information.

### USACHCS LIBRARY HOURS

The U.S. Army Chaplain Center and School is open to military ID cardholders and their family members. The library is open 7:30 a.m. to 4:30 p.m., Monday through Friday and contains numerous religious texts. The library also has 25 com-

puters to provide e-mail and an online library catalog.

### HR FOR SUPERVISORS CLASS

A Human Resources for Supervisors class is scheduled from 8 a.m. to 4:30 p.m., June 14-18, at the 81st Regional Support Command, 1525 Marion Ave. The course will cover NSPS, legal and regulatory requirements and the human resources process. Priority will be given to those employees who have fewer than two years of experience supervising civilian employees. Civilian and military supervisors are eligible to attend. Apply at <https://www.atrrs.army.mil/channels/chrtas/>.

### CPAC VIDEO TELECONFERENCE

The Fort Jackson Civilian Personnel Advisory Center will provide a video teleconference training June 22 for CSRS and FERS retirement classes for civil service employees planning retirement within the next three years. E-mail [Janice.Garcia@us.army.mil](mailto:Janice.Garcia@us.army.mil) to enroll.

### 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](http://www.agball2010.com) for more information or to purchase tickets online.

### TRANSPORTATION BENEFITS

The Mass Transportation Benefits Program provides non-taxable personnel benefits of up to \$230 per month for mass transit commuting costs. Qualified means of transportation include commuter bus. Interested employees must submit a completed and signed Mass Transportation Benefit Program application and a Commuter Expenses Calculation worksheet to the Patti Thornall. Call 751-4392 or e-mail [Patti.Thornall@us.army.mil](mailto:Patti.Thornall@us.army.mil) for information.

### POP WARNER FOOTBALL

Registration is now open to Fort Jackson youth, 5-12, for a Pop Warner tackle football and cheerleading for Mid-South Bulldogs. The season begins Aug. 1. Call 466-5828 or (757) 814-5188 for information.

### SUMMER NUTRITION PROGRAM

Free summer meals will be offered to children younger than 18 from June 14 through July 16 at C.C. Pinckney Elementary School and the Brown Drive Community Center.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.

## Off-post events

### CHARITY GOLF TOURNAMENT

The Annual Soldiers and Vets Charity Golf Tournament is scheduled for noon, Saturday at the Charwood Country Club in West Columbia. Registration begins at 11 a.m. Call 751-4329 for information.

### NFFE LUNCH

The National Federation of Federal Employees Local 1214 invites all bargaining unit employees to lunch, 11:30 a.m. to 1:30 p.m., Wednesday at Union Hall Headquarters, 4405 Forney St.

### TABLE TENNIS TOURNAMENT

A Wounded Warrior Benefit Table Tennis Tournament is scheduled for 10 a.m., May 22 at the Polo Park gymnasium, 730 Polo Road. Proceeds will be donated to the Wounded Warrior Project. Call 447-0007 or 348-4478 for information.

### GREAT AMERICAN CLEANUP

Volunteers are needed to assist with the Great American Cleanup through May 31. Contact Keep the Midlands Beautiful at 733-1139 for information.

### ARMY HOOAH RACE

Registration for the ninth annual Army Hooah Race is now open through June 10. The June 12 race marks the Army's 235th birthday, as well as the final race in the metro Atlanta area. Race events include a 5K walk/run, 10K run and 100-yard Tot Trot (ages 10 and younger). Register online at [www.armyhooahrace.army.mil/armyhooahrace](http://www.armyhooahrace.army.mil/armyhooahrace). Mail-in registration forms are also available at the site. The 5K starts at 7:30 a.m. at the East Point Library. The 10K starts at 8 a.m. at the Georgia International Convention Center in College Park. The Tot-Trot starts at 9 a.m.

## Sports shorts

☐ 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: June 7, July 8 and Aug. 10. Call 787-4344 or visit [www.playgolfamerica.com/ggr](http://www.playgolfamerica.com/ggr).

☐ A 5K walk/10K run is scheduled for 7:30 a.m., May 15, at the Hilton Field Softball Complex. Walkers/runners may register in advance at the sports office or from 6:45-7:15 a.m. the day of the event.

☐ Letters of interest for summer basketball are due May 19. Participation is open to active duty service members only. Call the sports office for more information.

# Child support based on various factors

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

State courts have jurisdiction over matters of child support, even for Soldiers. If a South Carolina family court has issued an order for child support, commanders cannot override or alter that order. If parents agree to a specific amount of support, the courts will usually go along with that figure unless it appears to be unfair to the child. Courts look to several criteria to determine how much child support a non-custodial parent will pay.

In South Carolina, family courts look to a schedule of basic child support obligations to determine an equitable monthly payment. Child support is not fixed and can increase or decrease by a subsequent court order if either party demonstrates a substantial change in circumstances. The primary consideration used to determine the monthly child support obligation is the gross income of both parents.

Gross income is defined as income derived from all sources to include salaries, wages, commissions, royalties,

bonuses, rents, dividends, severance pay, pensions, interest, trust income, etc.

In addition, courts consider assets available to generate income in determining child support. Normally, each parent submits an assessment worksheet whereby he/she discloses gross income, as well as other factors such as additional children, other monthly child support and/or alimony obligations, the cost of health insurance, medical expenses and child care costs.

Each parent receives credit for additional items on the assessment worksheet. For instance, if either parent has natural or adopted children living in the home that are not part of the support agreement (step-children are not included unless there is court ordered responsibility) they receive a credit.

A parent also receives credit for other monthly alimony or child support payments. These amounts are deducted from a parent's gross income. The actual cost of day care a parent incurs because of employment is also credited in the support obligation as long as that parent first subtracts the federal income tax credit he/she receives.

Courts also consider provisions for adequate health insurance coverage in every child support order. Usually the cost of the health insurance is deducted from the support payment. Once the adjusted gross income is determined, the court uses a chart to determine the total amount of child support required per month.

The non-custodial parent would pay a percentage of this figure, based on the ratio of his/her income to the total adjusted gross income. For example, if the non-custodial father's adjusted gross income was 75 percent of the total adjusted gross income of the parties (i.e. mother and father's income combined), the father would pay 75 percent of the support amount from the chart.

Determining the correct support amounts can get complicated — it is important to seek competent legal advice when you are facing separation and divorce.

If you have any questions about child support, please contact the Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road. Hours of operation are weekdays from 9 a.m. to 4 p.m. To set up an appointment with an attorney, call 751-4287.

## 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



used outdoors at least 10 feet away from any building or structure.

Furthermore, grills should not be used under shelters or on wood porches. Propane gas tanks must be stored outdoors away from any heat source. Propane gas grills may be stored in a garage after the grill has sufficiently cooled and the propane gas tank has been removed from the grill.

Do not light a gas grill with the top closed and do not allow gas to accumulate in the grill before actuating the igniter. These actions could cause an explosion. Charcoal grills should never be left unattended. Do not use any other flammable liquid other than charcoal lighter fluid to light charcoal.

Do not apply lighter fluid to charcoal that has already been lit. Finally, when grilling is complete thoroughly soak coals with water until they have been completely cooled. Cookouts are a great way to spend time with friends and family. Keep safety in the forefront to ensure that those cookouts are good memories rather than tragedies.

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



- 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!*

### CASES OF THE WEEK

□ Military Police are investigating the theft of a flat screen television from a unit's supply room. The value of the television is \$1,800.

□ A Soldier and a civilian were cited for unlawful entry after forcing themselves into an empty cabin at Weston Lake, MPs said. The Soldier was also cited for having an open container in a motor vehicle and was released to his unit.

□ A Soldier was charged with child neglect after a child that he was supervising was reported missing, MPs said. The child, who said she had been at the playground, later returned home unharmed. The Soldier was released to his unit.

### TIP OF THE WEEK

There are several barbecuing fire safety tips about which the community should be aware. Barbecue grills should be kept clean. Grease that builds up on grills can cause fires that are difficult to extinguish. Regulation requires that barbecue grills only be

# Commuting may pay off for Soldiers, DA civilians

When IMCOM announced it would reimburse federal employees who opted to use commercial transportation in lieu of personal vehicles to get to work, Family and Morale, Welfare and Recreation led the way for Fort Jackson.

“Each installation must have a point of contact for the program,” explained Christine Voegelé, financial manager, FMWR. “When we learned of the program, we believed that a number of our FMWR team members could benefit. Initially we signed up to serve the FMWR employee base. However, the program was so well-received that we were asked to include all active duty Soldiers and federal employees on Fort Jackson.”

Dubbed the Army Mass Transportation Benefit Program, reimbursement is provided for mass transit commuting costs “in order to reduce federal employees’ contribution to traffic congestion and air pollution and to expand their commuting alternatives,” according to Executive Order 13150.

MTBP is available for all military, DA civilian, and DA NAF employees. The benefit is a non-taxable personal benefit. The benefit is not to be used for any other purpose, and may not be given, sold, or otherwise transferred to any other individual. Eligible participants are limited to:

- All Army Active Component military service members
  - Army Reserve Component military service members (Army Reserve and Army National Guard) who are currently on active duty
  - DA federal civilian employees, including part-time federal employees and interns
  - DA Non-Appropriated Fund personnel employed by a duly constituted Army Non-Appropriated Funded Instrumentality under the control of the secretary of the Army (e.g., NAFI activities managed by the U.S. Army Family and Morale Welfare and Recreation Command).
- Signing up for the program is very simple.



## Army Family Covenant

By **THERESA O'HAGAN**

*Family and Morale, Welfare and Recreation*

“It’s not time consuming at all,” Voegelé said. “There is a quick initial application process. Once registered, stop by our office at the Joe E. Mann Center quarterly to sign for the vouchers. Vouchers are given to the commercial transportation company that you choose. Unless there is a change in any of the information on the application there is no need to resubmit additional paperwork.”

The maximum allowable benefit is \$230 per month.

“This program is a great way to save the employee money on fuel costs while doing something good for the environment,” Voegelé said. “By

reducing the number of vehicles on the road, congestion is relieved, less fossil fuel is consumed and fewer emissions are released.”

In order to receive the reimbursement, participants must use qualified means of transportation for the Fort Jackson and surrounding area, which includes commuter buses and van pools. Van pools must adhere to the guidelines stated in Title 26, United States Code, and Section 132(f). In other parts of the country, qualified means of transportation includes commuter train, light rail and subways and ferries.

Call Patti Hamlin at 751-4392 to obtain a Mass Transportation Benefit Program Application and Commuter Expenses Calculation Worksheet.

These applications must be returned to the POC for processing. The POC approves applications and enrolls the applicant with the Department of Transportation between the 20th and 25th of each month. Once DOT has received all information, the DOT Army Account Manager distributes the fare media to the Installation POC quarterly.

## 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 2 p.m.
- Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- Dance to a variety of music provided by DJ Randall at Magruder’s Club, 9 p.m. to 3 a.m. Magruder’s Club is located in the back of Magruder’s Pub. Cover charge is \$5 for civilians and \$3 for military.

### SATURDAY

- Step Team practice, 2 p.m., dance room at the Youth Services Center.
- Victory Bingo, starts 1 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.
- Free Armed Forces Day Concert. 4 p.m., Hilton Field. Featuring John Anderson, with opening performances by Eric Horner, Ten Toes Up and The Finesse Band.

### SUNDAY

- Victory Bingo, starts 10 a.m.
- Visit the Officers’ Club, 11 a.m.-1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

### 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.
- Victory Readers Club, 6-8 p.m., Post Library

For a complete calendar of FMWR events, visit [www.fort-jacksonmwr.com](http://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, including parents who are in the National Guard or Reserve during battle training assembly. 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 children 4-10 years old.
- Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations.

For more information, visit Victory Travel in the Solomon Center.

## Current EDGE! classes

- American Girl event planner**, 3:30-5 p.m., Monday and Thursday, 5955 Parker Lane. For children, 9-14. Be part of planning and executing the American Girl Tea Party.
- Watch the Birdie! Badminton**, 4-5:30 p.m., Tuesday, Balfour Beatty volleyball courts, Brown Avenue. For children, 9-15. Learn to smash, drop and block in this Olympic sport.
- Reel in the Fun**, 3:30-5 p.m., Wednesday, Weston Lake. For children, 9-15. Transportation provided from 5955 Parker Lane. Learn how to cast, tie a fly and pull in the big one.
- Button, Button**, 3:30-5 p.m., Wednesday, 5955-D

Parker Lane. For children, 8-14. Learn how to use buttons to decorate picture frames, lamp shades, make jewelry and more.

- Photographing the EDGE!**, 4-6 p.m., Thursday (beginning May 6, Youth Center teen room. For children, 11-18. Learn photography with the EDGE!.

*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.*



**Article submissions are due two weeks before publication.**

**For example, an article for the May 27 Leader must be submitted by today.**

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

**For example, an announcement for the May 27 Leader must be submitted by May 20.**

# Insurance news by iPod

## *TRICARE to offer podcasts for iPods, other MP3 devices*

*From TRICARE Management Office*

Waiting for the latest TRICARE news to show up in the mailbox is one way to stay up-to-date about health care. Another way — a faster way — is to subscribe to the TRICARE Beneficiary Bulletin podcast for the latest in TRICARE news and updates every week.

Now there's no reason to wait for TRICARE updates in the mail. Podcasts give beneficiaries quick, weekly updates they can access on their schedule. TRICARE podcasts are the flexible way to access TRICARE news. After subscribing, beneficiaries can listen to the podcast anywhere or any time they hit play on their iPod or other MP3 device, whether it is driving to work, walking the dog or cooking dinner.

Beneficiaries can subscribe to the TRICARE podcast at the Apple iTunes Store, and then each week it's automatically downloaded to their computer. To subscribe, go to

[www.tricare.mil/iTunes](http://www.tricare.mil/iTunes) and click the "Subscribe Free" button after iTunes launches. If a beneficiary doesn't have the iTunes software, it's offered as a free download.

Don't have iTunes? Beneficiaries can listen to listen to the podcast on TRICARE's Facebook page or by visiting the TRICARE Media Center at [www.tricare.mil/media-center](http://www.tricare.mil/media-center). The Media Center has the newest podcast, and an archive of past podcasts. While in the Media Center, listeners can spread the word about podcasts by clicking the "email this" or "share" buttons. These buttons upload the podcast to a Facebook or MySpace profile, or personal website.

Subscribe to the podcast at [www.tricare.mil/iTunes](http://www.tricare.mil/iTunes) or search the Apple iTunes Store for "TRICARE." Get e-alerts for new podcasts and subscribe to other TRICARE benefit news at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions).

Sign up for TRICARE e-mail updates at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions).

Connect with TRICARE on Facebook and Twitter at [www.facebook.com/tricare](http://www.facebook.com/tricare) and [www.twitter.com/tricare](http://www.twitter.com/tricare).

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million beneficiaries.

## MACH updates

### DFAC UPDATE

Renovations at the MACH dining facility are ongoing. Staff and visitors can eat and be served in the dining area. The mobile kitchen is closed. The DFAC is located on the fourth floor.

### 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 Department of Behavioral Health, Army Substance Abuse Program, Social Work Services 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 2-3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103 For more information, call 751-2235.

# Mental Health Month's focus is educating Soldiers

*From of the Office of the Surgeon General*

May is Mental Health Month. This year's theme is, "Live Your Life Well — Promoting Health and Wellness in the Army."

Commanders and leaders across the Army are encouraged to use the month of May as an opportunity to educate Soldiers, Army civilians and family members about the Army's behavioral health resources and programs available on Army installations, military treatment facilities and within their local communities.

**What has the Army done?** Military life — especially deployments, mobilizations and long separations — present challenges for some Soldiers, Army civilians and their family members. To keep Soldiers, civilians and the families who support them healthy in mind, body and spirit and to build resilience and restore balance in their lives, the

Army is moving toward a model of Comprehensive Soldier Fitness.

The focus of the four-pillared CSF program, which offers users a self-assessment followed by confidential self-help modules, is on prevention and building strength and resiliency instead of providing treatment after a problem has already occurred. The Army Medical Command recently initiated Virtual Behavioral Health screening programs at Schofield, Barracks, Hawaii; Fort Richardson, Alaska; Joint Base Lewis-McChord, Wash., and Fort Bliss, Texas as alternative means of providing behavioral care.

**What does the Army have planned for the future?** At the U.S. Army Medical Symposium and Exposition, May 17-21, in San Antonio, MEDCOM will formally roll out a new Comprehensive Behavioral Health System of Care Campaign Plan.

The CBHSOC is nested under the Army Campaign Plan for Health Promotion, Risk Reduction and Suicide Preven-

tion to standardize and optimize the vast array of behavioral health policies and procedures across the MEDCOM to ensure seamless continuity of care to better identify, prevent, treat and track behavioral health issues that affect Soldiers and families during every phase of the Army Force Generation cycle.

### **Why is Mental Health Month important to the Army?**

Stress reactions and behavioral support requirements are at an all-time high for the nation. It is imperative that we as an Army family do all we can to help our Soldiers, civilians and family members manage the normal stresses of combat and deployments — before, during and after. We also must maximize use of our behavioral health providers and do all we can to eliminate stigma for people who seek or need behavioral health care lasting more than a month.

Resources:

<http://www.behavioralhealth.army.mil/>

<http://www.army.mil/cs/>

# Small splinter causes big disruption

By **CHAPLAIN (MAJ.) HAROLD CLINE**  
U.S. Army Chaplain School and Center

We reached a milestone at my home last week. My daughter got a splinter in her foot Saturday evening and didn't tell her mother or me until Sunday morning. So, Sunday morning before chapel, I was dutifully poking at Carly's foot with an X-Acto knife and a pair of tweezers in an attempt to semi-painlessly remove the offending tiny piece of wood.

Need I tell you about my 4-year-old's reaction to the splinterectomy? You know what it was like. There was wailing, gnashing of teeth and much begging to just ignore the problem.

I had to explain to my little red-headed angel that we don't ignore little problems like splinters, because they become big problems like infections. A splinter, left to its own devices, eventually works its way out. However, the process is painful and disruptive to every other function in life, including walking.

Ever had a splinter? Ever had a wound to your person that you tried to ignore until it just went away? Did it go away? No? It never does. It has to be intentionally removed. The pain of intentional removal is always something we fear.

However, like the case with the splinter, getting any kind of wound or dysfunction fixed involves some pain. Yet the

pain of removal is better than leaving the problem to become a festering, infected mess that disrupts life.

You may ask, "What are you talking about? I can't think of anything in my life like that."

Oh really? Are seemingly endless deployment cycles placing relentless demands on you and or family? That is a splinter. Is your marriage going south because the two of you do not know how to talk to each other anymore? That is a splinter. Are your children reluctant to trust you now because you have answered your nation's call at their expense and they are tired of it? That is a splinter.

Maybe you have been passed over for promotion? Yes, that is another splinter. How about those stinking bills that just keep coming to empty your checking account? What about those dreams you had when you were younger? You now realize that some, maybe most of those will not come true — at least not any time soon. Our lives get splintered, don't they? What is the fix?

Jesus once said, "Come to me all of you who are heavily burdened and I will give you rest (Matthew 11:28)." I believe that our relationships with God are the biggest part of the healing process.

We cannot afford to ignore our relationship with him. Many times, we leave healing for the future because being honest about being broke means naming what we perceive to be our deficiencies. We sometimes see ourselves as weak. We are not weak, we are just human. We may as well

admit our frailty to the one who made us.

He knows; he's not offended by it. He will not think any less of us for admitting the truth about the little or big wounds of life. We must learn how to speak honestly to God about our limits. It helps us see ourselves as we are. It puts us in a place where we can accept his grace, mercy and restoration.

I also believe that we sometimes need to find others who can help us get our bearings, find the words to give voice to our pain, and finally find the sweet spot of grace and rest that brings renewal. These can be pastors, chaplains, therapists, docs, family; anybody who will objectively listen and care.

Who are the wise people in your life who know what splinters and the pains of life look like and how to extract them? Find those people. Ask for help.

It is a challenging time in which we live. Sometimes we take a hit that knocks the wind out of us. That is the time to get up, walk to the bench and take five. Take some time to look at your life and find the wounds. Ask God to heal you. If you need help outside of prayer and worship, don't be afraid to ask.

We are warriors and members of a team. Never accept defeat. Never quit. Leave no Soldier behind — that includes you.

Ask God almighty to make you whole. That is why he is there.



## 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 a.m. Task Force Marshall Chapel, McCrady Training Center
  - 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
- 8 p.m. Task Force Marshall Chapel, McCrady Training Center
- 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