

TRACKING ...

NEWS



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The Fort Jackson Leader



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A House call

State mulls military children education bill

By KRIS GONZALEZ
Fort Jackson Leader

One thing is certain for military families — a permanent change of duty station is always around the corner.

And for families with school age children, the typical stresses of packing, relocating and leaving behind family and friends, are compounded by the complexities of enrolling their children in new schools.

Lawmakers from South Carolina are working on legislation that would help alleviate some of the barriers military children must negotiate to earn a high school diploma, and some students may see the benefits as early as the next school year.

State representatives are working on a bill that would activate the Interstate Compact on

Educational Opportunity for Military Children, making the transition between schools easier for military children moving to and from South Carolina.

The bill was passed by the state Senate last Spring and currently resides in the House Committee on Education and Public Works as panel members contemplate the costs of joining the compact.

If the House eventually passes the legislation and it is subsequently signed into law, South Carolina would be among 32 states that have joined the compact, in an attempt to provide equal educational opportunities for military children.

“The compact is an agreement among states to work together to minimize school disruption for military children during transition and deployment,” said Kevin Bruch,

southeast regional liaison for Military Family Quality of Life. “It provides a uniform policy to resolve challenges military children face when moving between school systems.”

“The parents and students, when transitioning from one state to the next, would have a better understanding of what to expect when they get to their new location,” Bruch told Fort Jackson educators and parents during an informational meeting regarding the compact earlier this week at C.C. Pinckney Elementary School.

Military children are often at a disadvantage for meeting school and extracurricular enrollment deadlines as well as various credit requirements as they transition between schools from state to state.

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Flying high



Photo by KRIS GONZALEZ

Master S.H. Yim, owner of Yim's Tiger Tae Kwon Do Academy, braces for the impact of aero kicks delivered by his student, Jaquan McCoy, during a performance at the 2010 Asian Pacific American Heritage Observance, May 12, at the Solomon Center.

Stay a 'Ready Army' this storm season

We have been very fortunate so far this spring — knock on wood — in that Columbia and the Midlands area have dodged some of the destructive storms that have wreaked havoc in Oklahoma, Mississippi, Alabama and Tennessee in late April and earlier this month. But, as we all know, South Carolina is no stranger to violent weather and its dangers. We must never let our guard down.

Next week is National Hurricane Preparedness Week, which should serve as a reminder to all of us that the 2010 Hurricane season begins June 1 and runs through November. This should also let us know that we need to prepare a hurricane emergency kit, if we don't already have one. Preparation is the first step and perhaps the most important measure in dealing with serious storm threats.

Each year on Fort Jackson, we drill for a couple of days to make sure that everyone understands what he or she needs to do if a hurricane should head our way. This is a very serious and synchronized effort, make no mistake.

It requires the interaction of many of our agencies, all working in a simultaneous, coordinated and efficient way to maximize protection and resources for our Soldiers, family members and civilians in the event of a disaster. But preparation doesn't stop with drilling. We must maintain that same readiness at the individual level.

The 2010 Atlantic hurricane forecasts indicate that we could be in for a busy hurricane season, so it's in our best in-

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



terest to make sure that we are exceptionally well-prepared.

There is a six-month window in which there is a good possibility that some formidable weather could threaten the Midlands. Forecasters are predicting 15 named storms to form in the Atlantic basin between June 1 and Nov. 30. Eight of those are expected to become hurricanes, with four of those hurricanes developing into major hurricanes with sustained winds of 111 mph or higher.

One weather service is predicting that 2010 will be a top-10 hurricane year, which is in stark contrast with a relatively calm 2009 season. Again, it is imperative that every individual or family have a hurricane emergency kit and a hurricane emergency plan. There is a wealth of information that can be found on the Ready Army website, <http://www.acsim.army.mil/readyarmy/> on how to address these concerns.

The Ready Army Program, which has been in existence for the past couple of years, is a proactive community awareness resource to empower our Army communities so that we can develop individual and family plans for all types of hazards.

Ready Army uses consequence and crisis management. What that means is that in order to be Ready Army, you will need to get a kit, make a plan and stay informed.

Families should put together portable emergency kits that include items for family members with special needs and for pets. Some items for the kit are at least a three-day supply of water and nonperishable, easy-to-prepare food, a manual can opener, flashlight, a first aid kit, and important papers, just for starters.

Hopefully, the kit will never have to be used, but we should be ready should disaster strike.

Meanwhile, your plan needs to take into consideration a family communications procedure because there might be a good chance that your family members could be in various places. Knowing how to stay in touch with one another will eliminate fear and confusion should disaster strike. And, most important, practice your plan and stay informed.

Bottom line, we need to remain "toujours pret" to execute and execute smoothly on short notice, while putting personal plans in action.

Army Strong!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Ask the garrison commander about: Updating ERB information

Who can a Soldier contact to compute or change his or her Basic Active Service Date or Pay Entry Base Date) on his or her Enlisted Records Brief?



Active duty Soldiers should contact their career counselors for assistance in correcting or changing their Basic Active Service Date or Pay Entry Base Date. Reserve Soldiers should contact their S1 or unit administrators for assistance in correcting or changing their BASD or PEBD.

I've completed a Military Occupational Specialty course and want to update my records and receive my MOS orders. What are the steps that I should follow in order to accomplish this?

Congratulations on completing your MOS course. Soldiers must first forward a request for the orders through the S1. The packet should contain a DA Form 4187, DA Form 4187-1-R, DA Form 1059 and an updated Enlisted Records Brief. For additional assistance, contact the DHR, Personnel Strength Management Work Center, Strom Thurmond Building at 751-5579.

Is the Fort Jackson Golf Club going to have Junior Golf Camps again this summer?

The PGA professional staff at Fort Jackson Golf Club will conduct the 2010 Junior Golf Camps June 21-25

COL. LILLIAN A. DIXON
Fort Jackson
Garrison Commander



and July 12-16. The Junior Golf Camps are designed for young players, ages 6-17, of all skill levels. Juniors will work on all facets of their game: full swing, putting, short game and course management. Cost to attend one camp is \$45; attending both camps is \$55. New for this year is the Fort Jackson Golf Academy, which is specifically designed for junior golfers with a desire to compete in local and state levels junior tournaments. The FJGA Clinics hours are 9-11 a.m., July 6, 8, 20, 22, 27, 29 and Aug. 3, 5. Cost is \$99 per person.

To register or for additional information conduct one of our PGA professionals at 787-4437.

FACT OF THE WEEK

If you graduated from Basic Combat Training at Fort Jackson, but didn't purchase your Basic Training Video or DVD, it may still be available. Videorama has the master copy of every Basic Training and Graduation DVD dating back to January 2001. If you would like to purchase a copy of your Basic Training or Graduation DVD, call 790-4210 or 751-4162.

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

LEADER INFORMATION

E-mail story ideas and announcements to FJLeader@conus.army.mil or call 751-7045.

Providing a home away from home

Reception honors students, sponsors

By **SUSANNE KAPPLER**
Fort Jackson Leader

The Officers' Club was transformed into an international hangout May 11 as the Soldier Support Institute hosted a reception for international military students and their sponsors.

Military students from about 50 countries study at Fort Jackson throughout the year, and currently 29 students from 18 countries are on post. The SSI's International Military Student Office matches incoming students with a civilian or military sponsor to give them a broad experience during their time in the United States.

"What we're tasked for and funded for are to give the international students the official look at America. We can take them on official tours. We help them understand how the Army and the U.S. government work," said Brig. Gen. Mark McAlister, commanding general of the SSI. "But everybody understands that there's a whole different side to America. They get with the volunteers the opportunity to go into typical American homes and do typical American things like go bowling or go to the movie theater or go ride bikes — just what a normal American family does with their free time. So it shows the full picture when you combine what we do officially and then what the volunteer sponsors do with these officers and noncommissioned officers to give them a full, really honest view of what American life is like."

South Korean Maj. Yangwoo Woo, a student at the Financial Management School, is in the United States for the second time. He said that having a sponsor helped him during his first visit five years ago.

"Even though the culture between Korea and America is different, I could adapt (during my first visit) because the Americans helped me when I had any trouble," Woo said. "Even though I had some concern about the culture shock, I could overcome (it) easily. I felt (the people's) kindness."

Some of the sponsors, like Flordeliza Ripley, a DA civilian with Family and Morale, Welfare and Recreation, and Master Sgt. Fred Bueno, with the Installation Chaplain Office, sponsor students from their native countries. Both Ripley and Bueno are Filipinos who immigrated to the United States as teenagers. Bueno draws on his experiences as an immigrant in dealing with the students.

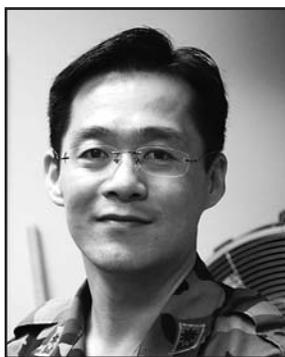
"I know the feeling to go into an area with unfamiliar customs where the culture is just different," he said. "I'm trying to put myself into their situation. I can only imagine how hard it is."

Bueno and Ripley said they welcome the students to their homes and invite them to take part in activities like gatherings and family outings.



Photos by **SUSANNE KAPPLER**

Lithuanian Capt. Vaidotas Vaicius, left, talks to 2nd Lt. Chris Fuller, Company A, Training Support Battalion during reception for international military students and their sponsors May 11 at the Officers' Club. The students educated visitors about their countries with displays, videos and food.



WOO

"We have a similar finance system in Croatia, but we have different laws. Much of what I learn here I can't implement in my country, but I saw some things that could improve our system in budgeting," she said. "I'm more interested in (the) American lifestyle, because it's new for

"Hopefully, (when they get home) they're going to change the minds of others who may have a negative (opinion) of America and turn it into a positive," Ripley said.

Croatian Capt. Vlatka Jakupec said that studying at the Financial Management School is interesting, but that she really enjoys learning about the United States during her first visit here.



JAKUPEC

because of what the volunteers do," he said. "We can't say, 'Thank you' enough to all of the military and civilian volunteers who help give each student the full picture of what American life is about."

Susanne.Kappler1@us.army.mil

me. It's one thing what you see on TV and totally different when you experience that in life."

McAlister said the international students chosen for the program are future leaders in their country's military and that building a positive relationship between the students and Americans is the goal of the program.

"This program really works



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Check us out for breaking news, videos and more.

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

MPs earn garrison NCO, Soldier titles

By KRIS GONZALEZ
Fort Jackson Leader

Justice prevailed as two partners in crime-fighting were named this year's NCO and Soldier of the Year for Fort Jackson's U.S. Army Garrison Command.

Sgt. Paul Reifke and Spc. Jose Lopez, military policemen with the 17th MP Detachment, battled it out against eight Soldiers to be named the best in garrison.

"These two are two top-notch Soldiers," said Staff Sgt. Stacy Case, physical security NCOIC for the 17th MPs. "Winning these titles speaks volumes of them."

During the three-day competition, the competitors' physical and mental stamina were put to the test as the Soldiers toughed out road marches, executed warrior tasks and battle drills, and competed for top scores on an Army Physical Fitness Test, as well as a formal board.

Case said it was Reifke and Lopez's work ethic that got them where they are today.

"Spc. Lopez is the type of Soldier whom every NCO wishes (he or she) had in his or



REIFKE

her squad," Case said. "He is an outstanding Soldier who lives the Army values and gives 110 percent every day he comes to work. He is the type of Soldier whom everyone looks to and says, 'I want to be like him.'"

"And Sgt. Reifke has a drive about him that many do not have," Case said. "He demands a lot from his Soldiers and himself. He is what every NCO should strive to be."

A self-proclaimed "hands-on person," Reifke credits his seven years of service and two Iraq deployments for giving him real-world training that would prepare him for this competition long before arriving to Fort Jackson two years ago.

"I've been ruck marching since I got here," Reifke said. "I don't want to lose my



LOPEZ

edge."

He said during his entire tour here, he has been road marching up to 12 miles, two or three times a week, making the 6-mile trek from Kennedy Hall to Gate 5

one of the easier events of the competition for him.

Lopez, who began road marching with Reifke several months ago and who has only been in the Army for three years, agreed that serving a tour overseas, like he did in Afghanistan, prepared him for the competition better than any books or repetitive practice could have.

"I don't just know these warrior tasks and battle drills — they're second nature to me now," Lopez said. "They're something I've lived through and put into practice in real life."



GRULLON

This week Lopez is at Fort Campbell, Ky., competing for the U.S. Army Installation Management Command 2010 Soldier of the Year title.

Because Reifke will PCS to Italy in July, his alternate, Sgt. Abel Grullon, a mechanic attached to the 17th MP Detachment, will compete to be named IMCOM's 2010 NCO of the Year.

Reifke said he's confident six-year veteran Grullon will do well in his place, and that Lopez will steal the show at Fort Campbell.

"He's confident and highly motivated," he said about Lopez. "He excels at everything. He's the most high-speed Soldier we've got."

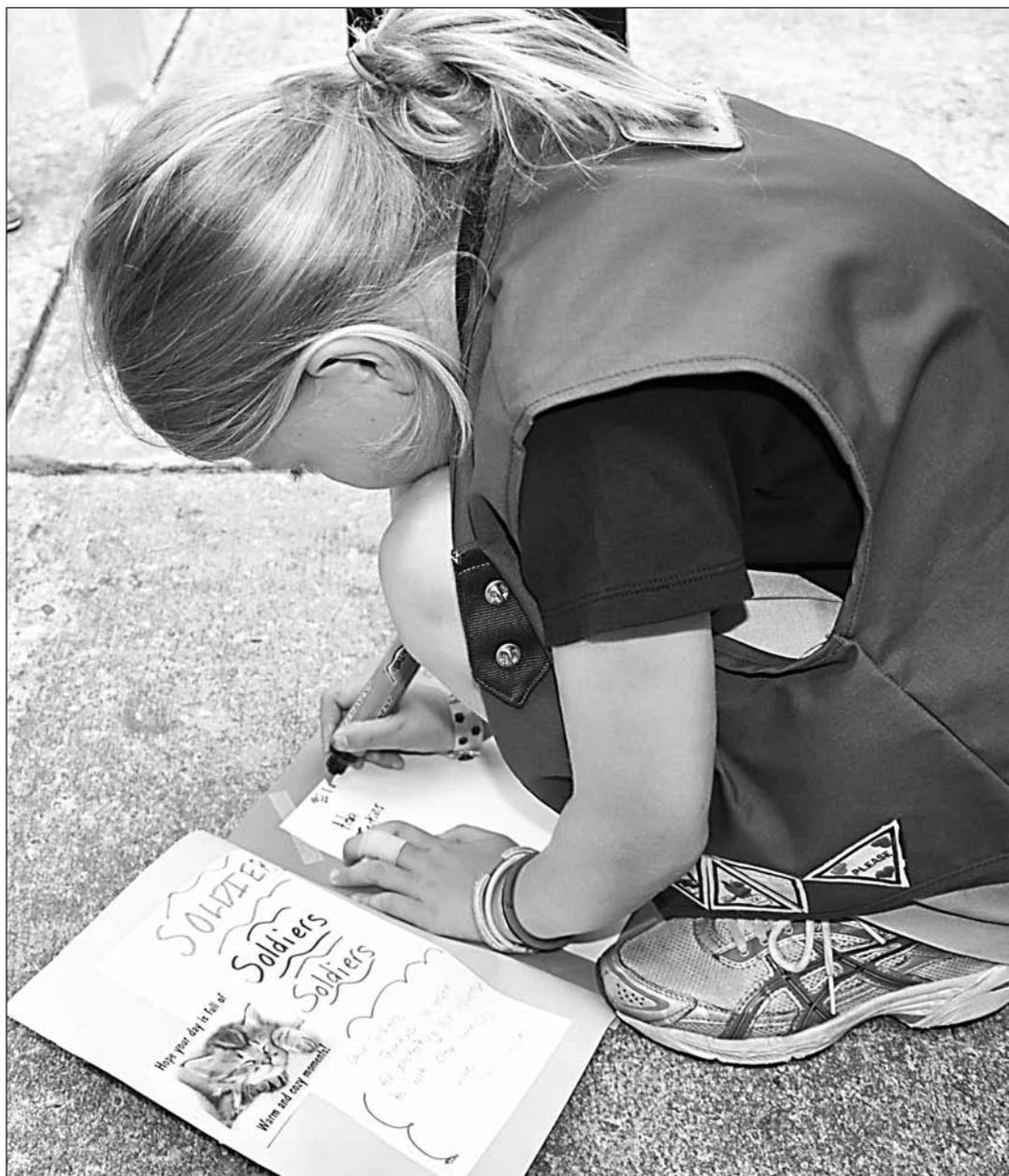
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Mmmmm, cookies!



Photos by SHARONDA PEARSON, Public Affairs Office

Above, Brownie Girl Scouts from Troop 2368 present Soldiers from the 3rd Battalion, 60th Infantry Regiment with 250 boxes of Girl Scout cookies as part of the "Cookies for Troops" program. Right, a Brownie from Troop 2368 signs a card titled "What would you do without them?" to express troop's appreciation to Basic Combat Training Soldiers.



Housing Happenings

COMMUNITY UPDATE

❑ A single Soldier town hall meeting is scheduled for 5:30 p.m., June 21. The location will be announced soon.

❑ Nominations for Yard of the Month can be submitted by calling 738-8275 or via e-mail to cowilliams@bbcgrp.com. Judging takes place the first Monday of each month.

❑ Residents who fill out a customer comment card are entered into a monthly drawing for \$100.

DEVELOPMENT UPDATE

❑ To date, 124 homes have been completed.

❑ The abatement process for homes on Bremer Court, Faison Court and Brown Avenue is scheduled to begin at the end of the month.

❑ Road closures are expected to be scheduled for the first week of June. As of now, only Brown Avenue will be affected.

❑ 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. Search for CMS Fort Jackson.

"Let your voice be heard!"

SSI welcomes dignitary

From the Soldier Support Institute

Mary Sally Matiella, newly installed assistant secretary of the Army (Financial Management and Comptroller), visited Fort Jackson's Soldier Support Institute recently in an attempt to gain a better understanding of the Army Financial Management Corps.

"I was truly impressed by Ms. Matiella and her desire to understand how financial management Soldiers, NCOs and officers are training in their essential technical skills," said Brig. Gen. Mark McAlister, commanding general of the SSI.

During her May 7 visit, Matiella joined Soldiers for lunch in the 369th Adjutant General Battalion dining facility and visited other portions of the unit, stopping inside a barracks to see where Advanced Individual Training Soldiers live. Matiella also toured the post's privatized housing areas, and viewed new construction juxtaposed against the old, prompting her to comment on the tremendous improvements that were under way.

Matiella also observed Financial Management AIT in progress in a classroom setting, then toured the Warrior Training Area. The facility replicates a deployed forward operating base, which is used to reinforce classroom instruction in a simulated real-world environment.

"It is exhilarating to see the amount of quality effort dedicated to Financial Management training," Matiella said. "My visit to Fort Jackson reinforces my belief in our continued dedication to creating a professional military and civilian workforce."



Courtesy photo

Lt. Col. Lawrence Anyanwu, middle, Training Support Battalion commander, explains the function of the Soldier Support Institute's Warrior Training Area to Mary Sally Matiella, assistant secretary of the Army (Financial Management and Comptroller), during her recent visit to Fort Jackson. Master Sgt. Anthony Bennett, noncommissioned officer-in-charge of the WTA, looks on.

SSI intends to establish the Warrior Training Area as the financial management equivalent to Fort Irwin's National Training Center, making a rotation there standard prior to deployment. As head of the Army's financial managers, Matiella is responsible for deciding whether to formalize this pre-deployment training.

McAlister said he considered the visit a success.

"The time Ms. Matiella spent at the Soldier Support Institute will pay definite dividends in that it is critical for senior leaders to understand the challenges faced by the Army training community on a daily basis," McAlister said.

True blood



Photo by SUSANNE KAPPLER

Representatives with the Directorate of Logistics and the Directorate of Public Works are awarded plaques by the American Red Cross Friday for hosting 18 blood drives between December 2005 and December 2009. During the blood drives, more than 500 pints of blood were collected, potentially helping more than 1,500 patients.

Saying 'Sayonara'



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Brig. Gen. Bradley May, Fort Jackson's commanding general, presents Jo An Miller, American Red Cross senior station manager, with a coin at the Red Cross volunteer appreciation luncheon May 11 at the NCO Club. Miller will leave Fort Jackson to take on a similar role in Japan.

Volksmarch promotes physical fitness month

By **KENNETH COBB**
Moncrief Army Community Hospital

Moncrief Army Community Hospital, Department of Preventive Medicine, Army Public Health Nursing is sponsoring a five mile (8K) Volksmarch Saturday in support of National Physical Fitness and Sports Month.

Individuals and organizations everywhere are asked to join in the fun to promote awareness of the value of physical activity in the pursuit of happier, healthier, more productive lives.

The Volksmarch is open to all ages and is for both groups and individual walkers. Though non-competitive, groups are encouraged to participate in some friendly competition by bringing in the largest group of participants.

Both military and civilian organizations are encouraged to participate. School-age participants are encouraged to start a competition to see which class from your school can total up the most miles. Give extra credit to your students who register and walk!

Though the walk is free, commemorative T-Shirts and coins are available for \$10. There will be a limited amount of T-shirts and coins, so register early to ensure availability. Cash payments will be accepted the day of the walk.

Walk-in registration is 7:30-8:30 a.m. at the Solomon Center. The Volksmarch begins at 9 a.m.

For early registration forms or if you have any questions, call the Army Public Health Nursing Office at 751-5251 or e-mail Kenneth.Cobb@amedd.army.mil.

Interstate compact helps military children

Continued from Page 1

For some children, those disadvantages could prevent them from entering specific grade levels, participating in specialty or honors classes, extracurricular activities and sports — or at worst — graduate.

The compact addresses four categories of concern for military families: enrollment, placement and attendance, eligibility and graduation. It consists of nine articles that deal with issues military children encounter in grades as early as kindergarten all the way to their senior year in high school.

The articles would allow for the following provisions:

1. Parents would be given temporary transcripts that the new schools would be required to use for student placement pending the arrival of official records, which must be sent within 10 days of a request from the receiving school.

2. Students would be given 30 days to get required immunizations in the new state, with the exception of the tuberculosis skin test, which because it is a test and not a vaccine, would have to be completed according to the new state's enrollment requirements.

3. Students would be placed in their current grades, regardless of age requirements for kindergarten or other grades in the new state, as long as the student was already enrolled in school at their previous location. This rule would not apply to students who had never been enrolled in school.

4. Students who do not meet graduation requirements in a new state may walk with their peers during a graduation ceremony, but be awarded diplomas from the previous state if they meet that state's graduation requirements.

5. Honor students would be placed in similar programs and courses, if available. This rule would not preclude the new schools from doing subsequent testing on their own to assess whether the child meets the course requirements.

6. Special education students would receive the same services identified in their Individual Education Plans, if those services are available at the new school. The receiving school may also re-evaluate the students and their IEPs to ensure appropriate placement.

7. Local education agencies would have the flexibility to waive program prerequisites, coursework and exams if similar coursework has been completed or exams have been taken.

8. Students would be allowed a specific number of additional excused absences, typically five, to visit parents or guardians before or after deployment.

9. Students would be afforded the opportunity to participate in extracurricular activities or sports regardless of deadlines, provided they are qualified and there are spaces available.

The compact would apply to children of active duty military members, including activated members of the National Guard and Reserve and those severely injured, medically discharged or retired for a period of one year after separation. It would also apply to children of service members who died while on active duty for up to one year after death.

For more information visit www.USA4MilitaryFamilies.dod.mil or contact Kevin Bruch at 843-327-9939 or Kbruch@sc.rr.com.

Kris.Gonzalez1@us.army.mil



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

Swimming lessons not just for kicks

He leaned forward, his head precariously near the water, seemingly anticipating the coach's instructions. Nearby, another set of bodies— mother and child — did the same. Then came the words we'd all been awaiting: "Kick, kick, kick!"

The other child shot forward; mine didn't. I stole a glance at the other child — our adversary in a swim diaper.

Four lessons into the swimming class in which I'd enrolled my son and I was competing with a child who wasn't yet 2.

A couple of months ago, I decided that I wasn't doing nearly enough with my child. There were no mid-day walks to the park; no baby sign lessons; no Mommy and me classes.

Each day, it seemed, my window of bonding time was growing smaller. So, I decided I'd kill two birds with one stone with swimming lessons. Not only would it get my toddler familiar with the water, it would provide a bonding experience for us both.

The first day of lessons went better than I expected. He objected to getting his hair washed in the bathtub, so I knew he would resist having water poured over his head. What I didn't expect, however, is that we would be teach-

CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**

Fort Jackson Leader



ing our toddlers to hold their breath underwater the first day. We practiced "dolphin dips," in which the children merely got their faces wet, kicks (both forward and backward) and safety steps, in which we instructed the children to grab the side of the pool. It was all very terrifying and exhilarating at the same time. In photos, the other mom and I are holding our babies, both our cheeks puffed out. It's as if we were attempting to hold our children's breath for them. Only when their little noses and mouths broke the surface of the water did we relax.

The second lesson went even better. With Daddy nearby snapping photos, it's as if our little swimmer were on a photo shoot. He kicked, he moved his arms, he

clapped for himself when he did a good job.

But during his next lesson, it seemed he decided that he had enough. No more kicking. All of my — and the swim coach's — high-pitched pleas to kick were ignored.

And that is when his cute, little swim partner became our No. 1 opponent. Never mind the fact that she is five or six months older than my child; as she moved on to more progressively difficult tasks, I took him over to the side, where I willed him (mentally and verbally) to kick.

Neither my coaching, nor my silent prayers, had any effect. But, last night, as we sang our final song, and he laughed as I bobbed him up and down in the pool, I realized that it really didn't matter if he could kick his legs or swim unaided at the culmination of the class. I signed us up so that he could spend some fun time with Mommy; I didn't think he would actually learn to swim, I didn't even think he would put his head under the water so soon.

So, even though he may not "win" the competition I'd created within my own mind, as I look at my computer screen-saver — a photo of him smiling, face wet after a successful dolphin dip — I know that he still came out on top.

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

Family Happenings

BABY SITTER TRAINING

SKIESUnlimited baby sitter training is scheduled for 1-5 p.m., Monday and Tuesday, at the Pinckney Annex, 5614 Hood St. The two-day course is available for those at least 12 years old. Those who are 13 and older will be placed on the baby sitter referral list upon completion of the course. Call 751-4865 to register. Call 751-6777 for information.

FAMILY MOVIE DAY

Sundays are Family Movie Day at the Fort Jackson Theater. For \$25, receive admission for two children and two adults, two large orders of popcorn and four medium drinks.

WALKING GROUP

Join other parents and children at

the Columbia Place Mall Food Court for the Stroll Along Walking Group 10 a.m. to noon, every Tuesday. Call 751-5256 or e-mail fjackson_acs@conus.army.mil for information.

PLAYGROUP

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

SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail jcst143@univision.com or

lizperlataina@yahoo.com for information.

PARENTS' NIGHT OUT

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

4-H CLUB

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

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar.

CALL FOR SUBMISSIONS

The Fort Jackson Leader wants to hear from military spouses. The Leader is inviting submissions (questions, commentary, etc.) from or about spouses.

The Leader also 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 all submissions to FJLeader@conus.army.mil.

Article submissions are due two weeks before the scheduled publication. For example, an article for the June 3 Leader must be submitted by today.

Announcements and letters are due one week before the scheduled publication. For example, an announcement for the June 3 Leader must be submitted by May 27.



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News and notes

2-39TH WELCOMES NEW COMMANDER

Lt. Col. Glen Blumhardt assumed command of the 2nd Battalion, 39th Infantry Regiment from Lt. Col. Collin Fortier during a ceremony Tuesday at the Officers' Club. Blumhardt previously served as the executive officer for the 193rd Infantry Brigade. Fortier is assigned to the NATO Training Mission-Afghanistan at Fort Sam Houston, Texas.



BLUMHARDT

ROAD RESURFACING BEGINS

Road resurfacing work is scheduled for Magruder Avenue, Anderson Street and Washington Road, Monday. Work is expected to be completed within 30 days. Work on Magruder will begin at Sumter Avenue and progress almost to Strom Thurmond Boulevard. Work on Anderson Street and Washington Road will begin at Magruder and progress to Crockett Street. Road work on Dixie Road, which effects Boyden Arbor and Wildcat roads, is also under way. Drivers should expect temporary delays and single-land blockage during this time.

RAP STAR VISITS FORT JACKSON

Rapper Plies will be at the Main PX, 4 p.m., Monday signing to sign his new CD, which is scheduled to be released nationwide Tuesday.

USO PRESENTS SESAME STREET SHOW

Two Sesame Street shows are scheduled for 4 p.m. and 7 p.m., May 28, at the Solomon Center. The USO-sponsored show is free for military families and their children. Free tickets are available at the Solomon Center and all Child, Youth and School Services facilities.



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.	
May 21 — 4 p.m.			
Igor	PG	86 min.	
May 21 — 6 p.m.			
The Last Song	PG	107 min.	
May 22 — 4 p.m.			
Date Night	PG-13	88 min.	
May 23 — 4 p.m.			
The Last Song	PG	107 min.	
May 27 — 2 p.m.			
Date Night	PG-13	88 min.	
May 27 — 5 p.m.			
The Last Song	PG	107 min.	

Fort Jackson Reel Time Theater
(803) 751-7488
Closed Monday, Tuesday and Wednesday

Ticket admission
ADULTS \$4
CHILDREN (12 and younger) \$2
Visit aafes.com for listings



Army News Service photo

Army officials say the defective helmets are not a “direct risk” to Soldiers. Brig. Gen. Peter Fuller, Program Executive Officer Soldier, said that while the helmets failed to meet Army standards, there is no evidence that any Soldier was ever harmed from their use.

Army recalls 44,000 helmets

By **MASTER SGT. DOUG SAMPLE**
Army News Service

WASHINGTON — The Army recall of 44,000 Advanced Combat Helmets that were issued to Soldiers in Iraq and Afghanistan is the result of a Justice Department investigation, as well as independent tests that show the helmets do not meet Army standards, officials confirmed this week.

However, Army officials say the defective helmets are not a “direct risk” to Soldiers. Brig. Gen. Peter Fuller, Program Executive Officer Soldier, said during a meeting with reporters that while the helmets failed to meet Army standards, there is no evidence that any Soldier was ever harmed from their use. He said the defective helmets still provided a safe degree of protection, but “just not up to our standards.”

Although the helmets pose no direct risk to Soldiers right now, Fuller said the Army is using “an abundance of caution” to pull the helmets out of the field.

“Our objective is for every Soldier to be confident in wearing what they have, and we’re not as confident because of some of the procedures the manufacturers used, and we just want to make sure we get them out of the field,” Fuller said.

The recalled helmets represent about 4 percent total of the Army inventory, Fuller said. Since officials cannot be sure where all the helmets were issued, they are telling every Soldier who has an ACH to check the tag to see if the helmet was manufactured by ArmorSource.

Fuller said the Army issued an urgent directive May 13 to combatant commanders in Iraq and Afghanistan calling for the immediate turn-in of helmets manufactured by the contractor. He heads up PEO-Soldier, an organization that

oversees the development and testing of equipment for the Army from its headquarters at Fort Belvoir, Va.

The recall, he explained is the result of a Justice investigation and individual tests conducted at Aberdeen Proving Ground, Md., that proved the helmet, which was manufactured by ArmorSource, did not meet Army standards.

The general could not elaborate on the Justice findings because of the ongoing investigation.

“Our No. 1 mission is to ensure every Soldier’s lethal-survivability equipment can survive in any environment, and a helmet is a personal piece of equipment that provides that survivability,” Fuller said. “We want to make sure they never have any question as to whether or not this will be able to stop what it needs to stop.”

Fuller said the Army began the recall process immediately upon notification of the Justice investigation and after the results of independent testing revealed flaws in the ballistic capability of the helmet.

In January, the Army was notified by Justice of the investigation, after the paint on some helmets began peeling. The helmets were then subjected to further tests by the Army which determined the ballistic defect.

Fuller said the recall notice was issued as a precautionary measure.

“Because of the testing and additional information we got from the Department of Justice, we wanted an abundance of caution to pull all these helmets out and give them (Soldiers) another helmet that we know is perfect pedigree,” he said.

PEO officials said there are about 1.6 million Advanced Combat Helmets in the Army’s inventory.

The Army has three other helmet manufacturers. They are MSA North America, BAE Systems, and Gentex Corp.

LEADER ON SOCIAL MEDIA

Are you interested in knowing what’s going on at Fort Jackson? Follow us on Twitter at www.Twitter.com/Fort-JacksonPAO. “Like” us on Facebook by visiting <http://bit.ly/10gj2x>.

Corporate prayer creates strength, unity

By **CHAPLAIN (LT. COL.) BART PHYSIOC**
Installation chaplain

Prayer. Does it matter? Does it work? Statistics show that most people believe in prayer and apply it personally. Do you? Prayer has been defined as spiritual communion with God that involves adoration, confession, thanksgiving and supplication. By definition, then, prayer is not simply a personal petition to God, but a personal encounter with God. Do you believe it? I do.

I am compelled to pray, even driven to pray sometimes; yet, I am mystified by its nature and power. To actually be in communion with God is so appealing, on the one hand, but so dreadful, on the other.

It's like standing completely naked (physically, emotionally and spiritually) before someone who knows everything there is to know about you.

There is no place to hide (that's the dreadful part), but nothing to hide (that's the appealing part). For me, prayer is

Post joins Global Day of Prayer

For the first time, pastors, ministry leaders and business people from various denominations in greater Columbia will gather by the thousands to join millions of others around the world for a time of worship and prayer. This year's Global Day of Prayer is scheduled for Sunday, 3-5 p.m. at the Colonial Life Arena.

The Global Day of Prayer was founded by South African businessman Graham Power in 2001. Each year, the event spread to more African countries until it went global in 2005. By 2008, more than 240 countries participated in the Global Day of Prayer.

something I need to do — something I must do, something I was made to do — both individually and corporately.

Now, praying alone is one thing; praying with others is another. When communing with God alone, I feel much less

inhibited than when I'm communing in the company of others. Perhaps you feel the same way. Nevertheless, corporate prayer has an amazing way of drawing people together from the inside out. Such prayer not only binds family members and friends together, but strangers, too. It is a wondrous and sometimes exhilarating experience, not unlike connecting with fans in a sports stadium.

Hold that thought for a moment. If corporate prayer with one or two others can be a meaningful and powerful experience, what might prayer with a few more be like? What about a few hundred more?

What about thousands, or even millions more?

Under that premise, Fort Jackson has been invited to join in this year's Global Day of Prayer, where I will offer prayers on behalf of our community at Fort Jackson.

There will be no special speakers, and no offering will be taken. The focus simply will be on worship and prayer for our world, our nation, our city, our communities and our families.



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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Gary Kurtzhals
Company A
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Daniel White

SOLDIER OF THE CYCLE
Pvt. James Legier

HIGH BRM
Pvt. Robert Colomb

HIGH APFT SCORE
Spc. Xuchang Li



Staff Sgt. Christopher Widener
Company B
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Sonja Tackett

SOLDIER OF THE CYCLE
Pfc. Jeremy Davis

HIGH BRM
Pvt. Lee Yang

HIGH APFT SCORE
Pfc. Tara Blackburn



Staff Sgt. Aloysia Johnson
Company C
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Tiffany Adams

SOLDIER OF THE CYCLE
Pvt. Benjamin Villina

HIGH BRM
Pvt. Michael Villalobos

HIGH APFT SCORE
Pvt. Paul Quiroz



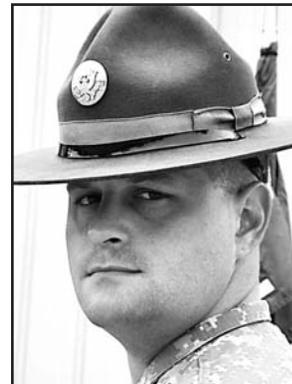
Staff Sgt. Christian Wamsley
Company D
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Nino Cintron

SOLDIER OF THE CYCLE
Pfc. Kyle Thomas

HIGH BRM
Pvt. Nein Andrea

HIGH APFT SCORE
Spc. Scott Ludlam



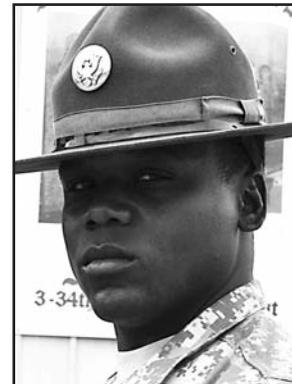
Staff Sgt. Joshua Jones
Company E
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. David Sanders

SOLDIER OF THE CYCLE
Pvt. Cherise Landry

HIGH BRM
Pvt. Keith Porter

HIGH APFT SCORE
Pfc. Steven Richardson



Sgt. 1st Class Bryant Thomas
Company F
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Corey Godsey

SOLDIER OF THE CYCLE
Pvt. Lara Hamade

HIGH BRM
Pvt. Justin Daniels

HIGH APFT SCORE
Pfc. Micah Hayes

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT OF THE CYCLE

Staff Sgt. Breyanna Nicholson
Sgt. 1st Class Patrick Santos
Sgt. Jimmie Billison

SERVICE SUPPORT AWARD

Sgt. 1st Class Chetoria Jackson

DFAC AWARD

Laurie Swader

Upcoming ceremonies

CHANGES OF COMMAND

□ 2nd Battalion, 307th Field Artillery Regiment: Lt. Col. Richard Howard will relinquish command to Lt. Col. Michael Angell, 9:30 a.m., Friday, at the 157th Infantry Brigade headquarters. In case of inclement weather, the ceremony will be at Coleman Gym.

□ U.S. Army Chaplain Center and School: Col. Samuel Boone will relinquish command to Col. David Smartt, 2 p.m., Wednesday, 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 command 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, 11 a.m., June 25, at Post Headquarters.

□ 120th Adjutant General Battalion (Reception): Lt. Col. Michael Bineham will relinquish command to Lt. Col. Michael McTigue, 2 p.m., June 25, at the 120th Chapel.

□ 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.

CHANGES OF RESPONSIBILITY

□ 165th Infantry Brigade: Command Sgt. Maj. Sean Watson will relinquish responsibility to Command Sgt. Maj. Dwight Dooley, 9 a.m., June 7, at Darby Field.

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

LEADER INFORMATION

E-mail FJLeader@conus.army.mil to submit a story idea, announcement or request coverage of an event.



twitter

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Check us out for breaking news, videos and more.

facebook

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



At your service

phone numbers and operating hours for key post facilities

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

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

Calendar

Saturday

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 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.

187th Ordnance Battalion Ball

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

Tuesday

Civilian employee focus group

8 a.m. to noon, Family Readiness Center
Call 751-4926 or e-mail Dennis.Ramirez2@us.army.mil to register. Register by Friday.

Thursday, May 27

Tobacco cessation orientation

3-4 p.m., Moncrief Army Community Hospital conference room
Open to anyone interested in quitting tobacco use. Call 751-5251 for information.

Thursday, May 27-Saturday, May 29

Book signing

Main PX
Lorie and Anthony Fanning will sign copies of "101 HEALarious Reasons to Stay Married."

Saturday, June 5

Youth Fishing Derby

8-11 a.m., Semmes Lake
Open to children, birth through 15. All children must be registered before fishing.

Friday, June 11

AG Corps Hall of Fame induction

The 2010 Adjutant General's Corps Regimental Hall of Fame Induction Ceremony will be followed by the Hall of Honor Ribbon cutting. A reception in the Adjutant General School, wing 300, will immediately follow. RSVP by June 1 by calling 751-8300 or e-mail David.Ratliff@conus.army.mil.

Housing events

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

Thursday

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

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

THRIFT SHOP UPDATES

The Thrift Shop recently awarded \$5,650 in welfare money to Sister Care, USO, CYSS, Red Cross Volunteers, National Military Family, Pinckney D.A.R.E. program and the Fort Jackson Boy Scouts. Welfare requests may be submitted at any time to 4110 Moseby St., Suite 1, Fort Jackson, SC 29207.

Donations may left in the yellow donation box behind the Thrift Shop at any time. Look for the Thrift Shop on Facebook for more updates.

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.

GOLDEN KNIGHTS APPLICATIONS

The U.S. Army Parachute Team, the Golden Knights, is accepting applications for the 2010 selection. Candidates must be active duty, have completed 100 free-fall parachute jumps and have a good military and civilian record. Applications are available at <http://www.usarec.army.mil/hq/goldenknights>. The application deadline is July 31. Selection begins Sept. 7.

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.

CIVILIAN TAX WITHHOLDING

Now is a good time for civilian employees to review their tax withholding

information. Verify that deductions are being withheld for the correct state and locality taxes. Changes may be made via MyPay. Call 800-538-9043 for information.

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 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 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 for information.

AAFES UPDATES

AAFES now accepts manufacturers' online coupons. Sites and services that offer manufacturer coupons range from company websites to online discount portals. AAFES requires that online coupons include the words "manufacturer coupon," a bar code, expiration date, redemption address, usage policy and stated face value. In most instances, the policy allows for one manufacturer coupon to be combined with an AAFES-issued coupon for the same item.

AAFES is also expanding its "Exchange Select" brand. Managers expect items more than 600 store brand products by the year's end. Exchange Select products tout the same quality as private-label brands at a lower price.

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 Avenue Community Center.

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

Off-post events

TABLE TENNIS TOURNAMENT

A Wounded Warrior Benefit Table Tennis Tournament is scheduled for 10 a.m., Saturday 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.

JAILBREAK 5K

The Lexington County Sheriff's Foundation's Fourth Annual Jailbreak 5K is scheduled for 8 a.m., May 29 at the Lexington County Sheriff's Department. The 1-mile family fun run begins at 8 a.m. The 5K begins at 8:30 a.m. Register online at www.strictlyrunning.com. For registration fees or other information, call 785-2421.

AIRBORNE MUSEUM DEDICATION

A dedication for the 173rd Airborne Brigade National Museum is scheduled for 9:45 a.m., June 1, at the National Infantry Museum and Soldier Center in Columbus, Ga. The names of "Sky Soldiers" killed in Vietnam, Iraq and Afghanistan will be etched into the memorial. Visit www.173dairbornememorial.org for information.

VETERANS HELPING VETERANS

A veteran's event is scheduled for 9:30 a.m., June 5, at Bluff Road Park, 138 Carswell Drive, Columbia. Topics include: disability benefits, homelessness, medical records, grief counseling and compensation. Call 776-8977.

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.

❑ Task Force Marshall is hosting a "Helping Heroes" golf tournament, 12:30 p.m., Friday, at the Fort Jackson Golf Course. Prizes will be awarded for captain's choice, longest drive, close to pin and more. Call 806-1023 or e-mail Ryan.D.Bowen@conus.army.mil or Joseph.Junior.Cruz@conus.army.mil.

For information about on-post sports, call the Sports Office at 751-3096. For a full list of calendar events, visit <http://jackson.mhsoftware.com/>

Citizenship tips for engaged Soldiers

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

I am a Soldier and U.S. citizen stationed at Fort Jackson. My fiancée is a citizen of a foreign country who currently lives in that foreign country. We want to get married in the United States, and then she wants to live legally in the United States. What can we do?

First, the Soldier has to file a petition with U.S. Citizenship and Immigration Services for a fiancée visa. The form can be downloaded from the USCIS website and mailed to the regional office. Be sure all contact information for both people is current to avoid prolonging the approval wait time. After the petition is reviewed by USCIS

and approved, the non-citizen fiancée can then obtain a visa from the U.S. Embassy or consulate in the country in which she lives.

The couple then have 90 days from the date the non-citizen enters the United States to get married. If the couple do not get married, the non-citizen leaves the United States (even temporarily) or the non-citizen marries someone else, the visa expires and no extensions are granted. Each non-citizen is allowed only one fiancée visa, so future applications will be denied.

After the marriage, the non-citizen spouse must apply for permanent resident status if he or she wants to live and work within the United States. If the non-citizen spouse does not apply for permanent resident status within 90 days from entering the country and provide proof of the

marriage (marriage license) he or she must leave the country.

If the non-citizen spouse does apply for permanent resident status within the 90 days and provides proof of the marriage, he or she will be granted a two-year conditional permanent resident status.

This is one example of how to apply for citizenship. There are a lot of paths on the road to citizenship. Visit the U.S. Citizenship and Immigration Services website at www.uscis.gov for all necessary forms, laws, regulations, fees and even examples of common scenarios. Progress of an open file can also be tracked online after citizenship papers have been filed.

Call the Legal Assistance office at 751-4287 for more information or to speak with an attorney.

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



and various cosmetics and skincare items, totaling nearly \$270.

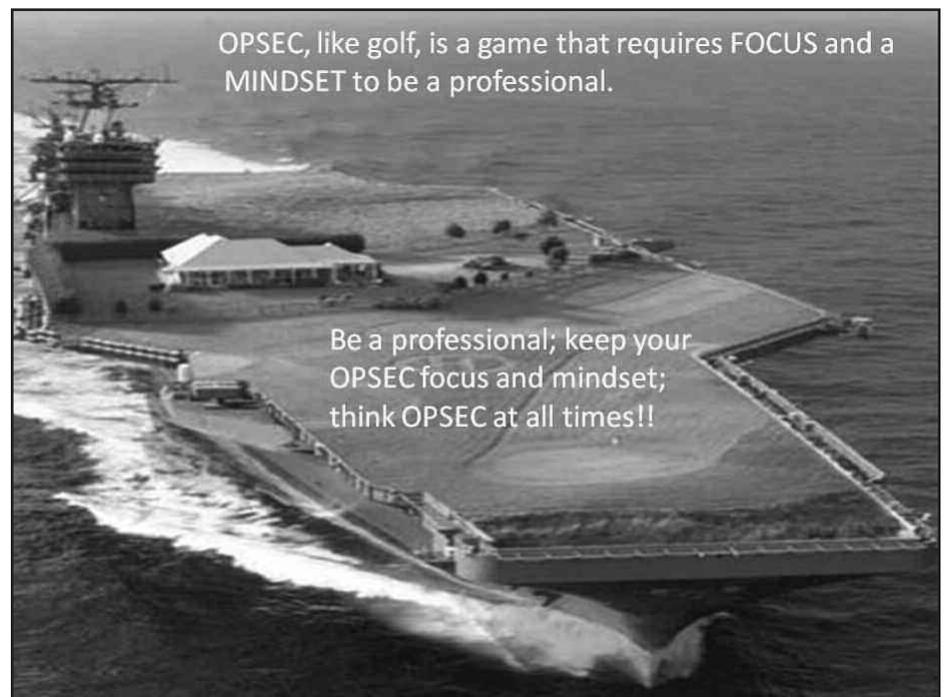
Two civilians received three-year post bar letters after one admitted to being in the country illegally, MPs said. The illegal immigrant was cited for illegal entry and unlawful possession of an ID card, and was released to U.S. Immigration and Customs Enforcement. The other civilian was cited for transporting an illegal alien and for driving with a suspended license.

CASES OF THE WEEK

A civilian was arrested by the S.C. Highway Patrol after attempting to enter post with an active warrant, Military Police said. The warrant was discovered after the civilian came to Fort Jackson to take possession of a vehicle being driven by another civilian who was driving with a suspended license, MPs said. The civilian with the suspended license was cited and released. The vehicle was towed off the installation.

A civilian who was arrested in connection with a theft at the PX has been barred from the post for three years, MPs said. MPs said the civilian stole perfume

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





Article submissions are due two weeks before publication. For example, an announcement for the June 3 *Leader* must be submitted by May 27.

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



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



John Anderson performs his hit, "Straight Tequila Night," during the concert at Hilton Field Saturday.

Musical salute

Armed Forces Day strikes the right note

By **SUSANNE KAPPLER**
Fort Jackson Leader

The Fort Jackson community celebrated Armed Forces Day Saturday with a carnival, cars and a concert at Hilton Field.

Festivities got under way with the opening of a carnival and car show and reached the highpoint with the performance of country legend John Anderson.

"It's pretty fun. It's a good break from training," said Pvt. James Richardson, Company C, 187th Ordnance Battalion.

The Alabama-native said he particularly liked the car show, which featured 15 classic and modern-day Corvettes.

The cars belong to members of local group, Vettes are forever, Columbia, S.C.

"Most of us are retired military or active duty," said William "Doc" Miles, president of the club. "We always say, 'Thank you,' to the troops, because we know what they're going through. We like to support

them and their families. This is our way of showing appreciation."

The main part of the festival was a concert, which, in addition to Anderson, featured performances from patriotic singer-songwriter Eric Horner, funk rock band Ten Toes Up and R&B band Affirmation.

Anderson said he enjoys playing in front of military audiences.

"I'm from a military family myself. My Dad's a retired Marine and I grew up just having a whole lot of respect and a whole lot of love for all the armed forces," he said before his performance. "I'm especially proud to be here at Fort Jackson and I'm fixing to go tell (the Soldiers to) remember they are the greatest Army in the world."

Staff Sgt. Leslie Beecroft, a student with the Drill Sergeant School, said she was excited that Anderson was performing on post.

"I grew up on (his music)," she said. "My mom and dad listened to it all the time."

Susanne.Kappler1@us.army.mil



A member of the R&B band "Affirmation" rallies the crowd during the band's set. The Armed Forces Day concert included performances ranging from country to rock.



B.J. Craven, lead singer and guitarist of the band Ten Toes Up, performs one of the band's original songs. The Murrells Inlet-based quartet entertained with a blend of funk and rock.

CMYK

27" WEB

CMYK

Family and MWR unveils command's new logo

From Family and Morale, Welfare and Recreation Command

Visitors to Fort Jackson's numerous Family and Morale, Welfare and Recreation facilities may notice a small difference in the command's logo.

The statement "For All of Your Life," has been replaced with "Soldiers Families Retirees Civilians."

Maj. Gen. Reuben D. Jones, Family and MWR commanding general, recently unveiled the command's new logo during the U.S. Army Soldier Show at Fort Belvoir, Va..

Updated to better connect with Family and MWR customers, the logo still uses the familiar blue globe format, but with the tagline changed to highlight the FMWR customers.

"The brand was changed to establish a closer connection with our customers who are so important to us that we wanted to integrate them directly into the logo," Jones said.

Another exciting aspect, he said, is the opportunity for garrisons to customize it by including their garrison name below the logo.

To help minimize the costs, the new logo will be phased in over the next two years.

Fort Jackson's FMWR facilities include the Golf Club,



FMWR graphic

The newly unveiled Family and Morale, Welfare and Recreation logo, left, sports the new tagline "Soldiers Families Retirees Civilians" to better connect to all FMWR customers.

NCO and Officers' Clubs, Magruder's Sports Pub and Club, Century Lanes, Palmetto Falls and more.

All signage should be replaced and only the new logo should be visible by April 24, 2012.

"Our customers are our No. 1 priority, and including them in our tagline emphasizes this point. Utilizing the existing and familiar blue world logo with the new red tagline also allows us to maximize brand equity while simultaneously moving the brand to the next level," said Joseph Rayzor, FMWRC marketing director.

FMWR Happenings

FITNESS DEPARTMENT

The Fitness Department offers a variety of fitness classes led by certified fitness instructors. Classes include wellness lectures on nutrition and general health, as well as Zumba, yoga, aerobics, water fitness programs and spinning. Classes are included in the monthly membership fee. There is no limit to the amount of classes patrons may take. The daily cost for all eligible patrons is \$4. The monthly rate is \$20 for active duty military and \$30 for all others. Only authorized ID cardholders are eligible to sign up. Calendars and other fitness information are available at www.fortjacksonmwr.com.

YOUTH FISHING DERBY

The EDGE! program, in partnership with Outdoor Recreation, is hosting a Youth Fishing Derby 8-11 a.m., June 5 at Semmes Lake. Although the fishing derby is open to all youth with on-post access, it is also an opportunity for participants in the EDGE! Reel in the Fun fishing program to show off their new skills.

Participation is open for children through 15 years old. Prizes will be awarded for: birth through 9; 10-12; and 13-15. Participants are not required to stay for the duration of the derby, but must be present to be recognized during the awards ceremony. Marion Street Station begin selling fishing supplies at 7 a.m. the day of the derby. Registration opens at 7:30 a.m.

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.

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.

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.fortjacksonmwr.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.

To submit an article, announcement or letter to the editor, e-mail FJLeader@conus.army.mil.



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Build healthy bones for life

Nutrition, exercise crucial in preventing osteoporosis

From TRICARE Management Office

Children are often encouraged to drink milk to build strong bones, but what about adults? Bone health is an essential part of overall health and quality of life far beyond childhood and adolescence years.

May is National Osteoporosis Awareness and Prevention Month. It is a great time to focus on proper nutrition and exercise to keep bones healthy and prevent osteoporosis in later years.

Osteoporosis is the thinning of bone tissue and loss of bone density. The condition leaves bones weak and more likely to break. Anyone can develop osteoporosis, but women, especially post-menopausal women, are at a higher risk because of estrogen deficiency. Women older than 50 and men older than 70 are also at higher risk.

In 2009, the National Institutes of Health estimated that

more than 1.5 million bone fractures occur each year because of osteoporosis.

Osteoporosis can easily be diagnosed by a bone density test. This is a non-invasive test that uses X-rays to measure bone mass. TRICARE covers this procedure for beneficiaries who are showing symptoms of osteoporosis or at high risk of developing the disease.

High-risk factors for osteoporosis include being post-menopausal, a family history of osteoporosis, vertebral abnormalities, hyperparathyroidism and receiving long-term steroid therapy.

Beneficiaries should keep in mind that it is possible to prevent osteoporosis with simple additions to lifestyle. Calcium and physical activities play an important role in bone health — in early life and late life.

Adults are encouraged to have at least 1,000 milligrams of calcium each day to maintain healthy bones. Activities such as walking, jogging, climbing stairs or weight training can help strengthen bones and improve overall health.

Learn more about building healthy bones for life at the National Osteoporosis Foundation website www.nof.org.

Video spotlights TRICARE mental health benefits

From TRICARE Management Office

The chairman of the Joint Chiefs of Staff wants service members to know it is OK to get help for behavioral health-related conditions.

In a new video spotlighting TRICARE's behavioral health care benefits, Adm. Mike Mullen sends a strong message to service members struggling with feelings of stress, anxiety or depression.

"If you feel as though you or a close family member need help, please don't wait. Tell someone," Mullen said. "Asking for help may very well be the bravest thing you can do."

In the four-minute video at www.tricare.mil/mental-

health, Mullen urges troops to tell someone in their chain of command if they are having difficulties working through stress from deployments or the demands of military life. These are issues all service members may have at one time or another and, Mullen said, by ignoring them they can hurt not just themselves, but their family, friends and fellow service members.

"The truth is, many people are reluctant to seek counseling because they fear the stigma attached to psychological or emotional problems," Mullen said.

TRICARE's new mental health options allow beneficiaries to seek help in a more private manner. The TRICARE Assistance Program brings short-term professional counseling assistance straight into the home. Beneficiaries with a computer, webcam and the associated software can speak

MACH updates

DFAC UPDATE

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

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.

face-to-face with a licensed counselor via the Internet at any time.

TRIAP is available in the United States to active duty service members, those eligible for the Transition Assistance Management Program and National Guard and Reserve members enrolled in TRICARE Reserve Select. It is also available to their spouses of any age, and to other eligible family members 18 or older.

The video also features Marine Corps Sgt. Josh Hopper, who shares his experiences with seeking help for post-traumatic stress disorder after two deployments to Iraq. Hear more of his story and others at www.realwarriors.net.

Visit www.tricare.mil/mentalhealth to see the Chairman's message and learn about behavioral health care options available through TRICARE.

Seasons finish on strong note

Sports Office crowns champs

From the Sports Office

Busy sports seasons came to a close as intramural basketball and volleyball wrapped up. Additionally, a new Hercules emerged during Thursday's Strongman competition.

JONES PROVES ARMY STRONG

Brian Jones, 4th Battalion, 10th Infantry Regiment, took the title of Fort Jackson Strongman during the annual competition at Hilton Field Thursday. Jones placed first in the tire, stone and Hummer events in the lightweight class.

Individual category winners are: Shawana Williams, Warrior Transition Unit, female lightweight; Erica Polite, Company D, 369th Adjutant General Battalion, female middleweight; Michael Plouffe, Company D, 2nd Battalion, 13th Infantry Regiment, male lightweight; Rick Moore, 4-10th, male middleweight; and Timothy Peterson, 171st Infantry Brigade, male heavyweight.

RUNNERS HONOR ARMED FORCES

Saturday's Armed Forces Day celebration got under way with a 5K/10K run. Anthony Kozleuchar won the 5K run in 20 minutes, 37.0 seconds. The runners-up are Eric Bohn and David Henderson.

Edwin Hernandez won the 10K run in 38:58:2 followed by Travis Martin and Greg Paris.

80TH TAKES BASKETBALL CROWN

The 80th Division basketball team (4th Battalion, 321st Infantry Regiment) finished a near-perfect season by beating the 171st Infantry Brigade team in the championship game. Throughout the regular season, the 80th had lost only one game against active-duty opponents.

MEDDAC WINS VOLLEYBALL TITLE

The MEDDAC volleyball team capped off an undefeated season by beating the 3rd Battalion, 60th Infantry Regiment in the championship games. The 3-60th finished the year with two regular-season losses.



Photos by T.J. CANTY, Sports Office

More than 90 runners and walkers participate in the Armed Forces Day 5K/10K walk/run Saturday.



The 80th Division wins the intramural basketball championship.



Brian Jones, 4th Battalion, 10th Infantry Regiment, pulls a Hummer during the Strongman competition Thursday at Hilton Field.



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