

TRACKING ...

NEWS

Local Reservist
claims top spot

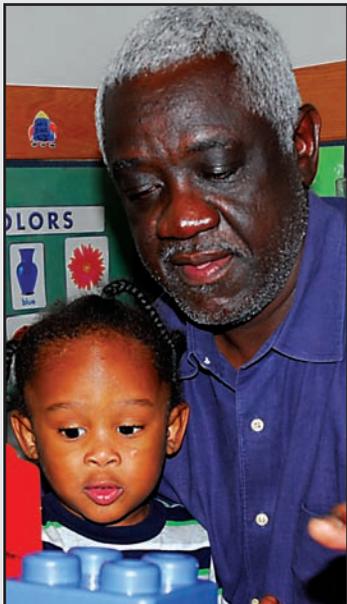
PAGE 3



Equipment aids
injured Soldiers

PAGE 4

UP CLOSE



Scales CDC bids
director goodbye

PAGE 8

SPORTS

Winter athlete in
summer training

PAGE 25

INDEX

Opinion	2	Police/Legal	18
News	3-10	FMWR	19
Up Close	8	Health	22
Around Post	11, 14	Chapel	23
Happenings	15	Sports	25

The Fort Jackson *Leader*



Thursday, July 8, 2010

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

www.jackson.army.mil

Save the date

BCT graduations set to move to Thursdays

Leader Staff Report

Beginning July 29, Fort Jackson's Basic Combat Training graduations will move to a new day. Graduations will now be scheduled for 9 a.m., Thursdays instead of Fridays. Family Day activities will be on the preceding Wednesday.

"The primary reason ... in graduation and Family Day schedules is to support more time for the cadre members and their families," said Jennifer Phifer, deputy G5 with the

U.S. Army Basic Combat Training Center of Excellence. "We are experiencing a particularly difficult time in the Army right now where the average cadre members come to Fort Jackson between multiple, long deployments to either Iraq, Afghanistan — or both — just to find that they do not get much time to take care of themselves and the needs of their families between BCT cycles.

"It is small changes like this that can make a big difference in the lives of cadre members and their families."

Family Day activities will begin no earlier than 2 p.m. and Soldiers must be back in their barracks by 10 p.m., said Stephen Pinette, deputy G3.

In addition to allowing cadre and family members more time together, the change also offers the post some savings by reducing the costs of dining facility operations, overtime and transportation associated with employees who work on Saturday to help transport Soldiers to Advanced Individual Training locations.

Independence Day



Photo by SHARONDA PEARSON

Fireworks sparked over Hilton Field during Fort Jackson's annual Torchlight Tattoo celebration Saturday. Thousands of Soldiers, civilians, families, retirees and visitors attended the event, which included a concert, children's activities and a Salute to the Nation ceremony. See story and photos, Pages 16-17.

Stay safe throughout heat of summer

Last month will go down in history — tied with June 1952 — as the hottest June on record for the Columbia area since records began being compiled 123 years ago. The average 2010 June temperature was nearly 84 degrees.

As summer kicks into high gear this month and continues into August, we are guaranteed to see many more steamy days with Category V heat, which is the classification for when temperatures reach 90 degrees and above. Incidentally, the local temperature topped 90 degrees 30 times leading up to the start of summer this year.

The outlook is that training likely will be affected for quite some time before any real relief from Mother Nature arrives. In the meantime, it's reassuring to know that Fort Jackson has an outstanding track record in regard to how it deals with heat threats and how it manages heat injuries. I would like to make sure that the record is extended.

I also want our leaders to stand back and reassess their heat-injury prevention efforts. Heat injuries are preventable when we implement aggressive composite risk management strategies including effective training and emergency response. Risk assessments must be reviewed and updated at least once a day and more often than that

MAJ. GEN. JAMES M. MILANO
Fort Jackson
Commanding General



if conditions warrant. Leaders will ensure that all personnel, including Soldiers-in-training, understand and practice heat-injury risk management and take the necessary steps to make sure every safety precaution is firmly in place.

We cannot be too cautious when it comes to protecting our people. The heat injury evacuation protocol must be known, understood and implemented. Immediately call 911 and apply ice sheets to the injured individual if any of the following conditions are met: signs or symptoms of a heat injury; a mental status change; or whenever there is doubt. When using a cell phone, remember that the emergency number is (803) 751-9111.

No heat victim should ever be left alone. Suspected heat injuries will receive continuous monitoring by the same person until the emergency responders arrive and assume responsibility. Remember that rapid cooling is the most important treatment for a heat injury and must begin as soon as possible. Ice sheets, which are sheets immersed in ice and water, must be stored in a waterproof container as near as possible to the Soldiers.

Cadre may not be placed in charge of Soldiers until trained in heat injury prevention, identification and response. Soldiers-in-training must receive heat injury training as soon as possible after arrival. Every person must know the signs and symptoms of heat injuries and have the ability to assess mental status change. These are critical components of the heat injury prevention program.

The Fort Jackson Safety Center offers cadre training every Monday at 1 p.m. Call 751-6004 to register for the class. The Safety Center also offers a variety of heat injury products, ranging from posters to booklets.

Heat can — and will — kill, so heat injury prevention and response must be a zero defect area. I expect each of you to do your part and ensure that our people are kept safe from the effects of heat.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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

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

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

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

The civilian printer is responsible for commercial advertising.

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

For questions or concerns about subscriptions, call (803) 432-6157.

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

Commanding GeneralMaj. Gen. James M. Milano
Garrison CommanderCol. James J. Love
Public Affairs OfficerKaren Soule
Command Information OfficerJoseph Monchecourt
EditorCrystal Lewis Brown
News editor/Staff writer.....Susanne Kappler
Online editor/video.....Mike A. Glasch
Staff writerKris Gonzalez
Staff writerChris Rasmussen

Website: www.jackson.army.mil

Fort Jackson talks back: Staff writer Kris Gonzalez asks community members: 'What is your favorite way to stay cool this summer?'



Master Sgt. Brenda Miles
Task Force Northern
Regional Medical Command

"I like to go to the park and sit on a bench to read a book and relax."



Jeremiah Jeffcoat
DA civilian

"I do a lot of walking, so I make sure I drink plenty of water."



Ashlea Dorrington
Family member

"I drink iced coffee and hang out with friends in air-conditioned buildings."



2nd Lt. Peter Fiol
Company A,
Training Support Battalion

"I go to the water park and wear sunblock to protect my skin."



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



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

Check us out for breaking news, videos and more.



Photo by ANGELICA GOLINDANO, TRADOC

Staff Sgt. Melissa Solomon, with the 108th Training Division, focuses on completing the Army Physical Fitness Test during this year's Drill Sergeant of the Year competition. Solomon will spend a year at TRADOC serving as a liaison between drill sergeants and Initial Entry Training commanders.

Reservist pushes way to TRADOC title

108th Soldier named TRADOC's Reserve Drill Sergeant of the Year

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Fort Jackson Staff Sgt. Melissa Solomon recently won the title of Army Reserve Drill Sergeant of Year following a weeklong series of physically and mentally challenging tests.

Solomon, who is a drill sergeant leader at the 108th Training Division's Reserve Drill Sergeant School, said she was completely surprised when it was announced she had won the Reserve competition.

"It was a very trying week," she said. "I didn't think I had won. Everyone there was a great competitor."

Eight drill sergeants — five active duty and three Reserve drill sergeants representing each Basic Combat Training installation — went head-to-head June 12-19 at Fort Eustis and Fort Monroe, Va. to determine the Army's top active duty and Reserve drill sergeant.

Competitors were tested on marksmanship on various weapon systems, physical fitness, battle drills and warrior tasks, land navigation, urban orienteering and their ability to counsel new Soldiers.

"You never knew what you were being evaluated on," Solomon said. "The toughest part was not knowing what would happen next. Everything was kept secret from us."

One night during the competition, drill sergeants were wakened at 3 a.m. and sent on a 30-mile road march before taking a physical training test.



“ The toughest part was not knowing what would happen next. ”

— Staff Sgt.
Melissa Solomon
108th Training Division

"It was tough taking a PT test with blisters and a worn-out back from marching 30 miles with a full ruck sack," she said. "You have to push yourself to the limit."

Competitors also took seven written exams, wrote four essays and stood before a review board.

Solomon, who was presented with the Meritorious Service Medal, will receive the Ralph Haines Jr. Award at the Pentagon at a later date. Haines was the commander of the Continental Army, which is the predecessor of TRADOC.

In addition to awards, numerous gifts and gift certificates, the Fort Jackson-based drill sergeant will spend a year at TRADOC serving as a liaison between drill sergeants and Initial Entry Training commanders.

Solomon, of Tallahassee, Fla., will travel to all IET installations to observe training and make sure it is being conducted to standard. She said she was looking forward to traveling and seeing how all the other IET installations function.

"I will have the influence to add or take away battle drills. Everything I complained about on the trail I can now

have an influence on," Solomon said. "When I move up to TRADOC, I will see the big picture of what the Army is trying to accomplish."

Command Sgt. Maj. Travis Williams, commandant of the 108th Training Division, said he wasn't surprised Solomon won the competition.

"She always gives 100 percent," Williams said. "When you think of Army Values, she represents every one of them. We knew she put in a lot of hard work, and we're excited about how well she did. We expected her to represent us well, and she did."

Solomon said the most enjoyable part of the competition was talking and interacting with the Army's best of the best.

"Just to see and talk about how they trained Soldiers was a very rewarding experience," she said.

Before returning to Fort Jackson last week, Solomon received a four-day pass to visit her mother who, she said, is a fan.

"My mom is my biggest supporter," she said. "I am not sure she knew what I had to endure. But once she ... read about it she had a better understanding of what I had to go through."

Solomon, who was born in Milwaukee, Wis., completed her Basic Combat Training at Fort Jackson in 2002 and her Advanced Individual Training at Fort Gordon, Ga., which included health care specialist and licensed practical nurse training.

"My ultimate goal is to finish my master's and teach nursing," she said. "I have always loved teaching and training people."

Chris.Rasmussen@us.army.mil

Housing Happenings

COMMUNITY UPDATE

□ Tracey Lohman is Balfour Beatty's new community manager. Contact Tracey and the rest of the Balfour Beatty team at 738-8275.

□ Vacation services for residents are now available. Services include plant watering inside and outside and pet care (for no more than two days). Balfour Beatty Communities can also retrieve mail and hold it at the Community Center. For more information, call 738-8275.

□ Call 738-8275 to reserve the Community Center for personal functions.

□ Residents who fill out a comment card each time they interact with Balfour Beatty staff will be entered in a drawing for a \$100 gift card.

□ Conserve energy by turning off porch and patio lights during the day.

DEVELOPMENT UPDATE

□ To date, 168 homes have been completed.

□ A road closure at the intersection of Imboden Street and Faison Court is scheduled through Friday. Flag personnel will be in place to direct traffic during the day and the roadway will be open to traffic in the evenings.

□ Field grade officer homes will become available later this month. All other homes are in various stages of construction.

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!"

LEADER DEADLINES

To contact the *Leader* about story ideas or announcements, e-mail FJLeader@conus.army.mil. Call 751-7045 for more information.



Photo by SUSANNE KAPPLER

Pvt. Bonnie Beaver tests one of three new anti-gravity treadmills in use by the 171st Infantry Brigade.

Like 'running on the moon'

Brigade uses new technology to advance Soldiers' rehab

By SUSANNE KAPPLER
Fort Jackson Leader

Fort Jackson Soldiers who are injured during Basic Combat Training have a new weapon at their disposal to get up and running again.

The 171st Infantry Brigade recently purchased three anti-gravity treadmills, which are designed to rehabilitate runners who have injuries to the lower back, legs or feet.

The machines allow injured Soldiers to train while putting less weight on the injured area by creating negative air pressure. The negative air pressure is adjustable and simulates the effect of walking or running in an environment with as little as 20 percent of the earth's gravity.

"With this technology, the device wraps around a patient's waist, using a pair of shorts that have a zipper that attaches to, essentially, a balloon. The legs are inside the balloon, and then the balloon inflates and lifts them up. That allows the legs, arms and upper body to move in a normal running motion," said Maj. David Feltwell, the 171st surgeon. "This machine allows us to take the weight off someone's legs down to a point where he or she is essentially doing the equivalent of walking or running on the moon."

Feltwell said the machines will be especially helpful in getting injured Soldiers in the Physical Training and Rehabilitation Program ready to continue with BCT.

"Most of the Soldiers who go in that program who do well historically have lower-extremity bone injuries. Their bones have become stressed by the physical de-

mands of Basic Combat Training, have not been able to keep up with that stress and have failed in some way," Feltwell said. "The trick is to rehabilitate them safely to a point where they can go back into training and complete (it) without being at risk for re-injury. We have a limited amount of time to do that. We can't keep people there indefinitely. We want to return them to training as quickly as possible, and safely."

Col. Karl Reed, 171st commander, said when Feltwell told him about the anti-gravity treadmills, he wanted to experience for himself what running on one would be like.

"We went offsite into the local community and found one of those (treadmills)," Reed said. "I actually got in it and ran. ... It's like running on air, like in a cloud."

Reed said buying the machines was the right thing to do as part of the Army's responsibility to making sure Soldiers get the best possible care in their rehabilitation from injuries.

"I think it's a fantastic thing," he said. "I think every installation that has a necessity for rehab for lower-extremity injuries, to include lower back (injuries), ought to have this capability."

On average, about 700 Fort Jackson Soldiers are in the PTRP annually. Approximately 85 percent of those Soldiers have injuries to the lower extremities or the hips. Before the Soldiers can continue with BCT, they have to pass the Army Physical Fitness Test, including the 2-mile run.

Soldiers usually go through a stepped progression to achieve that fitness level, said Capt. Dan Summers, commander of the Fitness Training Company, which is responsible for the PTRP. After working on

core stability, Soldiers move on to intermediate and advanced agility exercises before two weeks of walk-to-run training, he explained.

"What we've seen in the past is getting (Soldiers) all the way up to (the) advanced agility area, we have really good luck with the stress fractures and the stress reactions in the femoral neck," Summers said. "But once we hit there, that's either where they start feeling that pain again and they're not able to continue on, their stress fracture or stress reaction kicked back up; or right afterward when we start putting them back on the track running, that's when it hits."

Summers said he hopes to decrease the rehabilitation time by allowing Soldiers to start their running routine on the treadmill before they can put full weight on their bodies.

"My hope is that while they're going through intermediate and advanced agility, they're also increasing the time and weight that they're doing on the treadmill," he said. "So by the time they've finished the advanced agility, they're ready to (be) out running on the track and pass the PT test."

Pvt. Bonnie Beaver has been in the PTRP for more than 90 days because of a hip injury. She said she had tried running unsuccessfully. Beaver was one of the first Soldiers to use the new equipment and said the difference to conventional running was very noticeable.

"It was definitely an experience," she said. "I didn't have any pain at all, and usually if I power walk or jog or sprint I feel a little tension in my hips. (On the treadmill) I didn't feel any tension or pain at all."

Susanne.Kappler1@us.army.mil

DoC provides pre-deployment training

By **SUSANNE KAPPLER**
Fort Jackson Leader

More than 50,000 Soldiers receive training on Fort Jackson each year, but for only a small portion of them, the training consists of working alongside some of the post's DA civilians for one year.

Last year, the Directorate of Contracting took on the mission of preparing officers and noncommissioned officers to be deployed as contingency contracting officers. Currently, eight Soldiers are attached to the DoC.

"Basically, they learn installation contracting, customer service, they learn simplified acquisition, which is the primary objective of the training, they learn, really, all the ins and outs of the nuts-and-bolts contracting that we do at the installation level. (It) covers a wide variety of services and supplies and administration, which prepares them for what they will eventually encounter when they're overseas doing purchasing for the front line," said Colleen Arnold, Fort Jackson's deputy director of contracting.

The NCOs in the program have changed their military occupational specialties to become acquisition, logistics and technology contracting noncommissioned officers.

"I'm very grateful to be in this MOS," said Sgt. 1st Class Timothy Higgs, who has been with the Fort Jackson DoC since December. "I used to be in the infantry, and it's a different side of the spectrum. You go from being on the receiving end of everything (to being) in the position where you're the giver by procuring items for the warfighters."

Staff Sgt. Roberto Zepeda said the job

comes with a lot of responsibility to make sure funds are spent wisely and the Army receives good products and services.

"You have to be a self starter to do your job," Zepeda said. "There's nobody babysitting you here."

Instead, civilian contract specialists train the Soldiers in accordance with the Soldiers Manual of Common Tasks. Training the Soldiers can be achieved in a number of ways, Arnold explained.

"A lot of things can satisfy their (training) objectives," she said. "For example, we can do formal training; we can do on-the-job training; we can have them shadow someone through the process. The best is to try to get them opportunities to actually do the work in all the objectives. Their actual experience in doing the work will depend on the needs of Fort Jackson."

Zepeda said that the real-life training experience is helping him prepare for what he will face in theater.

"By the end of the year, I'm supposed to be ready to deploy," Zepeda said. "The school can only teach you so much, but hands-on (training) takes that other step. You actually have the experience."

Arnold said the DoC civilians take pride in preparing the Soldiers for deployment.

"It's exciting to be close to the mission in that sense. It makes it a lot more real for us," Arnold said. "And we feel an urgency, too about getting (the Soldiers) trained. It's a big priority for our office. And all the civilians are very dedicated to that. They know that the Soldier can be called up at any time and that their preparation is up to us to make sure they're ready."

Susanne.Kappler1@us.army.mil



Photo by *SUSANNE KAPPLER*

Colleen Arnold, deputy director of contracting, reviews a contract with Staff Sgt. Roberto Zepeda. Zepeda is one of eight Soldiers assigned to the Directorate of Contracting to train for an upcoming deployment.



Teamwork

Pvt. Dennis Denisac, Company E, 1st Battalion, 13th Infantry Regiment, connects a rope to a pulley with the help of fellow Soldiers on an obstacle at the Teamwork Development Course Wednesday.

Photo by *CHRIS RASMUSSEN*

CDC director to retire after 26 years

By KRIS GONZALEZ
Fort Jackson Leader

When Thomas Manigo graduated from North Carolina's Barber-Scotia College in the early '70s with a bachelor's degree in sociology and history, he had hoped it was his minor in drama that would provide his real bread and butter.

So the Conway native traveled to the "Big Apple" to embark on what he thought was the beginning of an exciting and prosperous acting career.

But while taking acting classes at night and earning his living substituting at a day care center during the day, he gradually discovered that appearing on the big screen might not be his true calling.

"On the way to theater, I fell in love with children," Manigo said. "There were a lot of 'Sidney Poitiers' in the city, a lot of great actors, and I found out that the same type of theatrics that I would do on stage, I could do in the classroom."

Reading to children, playing with them and acting out with them had become so invigorating for Manigo, he decided to become a teacher.

He went back to school to get a master's in early childhood education from Antioch University.

He landed his first teaching job in Harlem. Three years later, he became the director of a Head Start program in Yonkers, N.Y., where he stayed until 1984.

That year, Manigo and his wife, Lynn, traveled to Fort Jackson to visit a cousin who had recently retired from the Army.

During their trip, they visited the site where a new day care center was being built.

Manigo's cousin turned to him and said, "You could be the director of that center one day."

Manigo thought, "Yeah, sure." But even with doubts, he submitted an application for the position.

To his surprise, he was hired to become the director of Fort Jackson's already existing hourly day care center, Cricket's Corner.

By 1986, he was the director of the newly built building, the Scales Avenue Child Development Center.

And ever since, Manigo said, he has been doing everything he can to provide an atmosphere in



Photos by KRIS GONZALEZ

Christopher Royal, 2, and Thomas Manigo, director of the Scales Child Development Center, build a block castle. Manigo, who once pursued a career in acting, will retire in August, ending his 26 years as the center's director.

which children can thrive without worrying about making mistakes or falling down, without feeling pressure or being afraid.

"I want the kids to have multiple opportunities to be successful and multiple opportunities to fail," he said. "I want to instill in them confidence and to help them feel as if there is nothing they can't accomplish."

For the past 26 years, Manigo has helped cultivate the minds of Fort Jackson's youngest community members by implementing curriculums that expose them to creative ways of learning, different cultural traditions, and activities reflecting milestones in their growth.

His colleagues, as well as his family and friends, say he's a big kid — something he's quite proud of — knowing that it's that type of enthusiasm one must have to help nurture 300 young children, on average, on any given day.

He's become known amongst his staff as an advocate for hands-on teaching, getting down on the ground to build block formations with the kids, being animated when he reads to them, and inspiring them to plant gardens speckled throughout the landscape surrounding the CDC.

In August, Manigo will offi-

cially retire.

In honor of his career, staff, parents and students of the CDC's Toddler Two class recently planted a garden and dedicated it to him last week.

Van Frinks, assistant director, said the Green Thumbs Up Garden was the perfect tribute to Manigo, who always said that gardens were symbolic of children — both needing lots of love and nurturing to grow.

"Whenever we come out here, we're going to think about how special he was," Frinks said. "He has inspired so many of us at the center and throughout the (Child, Youth and School Services) program. I hate to see him go."

For parents like Jacquelyn Frost Burnett, whose children grew up participating in Fort Jackson's youth programs and whose 3-year-old granddaughter now attends the CDC, saying goodbye to Manigo will be difficult.

"It's going to be hard because he's done so many wonderful things, not only for the staff, but also for the children," Burnett said. "He makes every moment a learning experience, and you can see it in the way he interacts with everyone that he loves what he does. And that makes a difference."

Kris.Gonzalez@us.army.mil



Mildred Briggs, education technician, and family member Jacquelyn Frost Burnett celebrate with students from the Toddler 2 class during a garden dedication at Scales CDC.

Media engagement memo issued

By **JIM GARAMORE**
American Forces Press Service

WASHINGTON — In a memo to senior civilian and military leaders, Defense Secretary Robert M. Gates reiterated the need for leaders to take media engagement seriously and to stay within their levels of knowledge.

The memo, issued July 2, was the culmination of weeks of discussion within the Pentagon on leader interaction with the media.

In the memo, Gates said he is concerned that the department has grown lax in following long-established rules and procedures for engagement with the media.

“We have far too many people talking to the media outside of channels, sometimes providing information which is simply incorrect, out of proper context, unauthorized or uninformed by the perspective of those who are most knowledgeable about and accountable for inter- and intra-agency policy, processes and activities,” Gates wrote in the memo.

Gates wants to ensure that leaders safeguard classified and sensitive information, said Pentagon spokesman Marine Col. David Lapan. Leaking classified information is against the law, Gates said. But his memo stresses that leaders also must be careful with unclassified information. “Revealing unclassified,

but sensitive, pre-decisional, or otherwise restricted information is also prohibited unless specifically authorized,” Gates says in the memo.

The secretary also wants to ensure that leaders speaking to the media know what they are talking about before they open their mouths.

“The other element of it is those who are talking to the media are doing so with full knowledge of that which they speak,” Lapan said.

Those speaking with the media should stay in their lanes, and not opine on areas totally outside their areas of expertise, Lapan added.

The memo also seeks to ensure that all major media engagements are properly coordinated, “so everyone is aware — up and down the chain of command — that these things are happening,” Lapan said.

The Gates memo gives his broad intent to civilian and military leaders. Experts in the Office of the Assistant Secretary of Defense for Public Affairs will issue specific implementation guidance in the near future, Lapan said.

The memo and resulting implementation guidance are not in response to the “Runaway General” story in Rolling Stone magazine, Lapan said. Following the appearance of that article, Army Gen. Stanley A. McChrystal resigned as the commander of the International Security

Assistance Force in Afghanistan.

The memo is not intended to squelch any interaction with the media, and should have no effect on the day-to-day activities of reporters, the colonel said. If there is an incident in Afghanistan, for example, reporters still will be able to get the who, what, where, when, why or how facts from the commands, he said. Likewise, base commanders will not have to get prior authorization to speak with reporters about local incidents, policies or happenings.

But prior to granting requests for interviews or other media engagements with possible national or international implications, officials need to notify Defense Department public affairs officials of the event.

“This office can certainly advise commanders and others that planned engagements either may not be in the best interests or have the best timing,” Lapan said. Department officials want to ensure that those speaking have the latest information and understand the most current policy, he added.

Defense public affairs officials can recommend against a commander engaging with media on a subject, but cannot forbid it. Commanders own the public affairs program for their units or areas of responsibility, Lapan noted, and commanders can choose to ignore Defense Department advice.

News and notes

REGIONAL OFFICE ASSISTS VETERANS

The Columbia Regional Veterans Office is located at 6437 Garners Ferry Road, next to the Dorn VA Hospital. The phone number is 800-827-1000. In addition to providing benefit payments, the regional office provides personal and telephone counseling to the veteran population.

NEC WARNS AGAINST PHISHING SCAM

A phishing e-mail titled, “Your approval is required,” is circulating throughout the Army. The e-mail, in which scammers pretend to be an Army female Soldier, requests assistance in moving money from Iraq.

The Network Enterprise Center advises computer users not to open any e-mails that appear to be a hoax and to delete or discard them. Those who have responded to a malicious e-mail should notify the unit Information Management Officer, Information Assurance Manager or the installation Information Assurance Manager. Call 751-4632/3646 for information.

FORT JACKSON BIRTHDAY PLANNED

Fort Jackson will celebrate its 93rd birthday July 16 with a variety of events. Soldiers, civilians, family members and retirees are invited to Darby Field from 11:30 a.m. to 3:30 p.m. for children’s activities, food vendors and a concert by the 282nd Army Band.

ARMY 10-MILER QUALIFIER NEARS

The Army 10-miler qualifier is scheduled for 5:30 a.m., July 17 at Patton Stadium. Sign-up and registration is scheduled from 4:30 to 5:15 a.m. the day of the race. Runners may also register in advance by calling 751-3096. The run is for active duty military only and the top eight times for men and women will make up the Army 10-miler team.



A helping hand

Mildred Briggs, an education technician at Scales Child Development Center, assists Cedric Pitchford, 2, as he uses hand prints to paint the stripes of an American flag that will be sent to his father, Sgt. Cedric Pitchford, who is currently serving in Afghanistan.

Photo by KRIS GONZALEZ



July 9 — 6 p.m.			
Shrek Forever After	PG		93 min.
July 10 — 7 p.m.			
Marmaduke	PG		88 min.
July 11 — 7 p.m.			
Prince of Persia: The Sands of Time	PG-13		107 min.
July 12 — 1:30 p.m.			
Ice Age: Dawn of the Dinosaur	PG		94 min.
July 15 — 2 p.m.			
Prince of Persia: The Sands of Time	PG-13		107 min.
July 15 — 5 p.m.			
Marmaduke	PG		88 min.
July 16 — 6 p.m.			
Get Him to the Greek	R		109 min.

Fort Jackson Reel Time Theater

(803) 751-7488

Closed Monday, Tuesday and Wednesday

Ticket admission

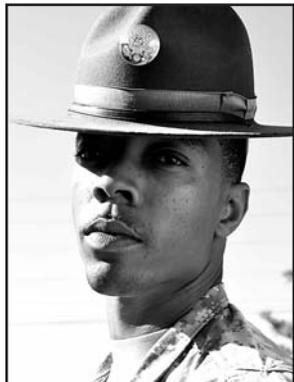
ADULTS \$4

CHILDREN (12 and younger) \$2

Visit aafes.com for listings

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Ariuss Riley
Company A
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Franky Cordero

SOLDIER OF THE CYCLE

Pfc. Per Haugland

HIGH BRM

Pvt. Timothy Stephens

HIGH APFT SCORE

Pvt. Burnis Bellamy



Sgt. 1st Class Derrick Dixon
Company B
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Ana de Los Santos

SOLDIER OF THE CYCLE

Pvt. Andrew Dornbach

HIGH BRM

Pvt. Joshua Radford

HIGH APFT SCORE

Pvt. Andrew Dornbach



Sgt. 1st Class Brent Fetters
Company C
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Theophile Prosper

SOLDIER OF THE CYCLE

Pvt. Dennis Lucey

HIGH BRM

Pvt. Aaron Satterly

HIGH APFT SCORE

Pvt. Christian Figuerora

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT AWARD

Chris Clapton

SERVICE SUPPORT AWARD

Angela Crosland

FAMILY SUPPORT AWARD

Amber Baker

TRAINING SUPPORT AWARD

Lyle Daniels

LOGISTICAL SUPPORT AWARD

Joseph Hein

Photos by OITHIP PICKERT, Fort Jackson Public Affairs Office

Upcoming ceremonies

CHANGES OF COMMAND

□ 171st Infantry Brigade: Col. Karl Reed will relinquish command to Col. George Donovan, 8 a.m., Friday, at the Officers' Club.

□ 208th Regional Support Group: Col. Peter Bosse will relinquish command to Col. Larry Cruz, 10 a.m., Sunday, at Hilton Field.

□ Training Support Battalion: Lt. Col. Lawrence Anyanwu will relinquish command to Lt. Col. Sula Irish, 9 a.m., Monday, at Darby Field.

□ 369th Adjutant General Battalion: Lt. Col. David Wood will relinquish command to Lt. Col. Ed Allen, 8:30 a.m., Aug. 18, at Darby Field.

□ 1st Battalion, 13th Infantry Regiment:

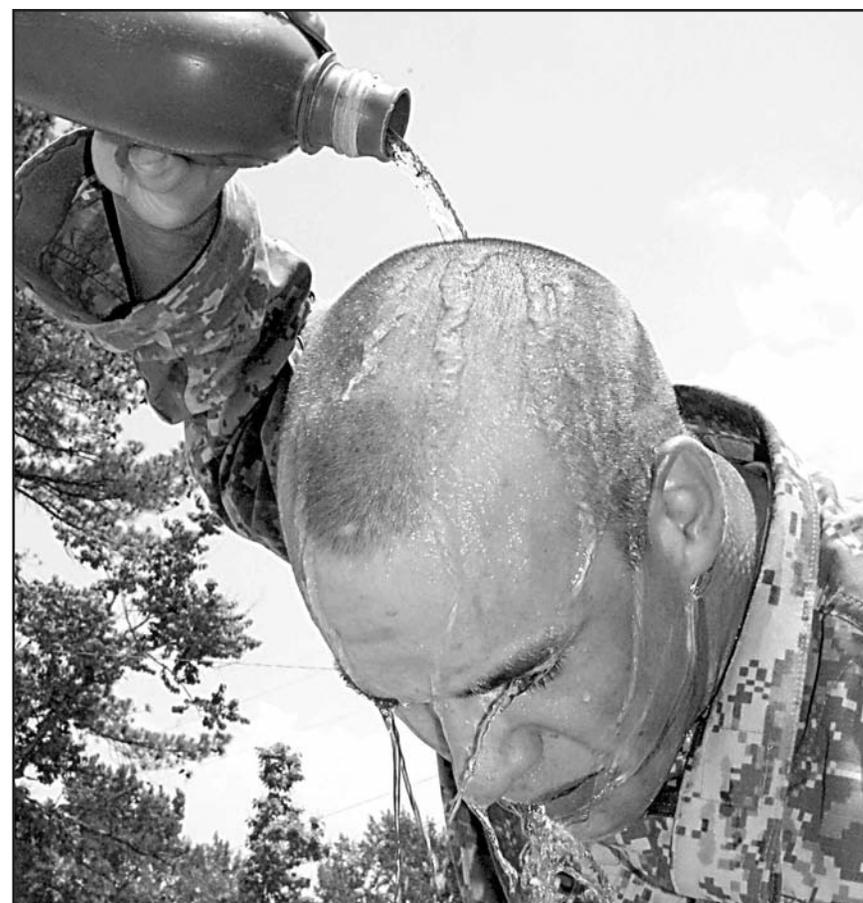
Lt. Col. John Calahan will relinquish command to Lt. Col. Matthew Zimmerman, 9 a.m., Aug. 19, at the Officers' Club.

RETIREMENT CEREMONY

□ Command Sgt. Maj. Dennis King, U.S. Army Accessions Command, 1 p.m., Friday at Post Headquarters. King served as Fort Jackson's post command sergeant major from 2004 to 2006.

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.

Heat injury procedures



- 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!

This week's AIT honors



STROHM



FRAZIER



THOMAS

Photos by STAFF SGT. SEAN MILLER, 187th Ordnance Battalion

187th Ordnance Battalion: Cadre of the Cycle (Companies A and D) — Sgt. 1st Class Philip Strohm and Staff Sgt. Tyrone Frazier. Instructor of the Cycle — Sgt. 1st Class Michael Thomas. The distinguished honor graduates are Pvt. Timothy Mitchell and Pvt. Jeffrey Russo.



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	(For use by Soldiers in training): Thursday, 1-8:30 p.m.; Friday, 5:30-9 p.m.; Saturday, 1 p.m. to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
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; Thursday-Sunday, hours vary
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 non-members); 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.
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
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, 10 a.m. to 2 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

Tuesday

Happy Hour comedy show

10 a.m. and 1 p.m., Solomon Center
The safety-themed show is open to all Soldiers and civilians.

Tuesday

Teen job fair

10 a.m. to 2 p.m., Main Post Chapel
The Boys and Girls Club of America is recruiting children 12 to 18 years old, for paid internships.

Friday, July 16

Fort Jackson 93rd birthday celebration

11:30 a.m., Darby Field

Saturday, July 17

Stay the Course presentation

8:30 a.m. to 1 p.m., Main Post Chapel.
For more information about the presentation, call 781-9263 or e-mail harri-etwn@aol.com.

Wednesday, July 21

Teen Career Exploration workshop

10 a.m. to noon, location TBA
Call 751-4862/5256 to register.

Friday, July 30

Motorcycle Safety Day

11 a.m. to 3 p.m., Solomon Center

Housing events

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

Wednesday

Dehydration prevention

2 p.m.
Learn how to stay hydrated and healthy during the hot summer months. A water bottle giveaway is also scheduled.

Monday, July 19

National Ice Cream Day

2 to 4 p.m.
Celebrate this national holiday with everything necessary to create a decadent ice cream sundae.

Thursday, July 22

Sleep Away Your Stress

3 p.m.
Learn about how sleep plays an important role everyone's life and how getting enough sleep can help reduce stress. RSVP at AYoungblood@bbcgrp.com.

Every Friday

Water Wars

3 p.m.
Join in a wild day of water wars. For children 7-14. Dress appropriately.

Announcements

BOOK SIGNING

Buffy MacDonald Crabtree will host a book signing for "Grieving God's Way — He Feels Your Pain" from 9 a.m. to 6 p.m., Thursday through Saturday at the Main PX.

FUN FACTOR 2010

Child, Youth and School Services will sponsor a Fun Factor program through Aug. 6, from 9 to 11 a.m., Monday, Wednesday and Friday at the C.C. Pinckney Elementary School cafeteria and playground; and 9 to 11 a.m., Thursday at Patriot Park. Activities include math, science, sports/fitness, arts & crafts, dramatic play, story time, singing and cold-cooking. Activities are designed for children 4 and older. Children 6 and younger must be accompanied by a parent. Free lunch will be provided by post schools from 11 a.m. to 12:30 p.m.

SUMMER NUTRITION PROGRAM

Free summer meals will be offered to children younger than 18 from June 14 through Aug. 6 at C.C. Pinckney Elementary School and Brown Avenue Community Center. Serving time for both venues is 11:30 a.m. to 12:30 p.m. A list of additional sites is available at www.richlandone.org and www.richland2.org. Call (843) 846-6105 for information.

TROOP COMMAND REUNION

A Troop Command Reunion is scheduled for 11 a.m., July 24 at Weston Lake at the Community House. Call 608-5669 or e-mail RosieJ2606@hotmail.com for cost.

BSEP CLASSES CANCELED

Basic Skills in Education, or BSEP, classes scheduled through Sept. 9 will be canceled. The Education Center will offer tutorial services for Soldiers needing assistance in basic math and reading from July 13-17. Call 751-5341/7209 to sign up for the tutorial services.

SOCIAL WORK PROGRAM

Applications are being accepted for the Army-Fayetteville State University Master of Social Work Program. Civilian employees with MEDCOM, GS-5 to GS-9, may apply. Call DSN 471-6887 for requirements.

CALLING SYSTEM CHANGE

The Fort Jackson on-post calling system has changed. To make a call to an on-post phone number, dial 751-XXXX. To make a local call, dial "99" before dialing the off-post phone number. To make a long distance call, dial "97-1" before dialing the long distance number, including

area code. The DSN prefix is "94."

Quick reference labels can be picked up at the Network Enterprise Center at building 4282. Call 751-GNEC or 751-DOIM for information.

ID CARD REPLACEMENT RULES

Anyone who either loses or has his or her Common Access Card, or CAC, stolen, must now provide a memorandum to receive a replacement. A memorandum confirming that the card has been lost or stolen must be signed by the local security officer or, for Soldiers, his or her chain of command. Call 751-6024 for information.

JR. SKIES OFFERINGS

Jr. SKIES programs are scheduled throughout the summer. The programs are for children 3 to 6 and are Monday through Friday. Offerings include: Soccer, basketball and golf. Soccer runs Monday through July 16; basketball runs July 19-23; and golf runs Aug. 2-6. All classes are 9:30 -10:30 a.m. at the Youth Sports Complex. Call 751-6777/7540 for costs.

DSS GRADUATION CHANGE

Effective Aug. 12, graduations for the U.S. Army Drill Sergeant School will be scheduled for 1 p.m.

THRIFT SHOP UPDATES

The Thrift Shop will be closed through today, as well as July 27-29.

The Thrift Shop is interviewing for a manager and a clerk. Contact the Thrift Shop during business hours at 787-2153 for information. The Thrift Shop is open 9 a.m. to 3 p.m., Tuesday and Wednesday; and 9 a.m. to 5 p.m., Thursday.

On Wednesdays, come in for Wacky Wednesday and receive an additional 20 percent off non-clothing clearance items. The 50-cent clothing rack provides bargains all week.

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.

YOUTH TECHNOLOGY LABS

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

COME SEE YOUR ARMY TOURS

"Come see your Army" tours are conducted monthly. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch in a military dining facility; and shop for souvenirs. Call 751-1474/5327 to participate.

SURVIVOR OUTREACH SERVICES

Survivors of service members who died while on active duty can use Survivor Outreach Services for assistance with benefits and finances. Call 751-4867/5256 or e-mail Leslie.S.Smith@us.army.mil.

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.

Off-post events

MOVIES IN THE PARK

Movies in the Park is scheduled for July 16 and Aug. 20 at North Springs Park. The free event, organized by Awaken Church, is open to the public and features a free movie on a giant screen, free drinks and other refreshments. Food donations, including canned food, are also being accepted. The event benefits the Harvest Hope Food Bank and A Home in Haiti. Take lawn chairs or blankets to sit on. Gates to North Springs Park open at 7:30 p.m., and the movie begins at sunset.

TINY TOT TUESDAY

Toddlers, 2 to 4, are invited to participate in Tiny Tot Tuesday: Wild for Wildflowers, 11 a.m. to noon, July 20 at the Robert Mills Carriage House, 1616 Blanding St. Toddlers will be taught about nature's wildflowers through interactive activities.

BOOKOO SCHOLARSHIP

Military personnel and spouses are eligible to apply for one of 10 \$1,000 scholarships as part of the Bookoo military scholarship program. Applications must be received by Aug. 1. Visit <http://www.bookoo.com/military-scholarships.jsp> for information and applications.

HOSPICE VOLUNTEERS NEEDED

Geneva Hospice is accepting volunteers. Volunteer opportunities vary, and training is provided. Call 213-9980 or 237-5679 for information about volunteering or hospice services.



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

Happy Birthday, America!

Fort Jackson celebrates with food, music, fireworks

By KRIS GONZALEZ
Fort Jackson Leader

The Fort Jackson community celebrated America's birthday a day early this year with a time-honored tradition and firework extravaganza.

Thousands of Soldiers, family members, civilians and local community members covered Hilton Field Saturday as they attended Fort Jackson's annual Torchlight Tattoo, which was coordinated by the Soldier Support Institute.

Festivities began early for children of all ages who enjoyed carnival rides, crafts, food and live

music.

Basic Combat Training Soldiers, who were allowed a break from training to attend the event, hollered and cheered as opening act, Eric Horner, sang patriotic songs, including his hit, Soldiers of Tomorrow.

Then they jammed to the music of the 282nd Army Band's rock group, "Close Quarters," who performed popular cover songs for the crowd.

As dusk fell, the traditional "Torchlight Tattoo" ceremony began, in which torches were lit and flags were displayed, representing each of the nation's 50 states, five territories and the District of Columbia.

The 282nd Army Band performed the national anthem and the "1812 Overture," accompanied by a cannon salute.

To top it all off, a 30-minute firework display lit up the evening sky, serving as the grand finale for the Independence Day event.

Spectator Robin George said Torchlight Tattoo was the perfect way to celebrate the Fourth of July.

"I loved it," George said. "I'm patriotic, so I loved seeing the Soldiers, I loved that my kids got to see the Soldiers, and I loved the atmosphere. It was a fantastic show."

Kris.Gonzalez1@us.army.mil



Photos by KRIS GONZALEZ

Reagan George, 8, and her brother Kenan George, 6, display their patriotism by wearing the Stars and Stripes painted on their faces.



Pfc. Dariel Charleswell, Company B, 369th Adjutant General Battalion, holds a torch representing the U.S. North Marianas while Pfc. Esther Maka, Company D, 369th, bears the territory's flag during Saturday's Torchlight Tattoo. Soldiers of the battalion held torches and flags representing all states, U.S. territories and the District of Columbia.



Fireworks explode in the sky over Hilton Field Saturday during Fort Jackson's Torchlight Tattoo. The event attracted thousands from around the Midlands.



Spc. Jonathan Johnson, with the 282nd Army Band, performs as part of the band's rock group Close Quarters. Patriot singer Eric Horner also performed at the event.

CMYK

CMYK

27" WEB

Renters may have foreclosure options

By **CAPT. JOHN BATEMAN**
Legal Assistance Office

Foreclosure can be a nightmare for any homeowner. However, renters are also feeling pressure.

A Soldier who rents a home off-post may not stop to consider it, but his or her home may also be at risk of foreclosure. In the past, a renter whose landlord was foreclosed upon had little choice but to pack up and find a new home. This involves locating a new place to rent, finding time to pack up the household and then unpacking the household at the new residence.

This can be a massive inconvenience, even without taking into account having to pay a new security deposit, changing the addresses in all of the family's accounts, and the three afternoons a family member will have to stay at home waiting for someone to finally come and hook up cable and Internet service.

Renters, may however, be protected from having to move out of their home before the expiration of their lease. On May 20, 2009, President Barack Obama signed the Helping Families Save Their Homes Act of 2009. Under the law, when a home is in foreclosure, the renters are entitled to 90 days of notice before they must vacate the premises.

Moreover, the renter is allowed to remain on the property per the terms of the lease. One important caveat, however: If the purchaser of the foreclosed property intends to use it as his or her primary residence, then the renter must vacate after the 90 days of notice have expired.

When a renting Soldier is ultimately forced to move because of foreclosure, the Army will pay for it. To be eligible, the Soldier must move to another location within commuting distance of the Soldier's permanent duty station. The Soldier must request a local move via a memorandum.

The memorandum must contain:

1) The name of the Soldier and dependants who are forced to vacate due to the foreclosure of the rental property; 2) the last four numbers of the Soldier's Social Security number; 3) the current address of the rental property; 4) a copy of the rental agreement on the foreclosed property; 5) the date to vacate the rental property; 6) a court-ordered foreclosure notice or a business letter from the bank to the owner/landlord/current resident stating foreclosure of the property.

The memorandum must be routed through the Soldier's chain-of-command and the supporting housing office to the supporting transportation office.

Legal assistance attorneys cannot represent the Soldier or family member in court, but can review documents and, if necessary, refer him or her to civilian attorneys.

The legal assistance office is located at 9475 Kershaw Road at the corner of Kershaw and Kemper. For appointments or additional information, 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

CASES OF THE WEEK

□ A civilian was permanently barred from post after being charged with possession of a controlled substance, Military Police said. The civilian was stopped for a vehicle inspection when law enforcement officers found a bag containing marijuana, MPs said.

□ A civilian had his license plate and driver's license confiscated after being stopped for illegal parking, MPs said. The civilian was also charged with driving with a suspended driver's license and registration, MPs said. His vehicle was towed from the installation.



TIP OF THE WEEK

Anyone older than 16 who plans to fish on Fort Jackson must possess both a South Carolina fishing license and a post fishing permit. Both permits are available at Marion Street Station.

Creel limits must also be followed, and limits exist for each fish species. Creel limit violators can be barred from fishing and/or hunting on post for three to five years.

Creel limits per day per person are: 15 combined bream, bluegill, crappie or other sunfish, three catfish and three bass.

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

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



6. Repeated browsing or visiting internet websites that promote or advocate violence directed against the United States or U.S. Force, or that promote international terrorism or terrorist themes without official sanction in the performance of duties.



Missed an issue of the paper?
Catch up on your Fort Jackson news with
Victory Updates at
<http://www.vimeo.com/user3022628>



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

Stay cool this summer with on-post FMWR offerings

Temperatures are really heating up in Columbia, so beat the heat with some cool summer fun with Family and Morale, Welfare and Recreation programs.

Palmetto Falls Water Park offers hours of fun for the family. Palmetto Falls is open Tuesday-Sunday, 11 a.m. to 7 p.m. Rates are on a sliding scale for Soldiers and their families, making it affordable for everyone. The Spray Park, located just outside Palmetto Falls offers safe water play for toddlers and is open from dawn to dusk. Use of the Spray Park is free.

Legion swimming pool memberships are included with the purchase of a season pass to the water park or just pay the daily admission rate of \$2. Legion Pool is open Thursday-Saturday, 11 a.m. to 6 p.m., Sunday 1 to 6 p.m. and Monday, 11 a.m. to 6 p.m.

Don't spend a lot of time in a hot car waiting at the gate or in the drive-thru when you can eat in cool air-conditioned comfort around post. The Fort Jackson Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m. You don't have to be an officer or a member to enjoy lunch. Try the Blue Plate specials. Featured Blue Plate specials for July:

Every Tuesday: Southern Fried Chicken, \$6.50

Every Wednesday: Mongolian BBQ Stir Fry Buffet, \$7.50

Every Thursday: Smoked BBQ Ribs, \$6.50

Every Friday: Seafood Buffet, \$8.50

All Blue Plate specials include beverage, side item and ice cream for dessert.

Enjoy lunch with a view at the Fort Jackson Golf Club; the dining room overlooks the lush greens and water. Lunch is available 11 a.m. to 3 p.m. daily. The NCO Club lunch buffet features home-style cooking Monday-Friday, 11 a.m. to 1:15 p.m.

End your long hot day with something cold from the bar at either the NCO Club or Magruder's Pub and Club. Magruder's Happy Hooah Hours are 4:30 to 7 p.m. on Wednesday, Thursday and Friday. There are Happy Hour specials for those hours and free appetizers while they last. Magruder's features Dog and Draft Nights on Thursdays. Buy one, get one free Friday when you order 45-cent wings, with a minimum order of 16 wings.

Every Wednesday night is karaoke night with DJ Tom, 7 p.m. until midnight. Every Friday night, DJ Randall hosts the Dance Party from 9 p.m. to 3 a.m. The first Friday of each month, get down to a Latin beat starting at 8 p.m. Magruder's also has the lowest cover charge in town at \$3 for military and \$5 for civilians.

Army Family Covenant

By THERESA O'HAGAN

Family and Morale, Welfare and Recreation

Celebrate Club NCO's grand reopening Wednesday with a new DJ and new specials. Doors open at 8 p.m. with the Morale Call in the Liberty Lounge with no cover charge. Get free appetizers while they last. Wednesdays at Club NCO are now Working Women's Wednesdays with specials for the ladies in the ballroom starting at 10 p.m. Club NCO features three bars offering the lowest drink prices in Columbia.

First Thursday Comedy Nights with World Famous Entertainment from Johnny Green brings the hottest comics to the NCO Club. Doors open at 8 p.m. and show starts at 8:30 p.m. Tickets are \$12 in advance and \$15 at door. Tickets are available at the NCO Club and Magruder's Club and Pub.

Saturdays at the NCO Club are old-school cool, with Classic Soul. The BIG DM's very own Vernessa Pendegrass and Jay Styles host and doors open at 9:30 p.m. Appetizers while they last.

Fort Jackson NCO Club is the entertainment complex on Wednesday nights. The Liberty Lounge opens at 7 p.m. offering a mix of Hip Hop, R&B, Top 40, and Old School with DJ Randall and 100.1 FM, "The Beat" from 8 to 11 p.m. The After Party is Hip Hop and R&B with DJ GeeChee from 11 p.m. to 2 a.m. in the main ballroom.

Even though it's hot, hot, hot, Marion Street Station has found some cool adventures to get even the most overheated person to chill. For only \$10, leave the driving to Outdoor Recreation and enjoy a day at Folly Beach, Saturday or to Myrtle Beach on July 31. Higher elevations mean cooler temperatures, usually, so why not try hiking over Charlotte on July 17?

Other trips this summer include Harrah's Cherokee Casino, Shopping at Trader Marc's Flea and Farmers Market in Fort Mill, Congaree River Paddle Trip, and the US National White Water Center. All trips meet at and return to Marion Street Station.

Prior registration is required for all trips. For more information on these and other exciting adventures, call Marion Street Station at 751-3484.

Don't hide inside all summer; come out and play with Family and MWR. All proceeds are invested into Quality of Life programs for Soldiers and families on Fort Jackson.



Current EDGE! classes

☐ **Art Sampler** — 1-3 p.m., Tuesdays, Crafts Room, Solomon Center. A sampler of fun art projects. Explore new materials and create beautiful arts and crafts. For ages 10-15.

☐ **Paddle Your Boat** — 1-4 p.m., Wednesdays. Meet for transportation at 5955-D Parker Lane. Learn to canoe and kayak by paddling the waters in Columbia and surrounding areas. For ages 11-18.

☐ **Cupcake Crazy** — 5-6:30 p.m., Wednesdays, 5955-D Parker Lane. More than your mama's cupcakes. Make (and eat) all sorts of cool cupcakes. For ages 11-18.

☐ **Celebrate the Red, White and Blue** — 3:30-5 p.m., Thursdays, 5955-D Parker Lane. Show your love for America's colors with cool crafts like a patriotic baseball hat, flag

jewelry, house decorations, etc. For ages 9-15.

☐ **All American Desserts** — 3-5 p.m., Fridays, 5955-D Parker Lane. It's July so let's celebrate the red, white and blue with one of America's favorite pastimes — food. Make red, white and blue pie, Americake, berries and cream and other patriotic desserts. For ages 9-16.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years old. For children 9 and 10, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil>. "Like" 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 to 11 p.m.
- ☐ Sleepy story time, 6:30 to 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. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supplies last.

SATURDAY

- ☐ Victory Bingo, starts 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ 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.
- ☐ Buy one wing, get one free at Magruder's Club and Pub.

SUNDAY

- ☐ Victory Bingo, starts 10 a.m.
- ☐ Visit the Officers' Club, 11 a.m. to 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. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
- ☐ Wednesdays at Club NCO are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.
- ☐ 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
- ☐ Magruder's Pub and Club happy hour, 4:30 to 7 p.m.

For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ☐ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4 to 10 years old.
- ☐ The Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m. Lunch is open to everyone.
- ☐ 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 daily and hourly rates.

Easing exercise-induced asthma

By **LISA J. YOUNG**

U.S. Army Public Health Command

Exercise is among many things that can trigger an asthmatic episode. Exercise-induced asthma describes acute airway narrowing or constriction either during or after exercise. The asthma attacks generally peak in severity about 5 to 10 minutes after starting to exercise, and can continue for 20 to 30 minutes. Symptoms of EIA include shortness of breath, wheezing, coughing and tightness in the chest.

Asthma is a disease that affects the airways of the lungs. With asthma, the airways and bronchial tubes are extra sensitive to triggers that cause them to swell and the muscles around them to tighten, making it hard for air to pass through the airways. A trigger does not cause a person to be asthmatic, but rather it is something that sets off an asthma attack.

The causes of EIA are not clearly understood, but are possibly caused by changes in airway temperature, changes in airway dryness and congestion of the bronchial arteries. Breathing cold, dry air tends to make the asthma episode worse.

A person with EIA should continue to exercise, but under a physician's guidance. It is important to take asthma medication before exercising, do warm-up and cool-down exercises and not push to exercise at too high an intensity level.

Some exercise activities that are good to try are those that consist of only short bursts of energy with periods of rest in between, such as swimming, walking, golf, slow biking and baseball. It is best to avoid sports that require constant, heavy physical activ-



Photo by Metro Creative Graphics

Exercise is one of several causes of asthmatic episodes.

ity like long-distance running, aerobics, basketball, hockey and soccer.

Certain medications are tremendously helpful in managing asthma that is triggered by exercise. A physician may prescribe a short-acting bronchodilator to take puffs of before and/or during exercise, as well as the use of long-acting reliever medicines. The better asthma is controlled, the less EIA will be a problem.

Although EIA is frequently diagnosed in children, it is not unusual in adults. Adults who exercise frequently at intense levels are also susceptible to other asthma triggers, such as tobacco smoke, air pollution, strong odors, allergens and occupational sources.

There are strategies that can reduce the

incidence of an exercise-induced asthma attack. Exercise regularly and follow these tips:

DO:

- Check with a doctor before starting a new or more advanced exercise program.
- Drink plenty of fluids before, during and after exercise.
- Use a bronchodilator before exercise or if asthma symptoms are noticed.
- Try to exercise indoors where the air is warmer and there are fewer triggers.
- Breathe in slowly through the nose to warm and moisten air.

DON'T:

- Exercise when feeling tired or sick.
- Suddenly start and stop exercising; be sure to warm up and cool down adequately.
- Forget to monitor breathing to see how exercise is affecting asthma.
- Exercise on busy streets where air pollution is higher.
- Exercise on hot, humid days when ozone levels are high.

Additional information specifically about exercise-induced asthma is available from the following resources:

American Academy of Allergy, Asthma & Immunology, http://www.aaaai.org/patients/allergic_conditions/exercise_induced_asthma.stm.

American College of Allergy, Asthma & Immunology, <http://www.acaai.org/public/advice/exrcse.htm>.

Asthma and Allergy Foundation of America, <http://www.aafa.org/display.cfm?id=8&sub=17&cont=168>.

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 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. For assistance obtaining orthopedic care, call the referral center at 751-2363.

SOCIAL MEDIA

Follow MACH on Twitter at www.twitter.com/machcsd to receive announcements for same-day appointments.

"Like" MACH by logging into Facebook and searching "Moncrief Army Community Hospital."

Web enrollment updates available with TRICARE

From TRICARE Management Activity

As many as 400,000 permanent change of station moves could occur in 2010. Dr. Charles Rice, who is performing the duties of the assistant secretary of defense for health affairs, is encouraging active duty service members and their families to head to the web when transferring to a new duty station.

In a May 3 memorandum, Rice asked that PCS orders include information about transferring TRICARE enrollment online to ease the PCS process for families and ensure continuity of health care.

Depending on beneficiary status and circumstances, the Beneficiary Web Enrollment website may allow enrollment changes, contact information updates and more through one of three log on methods: Common Access Card, "myPay" pin, or

Department of Defense self-service logon.

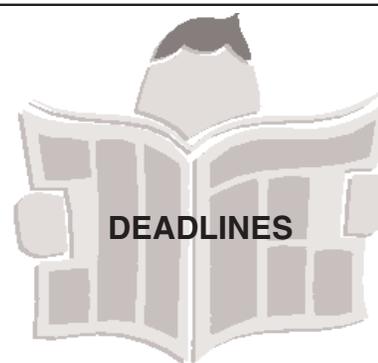
TRICARE beneficiaries can learn more about the features of BWE and gain access to BWE through the links at www.tricare.mil/bwe.

BWE is only available in the U.S. and active duty service members should contact their new military treatment facility to determine whether they can make changes through the web, or should wait until they reach their new duty station.

Sign up for TRICARE e-mail updates at www.tricare.mil/subscriptions.

Connect with TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.



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

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

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

For information about classified ads, call 432-6157 or e-mail the ad to skaress@ci-camden.com.

For information on display advertising, call Kathy at 786-5681.

Prayer still best communications tool

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

What is your favorite communication device? In today's world of high technology, all of the choices can at times seem overwhelming. No sooner than you have learned your new computer, there is a better upgrade on the market.

Communication technology most likely got its start when the Phoenicians developed an alphabet around 1500 B.C. No other significant methods of communication were invented until 305 A.D. when the Chinese invented a printing press. It took another large leap of almost 340 years before the telegraph line appeared. Then a communications boom took place with the telegraph, telephone and phonograph being invented a year apart some 83 years later. Radio took another 25 years and television followed another 25 years.

Soon after that, video cameras and computers with Internet access were available to the general public. In our fast paced, high-tech communication world today, it is reassuring to know that the best communication technology, prayer, remains unchanged.

Prayer is communication with God. Having been physically separated from family and friends throughout my Army career, I know it is important to keep communication lines open. The cell phone is a wonderful addition to our military lives. Those of us who served before cell phones really appreciate their importance. Just as we need to keep communication lines open with our family and

friends on a daily basis, we also need daily communication with God. Cell phones are handy but prayer has its own benefits.

With prayer, you can talk with God one on one at no cost, with no hardware, programs or virus protection. Prayer comes with no monthly fees, no roaming charges, has unlimited minutes and absolutely no time restrictions. Prayer requires no extra equipment. For example, my father-in-law dropped two cell phones in the lake while fishing before he spent the extra money for a special clip. God is always available, and you will never have a bad connection. God hears you every time you pray.

For those of who may be separated from friends and family, isn't it wonderful to hear your loved ones voice or listen to their thoughts via e-mail? To be able to communicate during a separation warms our hearts just as praying must warm God's heart. God is waiting to hear from you. Prayer is a two-way communication that God has initiated. He has even left us an example in case we need some extra help:

Our Father in heaven

We are invited to become like children, approaching God as one would approach their earthly father.

Hallowed be your name

While God is a loving father, he is also holy and deserves our worship.

Your kingdom come

While God's true kingdom is in heaven, we must also strive to build his kingdom here on earth in our hearts.

Your will be done on earth as it is in heaven

God is in control of heaven and earth. When we ask that God's will be done, we confirm his way is the only way for us and we are seeking him to help us live his will.

Give us today our daily bread

God gives us our daily bread, the mundane which makes up the bulk of our day — health, rest, food, time, money, etc. Here he invites us to ask him for all the little needs, not only the "biggies."

Forgive us our debts as we also have forgiven our debtors

Growing closer to God requires our repentance. Before we can receive his forgiveness; however, we are required to forgive those who have sinned against us.

And lead us not into temptation, but deliver us from the evil one

Have you been struggling to make right choices? God is our protector, our deliverer from evil people, places, and situations — more importantly, he rescues us from Satan, the evil one.

For thine is the kingdom and the power and the glory forever. Amen.

This signifies that we believe God to be the victor over all things and the only one worthy of praise. Plus it recognizes that God wins over all, leaving the person praying with an inner reassurance that they got through.

I am going to spend time today and every day using the No. 1 communication tool available to me — prayer. The next time you use e-mail or a cell phone, say a prayer and keep good communication between you and God.



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

Luge athlete braves heat in BCT

By **CHRIS RASMUSSEN**

Fort Jackson Leader

Before coming to Fort Jackson to train in the sweltering heat, Pfc. Joseph Mortensen spent his days sliding down frozen luge tracks around the world.

Mortensen, 21, Company E, 1st Battalion, 34th Infantry Regiment, competed internationally in luge, a sport in which athletes race on sleds down a mile or so long track with speeds up to 90 mph.

"It is the biggest adrenaline rush of your life," said Mortensen, who is in his seventh week of Basic Combat Training.



MORTENSEN

The luge athlete, who began the sport at the age of nine, missed the 2010 Winter Olympics by one slot on Team USA.

"I loved the fact that when I woke up I was competing against the world's best," said Mortensen, whose military occupational specialty is 21R, interior electrician.

Mortensen said he is planning to make a run for the 2014 Olympics in Sochi, Russia.

"It is a very mentally and physically challenging sport," he said. "The training is very much like BCT. We do a lot of push-ups, V ups (an abdominal exercise) and pretty much anything you can think of that works the upper body."

In addition to upper-body strength, the sport requires the ability to completely relax the body with controlled breathing — some of the same skills required for marksmanship.

Mortensen, of Huntington Station, N.Y., begins each season training at Lake Placid, N.Y., before venturing to luge tracks across Europe and Canada.

"Each track has its own unique personality and requires a different approach," he said. "I loved traveling to the different tracks and experiencing different cultures. Some of the things I have seen (such as Berchtesgaden's Eagles Nest and castles) I had only read about. It was kind of an overwhelming experience."

Mortensen got into the sport as a youth because his father worked for Verizon, who was the major luge sponsor at the time.

"I was a pretty active youngster," Mortensen said. "I first



Courtesy photo

Pfc. Joseph Mortensen, is preparing to push off from the luge track during an International Start Competition. He is now a Basic Combat Training Soldier with 1st Battalion, 34th Infantry Regiment.

started sliding when I was 9 years old, and my father was able to introduce my brother and I to the sport."

Although the sport of luge is relatively new, sled racing is one of the oldest sports dating back to the Vikings. The word, "luge," is French for sled.

The most important aspect of a luge run is the start, Mortensen said, where athletes push off and gain momentum by paddling their hands, which are covered with spiked gloves.

"You pick up speed when you go into corners, but your body has to be completely relaxed," Mortensen said. "The tighter the curve, the more pressure that is released and the faster you go. How smooth you steer also determines your speed going around corners."

Luge athletes steer their sleds with the calf of each leg or by exerting opposite shoulder pressure to the seat.

The sport is not without its dangers. During the 2010 Winter Olympics, Georgian Nodar Kumaritashvili was killed in a training run accident.

"That accident had a big impact on the sport, and speeds were reduced to prevent future fatalities," Mortensen said.

Besides sliding down a frozen track on his back, Mortensen was a three-sport athlete in high school where he participated in wrestling, baseball and soccer. He said he joined the Army National Guard to help aid in the fight in Afghanistan.

All in all, Mortensen said he is enjoying his time at Fort Jackson.

"Where I am from, I am not used to this kind of heat. If it was a dry heat it would be OK. But this is brutal," he said. "Overall though, I am having a good time."

Chris.Rasmussen@us.army.mil

Sports shorts

☐ Golf letters of intent are due to the sports office by Tuesday. Play will begin July 20. Up to eight players can be on a team, but only four will compete each week.

☐ The Fort Jackson Army 10-miler qualifier is scheduled for 5:30 a.m., July 17. The run will begin at the gate at Patton Stadium (Kershaw Street side). Registration is now open. Participants can also register 4:30 to 5:15 a.m. on the day of the event.

☐ 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. Class start dates are: today and Aug. 10. Call 787-4344 or visit www.playgolfamerica.com/ggr.



Missed an issue of the paper?

Catch up on your Fort Jackson news with Victory Updates at <http://www.vimeo.com/user302268>



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



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