The Fort Jackson
Leader

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On-post hero

Photo by SUSANNE KAPPLER

Staff Sgt. Mercedes Amaro, right, Company B, 4th Battalion, 10th Infantry regiment, explains how to properly grip a hand grenade to Pvt. Francesca Vukas, Company F, 1st Battalion, 34th Infantry Regiment. Amaro was recently awarded the Soldier's Medal for preventing injuries during a training mishap at Remagen hand grenade range.

NCO awarded Soldier's Medal

By SUSANNE KAPPLER
Fort Jackson Leader

Three to five seconds. That is how long it takes for an M67 hand grenade to explode after the last of three safety features has been disabled. Last July, a Fort Jackson Soldier's quick reaction during that time frame ensured that no one was hurt during a mishap at Remagen hand grenade range.

For his actions that day, Staff Sgt. Mercedes Amaro, Company B, 4th Battalion, 10th Infantry Regiment, was awarded the Soldier's Medal July 2, the highest decoration for heroism in a non-combat incident.

When Amaro, an instructor at Remagen, stepped into Bay 4 of the live grenade area with a Basic Combat Training Soldier July 31, everything appeared to go according to plan. The Soldier had trained with dummy grenades and was prepared for her turn at the live range.

"That day, I didn't think anything was going to happen," Amaro said.

But right before the Soldier was supposed to throw her first live grenade, something went wrong.

"When she went to throw, she turned toward her left (at Bay 3)," Amaro said. "In Bay 3, there was another Soldier and another cadre (member)."

Realizing that the Soldier was going to throw straight at the other Soldiers — who had their backs turned toward Bay 4 — Amaro reacted within a split second.

"I slapped (the grenade) out of her hand," Amaro said. "It fell between us. I yelled, 'Grenade!' ... I picked (the Soldier) up, threw her out (of the bay) and landed on top of her."

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Motorcycle rally connects safety, fun

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

So far this year, the Army has lost 20 Soldiers to motorcycle accidents. Excessive speed, reckless operation and operator inexperience have been identified as common causal factors. Alcohol use, as a contributing factor, is not uncommon, and failure to wear a helmet often leads to increased severity of an injury.

The Fort Jackson Motorcycle Safety Program is designed to include the full spectrum of motorcycle safety, including training (initial, progressive and refresher), leadership, mentorship and responsibilities. Detailed guidance can be found in Fort Jackson Regulation 385-10.

While I expect our motorcycle riders to have the integrity to do the right thing and the self-discipline to ride safely, I also expect leaders at all levels to ensure that we have provided our Soldiers with the tools and training to help keep them out of harm's way.

Although all Soldiers and civilian employees are required to attend traffic safety training at the Fort Jackson Safety Center within 30 days of their arrival at the installation, motorcycle safety is also a required element in unit level reception and integration counseling for all new Fort Jackson personnel.

At a minimum, all Soldiers will complete FJSO Form 6; Motorcycle Operators Checklist, and all Soldiers who own a motorcycle will complete a motorcycle agreement. These documents are available from your unit's additional duty safety officer.

All Soldiers must complete the Basic Riders Course before they can ride a motorcycle (civilian employees must complete the training before they can ride on the installation). The training is free and Soldiers and civilian employees will not be charged pass or leave to attend. Training motorcycles are provided and personnel are encouraged to attend the training before they purchase a motorcycle. The training will help them determine what size/type motorcycle is right for them. Register for the course at *https://airs.lmi.org/*.

All arriving Soldiers who own motorcycles are required to complete refresher training within 30 days of their arrival. These Soldiers will attend either the Experienced Riders Course or the Military Sport Bike Course depending on the type of motorcycle they own. These courses are also available for our current Soldiers and civilian employees who desire additional training. Again, you may register for the course at *https://airs.lmi.org/*.

Each military organization is required to support an active Motorcycle Mentorship Program. As a minimum, each new rider will paired with an experienced rider as a mentor. Motorcycle riders should also consider membership in a club that supports safe riding. Additional information on the Motorcycle Mentorship Program can be found in FJ Regulation 385-10 and at the Combat Readiness Center website at *https://safety.army.mil/mmp/*.

It is important to remember that while the motorcycle rules and procedures only apply to civilians when they are on the installation, Soldiers are bound to comply with those policies at all times, including when they are off duty and off post.

It is fair to assume that we will continue to see an increase in Soldiers who ride motorcycles for the foreseeable future. Leader engagement at all levels and the personal discipline of motorcycle operators are critical elements in the effort to mitigate the hazards to our Soldiers who ride. We place the highest value on the life and well-being of all members of the Fort Jackson family, and we just cannot afford to lose a single person to a needless tragedy that we had the means to prevent.

I look forward to seeing you at the Victory Thunder motorcycle rally, scheduled for July 30 at the Solomon Center.

Mission First — Safety Always. Army Strong and Victory Starts Here!

Fort Jackson talks back:

Staff writer Chris Rasmussen asks members of the community:
'If you could grant Fort Jackson one birthday wish, what would it be?'

Staff Sgt. Arthur Wade
NCO Academy

"More parking! It is crazy for parking around here, especially along Sumter Street and Magruder Avenue."

Sgt 1st Class Latasha Dixon
120th Adjutant General Battalion (Reception)

"Better child care hours for drill sergeants and military families."

Pvt. Johann Agnarsson
120th Adjutant General Battalion (Reception)

"More urban and MOUT training. I would like more hands-on training on what we will be doing."

Pvt. Bonnie Beaver
120th Adjutant General Battalion (Reception)

"Better running tracks that aren't made from concrete. The concrete tracks place a lot of impact on the body."

Ronnie Travis
DA Civilian

"(Another) statue of Andrew Jackson placed at the main gate ... so people coming on post know who the installation was named after."

Sgt. Brandon Deen
120th Adjutant General Battalion (Reception)

"Improved road conditions. I work off Washington Road and it is in pretty bad shape right now."

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NCOs awarded for life-saving action

By CHRIS RASMUSSEN
Fort Jackson Leader

Two Fort Jackson drill sergeants are being credited for saving the life of a Soldier in training.

Pvt. Joseph Herman, Company D, 3rd Battalion, 34th Infantry Regiment, was sitting in a classroom June 22 when he suffered a seizure that caused him to quit breathing. Sgt. 1st Class Kimberlyn Burns and Staff Sgt. Phillip White noticed something was wrong and jumped into action.

"His body hunched over, he had no motor skills and his eyes rolled to the back of his head," White said. "As soon as we saw that, we knew he was going into shock and that it was serious."

The two drill sergeants jumped up, got Herman out of his chair and laid him on the floor. While Burns held the Soldier's head, White pried his jaw open and noticed that his tongue had folded back, preventing him from breathing.

"I stuck my index finger in his mouth and pried his tongue out," White said. "Then he started breathing again."

"It seemed like he had quit breathing for a couple of minutes," Burns said.

Once he began breathing again, Herman — still in shock — was having difficulty staying awake. Both drill sergeants kept the Soldier awake by talking to him until emergency personnel arrived.

Photo by CHRIS RASMUSSEN

Lt. Col. Bryan Hernandez, right, commander of the 3rd Battalion, 34th Infantry Regiment, praises Sgt. 1st Class Kimberly Burns, middle, and Staff Sgt. Phillip White for their quick actions in aiding a Basic Combat Training Soldier who stopped breathing during a classroom exercise.

"Both drill sergeants Burns and White displayed the key characteristics we, as an Army, look for in our NCOs — quick thinking, outstanding professionalism and care for the well-being of Soldiers," said Lt. Col. Bryan Hernandez, commander 3rd Bn., 34th Inf. Reg. "These two fine NCOs saw something that did not look right and their speedy actions resulted in possibly saving that young Soldier's life."

Herman has since recovered from the incident.

Burns and White were presented the Army Commendation Medal for their actions during a ceremony July 6.

"We take the responsibility of transforming these young men and women into Soldiers, especially in a time of war, very seriously," Hernandez said. "Mothers and fathers across this nation send us their most-prized possession, their children. They place their full trust and confidence in our officers and NCOs to train them hard, teach them well and take care of them. The actions by these two great drill sergeants is evidence of that sacred bond."

Both drill sergeants credit their training for the quick aid they were able to give Herman.

"We are constantly training in combat lifesaving skills. We do it throughout the year," White said. "When you do something so much it becomes habit. I didn't think twice about what I did."

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You've got voice mail: System to get upgrade

Leader Staff Report

Next week, Fort Jackson will say "good-bye" to a voice that has greeted its telephone voice mail users for the past 16 years.

Starting July 23, Fort Jackson will ditch its old Meridian Mail system for a new state-of-the art system, called Call Pilot. The Meridian Mail system has been in use since 1994.

"It is exciting to be getting a new voice mail system, but some people may be apprehensive about yet another change," said Barbara Kelly, acting chief of plans at the Fort Jackson Network Enterprise Center.

Last month, Fort Jackson's on post telephone dialing system changed from a four-digit to a seven-digit system.

"However," Kelly said, "this change will be very user friendly. Users can't use their phone number as their password anymore, but everything else is unchanged."

The new system's access number, 751-6245 — or 751-MAIL — and all of the basic commands (for example, press "2" to play a message; press "76" to delete a message) will remain the same, Kelly said. Once Call Pilot is activated, all of the current user mailboxes, passwords and saved messages will be automatically transferred. The NEC will also send notices reminding users of change. Users who are currently using their telephone number as their password will need to change that to a random seven-digit number by close of business July 22.

IN THE KNOW

- ❑ Voice mail users must change their password to a random seven-digit number (not the phone number) by close of business July 22.
- ❑ To change your password: Log in to your voice mail box; press 84; follow the verbal commands; they will require you to enter a new seven-digit number followed by the # key. You will also have to validate your identity by inputting your old password — don't forget to press the # key at the end of the password; the system will tell you when you have successfully changed your password.
- ❑ The voice mail access number for Call Pilot remains the same (751-6245).
- ❑ The basic voice mail commands for Call Pilot remain the same.

The installation of the Call Pilot voice mail system is part of the comprehensive upgrade of the Fort Jackson voice network being implemented under the Installation Information Infrastructure Modernization Program.

Kathy Hayes, Fort Jackson NEC's chief of Business and Plans Division, said the voice mail system change is among those aimed at improving post communications overall.

"We're making incremental changes in our voice and data networks that will improve the quality and reliability of communication services for our partners in excellence at Fort Jackson," Hayes said. "We are actively implementing Army standards, bringing Fort Jackson into compliance with system accreditations, and establishing a state-of-the-art platform for future communications technologies."

Those who have problems with the new system should report that by dialing "15" — the telephone trouble number, Kelly said.

Housing Happenings

COMMUNITY UPDATES

❑ The customer comment winner for July is Staff Sgt. John Trotter. He received $100 for leaving a comment card with Balfour Beatty Communities. Anyone who returns a customer comment card after having an interaction with Balfour Beatty staff is automatically entered into the monthly drawing.

❑ Recreational vehicles and utility trailers must be stored on the RV storage lot. To reserve a space, call 751-7567/9325.

❑ Residents who are interested in using the Community Center for a personal function can call 738-8275 to make a reservation.

COMMUNITY UPDATES

❑ To date, 172 homes have been completed.

❑ To date, 52 units have been demolished in the Phase II area for junior noncommissioned officers.

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

REEL TIME THEATERS

July 15 — 2 p.m.
Prince of Persia: The Sands of Time — PG — 107 min.

July 15 — 5 p.m.
Marmaduke — PG — 88 min.

July 16 — 6 p.m.
Get him to the Greek — R — 109 min.

July 17 — 4 p.m.
Killers — PG-13 — 100 min.

July 18 — 5 p.m.
Splice — R — 104 min.

July 19 — 1:30 p.m.
Bandslam — PG-13 — 111 min.

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

Ticket admission
Adults $4.50
Children (12 and younger) $2.25
Visit *www.aafes.com* for listings.

LEADER INFORMATION

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

The deadline for article submissions is two weeks before publication. The deadline to submit photos and announcements is one week before publication.

Blackhawks welcome new commander

Photo by CHRIS RASMUSSEN

Col. George Donovan, left, takes the guidon from Maj. Gen. James Milano, Fort Jackson's commanding general, as Donovan assumes command of the 171st Infantry Brigade Friday outside the Officers' Club. Donovan replaces Col. Karl Reed, who will be assigned to the International Security Assistance Force Joint Command in Afghanistan. Donovan's most recent assignment was senior adviser to the chief of the general staff of the Afghan National Army.

Post assessed for accreditation

By CHRIS RASMUSSEN
Fort Jackson Leader

Fort Jackson is well on its way to becoming a fully-accredited TRADOC institution.

In March, a team of TRADOC staff, Combined Arms Center personnel and the deputy commanding general for Initial Military Training visited Fort Jackson to comb through every aspect of how TRADOC courses are being conducted.

"Just like any institution of higher learning, our schools and centers achieving accreditation gives credibility within the Army training community," said Gerald Henderson, deputy chief of staff of the U.S. Army Basic Combat Training Center of Excellence and Fort Jackson. "A Soldier or leader who trains here knows that the training he or she is receiving is current and relevant and that lesson plans are doctrinally correct and that the products have been vetted and meet a common Army standard."

The Drill Sergeant School, Victory University and the USABCTCoE were all inspected for accreditation. Each organization received an assessment rating, and the cumulative ratings are factored into an overall rating.

While the official results have not yet been formally announced, based upon the performance, all three will become fully accredited institutions.

"Receiving our first TRADOC accreditation is a significant achievement," said Col. Jeffrey Sanderson, chief of staff. "In essence, the accreditation is an external measure of how well we are executing our critical Basic Combat Training mission."

"It's incredible to receive such high marks from TRADOC," said Jacqueline Ortiz, deputy director of Victory University. "Accreditation is a formal recognition that we have met and in many cases exceeded the standards."

TRADOC has established multiple standards for its accreditation process; how well individuals are trained, documentation of training and usage of personnel are evaluated.

The evaluation process is done in three phases. First, institutions conduct an internal review, including surveying former and current students. The institution is then evaluated by TRADOC teams of subject-matter experts who check for compliance with accreditation standards. The final step is a follow-up inspection to make sure the schools are staying at accreditation standards.

"The greatest benefit for us locally is the confidence we gain in knowing that we been tested by multiple stringent standards and have met or in many cases exceeded those standards," Sanderson said.

Fort Jackson was praised for several functions and programs, including Victory Forge, the capstone field training exercise conducted before BCT graduation.

The installation also received "best practices" status during the evaluation on the officer development program, including the battalion commander leadership program, commanding general mentorship, guest speaker program and the Drill Sergeant and Advanced Individual Training Platoon Sergeant Resiliency Program, and more.

"Prior to this assessment, we thought we were a solid organization. Now we know we are a solid organization and having been tested and passing the test is worth its weight in gold," Sanderson said.

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208th Reservists farewell commander

By CAPT. CURSHA PIERCE-LUNDERMAN
208th Regional Support Group

Col. Pete Bosse relinquished command Sunday of the 208th Regional Support Group to Col. Larry Cruz after serving three years in the position. And during that time, the group has seen numerous changes, with Bosse being its only constant.

In 2007, when Bosse took the guidon, the unit was located in Fort Sam Houston, Texas, Command Sgt. Maj. Steve Hatchell was keeping Soldiers in line, the units served were logistics, and there were approximately 1,700 Army Reserve Soldiers located in Texas and Louisiana.

"One of my biggest challenges in command was rebuilding after the move from Texas," Bosse said. "Only the command sergeant major and I moved; no one else came."

After arriving at Fort Jackson in August 2008, the first formation for the Headquarters Company contained only three people. Today, the company has nearly 100 Soldiers.

"We got here, began networking, and meeting people on post," Bosse said.

By June 2009, Bosse found himself in charge of facilitating mobilization and deployments for five Military Police battalions and three direct reporting units comprising more than 3,000 Soldiers. The units are located in Florida, Tennessee, North Carolina and Louisiana. Bosse quickly began traveling to see subordinate commands and build relationships.

"He drove four hours just to attend our Military Police ball and then turned around to drive four hours back because he had an early flight out in the morning," said Lt. Col. Darwin Hale, commander of 535th Military Police Battalion in Raleigh, N.C. This type of time investment and dedication to Soldiers was the cornerstone of Bosse's command.

"Col. Bosse was a commander at all times. He was available seven days a week for his Soldiers," said Maj. Gen. Adolph McQueen, commander of the 200th Military Police Command.

Because Army Reservists are often considered "part-time" servicemembers, Bosse's visits to units were above duty requirements.

Bosse's fellow Soldiers say he not only exceeded expectations but also rose above tense situations in a professional manner.

"He maintained a level head and let his leaders think through their own problems," said Lt. Col. Martin Nees, group executive officer. "Col. Bosse was never too busy to be cordial."

Bosse will go on to command the 101st Sustainment Brigade at Fort Campbell, Ky.

Cruz' last assignment was as deputy chief of staff G-5, 108th Training Command in Charlotte, N.C.

Photo by DARRYL L. MONTGOMERY, 319th Mobile PAO Detachment

Col. Pete Bosse, left, and Maj. Gen. Adolph McQueen exit the field after the 208th Regional Support Group change of command ceremony Sunday at Hilton Field. Col. Larry Cruz assumed command.

Retirement salute

Command Sgt. Maj. Dennis King, right, command sergeant major of the U.S. Army Accessions Command, and Lt. Gen. Benjamin Freakley, commanding general of the U.S. Army Acessions Command, salute the U.S. colors during King's retirement ceremony Friday in front of Post Headquarters. King served as the Fort Jackson post command sergeant major from 2004 to 2006.

Photo by KRIS GONZALEZ

‘Literacy: From womb to tomb’

Post library offers children a journey to ‘Book Island’

By KRIS GONZALEZ
Fort Jackson Leader

Once upon a time, long before video games and the Internet ruled America’s pastimes, storytelling and reading were the traditional ways families stayed entertained.

There were no computers, no MP3 players, just the written word and tale-telling conversations.

Facebook? Not.

But instead, a book with a friendly face.

It’s that traditional experience the staff of the Thomas Lee Hall Library hope to recreate for Fort Jackson community members as they partake in the library’s summer reading programs.

This summer, all of the programs revolve around the same theme, “Voyage to Book Island,” in which storybook characters travel to sandy beaches, join pirates in treasure hunting or swim with sea animals in the vast oceans.

Kids younger than 8 can wear their pajamas and cuddle under a blanket as they listen to their favorite beachy bedtime stories during Sleepy Storytime every Thursday at 6:30 p.m.

Kids of all ages are invited to listen to literary favorites, dance and shake out their sillies and make crafts during Family Storytime every Friday starting at noon.

Teens can meet up with their friends for book discussions, “game nights,” and to create “fabulous” and “frugal” summer crafts every Thursday at 5:30 p.m.

Adults can even get together to socialize and stimulate their minds during bimonthly book discussions with the Victory Readers book club. If that isn’t incentive enough, all patrons can enter a contest to win prizes just by registering and keeping a log of every book they read this summer.

“Our approach to the programming is ‘literacy, from womb to tomb’” said Cecilia Hem Lee, the Youth Services librarian. “We offer programs for all ages, but because we understand that the Army family moves together, we try to keep the programs close together so that families can stay together.”

“We understand that when Mom is driving to the library, she’s not going to make two separate trips,” Hem Lee continued. “So we create programs that the entire family can enjoy, incorporating activities that involve the older kids as well as the younger children.”

What Hem Lee also understands, she said, is that even though parents are children’s first teachers, they are also very busy. So she packages family literacy programs that can easily be reproduced at home. Copies of every book she shares during the programs are available for checkout. She ensures that the supplies required to make each craft consists of everyday items that can be found in any household, like scrap paper, glitter, masking tape and other school supplies.

“We also encourage parents to check out different types of books at a time because different kids have different interests, but if they read books together as a family, they will share those interests,” she continued. “And through reading, they’re going to explore so many different aspects of cultures and life itself.”

Stacy Umbleby, who has been bringing her 5-year-old son, Colton, to Family Storytime every week for the past two months, said she appreciates that the library offers programs promoting literacy among children so young.

“I was never was a big book reader,” Umbleby said. “So I like that Colton is getting interested in books and that he’s being introduced to it early.

“I can see that he learns from the repetition of the stories,” she said. “(Hem Lee) usually reads the same stories every week or she’ll have at least two familiar stories from the week prior, and he knows them so well, he will say the words before she does.”

Stephen Ferguson, who brings his three children, ages 13, 6 and 1, to Family Storytime, said the programs offer great opportunities for his kids to interact with other children and encourage them to continue reading throughout the summer. He said the programs inspire him to read as well, which allows him to be his children’s best role model.

“Education starts at home,” Ferguson said. “Children need to see their parents reading. If they see us modeling it, then they’ll want to do it too.”

For more information about the library’s summer reading programs, contact Hem Lee at 751-5589.

Kris.Gonzalez1@us.army.mil

Photos by KRIS GONZALEZ

Cecilia Hem Lee, youth services librarian for Thomas Lee Hall Library, entertains children of all ages during Family Storytime each Friday at noon. Family Storytime is one of many programs offered at the library.

Photo by KRIS GONZALEZ

Myia Hill, 13, loses herself in a book at Thomas Lee Hall Library Friday.

Alcohol abuse nothing to joke about

CRYSTAL CLEAR

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

It's not often that a colonel gets called out for being late. And when it does happen, I doubt anyone laughs — not aloud, anyway.

But that very scenario drew laughs from the Solomon Center crowd at Tuesday's Happy Hour Comedy Show, which featured comedian Bernie McGrenahan in what he calls "comedy with a twist."

Some of those in attendance — myself included — weren't exactly smiling when they arrived at what the comedian himself called "mandatory fun."

But by the time we all filed out, we were left with not only several good laughs, but life lessons garnered from the comedian's own experiences.

On the way over to the show, my husband briefed me on what the show was about, courtesy of an exhaustive Google search on his part.

"It's 30 minutes of comedy and 30 minutes of inspirational speaking," he said.

I'd read the op-order; I was not swayed. Until McGrenahan started his routine, that is.

The jokes started immediately. From Speedos, to toilet paper, to his hoopty, he had the group at the 1 p.m. show I attended doubled over with laughter.

McGrenahan seamlessly transitioned from an all-out comedy show to something much more serious. The energetic comedian had more than jokes; he also had a drinking problem.

McGrenahan started drinking as a teen, and he soon had two DUI convictions. He shared with us how his drinking, which began with just a few beers on the weekend, soon turned into multiple drinks and drugs.

He shared with us how his cologne and mouthwash failed to cover the stench of alcohol on his body, causing him to lose his job. After moving back in with his mother and siblings, he realized his brother was traveling the same path as he had. Drinking too much, missing class, not doing the right thing. And though he tried to intervene, it seemed it came too late; after an argument, his brother killed himself.

Afterward, McGrenahan coped the way he always had; by getting drunk, which soon landed him his third DUI. This time, he didn't get off with a fine. The judge gave him six months jail time.

Though his story may seem extreme, I think many of us can look within our own families for similarities. How many of us have had too many drinks and driven home, thinking we would be OK? How many of us have stood by as our family members drank too much, with us wondering if we should intervene, but deciding against it for fear of hurting his or her feelings?

Though the comedian has never served in the military, he made one great point: All of the on-post resources for anyone who suspects he or she may have a drinking problem are not to hurt the Soldier; they are there to help the Soldier. Seeking help will not hurt your career, but getting a DUI will.

I went into the show thinking I would snap a few photos of what would probably be an unremarkable routine. But as I watched the Soldiers walk over to speak with the comedian, who has now been 21 years sober, I knew I wasn't the only one touched by his routine. Not only did they snap photos with him, some shared stories of what drinking has done within their own families.

Fort Jackson's Safety Center and the Army Substance Abuse Program put together a great show to offer a type of "training" that, I think, served as not only a fun time, but a reality check.

For me, it was a wake-up call that there is always someone looking at me — whether it is a sibling, a child or even a friend — for whom I am setting an example. And I hope that despite what happens in my life, that I can be a role model for him or her, because McGrenahan's routine reminded me that sometimes doing the right thing means seeking help.

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

Family Happenings

FREE MOVIE SCREENING

The Fort Jackson Theater has scheduled a free advance movie screening of Cats & Dogs: The Revenge of Kitty Galore for 3 p.m. July 24. Tickets will be available beginning tomorrow at the Main Food Court, Burger King, Gate 1 Shoppette and the AIT Troop Store. Tickets do not guarantee entry; ticket holders are encouraged to arrive early.

PLAYGROUP

Join other parents and their children, at Playgroup, 10 to 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 to 6:30 p.m., Wednesday. Call 751-5256 for information.

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 *ftjackson_acs @conus.army.mil* 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 prior to scheduling care.

Call 751-1970/1972 to schedule an orientation.

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.

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.

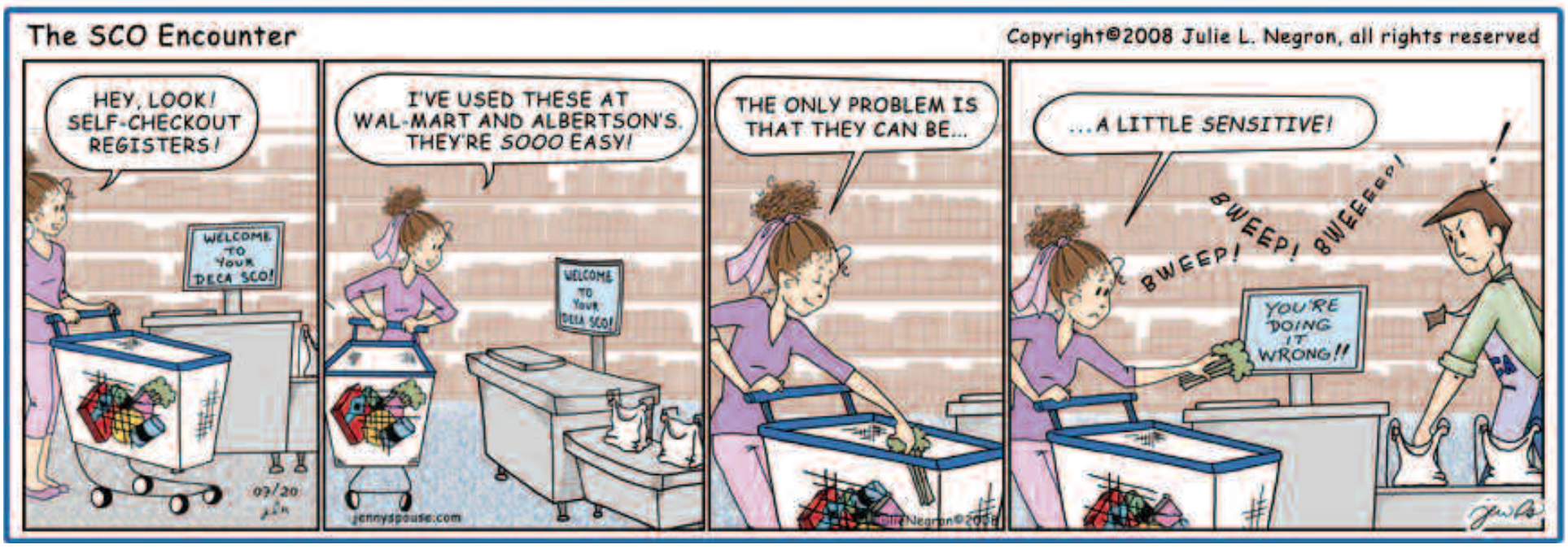
CALL FOR SUBMISSIONS

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*.

Call 751-7045 for information.



MacDermott: 'Just a great action by a great Soldier'

Continued from Page 1

Staff Sgt. Mike Derry, the instructor in the adjacent bay, said he did not realize immediately what the danger was when he got instructions from the observation tower to get down.

"I got down, and then I heard an explosion and thought, 'That doesn't sound right,'" Derry said. "If (Amaro) hadn't stopped (the Soldier), I would have had a bad day."

Derry, who like Amaro is a combat-experienced infantryman, said he did not expect to be involved in a situation like this when he reported to Fort Jackson.

"I came from an infantry unit," Derry said. "I've been hit by five roadside bombs. I thought I'd get a little bit of reprieve from explosives."

Sgt. 1st Class Michael Ethridge, Remagen's noncommissioned officer-in-charge, witnessed the events from the range's observation tower.

"It was actually two different incidents that happened at the same time," Ethridge explained. "When the Soldier turned to throw the hand grenade to the adjacent bay, that was actually the most dangerous part. ... The dropped hand grenade in the pit was the second part of it all. It was just two incidents on top of each other that made it worse than it normally would be."

After learning about what happened at the range, Lt. Col. Richard MacDermott, commander of the 4-10th, did not hesitate to endorse Amaro's nomination for the Soldier's Medal.

"It was just a great action by a great Soldier, and I'm proud of every member of the cadre out there. I'm confident that they all would execute that," MacDermott said. "Taking care of the Soldier first and then himself, just putting the Soldier's welfare in front of his own — that says a lot about the type of man that he is."

Derry shared a similar sentiment.

"(Amaro) totally deserves it," Derry said. "He had an option. He didn't have to do it. He would have been safe. That private would have been safe."

Amaro said he is proud of receiving the award. He said he credits his four combat tours and his training for his quick reaction.

Instructors at Remagen go through extensive training and practice their skills every day, MacDermott said. MacDermott said the situation that Amaro encountered was added to the cadre's training program.

"Every time we have an incident down on the range, we add that particular scenario (to the training)," MacDermott said. "We've kept careful records, and so what we try to do is figure out what are the most likely events and make sure that we've trained for those, but then also train for the unlikely events — the ones where the Soldiers have been innovative in their ability to do something different that we haven't seen before."

Susanne.Kappler1@us.army.mil

Yard of the Month

Photo by CHRIS RASMUSSEN

Col. James Love, right, garrison commander, and Garrison Command Sgt. Maj. Christopher Culbertson honor the July Yard of the Month winners 1st Lt. Jeffrey Holycross, 165th Infantry Brigade, and his wife, Kymberli. The Holycrosses received a certificate of appreciation, coin, reserved parking at the Main PX and commissary, free dinner, movie passes and a $50 gift card.

Security changes affect some AKO users

By DANNY SPATCHEK
Army News Service

WASHINGTON — Security changes for Army Knowledge Online recently prevented a small percentage of users with older browsers from accessing the web-based portal.

AKO, the original Army "cloud" computing environment, serves more than 2.3 million unclassified users and more than 123,000 classified users including active duty, National Guard, Army Reserve, Department of the Army civilians, contractors, family members and retirees.

The Department of Defense discovered in an annual audit that AKO was not carrying the most secure algorithms available. After implementing June 23 the 6140-2 Compliance Algorithm, about 100 users per day began contacting AKO saying they were unable to access the portal, said Dr. Kenneth Fritzsche, AKO product director.

The AKO team then posted a news release on the Army.mil website detailing the way those impacted by the change — mostly users with older browsers such as Internet Explorer 5.5 and 6.0 — can make their browsers compliant.

According to the release, users of Internet Explorer 6 and higher should go to: Tools, Internet Options, Advanced Tab and scroll down to the security section to ensure the "Use TLS 1.0" option is selected before clicking OK. Mozilla Firefox users should go to Tools, Options, Advanced, Encryption and also select the "Use TLS 1.0" box. If this option is not available, users should ensure they have the latest updates for their browsers.

The release encouraged those who need additional help to call the Army Enterprise Service Desk anytime at (866) 335-2769.

"Few users relative to our overall population were impacted by the security changes — less than 1 percent. We're not seeing a downward trend of logins on AKO," Fritzsche said.

Fritzsche said that although the number of AKO users who are unable to access the portal is low compared to the total number of users, the AKO team is reaching out to them through various forms of social media such as Facebook, Twitter and Google Alerts.

Chief of Security at AKO Joel Robinson stressed that AKO cares about their users without access.

"We do care about the less than one percent," Robinson said.

"Our users depend on AKO for everything from communicating with business associates and family members to tracking their pay, training, clothing records and much more. Not being able to log on significantly affects our users," Fritzsche added.

Fritzsche said that the newest browser versions such as Internet Explorer 7, 8 and Firefox, the most prevalent browsers among AKO users, were not impacted by the security changes. Classified browsers were also not impacted by the changes, probably because they use up-to-date browsers, Fritzsche said.

Fritzsche said that around 400,000 people login to AKO about 800,000 times per day and at the busiest point in any given day 50,000 people are logged in to AKO.

"We block roughly 450,000 pieces of spam daily. However we block seven to nine million connection attempts daily from known spam cannons," Robinson said.

Fritzsche named several security measures AKO previously had in place. After logging into AKO, users must answer three personal questions. If a user answers even one question incorrectly he or she gets two additional chances to answer new questions correctly before being denied access.

Robinson said users who log in with a Common Access Card can also now be denied access to the portal.

"We can now type in someone's name who shouldn't be allowed into AKO and deny him access. Our ability to deny access to people for security is a big upgrade," Robinson said.

Fritzsche added that soon users will be able to access AKO through mobile devices, like an iPhone.

Fritzsche mentioned some of AKO's longer-running applications such as the people search and instant messaging. He said AKO users send 8 million instant messages each month.

AKO also allows users to create a microfile — a generic or individualized profile that can include interests, skills and experience.

"If you need someone who knows how to use GPS, you could type in GPS and find anyone who has GPS experience and use the information from their profile to find out where they live and how to contact them," Fritzsche said.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE

Photos by OITHIP PICKERT, Public Affairs Office

Staff Sgt.
Jonathan Harrison
Company D
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Zachary Holder

SOLDIER OF THE CYCLE
Pfc. Derral Whatley

HIGH BRM
Pfc. Billy Atkins

HIGH APFT SCORE
Pvt. Ian Wall

Staff Sgt.
Michael Knowlton
Company E
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Kelsi Kuzmik

SOLDIER OF THE CYCLE
Spc. Alvin Tolliver

HIGH BRM
Pfc. Michael Hamilton

HIGH APFT SCORE
Pvt. Michelle Morse

Sgt. 1st Class
Jamaal Golden
Company F
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Devereaux Fields

SOLDIER OF THE CYCLE
Pfc. Keri Paulson

HIGH BRM
Pvt. Tevin Fletcher

HIGH APFT SCORE
Spc. Alexander Murphy

This week's AIT honors

FEASTER

MINOR

BIRDWELL

GLENN

The 369th Adjutant General Battalion instructors of the cycle are: Staff Sgt. Carl Feaster, Company C, Sgt. 1st Class Angela Minor, Company D and James Birdwell, Company C. The 369th Adjutant General Battalion platoon sergeant of the cycle is Sgt. 1st Class Anthony Glenn.

Upcoming ceremonies

CHANGES OF COMMAND

❑ 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.

Army Community Service

July calendar of events

Today
Resume writing and interviewing skills: Guest speaker: Blue Cross/Blue Shield, 8:30 a.m. to noon, Strom Thurmond Building, Room 222
Financial/relocation initial PCS class: 9-10 a.m. Education Center, Room B302
Family assistance center team training: 1:30-3:30 p.m., Joe E. Mann Center

Saturday, July 17
EFMP Columbia Marionette Theater: 11 a.m., 401 Laurel Street. Free for children two and younger.

Tuesday, July 20
FRG leadership training two-day workshop: 8:30 a.m. to 4 p.m., Family Readiness Center
Starting and running a small business: 9-11:30 a.m., Education Center. Call 751-4109 to register
Teen job and education fair: 10 a.m. to 2 p.m., Main Post Chapel Activity Room
Positive parenting 101: 10 a.m. to noon, Joe E. Mann Center, conference room
Evening breastfeeding support group: 5:15-6:30 p.m., 5615 Hood St., Room 8

Wednesday, July 21
FRG leadership training: 8:30 a.m. to 4 p.m., Family Readiness Center
Financial readiness for first-termers: 8:30 a.m. to 4:30 p.m., Education Center
Teen Career Exploration Workshop: 10 a.m. to noon. Call for location and registration.
Phase II LEVY briefing: 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, July 22
Winning Interviewing Strategies: 9-11:30 a.m., Strom Thurmond Building, Room 222

Sunday, July 25
EFMP Palmetto Falls Water Park: 4-7 p.m., Cost $2.50 ($3.50 for the food special that includes hot dog, chips and drink)

Tuesday, July 27
Steps to federal employment: 9 a.m. to noon, Strom Thurmond Building, Room 222
Key Caller Training: 9 a.m. to 2 p.m., Family Readiness Center
Managing emotions under pressure: 11 a.m. to 1 p.m., 5615 Hood St., Room 10
EFMP bowling: 4-6 p.m., Century Lanes Bowling Center
Hearts Apart support group: 4-5:30 p.m., Family Readiness Center. Date subject to change, call 751-1124

Wednesday, July 28
Job search strategies: 8:30 a.m. to noon, Strom Thurmond Building, Room 222

Thursday, July 29
Reunion/Reintegration training: 6-8 p.m., Family Readiness Center
Quick jobs seminar: 10-11:30 a.m., Strom Thurmond Building, Room 222

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

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

Mo-o-o-ving out

Photos by KRIS GONZALEZ

At left, Children with the Scales Avenue Child Development Center's Preschool 4 class are herded into the hallways of the CDC as they prepare to visit Chick-fil-A Friday for the restaurant's sixth annual Cow Appreciation Day. The children were treated to free kids' meals for dressing up as cows, or in this case, calves.
Above, Brianna Smith, 4, and Sean Evans, 4, show off their handmade T-shirts and cow-spotted hats as they prepare to celebrate Cow Appreciation Day.

Calendar

Friday
Fort Jackson 93rd birthday celebration
11:30 a.m. to 3:30 p.m., Darby Field

Saturday
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 *harrietwn@aol.com.*

Monday
Jr. SKIES basketball
9:30 to 10:30 a.m., 5614 Hood Street
For ages 3 to 6. The class runs through Friday. Call 751-6777/7540 for information and cost.

Saturday
Hiking over Charlotte
8 a.m. to 2:30 p.m.
Meet at Marion Street Station for transportation. Call 751-3484 for information.

Wednesday, July 21
Teen Career Exploration workshop
10 a.m. to noon, location TBA
Call 751-4862/5256 to register.

Saturday, July 24
Troop Command Reunion
11 a.m., Weston Lake community house
Call 605-5669 or e-mail *Rosiej2606@hotmail.com.*

Deep sea fishing
Meet at Marion Street Station at 2:30 a.m.
Call 751-3484 for information.

Friday, July 30
Motorcycle Safety Day
11 a.m. to 3 p.m., Solomon Center

Saturday, July 31
Myrtle Beach trip
8 a.m. to 8 p.m.
Call 751-3484 for information.

Housing events

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

Monday
National Ice Cream Day
2 to 4 p.m.
Celebrate this national holiday with a decadent ice cream sundae.

Thursday, July 22
Sleep Away Your Stress
3 p.m.
Learn about how sleep can help reduce stress. RSVP at *AYoungblood@bbcgrp.com.*

Thursday, July 29
Gulf Oil Spill Awareness
3 p.m.
Children 5 to 14 years can experience a cool and educational science project to explain the oil spill and how to help with relief efforts.

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

Announcements

POST SHRED DAY

Are you protecting your identity? Be sure by shredding sensitive and personal items during a shred day, 9 a.m. to 1 p.m., Wednesday in the Recycling Center parking lot. The Recycling Center is located in Building 5671, which is off Lee Road, near Burger King. Call 751-4208 for information.

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 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.

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.

JR. SKIES OFFERINGS

Jr. SKIES programs are scheduled throughout the summer. The programs are for children 3 to 6 and are Monday through Friday. 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., Thursdays.

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.

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.

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.

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.

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 page.

Off-post events

MILITARY FAMILY OPEN HOUSE

Richland Northeast High School has scheduled its annual New Military Family Open House 5:30 to 6:30 p.m., July 27 in the school's media center. Call 699-2800 ext. 0 or e-mail *ren.info@gmail.com.*

MOVIES IN THE PARK

Movies in the Park is scheduled for Friday 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.

RECRUITMILITARY EXPO

A free employment, entrepreneurship and educational opportunity event for veterans, personnel transitioning from active duty, Reserve, National Guard and military spouses is scheduled from 11 a.m. to 3 p.m., Thursday, July 22 at the Charlotte Motor Speedway.

FREE MUSEUM ADMISSION

The National Wild Turkey Federation is offering free admission to its Winchester Museum to all active duty military personnel and their families through Labor Day. The museum is located at 770 Augusta Road, along Highway 25, in Edgefield. The museum is open 8:30 a.m. to 5 p.m., Monday through Friday.

LEADER ANNOUNCEMENTS

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations.

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 issued a permanent bar letter after attempting to enter the post under "false pretenses," Military Police said. MPs said the civilian was an illegal immigrant. The civilian was also charged with illegal entry.

❑ A Soldier was ticketed for failing to yield in a two-car accident at the corner of Strom Thurmond Boulevard and Magruder Avenue, MPs said. According to the MPs, the Soldier's car crashed into another car, causing extensive damages to both vehicles. Both vehicles were towed from the installation.

❑ MPs responded to a theft complaint at Perez Gym after someone reported several items, including car keys and a cell phone, missing.

TIP OF THE WEEK

Anyone who moves to South Carolina from another state and establishes a permanent residence must apply for a South Carolina driver's license. Any vehicles must also be registered in South Carolina.

The valid driver's license issued by the state from which a person moved can be used for 90 days upon establishing a residence in South Carolina.

After the 90-day time period, the driver must surrender the out-of-state license and obtain a South Carolina driver's license. Vehicle owners have 45 days to transfer an out-of-state vehicle registration to South Carolina.

Military personnel (and their dependents) and students temporarily in South Carolina are not required to obtain a South Carolina driver's license or register their vehicle in South Carolina. However, they must have a valid driver's license from another state, as well as a valid vehicle registration, to operate a motor vehicle in South Carolina.

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

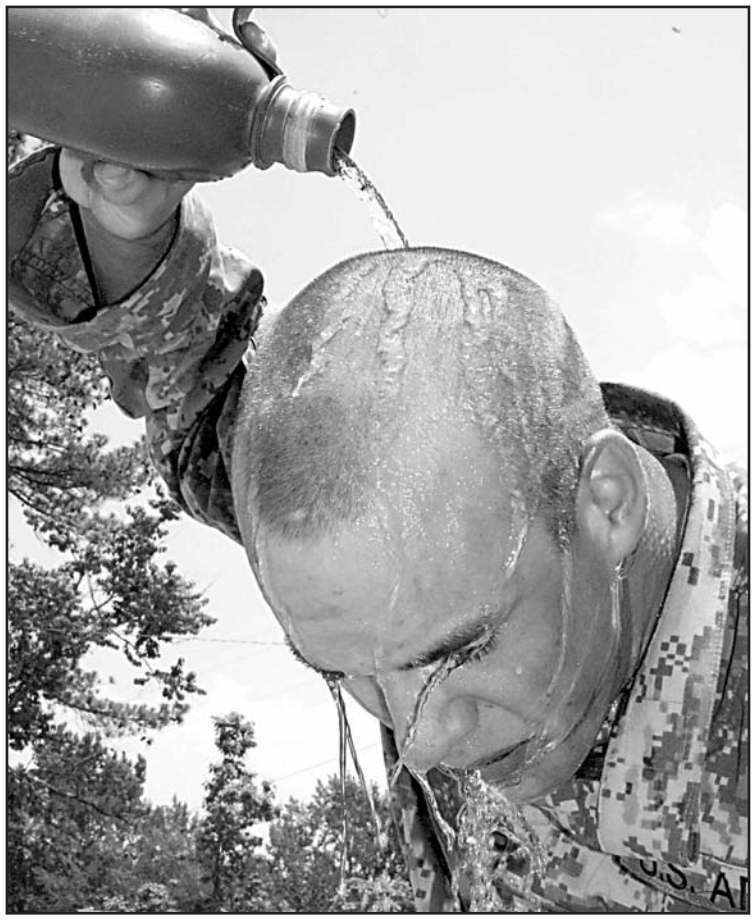
Don't let a heat injury take you out of the fight

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

Emergency numbers:
Cell phone users: 803-751-9111.
Alternate 1: Range control via radio.
Alternate 2: Range control at 751-7171/4732.
Alternate 3: MP desk at 751-3113/3114/3115.

Never leave the Soldier unattended!

911 & ICE:
At the first sign — every time.



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

Outdoor recreation, clubs offer host of summer fun

Army Family Covenant

By THERESA O'HAGAN
Family and Morale, Welfare and Recreation

During the summer months, it seems like everyone concentrates on things to keep the kids busy, but adults want to have fun, too. Family and Morale, Welfare and Recreation understands that grown-ups need a little fun time, and there are plenty of activities to keep the kid in all adults happy.

Hit the beach — Folly Beach that is — with Outdoor Recreation on Saturday. Meet at Marion Street Station at 8 a.m. and leave the driving to them. Marion Street Station trips and classes require registration. To register, or for more information, call 751-3484.

June's deep sea fishing trip was a huge success. Another chance is coming up July 24. This all-inclusive trip leaves from Marion Street Station at 2:30 a.m. Prefer the beach? Meet at Marion Street Station at 8 a.m., July 31 to take a trip to Myrtle Beach. Feeling lucky? Then head to Harrah's Cherokee Casino on 8 a.m., Aug. 7 at Marion Street Station.

Start something special or just make new friends with Speed Dating at Magruders Pub and Club on July 16. Each participant can meet up to 10 eligible singles.

Why should kids be the only ones who get to have a party with a waterslide?

In August, Magruders is throwing a customer appreciation party outside with a giant inflatable water slide.

Regular events at Magruders include Happy Hour Wednesday-Friday 4:30-7 p.m. with free appetizers and various specials. Wednesday is Thunderbolt Karaoke starting at 7 p.m. Thursday nights are draft nights. Get a hot dog and 23 ounce Bud draft for $2.50 all night long.

The first Friday of every month is Latin Night. Come out and salsa, merengue and bachata until you cannot dance anymore. For more information and details on other events at Magruders, call 790-0172.

Photo courtesy Outdoor Recreation Division, FMWR

A proud fisherman shows off his catch during a May deep sea fishing trip with Family and Morale, Welfare and Recreation's Outdoor Recreation Division. The next scheduled fishing trip is July 24.

The NCO Club is all new on Wednesday with doors opening at 8 p.m. Feel better with the Morale Call in the Liberty Lounge at 8 p.m. and pay 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.

The Officers' Club has new entrees lined up for summer for only $5.95 each, every day. Choose from grilled chicken Caesar salad, chicken or beef taco salad, or chicken salad in a pineapple boat. All entrees include soft serve ice cream.

The Officers' Club also offers Blue Plate Specials. Try southern fried chicken on Tuesdays, Mongolian barbecue stir-fry on Wednesdays, smoked barbecue ribs on Thursdays and a seafood buffet on Friday.

For more information on things to do at Fort Jackson this summer, visit *www.fortjacksonmwr.com* or "like" us on Facebook.

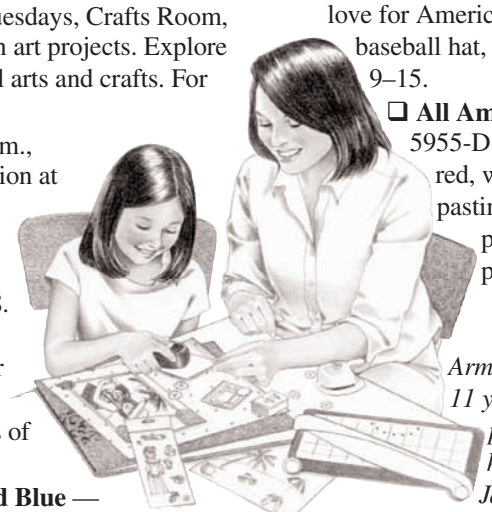
Current EDGE! classes

❑ **Art Sampler** — 1to 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 to 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** — 4 to 5:30 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 to 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 to 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 — cooking. 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.
❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
❑ 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

❑ 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 to10 years old.
❑ The Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m.
❑ 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.

Take steps to protect skin from UV rays

By WAYNE COMBS
U.S. Army Public Health Command

Ultraviolet rays are a part of sunlight that is an invisible form of radiation. There are three types of UV rays: ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC).

Scientists believe that UVA radiation can cause damage to connective tissue and increase a person's risk for developing skin cancer. UVB rays penetrate less, but can still cause some forms of skin cancer. Natural UVC rays do not pose a risk because they are absorbed by the earth's atmosphere.

Sunlight exposure is highest during the summer and between 10 a.m. and 4 p.m. Because snow and light-colored sand reflect UV light and increase the risk of sunburn, Soldiers are especially vulnerable when in the field or deployed to places like Iraq or Afghanistan. UV rays may reach exposed skin from both above and below and can cause burns even on cloudy days. Many drugs, including ibuprofen, increase the risk of sunburn.

Years of overexposure to the sun can lead to premature wrinkling, aging of the skin, age spots and an increased risk of skin cancer. In addition to the skin, eyes can get burned from sun exposure. Long-term exposure to the sun can lead to cataracts and has been linked to the development of macular degeneration.

Sunburn does not always show up immediately. Symptoms usually start about four hours after exposure, worsen in 24 to 36 hours, and last for three to five days.

First aid for minor sunburn includes these steps:

❑ Take acetaminophen or ibuprofen to relieve pain and headache and reduce fever.

❑ Drink plenty of water.

❑ Take cool baths or apply cool, wet cloths on the burned area.

❑ Avoid further exposure until the burn has resolved.

HOW TO PREVENT SUNBURN:

Wear sunscreen with a minimum of SPF 15. SPF refers to the amount of time that a

against UVB exposure.

SPF does not refer to protection against UVA. Products containing Mexoryl, Parsol 1789, titanium dioxide, zinc oxide or avobenzone block UVA rays.

Sunscreen performance is affected by wind, humidity, perspiration and proper application. Old sunscreens should be thrown away because they lose their potency after one to two years.

Sunscreens should be liberally applied (a minimum of 1 ounce) at least 20 minutes before sun exposure.

Pay special attention to covering the ears, scalp, lips, neck, tops of feet, and backs of hands. Sunscreens should be reapplied at least every two hours and each time a person gets out of the water or perspires heavily.

Some sunscreens may also lose efficacy when applied with insect repellents, necessitating more frequent application when the two products are used together.

Dark clothing with a tight weave is more protective than light-colored, loosely woven clothing.

HOW TO PREVENT EYE DAMAGE:

Wear sunglasses with side panels and almost 100 percent UV protection to prevent excessive sun exposure to the eyes. A hat with a brim also provides additional protection for eyes.

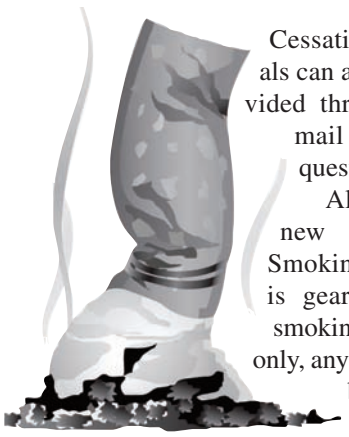
Call it quits with new TRICARE 'quitline'

From TRICARE Management Activity

TRICARE's Smoking Quitline is accepting calls. All non-Medicare eligible TRICARE beneficiaries within the U.S. can get assistance with going "smoke-free" by calling the toll-free quitline 24 hours a day, seven days a week, including weekends and holidays.

Beneficiaries residing in the TRICARE South Region can reach the quitline at 877-414-9949. Beneficiaries living in the North Region can call 866-459-8766 and those living in the West Region can call 866-244-6870.

TRICARE's Smoking Quitline is a telephone support and referral service. Beneficiaries who call will be assessed and receive guidance for a smoking cessation plan that fits their unique smoking habits.



Cessation materials can also be provided through U.S. mail upon request.

Although the new TRICARE Smoking Quitline is geared toward smoking cessation only, any TRICARE beneficiaries who want to quit using tobacco, including the smokeless kind, can get support through the Department of Defense's comprehensive and award-winning Quit Tobacco website, *www.ucanquit2.org.*

Ucanquit2 offers interactive, Web-based tobacco cessation training along with live, real-time encouragement from trained tobacco cessation coaches via the 24/7 "chat" feature. Users also have the opportunity to exchange information through the website's blog and electronic bulletin board and link to the website's Twitter, Facebook, MySpace and YouTube pages.

Many military treatment facilities offer smoking cessation programs and beneficiaries should check locally for more information on those programs. A military treatment facility locator is at *www.tricare.mil/mtf.*

Medicare eligible beneficiaries are reminded they may be eligible for smoking cessation benefits through Medicare Part B.

Check for more information at *www.medicare.gov.*

Article submissions are due two weeks before publication. For example, an article for the July 29 *Leader* must be submitted by today.

Announcements are due one week before publication.

For example, an announcement for the July 29 *Leader* must be submitted by July 22.

E-mail submissions and announcements to *FJLeader@conus. army.mil.*

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 Heath, 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 in obtaining orthopedic care, call the referral center at 751-2363.

SOCIAL MEDIA

Follow MACH on Twitter at *www. twitter.com/machcsd.*

The Bible: God's book of instructions

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

"Be all you can be!"

How many remember this Army slogan from 1980 — 2001? This slogan translates into doing your best. Doing your best can be illustrated through the following story.

This story takes place in the late '90s. Work is hard to find and inflation is out of control.

In a certain cotton factory, there was a large computerized banner on the walls of the workroom that read: "If your threads get tangled send for the foreman." The cotton factory had just hired a new employee. Desperate for work and over qualified for the job, she is happy to get hired at the factory.

One day, the new worker got her threads tangled, and she tried to disentangle them. Instead, she ended up only making them worse. After waiting a while, wondering what to do next, she sent for the foreman.

He came and took one look at the tangled threads. Then he said to her: "You have been doing this yourself?" She admitted she had, and the foreman asked why she did not follow the instructions and send for him.

"I did my best," she replied.

"No, you did not," said the foreman. "Remember, doing your best is following instructions and sending for me."

On the job, at home, moment-by-moment, there is a God who loves you, has given you instructions and desires you to call on him.

Following instructions brings to my mind vivid memories of one Christmas Eve. For three years, my daughter had asked for a Barbie Townhouse and we had decided she was old enough to take care of it, yet still young enough to enjoy it. I was surprised to see such a big box when the Post Exchange clerk brought it out. It almost did not fit in my small car.

We managed to hide it safely in the basement storage area, and I waited until late Christmas Eve to put it together. After all, how hard could it be to put together a dollhouse? I read the detailed five page instructions. The project took longer than I had anticipated. Even with the instructions and the guidance of a great engineer, I still had a hard time!

Doing my best started by reading the instructions. It was a joyful morning seeing my daughter's total surprise and sheer delight in her new Barbie Townhouse.

How often in our lives do we try to do our best when God is waiting for us to call on him? I think the Bible is God's instruction for our lives. I encourage you right now, as you read this article, to put the paper down and go find a Bible. The following are some suggestions to get you started:

❑ The book of Proverbs has wise sayings on all aspects of how we are to live our lives.

❑ The Ten Commandments are found in Exodus 20:1-17.

❑ Ephesians, Chapters 5 and 6, deals with family relationships.

❑ I Peter 5:7 tells us we can give all our anxiety to God.

In our current quest as we strive to be "Army Strong," remember to follow God's instructions and call on him.

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

State law drives divorce proceedings

Law requires year separation for most divorcing spouses

By CAPT. HERBERT BUNTON
Legal Assistance Office

Divorce is not what anyone wants when he or she gets married. But recent statistics show that nearly half of all marriages will end in divorce. Divorces impact everyone, sometimes indirectly. The following is an overview concerning divorce in South Carolina.

GROUNDS FOR DIVORCE

In South Carolina, there are four grounds that allow for immediate divorce: adultery, physical cruelty or abuse, habitual drunkenness (including both alcohol and drugs), and desertion. Unless there is proof to establish one of the four grounds for immediate divorce, a married couple must live separately and apart for at least one year before South Carolina will grant the divorce.

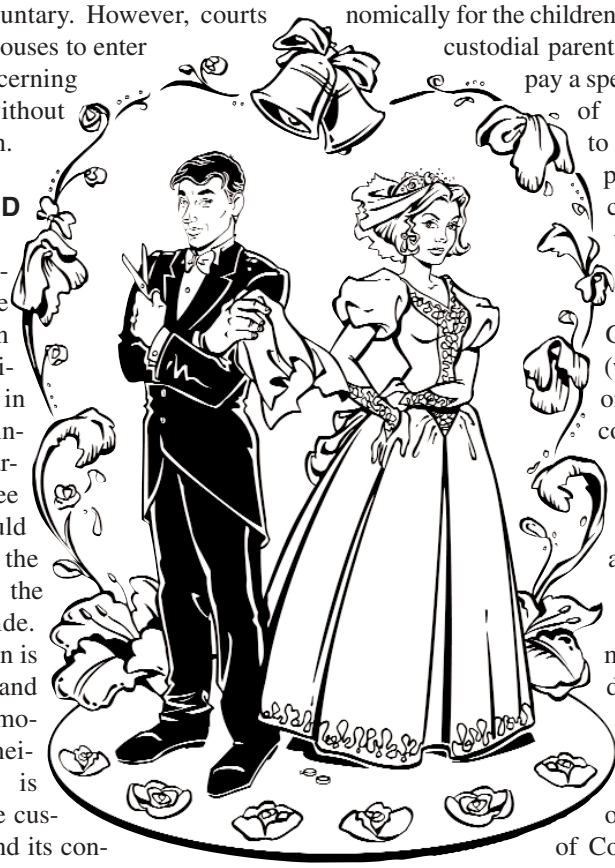
The level of proof needed to allow the court to grant a divorce for one of these reasons depends. Consult a lawyer about the situation for advice. South Carolina usually requires testimony from a third party in a divorce action. Additionally, a family court judge must determine that reconciliation is not possible before granting a divorce.

FAMILY COURTS

South Carolina has established family courts to handle all divorce actions. The family courts also handle issues involving child support, child custody and equitable division of marital property. Family courts can also grant a request to allow a person to resume use of a maiden or previous name.

AGREEMENTS

Spouses can decide issues by working together without court action. This cooperation can save both individuals time and money when they decide to separate. Couples can agree to settle issues involving finances and property without the court. Typically, the agreement is presented to the court and a judge approves the agreements. However, the agreements must be fair, reasonable and voluntary. However, courts will not allow spouses to enter agreements concerning child custody without court supervision.



CUSTODY AND VISITATION

Courts will attempt to have the parents agree on custody and visitation that is in child's the best interests. When parents cannot agree on who should have custody of the children, then the court will decide. Custody litigation is very expensive and often very emotional. Often, neither parent is satisfied with the custody litigation and its consequences. Neither parent automatically has a legal right to custody.

The court may order joint or shared custody. Children who have reached an appropriate level of maturity can express their preference, but a child's preference is not controlling.

Minor children will be appointed a guardian ad litem to represent their interest in court. This person usually recommends to the court which parent should be awarded custody. Non-custodial parents can be awarded periods of specified visitation with their children. If circumstances surrounding custody and the child's best interest change, the court can modify any order of custody or visitation.

SUPPORT

Spousal support is frequently called alimony. Depending on the circumstances, either spouse may be entitled to alimony from the other spouse. The alimony can be paid as a lump sum or in installments. Occasionally, a court can award temporary alimony, which allows the supported spouse time to acquire job skills that could make him or her self-supportive. Both parents have a legal responsibility to provide economically for the children. Often, a non-custodial parent is required to pay a specified amount of child support to the custodial parent. The court must use the South Carolina Child Support Guidelines (which is based on the gross income of the parents) to determine the child support amount. Many employers offer an automatic payroll deduction for child support payments, or the court can order the Clerk of Court to collect the child support payments.

Under AR 608-99, the Army requires Soldiers to provide a set interim minimum financial support amount, absent a court order, for support. The amount of financial support is determined based on the Soldier's rank.

PROCEDURE

The divorce process begins formally with the service of a summons and complaint (legal papers setting out what the plaintiff, or party/person starting the suit, wants). The defendant (party/person on whom the summons and complaint are served) has 30 days after being served to file a formal written response (answer) and/or request any other relief (counterclaim).

The court can order the parties to attend mediation to resolve the issues, especially custody and visitation. In South Carolina, the court can order that parties attend a parenting course that deals with families going through divorce.

If the parties settle their case, the court holds a brief hearing. If not, then the parties have a trial to show why the court should grant the requested relief. After trial, the judge decides what relief should be given.

A temporary hearing will be held if there are any issues that must be decided before the final hearing. At a temporary hearing, evidence usually is presented by affidavit without witnesses taking the stand. Except in cases involving separation, there is a two-month waiting period after service of summons and complaint before a divorce action can go to trial and three months before a decree can be issued.

The Fort Jackson Legal Office can provide further information regarding divorce in South Carolina. Legal assistance attorneys cannot represent clients in a South Carolina Family Court, but can provide advice and information concerning divorce/support/custody issues in South Carolina and Army regulations.

The office can also provide references to civilian attorneys to represent in any divorce/support action.

Fort Jackson Legal Office

The Fort Jackson Legal Assistance Office provides legal services to eligible people, including powers of attorney, living wills and health care powers of attorney. These services are available through an appointment with a legal assistance attorney, or on a walk-in basis 1:30-4 p.m, Tuesday and Thursday.

The Office of the Staff Judge Advocate, including Legal Assistance and Claims, will now close for lunch from noon to 1 p.m. Regular office hours are 9 a.m. to noon and 1 p.m. to 4 p.m., Monday through Friday.

If you have questions regarding wills, administration of estates, or any other legal issues please call Legal Assistance Office at 751-4287 to set up an appointment.

The Legal Assistance Office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.

Biggest AIT 'loser'

369th Soldier drops pounds to join Army

By KRIS GONZALEZ
Fort Jackson Leader

Drop and give me 100!

One hundred pounds, that is.

That's exactly what Pvt. Cristy Woodruff did to join the Army.

Actually, the 30-year-old mother of three boys, dropped a total of 134 pounds and 11 dress sizes, all in order to become a lean, mean, fighting machine.

Today, Woodruff graduates from Advanced Individual Training as a human resources specialist with her fellow Soldiers of Company D, 369th Adjutant General Battalion, and although her journey to get here has been long and arduous, she said it's been a life saving one.

"I feel so much lighter, and I have so much more energy," said Woodruff, who said her young sons, ages 9, 6 and 5, now have a hard time keeping up with her.

But it hasn't always been that way.

When the Pasadena, Texas, native graduated high school in 1999, she weighed just 99 pounds and wore a size zero. A year later, she gained weight while pregnant with her first son.

Like with a lot of moms, Woodruff's weight increased with each baby. By the time she entered the delivery room in 2005 to deliver her third son, the 5-foot-3-inch woman was wearing a size 32W and tipped the scales at 286 pounds.

Although taking care of three young boys helped her lose some weight, the stay-at-home mom became frustrated with her slow progress.

In 2008, when her husband, Joseph, was about to transition from a career in the Navy to one in the civilian sector, Cristy Woodruff decided she wanted to make her own contribution to the family by getting back into the workforce and getting back into shape.

The best way to trim down and earn a living, she thought, was to join the Army.

So she dieted and walked regularly, shedding a whopping 100 pounds.

Still 40 pounds heavier than the weight limit for her age bracket — and with a body mass index 10 percent higher than allowed by Army standards — Woodruff was sad to find out she didn't meet the requirements to enlist.

Disappointed, but not discouraged, she decided to follow her Army recruiter's advice and make drastic changes to her regimen.

"I started walking, then slowly worked my way to a jog, and then running," Woodruff said. "I pretty much did everything my sergeant from the recruiting station told me to do."

She cut out all fatty and take out foods, cut her dairy intake, ate more fruits and vegetables and participated in weekly physical training with her recruiter as part of Army's Future Soldiers Training Program, which prepares civilians for the mental, physical and emotional challenges of becoming Soldiers.

By September 2009, Woodruff had met the requirements and raised her right hand to swear the oath.

Photo by KRIS GONZALEZ

Pvt. Cristy Woodruff, Advanced Individual Training Soldier with Company D, 369th Adjutant General Battalion, shows off her trim figure next to a pair of 28W jeans. At Woodruff's heaviest, she weighed 296 pounds and wore a size 32W. With healthy dieting and exercise, she lost 134 pounds.

On March 1, she shipped to Fort Sill, Okla., for Basic Combat Training. There, she said, her drill sergeants made her feel bad if she ate anything fattening during chow time, but they also offered incentives if she did well on her Army Physical Fitness Test.

> "To me, she had always been a beautiful lady. But she looked like the woman I married again."
>
> **— Joseph Woodruff**
> *Husband*

"They'd said, 'Pvt. Woodruff, if you pass your PT test you can have a bowl of ice cream,'" Woodruff said. "So that was my incentive; if I ran a little faster, I would get my bowl of ice cream. And I did take it. It wasn't a generous helping, just a small bowl, but I didn't feel guilty eating it because I deserved it. I had lost the weight and I passed my PT test."

By the fifth week, Woodruff had lost another 20 pounds, and on May 14, BCT graduation day, she was merely a ghost of her former self.

"I hadn't been in the sun much so I was pale white and I had lost so much weight, my family didn't recognize me," Woodruff said. "My husband walked right by me; my kids were looking all around for me. I said, 'Boo!' and they all screamed, 'Mommy!'"

"To me she had always been a beautiful lady," Joseph Woodruff said of his wife. "But she looked like the woman I married again. All I could say was, 'Wow!'"

During her time in AIT at Fort Jackson, she lost more weight and dwindled down her 2-mile run time from 25 minutes to 20 minutes, 19 seconds. Her goal is to get it down to 15 minutes, 40 seconds, to max out on the PT test.

She now weighs 152 pounds and vows to lose another 20 pounds at her first duty station in Fort Riley, Ks.

Woodruff's platoon sergeant, Sgt. 1st Class Eric Goodman, said Woodruff's story is an inspiration to anyone trying to join the military and who is battling the same issue.

"It is great that she had that much drive and determination to meet her goal of joining the Army," Goodman said. "It shows if you have a plan and the willpower and motivation to stick to it, you can do it."

Kris.Gonzalez1@us.army.mil

Bowled over

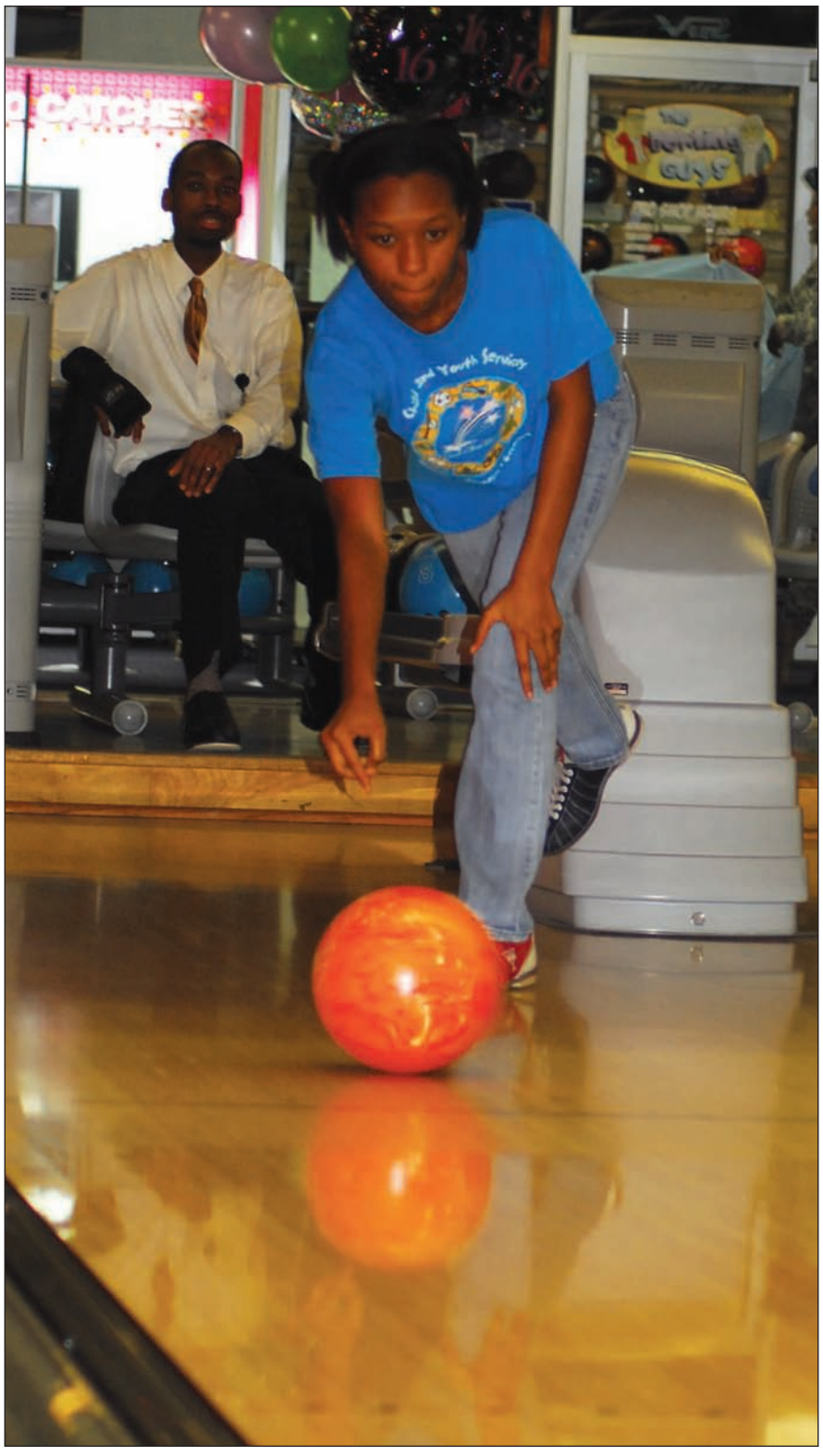


Photo by CHRIS RASMUSSEN

Nicholle Carter, 18, takes a turn during Exceptional Family Member Program bowling at Century Lanes Tuesday. Carter is the daughter of Sgt. 1st Class Thairen Carter, 365th Adjutant Battalion. EFMP will also be attending the Columbia Marionette Theatre, 401 Laurel St., 11 a.m. Saturday. For cost and more information, call 751-5256.

Just for kicks

Photo by CHRIS RASMUSSEN

Gabriel Nowak, 3, son of Staff Sgt. Jason and Jamie Nowak, passes the ball during Jr. SKIES Smart Start Soccer Tuesday at the Youth Soccer Complex. For more information on upcoming basketball and golf programs for children, 3 to 6, call 751-4865.

Basketball standings*

Army 1	
SSI	7-0
SCNG	5-3
165th	5-2
MEDDAC 2	3-4
TFM	2-6
81st	2-4
Swampfoxes	0-5

Army 2	
120th	4-1
3-13th	3-2
4-10th	2-3
80th Div	2-1
208th	0-4

* Standings as of Wednesday morning

Softball standings*

Monday/Wednesday League	
4-10th	11-1
MEDDAC	10-0
187th	5-5
120th	5-3
3-34th	3-5
Shockers	2-6
Bad Girlz	1-9
ACME	0-8

Tuesday/Thursday League	
CP	11-1
Strictly Business	11-1
1-61st	8-4
2-60th	7-5
193rd	6-7
3-60th	5-7
DSS	5-8
MPs	4-7
Blackhawks	3-9
81st	0-10

* Standings as of Wednesday

Sports shorts

❑ The Fort Jackson Army 10-miler qualifier is scheduled for 5:30 a.m., Saturday. 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 run is for active duty military only and the top eight times for men and women will make up Fort Jackson's Army 10-miler team.

❑ 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.*

❑ The Military Long Drive Championship is scheduled on Fort Jackson for Aug. 7 at the Fort Jackson Golf Club. Additional details will follow.

For information about on-post sports, call the Sports Office at 751-3096.