

The Fort Jackson  
*Leader*



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# 93 and Army Strong!

*Fort Jackson celebrates its birthday*

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# 'Drill sergeants make Fort Jackson tick'

**A**t a Basic Combat Training installation, drill sergeants receive a tremendous amount of respect, and rightfully so, because we entrust them with a lot of important responsibilities. On Fort Jackson, we have more than 800 drill sergeants who play a vital role in the successful development of our Soldiers.

For young Soldiers, drill sergeants are the teachers of standards and discipline, the exemplars of Army Values and, of course, role models. The influence drill sergeants have is significant and long-lasting. Many of our young Soldiers may someday decide to leave our Army, but odds are they will never forget their drill sergeants.

If you consider that we remain a nation at war and that many of the young men and women who are in training at Fort Jackson today could tomorrow find themselves in a hostile environment defending our freedoms, you will see that the importance of the drill sergeant role becomes magnified.

To maintain an edge in the fight, our Army must constantly evolve and improve the way we train, all of which presents increased challenges for drill sergeants to stay abreast of Basic Combat Training initiatives so that our Soldiers are armed with the best preparation possible.

Whether our drill sergeants are instructing warrior tasks and battle drills, basic rifle marksmanship, or first

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



aid, they are expected to be masters of these tasks and the combat importance of each one of them. The lives and welfare of warriors tomorrow hinge on what they are learning today. Consequently, our Army's mission success depends on how well our drill sergeants do their job.

Drill sergeants must step-by-step break down the training for their Soldiers, adhering to the premise that the Soldier knows little to nothing and that there is no baseline knowledge from which to begin. This applies to such simple Soldier skills as marching, how to wear the uniform and the correct way to make a bunk.

Interwoven in subjects that the drill sergeants teach are the heavy threads of discipline — in particular, self-discipline. Drill sergeants are required to be flexible, adaptive,

and creative as well to ensure that Soldiers are being trained with an "outcome-based" focus, instead of a "process-driven" one.

In today's Army, increased responsibility is given to every leader, regardless of rank. It is the responsibility of the drill sergeant to make sure that the Soldiers he or she trains are ready to accept this increased responsibility. Make no mistake — our drill sergeants have tremendous demands placed on them. We leaders realize that fact and recognize that these highly motivated, physically and mentally fit and well-disciplined noncommissioned officers are ready to tackle their critically important mission.

Drill sergeants make Fort Jackson tick. We know that, recognize it and acknowledge the tremendous personal sacrifices they make. Their hard work never lets up. Every training day here starts with a drill sergeant sounding a wake-up call and ends with the sounding of "lights out."

Days are long, weekends are short and almost non-existent, and the requirements are exacting. Only the best noncommissioned officers are selected for the mission, and there's a reason for that. Excellence breeds excellence, which, in turn, strengthens our standards and discipline — the pillars of our success.

Army Strong and Victory Starts Here!

## Fort Jackson talks back:

Leader editor Crystal Lewis Brown asks members of the community:

'What do you appreciate most about Fort Jackson?'



**Maj. Detra Jackson**  
Army Public Health  
Nursing, MACH

"Interacting with Soldiers (especially) the training population."



**Ericka Phillips**  
DA civilian

"The sense of community here; the location is good."



**Lorraine Benenhaley**  
DA civilian

"The way they treat the military is good."



**Maj. Helen Thomas**  
Soldier Support Institute

"I like the installation because it has everything on post. I don't have to leave, it's all here."



**Kenneth Cobb**  
Preventive Medicine,  
MACH

"For me ... the most important aspect about Fort Jackson is the people I work with."



**Maritza McCormick**  
Family member

"The water park; being able to take our kids there."

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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# 310th returns from deployment

## Reservists spend year in theater

By **CHRIS RASMUSSEN**  
Fort Jackson Leader

Smiles and hugs filled the Army Reserve Center gymnasium last week as Soldiers from the 310th Human Resources Sustainment Center returned home to their families following a one-year deployment to Kuwait, Iraq and Afghanistan.

“The first thing I want to do is have a cookout and eat some good home-cooked, Southern food,” Spc. Rashad Jones said. “Then I just want to relax and enjoy my family.”

Jones was one of 83 Soldiers deployed to coordinate and plan human resource operations in theater. Part of their job included casualty reporting, personnel accountability and postal operations, as well as the coordinating Soldiers’ rest and recuperation leave.

The 310th HRSC, which was stationed at Camp Arifjan, Kuwait, was one of the first Reserve human resources units to deploy to a combat zone. Members of the unit also spent time in Iraq and Afghanistan coordinating personnel.

“We were the first Reserve unit to deploy and it created some challenges with

all of the different (computer) systems,” said Staff Sgt. Gerald Newton, senior human resources sergeant. “The Soldiers got a chance to see

how the different systems work and interact with each other.”

Members of the 310th HRSC deployed in June after completing six months of deployment training at a military facility in Wisconsin.

There were no casualties during the deployment.

“The mission was very successful,” Newton said. “Soldiers were very confident in their jobs and did an outstanding job.”

This was the first deployment for many of the unit’s Soldiers, including Sgt. Maj. Elizabeth Lit-



Photos by **CHRIS RASMUSSEN**

**Soldiers assigned to the 310th Human Resources Sustainment Center unload their gear upon returning to Fort Jackson July 14 following a one-year deployment to Kuwait, Iraq and Afghanistan. More than 80 Soldiers came home.**

ton.

“The hardest part was being away from my family in a remote desert setting,” said Litton, holding her 20-month-old granddaughter, Lily Thekiot. “I am so happy to finally be home.”

Jones was greeted by his mother, Margaret Jones, who waited patiently for her son’s return.

“This was my first deployment and it was tough being away from home so long. It is just nice to be back in the United States.”

— **Spc. Rashad Jones**  
310th Human Resources Sustainment Center

“This was my first deployment and it was tough being away from home so long. It is just nice to be back in the United States,” he said.

Sgt. Zuri Colter, who has deployed twice in support of Operation Enduring Freedom, was greeted by his 3-year-old daughter, Kalei.

“This is only the second time I have seen my daughter since she was born. I am looking forward to spending a lot of quality time with her,” he said.

The 310th HRSC is a subordinate to the 81st Regional Readiness Sustainment Command “Wildcats,” which is also based at Fort Jackson.

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**Sgt. Zuri Colter, a Soldier assigned to the 310th Human Resources Sustainment Center, holds his 3-year-old daughter during a welcome home party for the unit’s redeployment.**

# Building family strength

*Program provides exceptional care*

By KRIS GONZALEZ  
Fort Jackson Leader

Like many military families, Michele Shearin's family has had to overcome its share of adversity as her husband pursues his Army career.

From the time Shearin's sons were infants, they have been battling different ailments, such as asthma and food allergies.

And while six months pregnant with her third child, Shearin miscarried, just before her husband deployed to Iraq for the third time in six years.

For years, Shearin had always triumphed over her misfortunes on her own. But now she was simply overwhelmed.

All this time — through three deployments — no one ever had told her or her husband they needed to enroll in EFMP.

It wasn't until she signed up for hourly child care on post, and was told that enrolling was mandatory, that she was truly able to get help.

Shearin's family was just one of many Army families who had fallen through the cracks, said Brandi Palmer, an EFMP specialist.

"Usually we can catch them when they inprocess," Palmer said "but if they don't have anybody already enrolled in the program, it's easy for some families to be bypassed."

One common reason families are overlooked, Palmer said, is because some Soldiers aren't aware that a family member's condition is considered "exceptional."

"Many times it isn't until they want to use child care services here on post, and they have to fill out the registration paperwork which asks what medical or educational conditions a child may have, that they are identified for needing to be enrolled in the program," Palmer said.

Some of those conditions, as in the Shearin's case, are asthma and allergies, Palmer said. Some less obvious ailments might be attention-deficit hyperactivity disorder, or ADHD, and depression.

Palmer said an exceptional family member is a dependent who requires medical services for a chronic condition, receives ongoing services from a specialist, has behavioral or psychological health concerns, receives services based on an Individual Family Services Plan, or receives educational services according to an Individual Education Program. Army regulation outlines a complete list of conditions.

Once the Soldiers enroll in the program, the EFMP coordinators give their families information regarding community resources that benefit their exceptional family member;

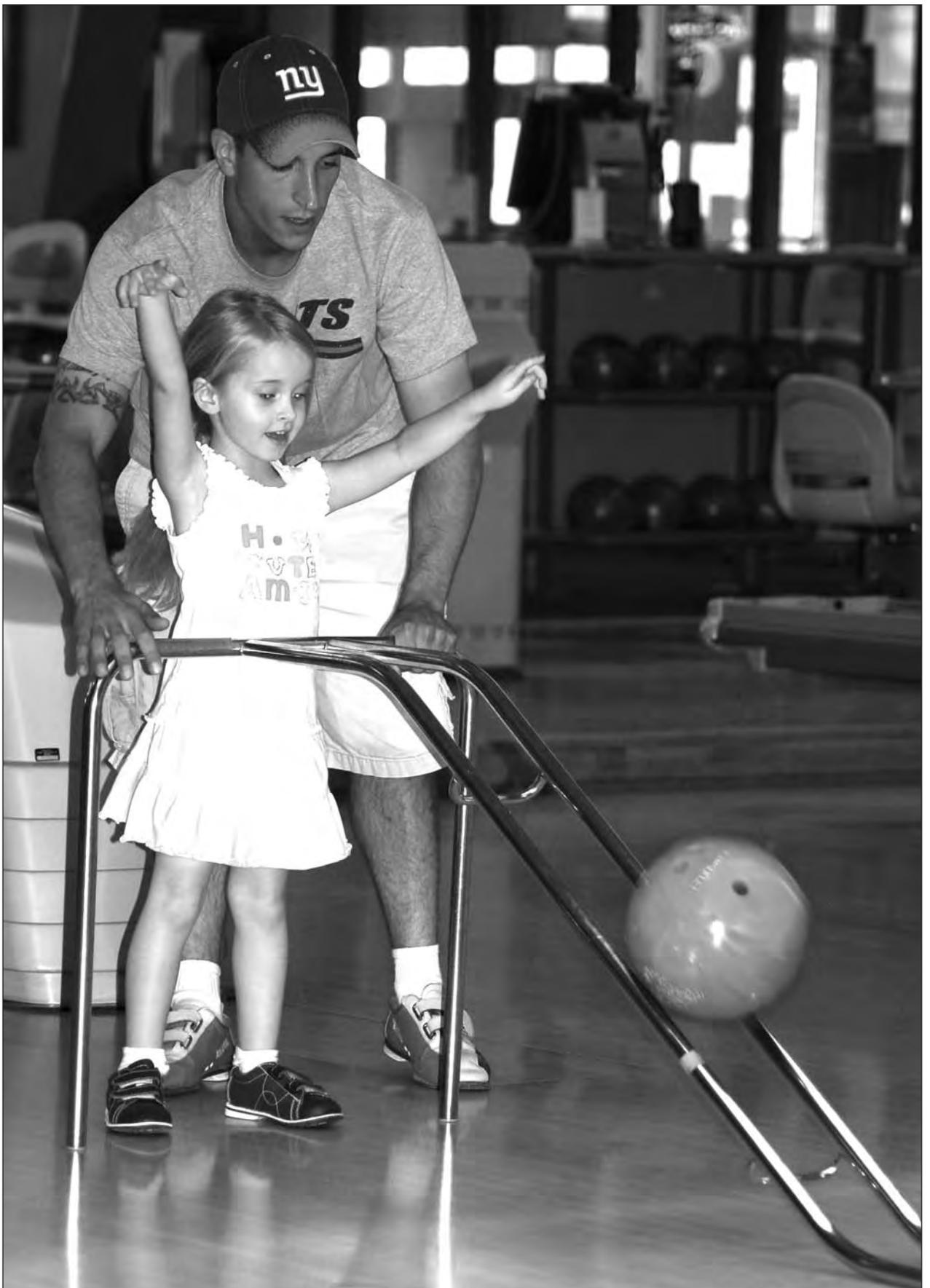


Photo by CHRIS RASMUSSEN

**Allison Dunkelberg, 4, bowls with the help of her father, Staff Sgt. Nathan Dunkelberg, during Exceptional Family Member Program bowling July 13 at Century Lanes.**

they have support group meetings that link them up with other families who can relate; they offer educational presentations with guest speakers who are subject matter experts on specific conditions; they provide recreational activities for the families to get out and have some fun; and they also provide something

that Shearin said she finds the most beneficial — respite care.

Each exceptional family member is offered 40 hours of free respite care per month.

Shearin uses this time to go to therapy, keep appointments, run errands, go grocery shopping — whatever she

needs to do stay healthy.

"Because for as much as my kids need me, I also need a break," Shearin said. "I can't help them be healthy if I'm not healthy."

For Shearin, the respite care, as well as the constant support she has received since the time her family enrolled in EFMP just over a year ago, has been life changing, and life saving.

"I don't know how I would have made it without their help," she said.

For more information regarding the EFMP program, contact Cheryl Jackson at 751-5257 or Brandi Palmer at 751-1105.

*Kris.Gonzalez1@us.army.mil*

Read Lt. Gen. Lynch's comments on EFMP  
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# NCO Club manager puts Soldiers first

By **KRIS GONZALEZ**  
Fort Jackson Leader

Providing Soldiers a home away from home has been Carole Coveney's mantra for more than two decades.

And it's a mantra Coveney intends to live by in her new position as general manager for Fort Jackson's NCO Club.

"Soldiers are defending our country, they're putting their necks out for us," said Coveney, who has been helping the Army's Family and Morale, Welfare and Recreation take care of Soldiers for 23 years.

"So I want to make sure that while they are here training — or if this is their permanent duty station — that they enjoy themselves, that their families enjoy themselves, and we have nice activities for them that make them feel at home."

Coveney plans to make changes to some of the catering menus for the many events that take place at both the NCO Club and Magruder's Club and Pub, as well as drumming up more nightly entertainment for both clubs. She said she also plans to add more exciting promotions for Victory Bingo, which she also manages.

Coveney said she is excited she will be able to do more

to increase the quality of services, and customer service overall, for all three venues.

"She is very customer service focused," said Rose Ann Turner, chief of Family and MWR's business operations division.

Coveney was selected for the position not only because of her proven leadership skills but also because her experience in Army club management far exceeded all other applicants' job qualifications, Turner said.

Coveney's career in hospitality began in 1987, when, as a Florida State University student, she was recruited by Family and MWR to become a club management intern.

She headed to Germany, where she worked as the general manager for a community club at an installation in Nuremberg. Two years later, after graduating with a bachelor's degree in hotel and restaurant management, she was asked if she would like to keep her position in Germany. She loved her job so much, she said, she decided to stay.



**COVENEY**

Two years later, she was offered a job at Fort Jackson to become the assistant general manager of the Officers' Club. She accepted and worked in that position for only six months before she was promoted to general manager. During the next nine years, she remained at Fort Jackson, married a Soldier and began a family of her own.

In 2000, Coveney traveled back to Germany with her husband and daughter to their next duty station in Kaiserslautern. There, the new mom, with another baby on the way, continued her career as yet again, a general manager.

In 2004, her husband received orders to Fort Drum, N.Y. Realizing that he was going to deploy to Iraq in the near future, Coveney decided to move back to Fort Jackson with her daughters. She has been the assistant general manager of the NCO Club ever since, until her promotion three weeks ago.

Turner said she envisions many positive changes within the clubs as Coveney takes over, because the patrons will see what she sees — that Coveney "sets high standards and challenges her staff to do the same ... she is creative and willing to try new ideas."

Turner added, "She is positive, professional and a pleasure to work with."

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## Housing Happenings

### COMMUNITY UPDATES

❑ National Night Out: Balfour Beatty Communities will host its annual block party from 5 to 8 p.m., Aug. 3 at the Community Center. The party includes free food, face painting, balloon artists, bounce houses and more.

❑ 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.

### LEADER INFORMATION

To contact the Leader about story ideas or announcements, e-mail [FJLeader@conus.army.mil](mailto: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.

## Daddy's home!



*Photo by KRIS GONZALEZ*

**Sgt. 1st Class Terrence Batts, assigned to the 1st Infantry Division at Fort Riley, Kan., surprises his 5-year-old daughter Gabrielle at the Hood Street Child Development Center Tuesday after returning from a yearlong deployment in Iraq. During Batts' deployment, his family settled at Fort Jackson.**

Here is the church, here is the steeple ...



Photo by ALJOURNAL FRANKLIN II

Workers remove the steeple from Daniel Circle Chapel during renovations last week. The new steeple is among the upgrades planned for the chapel.

## ICE system offers direct line to post leaders

*Participation helps enhance on-post agencies, services*

*From Customer Management Services*

Fort Jackson community members can provide feedback on services they use every day via the Interactive Customer Evaluation system. ICE is sponsored by the Office of the Secretary of Defense and administered by Customer Management Services on Fort Jackson.

ICE is the first level of a three-tier process within CMS. Its primary purpose is to improve customer service in the 233 service providers on Fort Jackson and give leadership timely information about service quality. The ICE system covers areas such as health, housing, recreation, on-post

elementary schools, personnel services, shopping, dining, safety and security, travel and transportation.

Customers are encouraged to voice their opinions not only on what they dislike or want to see improved, but to also commend an agency for good service. There are two ways a customer can leave an ICE comment — manual and automated.

Manual comments are submitted by filling out a hard copy comment card which are located in numerous service provider areas across the installation. The ICE cards allow for input regarding five areas; facility appearance, employee/staff attitude, timeliness of service, hours of service and whether the customer was satisfied with his/her experience from that provider.

There is also an area for written comments and recommendations. When customers rate a service provider less than satisfactory, they are encouraged to explain the reason in the comment box. This will

allow the managers to identify and correct the problem.

If a customer would like a response, all he or she has to do is provide an e-mail address or phone number, mark the box “response requested,” and the manager of that facility will contact the customer directly within three business days.

As long as the facility’s name is filled in at the top of the card, the card can be dropped in any ICE box across the installation. ICE comments can also be made electronically via the ICE automated website: <http://ice.disa.mil> or by clicking on the ICE link on the Fort Jackson home page at <http://www.jackson.army.mil/>.

Both methods, manual and automated are effective. All comments, suggestions, complaints or compliments are sent directly to the appropriate service provider manager and to CMS for review. Managers use the customer feedback to continuously review, improve and provide the highest

quality service possible.

In FY09, the Fort Jackson community submitted more than 40,000 ICE comments and rated all the providers across the post with a customer satisfaction rating of 95 percent. The goal is to maintain and improve that level of customer satisfaction throughout FY10; remember to “let your voice be heard.”

Questions or comments concerning ICE should be directed to the customer service officer, Dennis Ramirez at 751-4926.

### ICE APPRECIATION

The garrison congratulates the Defense Military Pay Office and Moncrief Army Community Hospital, specifically the Oncology Clinic. For a 12-week period, these agencies achieved a 4.86 and a 4.95 rating respectively, out of a possible 5.0 in employee/staff attitude.

This is an outstanding performance in customer service.

# Fort Jackson celebrates 93rd birthday

By KRIS GONZALEZ  
Fort Jackson Leader

Fort Jackson turned 93 years old Sunday, and to celebrate, the installation's community members gathered at Darby Field last Friday to start the party early.

"It's a great day to be at Fort Jackson," said Maj. Gen. James Milano, commanding general, as he welcomed hundreds of Soldiers, civilians and family members to take part in the festivities, which included live music by the 208th Army Band, rides, games, food, and of course, birthday cake.

Midway through the celebration, Milano joined the post's 2010 Drill Sergeant of the Year, Sgt. 1st Class Edwin Hernandez, the 2010 Soldier of the Year, Spc. Chentile Jackson, and the 193rd Infantry Brigade Command Sgt. Maj. Charlie Lakin, as they raised the saber to cut the cake.

But before doing so, Milano paid homage to the thousands of Soldiers and civilians who helped build up Camp Jackson, as it was known when it opened in 1917, to become the largest training post in the Army today.

"We pride ourselves here for 93 years of tradition, training and transformation," Milano said.

"The great tradition of this installation is that we (facilitate) Basic Combat Training for about half of all the Army's new Soldiers in training and roughly two-thirds of all the female Soldiers we have coming in the Army."

"And the transformation from civilian to Soldier — we do that pretty darn well here," he said. "But more importantly, this installation has a tremendous history of supporting a nation at war."

Milano highlighted Fort Jackson's contributions in America's fight for freedoms, as it has trained Soldiers to engage in combat during every major conflict since the Great War.

"We were born right before we started deploying Soldiers to World War I, inactivated in 1932, reactivated in 1939 to support the build-up for World War II, and we've stayed active ever since, through Korea, Vietnam, Desert Storm, and of course, through (Operation Enduring Freedom) and (Operation Iraqi Freedom) for the last nine years," he said.

"You ought to be real proud," he said to the Soldiers and civilians gathered at Darby Field. "You're a part of a great legacy of excellence here at Fort Jackson and this is a small way to celebrate that legacy because for 93 years, Fort Jackson has been setting pretty high standards and will continue to do so for as long as I've got a say in it and for as long as the other great people on this installation who make things happen have a say in it."

Scott Nahrwold, deputy garrison commander, said the celebration was a fantastic occasion for Fort Jackson to showcase its historical contributions to the military as well as to the local community.

"I think it's been a wonderful opportunity for us to gather together as an extended family here and celebrate the birthday of this wonderful installation," Nahrwold said. "I'm glad to be a part of it."

For party-goers Vicky Correa Betancourt and her children, Carlos Matos, 8, and Genesis Matos, 7, the celebration not only commemorated the post's beginnings, but it also served as a welcome ceremony for the family members, who are relatively new to the installation. With rides,



Photos by KRIS GONZALEZ

**Darius Lane, middle school and teen assistant director for Child, Youth and School Services, assists young party-goers as they decorate birthday balloons Friday at Darby Field.**



**Sgt. 1st Class Edwin Hernandez, Fort Jackson's 2010 Drill Sergeant of the Year, right, serves cake to Soldiers with the 187th Ordnance Battalion during the post's birthday celebration Friday.**

crafts, funnel cake and snow cones, Betancourt said she couldn't have asked for a better reception.

"The kids are having so much fun," Betancourt said. "I love it."

Pfc. Jeff Wai, who is in his seventh week of Basic Combat Training with Company B, 3rd Battalion, 13th Infantry Regiment, said the celebration served as a great induction into the Army, that it was a "nice break" from the rigorous

training and a great way for him to spend time with his battle buddies, as well as drill sergeants, in a more relaxed environment.

But to enjoy a slice of birthday cake, he said, was by far the sweetest gift.

And his birthday wish for Fort Jackson? "How about another 93 years," he said.

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# Summer worship series inspires, unites Soldiers

By **SUSANNE KAPPLER**  
Fort Jackson Leader

For the third straight year, Fort Jackson chaplains have put together a series of summer worship concerts for Soldiers in Basic Combat Training. The monthly series, which features performers of different Christian and musical backgrounds, runs through September.

Chaplain (Lt. Col.) William Barefield, 193rd Infantry Brigade, said the concerts replace some of the regular Christian Sunday services and help unify Soldiers spiritually across cultural and denominational lines.

“Even though it’s Christ-centered, and we make it very clear that this is a Christian event, whether (the Soldiers) are Catholic or Baptist or Assembly of God or Presbyterian, they all can worship together,” Barefield said.

Sunday’s event at the Solomon Center drew a crowd of about 5,000 and featured the Lexington-based Christian band “Voice.” Bert Baker, one of the band’s founding members and a Navy veteran, said that performing for a military audience is a special treat for him and his band mates.

“When I stand up there and see the (men and women) in uniform, it makes me very proud,” Baker said. “I feel like I’m giving back a little bit to them maybe, or hopefully can inspire them to continue on and push and do the very best they can.”

For Pvt. Christopher Lucas, Company A, 2nd Battalion, 13th Infantry Regiment, the concert seemed to have just that effect. Lucas said he customarily goes to church at least twice a month and that he felt inspired

by the worship service.

“It gave me strength to focus on what needs to be done, focus on the mission,” Lucas said.

The Soldiers in attendance were not the only ones who drew inspiration from the event, though. Navy Chaplain Candidate (Lt.) J.G. Hayes, a third-week student at the Naval Chaplaincy School and Center, volunteered to help with the event and said he was impressed by the performance and the crowd reaction.

“I thought it was really well done,” Hayes said. “People were really responsive to it. I enjoyed seeing the enthusiasm on the Soldiers’ faces. It was exciting to watch.”

Barefield said he receives a lot of feedback about the series from Soldiers who have attended.

“For some of them, this is their normal worship style,” he said. “Others have said that they pass this building and get a little leap of joy in their heart from knowing that Sunday’s coming. It just helps them hold on.”

The summer concert series will continue with a gospel concert in August and a Hispanic concert in September to mark the beginning of Hispanic Heritage Month.

“I call this a ‘ministry of remembrance,’” Barefield explained. “We kind of trigger (the Soldiers’) minds to remember their home experiences, their home churches, their home worships. And in this little bit of time we get with them, if they reminisce about their pastor, their Sunday School teacher, their priest back home, we’ve won, because they’re healthier.”

*Susanne.Kappler1@us.army.mil*



Photos by *SUSANNE KAPPLER*

**Pvt. George Burda, Company D, 1st Battalion, 61st Infantry Regiment, is one of three Soldiers invited to perform onstage with the band "Voice" during a Christian concert Sunday at the Solomon Center.**



**From left, Bert Baker, Dewayne Kaufholz and Matt Roberts of the Christian band "Voice" perform in front of about 5,000 Soldiers at the Solomon Center Sunday. The concert was part of a monthly series, which will continue through September.**

## News and Notes

## NASCAR DRIVER VISITS PX

NASCAR Camping World Truck Series driver Timothy Peters will visit the Main PX from 11:30 a.m. to 1 p.m. to sign autographs. Fans can also check out NASCAR truck on display.

## CPAC OPENING HOURS CHANGE

Effective Aug. 5, the Civilian Personnel Advisory Center will be open Thursdays from 1 to 4 p.m. Mondays through Wednesdays and Fridays, the CPAC will be open from 8 a.m. to noon and from 1 p.m. to 4 p.m. For employment opportunities and job information, visit [www.cpol.army.mil](http://www.cpol.army.mil).

## FREE MOVIE SCREENING SET

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 are available 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.

## RETIREMENT REVIEW SCHEDULED

A ceremony to honor Fort Jackson's retiring Soldiers is scheduled for 9 a.m., Wednesday in front of Post Headquarters.

## COMMUNITY ISSUES SOUGHT

All community members are encouraged to submit "quality of life" issues by visiting [www.jackson.army.mil/wellbeing/survey.htm](http://www.jackson.army.mil/wellbeing/survey.htm).



<b>July 22 — 2 p.m.</b>			
The Karate Kid	PG	132 min.	
<b>July 22 — 5 p.m.</b>			
Jonah Hex	PG-13	81 min.	
<b>July 23 — 7 p.m.</b>			
Toy Story 3	G	103 min.	
<b>July 24 — 3 p.m.</b>			
Cats & Dogs: The Revenge of Kitty Galore	PG		
<b>July 25 — 5 p.m.</b>			
The A-Team	PG-13	117 min.	
<b>July 26 — 1:30 p.m.</b>			
Astro Boy	PG-13	94 min.	
<b>July 28 — 2 p.m.</b>			
The Karate Kid	PG	132 min.	
<b>July 28 — 5 p.m.</b>			
Toy Story 3	G	103 min.	

**Fort Jackson Reel Time Theater**  
(803) 751-7488

**Ticket admission**  
Adults \$4.50  
Children (12 and younger) \$2.25

Visit [www.aafes.com](http://www.aafes.com) for listings.

# Singles mingle at Magruder's during speedy meet and greet

Seven minutes. That's all the time speed daters at a recent speed dating event at Magruder's Club and Pub had to decide whether they were interested in the men and women sitting across the table from them. I must admit when the night began, I was skeptical about deciding if I was attracted to someone based on a short, timed conversation. How much can you really find out about someone in such a limited amount of time? But, I decided to try my luck anyway because on average I decide in less than seven minutes if I'm going to exchange numbers with someone or not.

There were not many rules to the game. However, Alicia Intindola, an NCO club assistant manager who coordinated the event, was adamant that daters should not discuss any way to contact each other than through the speed dating event. She added that participants would be contacted the next day by a representative from Magruder's, and only after two daters expressed interest in each other would their e-mail information be exchanged.

I took my seat at my assigned table — table nine — and waited for the first bell to ring. Women were told to stay at their assigned tables while the men rotated after each bell. Ding-ding-ding. Here we go.

Date one sat down. We exchanged names, and then began to discuss the normal first date questions. How old are you? Do you have children? How long have you been in Columbia? What do you like to do in your spare time? Date one and I shared many common interests, seemingly had chemistry and my intuition told me that we would probably have a good time if we went out on a date. Match.

During dates two, three and four we discussed many of the same questions. Date five was different. In only seven min-

## FIELD DAY

By SHARONDA PEARSON

Fort Jackson  
Public Affairs Office



utes, we were able to discuss some deeper topics. Religion. How would having children affect my career? Was I looking for a committed relationship or not? Immediately I realized this was someone I would like to get to know better. Match.

At the end of the night, I walked away feeling pleasantly surprised about the evening. I was able to get to know about a variety of the opposite sex without enduring a number of long dates, awkward silences or trying to get acquainted in a loud, crowded nightclub.

Would I go to another Magruder's speed dating event again? I would have to say yes. It was a fun evening, and besides, how often do you get to meet five singles in one night? [Sharonda.Pearson@us.army.mil](mailto:Sharonda.Pearson@us.army.mil)

**Editor's note:** *Magruder's Club and Pub's speed dating event is just one of several events hosted by the club and many of Family and Morale, Welfare and Recreation's many other venues. For more information, visit the website at [www.Fort-jacksonmwr.com](http://www.Fort-jacksonmwr.com) or stay-up-to date with the offerings by "liking" Family and MWR by logging into Facebook and searching "Fort Jackson FMWR."*

## Catching air



Photo by KRIS GONZALEZ

Payden Clark, 15, performs a 360-degree kickflip on his skateboard in the housing area Friday.

## Bagging lunch



Photo by KRIS GONZALEZ

Somiya Lee, an education technician with Scales Avenue Child Development Center, assists Camp Konichiwa kindergarten students July 14 as they prepare bag lunches. The class distributed the lunches to the homeless during a field trip to Finlay Park in downtown Columbia Thursday.

# Spouse jobs program to relaunch in October

By ELAINE WILSON

American Forces Press Service

WASHINGTON — The Military Spouse Career Advancement Accounts program will resume Oct. 25, but with some significant changes to the popular spouse employment program, a defense official announced this week.

Changes include a reduction in the amount of financial aid, a change in the population eligible to receive that aid — from all military spouses to spouses of junior service members — and more robust counseling services.

These changes bring the program, commonly known as MyCAA, back to its original intent of equipping military spouses of junior service members with portable careers, such as in real estate or health care, said Clifford Stanley, the undersecretary of defense for personnel and readiness. The program was launched in November 2007 for spouses of junior service members, and was expanded to all pay grades and programs of study in March 2009.

“We’re trying to empower, to give spouses in particular, an opportunity to be immediately impactful as soon as they get into a community,” Stanley said in an interview with the Pentagon Channel and

American Forces Press Service. “We want to make sure they have opportunities to work when they get to a new duty station.”

Officials temporarily halted the program Feb. 16, pending a top-to-bottom review, after an enrollment surge overwhelmed the system and caused the program to nearly reach its budget threshold. In March, with the review still under way, officials resumed the program for the more than 136,000 spouses who already had established an account.

The review took time, but officials wanted to ensure they could sustain the program for the long-term, particularly in light of fiscal realities the government is facing, Stanley said.

“We want to help people be employed, but at the same time we have to be cost conscious,” he said.

The aim is to sustain the program, he said. “We don’t want to start it and stop it. This is something we want to continue because it’s important to take care of our families and our spouses.”

“This one program is just one small part of the overall equation of taking care of our family members.”

— Clifford Stanley  
Undersecretary of defense  
for personnel and readiness

The previous program offered all spouses of active duty service members a lifetime benefit of \$6,000 to be used for education purposes.

Under the new parameters, spouses of junior servicemembers can apply for a maximum financial benefit of \$4,000 for up to three years from the start date of the first class, with a \$2,000 annual cap, Stanley explained. Spouses pursuing licenses or certifications requiring an up-front fee of greater than \$2,000 may apply for a waiver of the annual cap up to the maximum benefit of \$4,000, he added.

Financial aid will be limited to spouses of active duty servicemembers in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2, Stanley said, as well as the spouses of activated Guard and Reserve members within those ranks. Spouses of Guard and Reserve members must be able to start and complete their courses while their sponsor is on Title 10 orders, he added.

Those spouses eligible to receive aid can use the money to fund associate’s degrees,

licenses and certification programs, not higher degrees. The program wasn’t intended to support bachelor’s and master’s degrees, Stanley said. However, he added, spouses pursuing higher degrees can explore a plethora of other education opportunities — such as scholarships, federal grants and the G.I. Bill — with help from Military OneSource consultants.

“The counseling piece is probably the most important, and pivotal, part of this program,” he said in a roundtable discussion with reporters today.

Spouses currently enrolled in the program can continue their participation through Oct. 21, when MyCAA will ramp down and prepare for the Oct. 25 launch.

As of Oct. 25, those spouses who fall within the eligible pay grades can continue their program participation. Spouses who no longer are eligible for financial aid still can participate by accessing career and education counseling services, Stanley said.

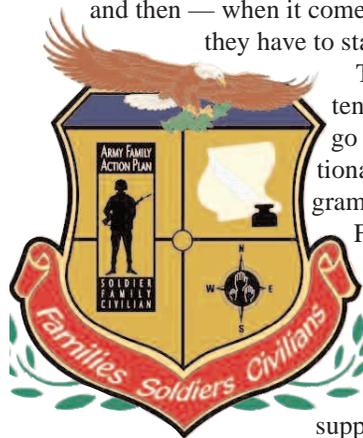
“There are still opportunities,” he said. “This one program is just one small part of the overall equation of taking care of our family members. It’s an important part, but it’s a small part.”

To fund the program, officials have budgeted about \$210 million for 2010 with an increase to \$250 million for 2011 due to an expected spike in enrollments, Stanley said.

# EFMP provides families crucial support

Army families deal with unique challenges associated with military life, especially when it comes to relocation. Not only do families have to find a new place to call home, they also have to find new health care and child care providers, enroll children in new schools and activities and build new networks of friends and support. These challenges are not easy for any Army family, but for families with special needs, they are magnified.

Families with members requiring special educational and medical services often have to rebuild a complex system of providers and services to support the health and development of their family members. Families can put an incredible amount of time and effort into creating a network that enables their family members to flourish, and then — when it comes time to relocate — they have to start again.



The Army does not intend for these families to go it alone. The Exceptional Family Member Program, managed through Family and Morale, Welfare and Recreation Command, is a comprehensive, coordinated program that provides community support, educational, medical, housing and personnel services to families with special needs. Families who have questions or need EFMP support are encouraged to go to the garrison Army Community Services center and speak with the EFMP manager.

Soldiers with family members who have special needs are required to enroll in EFMP so that the needs can be considered during the nominative phase of the military personnel assignment process. Some Soldiers may be reluctant to identify family members for this program. They may feel that identifying with the program will adversely affect their career. This is simply not true. Army leaders at all levels must help dispel this misconception.

It is also important for Soldiers and their families to know that the Army's EFMP does much more than pro-

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



vide information for assignment decisions. The EFMP is one way we can keep some of the most important promises articulated in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

EFMP currently serves 16 percent of all Army families, or more than 70,000 registered family members. The program has provided critical support to Families since its start in 1979. Throughout the past 30 years, through initiatives such as the Army Family Covenant, the Army's commitment and promises to families have become more defined.

At the same time, the number of on- and off-post programs and services available to families with special needs have increased and become more diverse. As a result of the Army Family Covenant promises and the greater array of programs to manage or coordinate, we are committed to continually seek new ways to enhance our EFMP support to families.

The No. 1 request I hear from EFMP families during my installation visits is for assistance in navigating the variety of services and programs available through the Department of Defense, Department of the Army and other federal, local and state agencies. When Soldiers and their families move to a new location, they need to know what is available on and off the installation and how to access and coordinate all the services.

The 2010 National Defense Authorization Act requires all of the armed services to provide additional support for families with special needs. As a part of the Army's response, IMCOM will add 44 system navigators to the existing EFMP staff at 26 garrisons stateside and

overseas. The system navigators will help families connect to the local, state and federal resources they need. The 26 garrisons include Fort Hood, Fort Lewis, Fort Bragg, Fort Campbell and Schofield Barracks, the five installations with the highest number of EFMP families. The system navigators will be trained and in place within the first quarter of FY11.

System navigation is just one of the areas we are looking at through the Army EFMP Strategic Action Plan, which grew out of EFMP summits held in February 2009 and February 2010. For all of the issues we are looking at — family member evaluation, enrollment eligibility, information management, coordination of services, new programs and others — our efforts are guided by the concerns of our families and a focus on improving Soldier and family well-being and readiness.

One way families with special needs can communicate their concerns and recommendations is through the Army Family Action Plan. AFAP is the Army's grassroots effort through which members of the Army community can identify and elevate significant quality of life issues affecting the community to senior leaders for action.

EFMP is also one of the programs that the Services and Infrastructure Core Enterprise is studying to bring about improvements for Army families. SICE is a collaborative and cross-functional team of more than 15 commands, organizations and staff offices formed to develop solutions to Army-wide challenges. SICE will determine how we can resource installations with the appropriate number of EFMP staff for the most effective and responsive program.

EFMP has provided and continues to provide invaluable service, but this is an area in which we must always seek innovative ways to enhance support to families with special needs. Soldiers and families need to know before they depart for a new installation that they will be able to find the services necessary for the health and well-being of all their family members. This is part of our promise to families, for the sacrifices they make, and our commitment to Soldiers, whose strength and readiness is rooted in the strength of their families.

Support and Defend.  
*Defender 6*

## Open house eases stress for military families

Effective and sustainable partnerships are important. Richland School District 2 and Fort Jackson take great pride in our collaborative efforts to ensure that military families are introduced to the many resources available that foster seamless moves.

For many years, Richland Northeast High continues to welcome families whose high school children will be attending Richland Northeast in the fall.

It is very important that at the start of any school year, students are made to feel comfortable and welcomed. Meeting new people after each move can be difficult for any teenager.

Richland Northeast's faculty and staff strive to lessen some of the pressures by conducting the Mili-

tary Family Open House. Students meet other fellow students and form bonds before the school year begins. Administration, some teachers, and some staff are on location to answer any questions parents and students may have before the school year begins.

Military families are constantly on "stand-by mode" and teenagers experience some of the stressors these moves create.

Moving to a new school and making new friends can be quite difficult to do for any child. Richland Northeast's inception of the Military Family Open House hopes to alleviate that concern.

— **K. McCoy-Wilson**  
*Fort Jackson school liaison,  
Richland 2 school district*

**Editor's note:** Richland Northeast High School is sponsoring its annual New Military Family open house 5:30 to 6:30 p.m., July 27. The open house offers parents and students an opportunity to meet with administrators, guidance counselors and current students. Call 699-2800 ext. 0 for information.

### Letters to the editor

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



Want more Fort Jackson news?

Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>



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

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



Photos by OITHIP PICKERT, Fort Jackson Public Affairs Office

**Sgt. 1st Class  
Michael Goodson**  
Company D  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF  
THE CYCLE**  
Sc. Eric Voight

**SOLDIER OF THE CYCLE**  
Pvt. Sonia Chen

**HIGH BRM**  
Spc. James Lunders

**HIGH APFT SCORE**  
Pvt. Mary Matthias

**Staff Sgt.  
Raquel Cadengo**  
Company E  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF  
THE CYCLE**  
Spc. Mark Meier

**SOLDIER OF THE CYCLE**  
Spc. Glen Landeen

**HIGH BRM**  
Pvt. Kyle Lafevers

**HIGH APFT SCORE**  
Spc. Jennifer Yee

**Staff Sgt.  
Leon McCargo**  
Company F  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER OF  
THE CYCLE**  
Pvt. Steven Locklear

**SOLDIER OF THE CYCLE**  
Spc. Michael Velez

**HIGH BRM**  
Spc. Eric Rowland

**HIGH APFT SCORE**  
Spc. Todd McDaniel

## SUPPORT AWARDS OF THE CYCLE

**STAFF SUPPORT AWARD**  
Staff Sgt.  
Stanley Nixon

**TRAINING SUPPORT AWARD**  
Gwendolyn Brantley

**SERVICE  
SUPPORT AWARD**  
Kimberly Bottema

**LOGISTICAL  
SUPPORT AWARD**  
Charles Smalls

## This week's AIT honors



SCHRAMM



FORD

187th Ordnance Battalion (HHC): Instructor of the Cycle — Staff Sgt. Rick Schramm. Cadre of the Cycle (Company B) — Staff Sgt. Gerald Ford. The distinguished honor graduate is Pvt. Eric Burgess.

## That Guy.com

REASON #556 NOT TO BE THAT GUY:



## Upcoming

### CHANGES OF COMMAND

- 369th Adjutant General Battalion: Lt. Col. David Wood will relinquish command to Lt. Col. Ed Allen, 8 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.

Send updates for changes of command and changes of responsibility to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045.



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

## Calendar

### Saturday

#### Troop Command Reunion

11 a.m., Weston Lake community house  
Call 605-5669 or e-mail [Rosiej2606@hotmail.com](mailto:Rosiej2606@hotmail.com).

#### Autocraft Car & Bike Show

11 a.m. to 2 p.m., Car Care Center  
Free admission and free hot dogs, chips and drinks for the first 250 people. Car and bike registration are due today. Call 751-5755/0891 for information.

#### Deep sea fishing

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

### Tuesday through July 29

#### Thrift Shop will be closed

### 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.

### Monday, Aug. 2 through Friday, Aug. 6

#### Vacation Bible School

9 a.m. to noon, Main Post Chapel  
This year's theme is "Go green for Jesus." The event is for ages 5 to 12.

### Friday, Aug. 6

#### Ride-A-Way pre-registration

9 a.m. to 4 p.m., Solomon Center  
Pre-register for a Ride-A-Way bike ride scheduled for Aug. 7. Bike rentals and other community resources also will be available.

### Saturday, Aug. 7

#### Ride-A-Way community bike ride

8:30 a.m. to noon  
Ride departs from the Solomon Center

## Housing events

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

### Thursday, July 22

#### Sleep Away Your Stress

3 p.m.  
Learn about how sleep can help reduce stress. RSVP at [AYoungblood@bbcgrp.com](mailto:AYoungblood@bbcgrp.com).

### Thursday, July 29

#### Gulf Oil Spill Awareness

3 p.m.  
Children 5 to 14 years old 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

### CERTIFICHECKS

Authorized patrons who were deployed or away on temporary duty during the limited CertifiChecks redemption period of March 6 to July 31, 2009, have until July 31 to redeem their commissary gift certificates.

### COMMUNITY FIRST SUBMISSIONS

July is Community FIRST/AFAP submission month. All community members are encouraged to submit quality of life issues. Issues may be submitted online at [www.jackson.army.mil/wellbeing/survey.htm](http://www.jackson.army.mil/wellbeing/survey.htm). Unresolved issues will be discussed at the fourth quarter Installation Action Council/AFAP steering committee meeting. Call 751-4926 or e-mail [Dennis.Ramirez2@us.army.mil](mailto:Dennis.Ramirez2@us.army.mil) 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](http://www.richlandone.org) and [www.richland2.org](http://www.richland2.org). Call (843) 846-6105 for information.

### 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. Golf runs Aug. 2-6, 9:30 to 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 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](mailto: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 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](http://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

### 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., today at the Charlotte Motor Speedway.

### 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](mailto:ren.info@gmail.com).

### MOVIES IN THE PARK

Movies in the Park is scheduled for 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.

### NASCAR MILITARY DAY

Darlington Raceway is sponsoring Military Day Aug. 14. Admission for military ID card holders is \$10, which also includes a pre-race pit pass. The regular price is \$25. Children younger than 12 are admitted free.

### 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.

☐ Announcements are due one week before the scheduled publication.

## FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshall 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



available at Marion Street Station.

□ A civilian was released to the Richland County Sheriff's Department after attempting to enter the post with a suspended driver's license and an active warrant for his arrest, MPs said. MPs said the driver's license had been suspended for failure to pay reinstatement fees. The driver also had an active warrant for failure to pay child support, MPs said.

### TIP OF THE WEEK

The Fort Jackson 911 call center has been receiving numerous 911 hang-up calls. These calls are time consuming and costly. Callers who mistakenly dial 911 should not hang up the phone, but should stay on the line and let the 911 dispatcher know whether it is a legitimate emergency call or a misdial. Every time there is a

### CASES OF THE WEEK

□ A civilian was cited for failing to wear a helmet while skateboarding at the Fort Jackson Skate Park, Military Police said. The civilian's skate board was also confiscated.

□ A civilian was charged with trespassing and fishing without a license or permit after attempting to fish at Oyster Point, MPs said. Those who plan to fish on-post are required to have both state and Fort Jackson fishing licenses, which are both

## FORCE PROTECTION THOUGHT OF THE WEEK

### 10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



**# 8. Purchasing bomb making materials or obtaining information about the construction of explosives.**

911 call hang-up, valuable assets are being used to attempt to reconnect the call or send personnel to the location of the 911 call to ensure it is not an emergency. This takes away from other areas of the community that may need the assistance. If there is a true emergency, continue to contact the call center by dialing 911. To make an emergency call from a cell phone, dial 751-9111, including the area code. If you

are calling to report an on-post emergency, be sure to let the dispatcher know that you are calling from Fort Jackson so that the call will be transferred to the Fort Jackson call center.

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

# Training for worst-case scenario

By CHRIS RASMUSSEN  
Fort Jackson Leader

A toxic chemical leak overcomes a driver and Soldiers in training.

A gunman is taken down after killing and wounding dozens of Soldiers and civilians at the 120th Adjutant General Battalion (Reception).

Those were the scenarios at Fort Jackson Monday during a mass casualty exercise that included participation from the installation, as well as emergency and law enforcement personnel from the surrounding community.

"The purpose of the exercise is to validate our procedures and practice our emergency response to a variety of circumstances," said John Coynor, force protection officer. "Our goal is to make this post safer for the Soldiers, families and civilians."

The exercise began around 9:30 a.m. when a vehicle transporting phosphine — a colorless, toxic gas — to Moncrief

Army Community Hospital began leaking. The driver parked the vehicle near the NBC Chamber and was overcome by the fumes. Five Soldiers at the training site were also overcome. A yellow smoke canister was used to simulate the leak and Soldiers participating in the exercise were put through the NBC chamber before emergency personnel arrived to simulate the effects of the gas.

After receiving a 911 call, an MP was dispatched to survey the site and emergency personnel donning protective suits went in to get the Soldiers and move them to a spot where they could be decontaminated with water by firefighters.

Halfway into the gas exercise, another 911 call came in to report a civilian gunman was shooting Soldiers at the 120th Adjutant General Battalion (Reception).

A perimeter was set up around battalion headquarters and first-responding law enforcement officers entered the building. The suspect was shot and Special Response Teams went room to room, checking for other suspects. Meanwhile, wounded Soldiers were taken to a central location to be evalu-

ated, treated and then interviewed by investigators. A seriously injured Soldier was airlifted to an area hospital and others were taken by bus ambulance for medical care.

"Terrorist tactics are changing," said Mark Mallach, installation antiterrorism officer. "Across the country we are seeing more and more active shooter cases. In the past, we would wait for the Special Response Team. Not anymore. As soon as we know a shooting is going on, we need to react as quickly as possible to save as many lives as possible."

Normally, mass casualty exercises on the installation involve one scenario; however, organizers decided to make the most of the opportunity this time.

"Our limited budget allows us to do only one large-scale field exercise a year. So we put as much into it as we can," Coynor said. "(Two scenarios) stresses our first responders and gives them a worst-case scenario to work with. It also gives our emergency operations center something to work out."

Chris.Rasmussen@us.army.mil



Above, Sgt. Mark Willis, South Carolina Army National Guard, and firefighters carry wounded Soldiers to an ambulance during an active shooter scenario Monday at the 120th Adjutant General Battalion (Reception). Right, Fort Jackson firefighters arrive on the scene to a chemical leak wearing protective suits Monday at the NBC Chamber site during a mass casualty exercise. Once the firefighters loaded Soldiers injured by the chemical onto their vehicle, the casualties were driven to another site where they were decontaminated.

Photos by CHRIS RASMUSSEN



A Soldier assigned to the 120th Adjutant General Battalion (Reception) provides first aid to a fellow Soldier shot by a gunman during a mass casualty exercise Monday.

CMYK

CMYK

27" WEB-100

# Outdoor activities rule FMWR summer lineup

By **THERESA O'HAGAN**  
Family and MWR

Santa Claus is coming to town! Well to Palmetto Falls Water Park, that is. Tuesday, Palmetto Falls will host Christmas in July, 1 to 3 p.m. with present



give-a-ways every hour. Enjoy a little yuletide spirit at the coolest place on

post.

Saturday, Marion Street Station hosts a deep sea fishing trip. Marion Street Station staff do all the driving and provide all the gear. The bus will depart from Marion Street Station at 2:30 a.m. and returns at 10 p.m. For those who love the beach, but not necessarily fishing, or driving there for that matter, a trip to Myrtle Beach is planned for July 31.

Other cool water adventures include a Congaree River paddling trip on Aug. 21, 9 a.m. to 2:30 p.m. and a trip to the U.S. Whitewater Center on Aug. 28.

Marion Street Station has two trips planned for Harrah's Casino, one on Aug. 7 and one on Sept. 4, 8 a.m. to 8 p.m.

Find great deals at Trader Marc's Flea and Farmers Market in Fort Mill on Aug. 14. Again, Marion Street Station provides the transportation.

Go mountain biking at Mistletoe State Park on Sept. 11 or take a leisurely stroll and enjoy the charms of Charleston on Sept. 25 both with transportation provided by Marion Street Sta-



Photo courtesy Outdoor Recreation Division, FMWR

## Fort Jackson's Weston Lake resort area features cabins, picnic shelters, campsites, boating, hike trails, a swimming area and more.

tion. Register for trips at Marion Street Station, by phone at 751-3484 or online at [http://fortjacksonmwr.com/marion\\_st\\_station/](http://fortjacksonmwr.com/marion_st_station/).

Take a mini-vacation close to home and spend some time at Weston Lake. Weston Lake is Fort Jackson's on-post resort area. Weston Lake features cabins, picnic shelters, canoes, kayaks, pontoon boats, paddle boats, and campsites all for rent, as well as a swimming area, boat launch, hiking trails, and ballfield.

The swimming beach is open 10 a.m. to 6 p.m. Thursday through Sunday and holidays.

The Thomas Lee Hall Library has

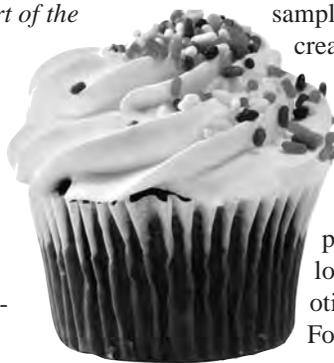
been taking patrons on reading voyage all summer and will celebrate with a finale Saturday, noon to 1 p.m. with an awards ceremony and door prizes. The summer reading program may be coming to an end, but there are still plenty of cool reads at the library.

Beat the dog days of summer with Customer Appreciation at Magruder's Pub and Club on Aug. 14, starting at 4 p.m. Enjoy an outdoor Luau with DJ street dance, giant adult inflatable water slide, draft beer specials in the tiki bar, fire pit, free hot dogs, volleyball and loads of prizes. Enter the costume contest for best luau attire.

## Current EDGE! classes

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.

☐ **Art Sampler** — 1 to 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.

☐ **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.

### LEADER INFORMATION

To submit an article, announcement or letter to the editor, e-mail [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045 for information.

## 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](http://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.
- ☐ 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.

# TRICARE offers marital, family therapy

## TRICARE Management Activity

It's important for military couples to talk to someone about marital struggles or stress they may be experiencing.

Marital, couples and family therapy, often referred to as counseling, are all types of professional behavioral health interventions available to eligible married couples enrolled in TRICARE Prime, TRICARE Prime Remote and TRICARE Prime Overseas.

"Military life can often cause stress for couples and families," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. "Long deployments, worries about job-related danger, and frequent moves can take their toll. For these reasons, TRICARE considers marital therapy an essential part of behavioral health care."

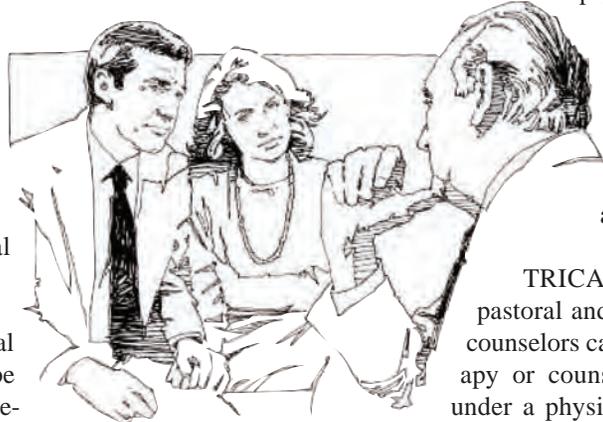
Marital therapy or counseling can be

covered by TRICARE Prime when it's based on a behavioral health diagnostic evaluation by a TRICARE provider. TRICARE Prime-enrolled spouses of active duty service members can

seek marital therapy or counseling in the U.S. or overseas as part of the first eight outpatient behavioral health care visits allowed per fiscal year. This can be done without a referral from a primary care manager or prior authorization from their regional health care contractor. Active duty service members need a referral for all behavioral health care received in

the TRICARE network.

Professionals in the TRICARE network authorized to provide marital therapy include psychiatrists, psychologists, certified psychiatric nurse specialists, clinical social workers and certified marriage and family therapists.



TRICARE-authorized pastoral and mental health counselors can provide therapy or counseling services under a physician's supervision.

After the first eight visits, non-active duty beneficiaries must get authorization from their regional health care contractor to continue treatment. To reduce their out-of-

pocket expenses, beneficiaries are encouraged to use a TRICARE network provider.

Active duty family members enrolled in TRICARE Prime or TRICARE Prime Remote can call their regional Behavioral Health Care Provider Locator and Appointment Assistance Line for help locating and making appointments with network behavioral health care providers in their area.

The toll-free numbers are: North Region, 1-877-747-9579; South Region, 1-877-298-3514; and in the West Region, 1-866-651-4970. Hours vary according to region.

TRICARE Prime Overseas beneficiaries can get information about host nation providers from their local military treatment facility or TRICARE Service Center. The nearest TRICARE Service Center can be found at [www.tricare.mil/overseasTSC](http://www.tricare.mil/overseasTSC).

To view TRICARE's behavioral health options visit our Mental Health Resource Center at [www.tricare.mil/mentalhealth](http://www.tricare.mil/mentalhealth).

## New search tool makes finding up-to-date prescriptions easy

### From TRICARE Management Activity

Beneficiaries and providers can use the new TRICARE formulary search tool to find the most up-to-date information about prescription medications.

Located at [http://pec.ha.osd.mil/formulary\\_search.php](http://pec.ha.osd.mil/formulary_search.php), the new search tool allows beneficiaries to easily find which medicines are in the uniform formulary. These are available at all full-service military treatment facilities and covered by TRICARE.

Once a user has identified if a drug is available, he or she can use the search tool to get detailed information on a drug.

The tool also shows if the medication is Tier One (with a \$3 copay), Tier Two (with a \$9 copay) or non-formulary (requiring a \$22 copay.) It also shows when a generic equivalent is required.

As an added benefit, the new TRICARE Formulary Search Tool has integrated the Prior Authorization and Medical Necessity forms and criteria into a search engine while still maintaining a page with a complete list of all criteria and forms. Any restrictions such as quantity or age limits are displayed in

one location.

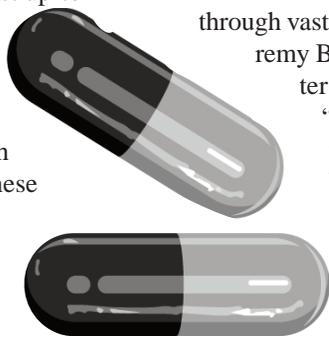
"This should make it easier to find all relevant information about a specific drug instead of trying to click on different links to other web pages and sort through vast amounts of information," said Jeremy Briggs, Pharmacy Operations Center official and search tool designer.

"The idea is to have all that information available with one search, but still link back to pages for in-depth information."

The search tool's functionalities will increase and become more refined, based on feedback provided by patients and providers.

"The new TRICARE Formulary Search Tool is adaptable to meet the ever changing needs of our beneficiaries and we are planning to meet those needs," Briggs said.

From the Fort Jackson website, click on "Moncrief Army Community Hospital," then click on pharmacy, then pharmacy links. The link is located in the "other" column under Tricare Mail Order Pharmacy Formulary."



## PREVENTIVE HEALTH SERVICES

TEST	AGE	HOW OFTEN
<b>Blood Pressure</b> (Hypertension)	18 and older	Every visit, or yearly
<b>Cholesterol</b> (Hyperlipidemia)	35 and older	Every 5 years (normal levels)
<b>Mammogram</b> (Breast Cancer)	40 and older (women)	Every year
<b>Pap Smear</b> (Cervical Cancer)	21 and older (women) Sooner if sexually active	Every 1-3 years
<b>Chlamydia</b> (Chlamydial Infection)	25 or younger (women) If sexually active	Yearly until 26
<b>Colonoscopy</b> (Colon Cancer)	50 and older	Every 5-10 years if normal
<b>Stool Occult Blood</b> (Colon Cancer)	50 and older	Every year
<b>Bone Mineral Density</b> (Osteoporosis)	65 and older (women)	Periodically

## 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.

### 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

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

# Thank those who helped you along way

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

Back in the 15th century, in a tiny village outside of Nuremberg, Germany, lived a family with 18 children. Eighteen! The father, a goldsmith, worked almost 18 hours a day at his trade and any other paying chore he could find in the neighborhood in order to keep food on the table for this mob. Despite the seemingly hopeless condition, two of the children had a dream to pursue their talent for art.

Both knew that their father would never be financially able to send either of them to Nuremberg to study at the academy, which is equivalent to today's colleges. After many long discussions at night in their crowded bed, the two boys finally worked out a pact. They would toss a coin. The loser would go down into the nearby mines and, with his earnings, support his brother while he attended college. In four years, he would support the other brother either with sales of his artwork, or, if necessary, also by laboring in the mines.

They tossed a coin on a Sunday morning after church. Albrecht Durer went to Nuremberg, while Albert went into the dangerous mines for the next four years. Albrecht's etchings, woodcuts and his oils were almost an immediate sensation, and by the time he graduated, he was beginning to earn considerable fees for his commissioned works.

When the young artist returned to his home, the Durer family held a festive dinner on their lawn to celebrate Albrecht's success. After a long memorable meal, Albrecht rose from his honored position at the head of the table to drink a toast to his beloved brother for the years of sacrifice that had enabled him to fulfill his ambition. His closing words were, "And now, Albert, blessed brother of mine, now it is your turn. Now you can go to Nuremberg to pursue your dream, and I will take care of you."

All heads turned in eager expectation to the far end of the table where Albert sat, tears streaming down his pale face, shaking his lowered head from side to side while he sobbed and repeated over and over, "No. No. No. No."

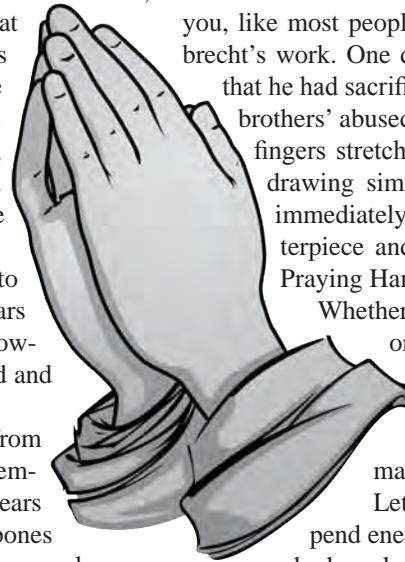
Finally, Albert rose and wiped the tears from his face. "No, brother. I cannot go to Nuremberg. It is too late for me. Look, what four years in the mines have done to my hands. The bones in every finger have been smashed at least once, and lately I have been suffering from arthritis so badly in my right hand that I cannot even hold a glass to return your toast, much less make delicate line on parchment or canvas with a pen or a brush. No, brother, for me it is too late."

More than 450 years have passed. Albrecht Durer has

hundreds of masterful portraits, sketches, watercolors, charcoals, woodcuts and copper engravings hanging in museums around the world. But the odds are great that you, like most people, are familiar with only one of Albrecht's work. One day, to pay homage to Albert for all that he had sacrificed; Albrecht painstakingly drew his brothers' abused hands with palms together and thin fingers stretched skyward. He called his powerful drawing simply "Hands," but the world almost immediately opened its heart to this great masterpiece and renamed his tribute of love, "The Praying Hands."

Whether you know the painting as "Hands," or "The Praying Hands," or perhaps you have never seen this touching creation, let this be your reminder that no one — no one — ever makes it alone.

Let us remember to make time and expend energy to thank those people in our lives who have helped us reach our goals. Let us take a moment to be thankful for our forefathers who had a vision for freedom. Let us be thankful for the Soldiers who have gone before us making the ultimate sacrifice, their lives, to insure us freedom. And, let us thank God for his blessings.



## 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 Youth (Magruder Chapel)
  - Thursday
    - 9:30 a.m. to 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 through Thursday
  - 11:30 a.m. Mass (Main Post Chapel)
- Sunday
  - 8 a.m. Mass (Solomon Center)
  - 9:30 a.m. CCD (Education Center)
  - 9:30 a.m. Adult Sunday School

- 11 a.m. Mass (Main Post Chapel)
- 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/Aduldy Inquiry

## ANGLICAN/LITURGICAL

- Sunday
  - 8 a.m. Anderson Street Chapel

## ISLAMIC

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

## JEWISH

- Sunday
  - 9:30 to 10:30 a.m. Memorial Chapel
  - 10:30 to 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 AG Bn. Chapel**  
1895 Washington St., 751-5086
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- U.S. Army Chaplain Center and School**  
10100 Lee Road, 751-8050

# Time, effort ingredients for weight loss

If you want to get someone's attention, mention the fact that you can drop 10 pounds in 10 days and everyone is paying attention — at least for the moment. The truth of the matter is that dropping weight takes time; that is just the “weigh” it is. The flip side to this revelation is that weight loss is a real obtainable victory when we measure out the proper ingredients.

Time is a main ingredient in weight-loss success. If you are looking for real results, they cannot be rushed. Time lets you get to know how your body reacts to weight loss. We are all very different. We are men and women; some of us have had children, some are over 40 and the list goes on and on.

How your weight comes off is something very personal that you can recognize if you have allowed time not to be some hindrance, but a process that must occur. Typically water weight is the first to go. Next comes real pounds of body fat. The time span from water excess to actual body fat can vary from days to more days to weeks.

However, if you have embraced the fact that this will take time; then you might notice some jewels along the way like: feeling better, sleeping better, breathing better, having more space in your clothing; all these precious

## The Weigh it Is

By PAMELA GREENE  
Fitness programmer,  
Family and Morale, Welfare  
and Recreation



nuggets are a result of spending the time necessary because that's the way it is.

Next, you will need a healthy serving of effort. That goes great with time. Getting up and getting physical with that body can be challenging. Who wants to exercise after a long day? Your body does, that's who. Your body has helped you all day and has been the machine you needed it to be. It picked up the children, cooked, worked eight hours and more. Now, it needs this exercise so that it can take care of things for you tomorrow.

The effort you put forth to drag yourself to the gym pays off big time by giving you an energy rush you just knew didn't exist. That tired body that you pulled into the

gym has somehow become vibrant and full of life. The effort is instantly rewarded. When you give the effort to something; it gives you something back. It won't leave you hanging wondering if you have made the right choice.

Effort has this built-in guarantee that if you try...it will respond. Just think of all the areas of your life where you put forth the effort and benefited from it. Effort is a key ingredient to weight loss. It is the unspoken promise that the scale will go down if you put forth the effort because that's the way it is.

Finally, by putting time and effort together you learn you need only these two ingredients to yield big success. Weight loss is not some complicated monster that cannot be controlled. Our choices make weight loss challenging. Living in denial makes weight loss challenging. Believing in quick fixes makes weight loss challenging. Putting in time and effort make weight loss successful; that's just the way it is.

*Editor's note: Pamela Greene is the fitness programmer for the Family and Morale, Welfare and Recreation's Fitness Department. Visit <http://fortjacksonmwr.com/fitness> for more information on the Fitness department.*

## Sports shorts

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

□ 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. The next class begins Aug. 10. Call 787-4344 or visit [www.play-golfamerica.com/ggr](http://www.play-golfamerica.com/ggr).

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

□ The Fort Jackson Family and Morale, Welfare and Recreation Fitness Department offers a variety of classes led by certified fitness instructors. Classes include: wellness lectures about nutrition and general health, as well as fitness classes, such as Zumba, yoga, aerobics, kickboxing and spinning. Fitness center patrons may participate in all classes with the monthly membership fee. Current rates are: active duty military — daily rate, \$4, monthly rate, \$20; all others — daily rate, \$4, monthly rate, \$30.

Fitness center patrons must be authorized ID card holders.

Visit [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com) for more fitness information.

## Leader submissions

Have an interesting idea for a sports story? The Leader accepts ideas for articles relevant to the Fort Jackson community. Send your story ideas to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil) or call 751-7045.

## Burning rubber



Photo by CHRIS RASMUSSEN

Andrew Brewster, 9, makes a toss during a game of burn ball Wednesday morning at the Youth Services Center. Burn ball combines kickball and baseball and uses elements of each, including throwing, running and catching. For more information about Youth Services Center programs, call 751-6387.