

TRACKING ...

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The Fort Jackson Leader



Thursday, August 5, 2010

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www.jackson.army.mil

Good neighbors

Post agencies team for National Night Out

By **CHRIS RASMUSSEN**
Fort Jackson Leader

For 12-year-old Jessica Woodall, National Night Out is more than an opportunity to learn about crime prevention — it is a time for fun and making new friends.

Woodall was one of several Fort Jackson community members who turned out Tuesday night to celebrate National Night Out.

“Everyone is just hanging out and having a good time,” said Woodall, daughter of Sgt.

“ We live on post, but that doesn't make us immune to crime. ”

— **Alana Youngblood**
Balfour Beatty

This is the third year Balfour Beatty has hosted National Night Out in the family housing area at Fort Jackson. The event is held nationwide as a community awareness event on the first Tuesday in August.

“We live on post, but that doesn't mean we are immune to crime,” said Alana Youngblood, LifeWorks coordinator for Balfour Beatty. “This is a great chance to promote crime and drug awareness. We want to make

1st Class Charles Woodall, 165th Infantry Brigade. “My favorite so far has been the face painting. It has been really fun.”

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Chopper check



Photo by **SUSANNE KAPPLER**

Sgt. 1st Class Matthew Ruopp, a drill sergeant with Company F, 2nd Battalion, 60th Infantry Regiment, inspects the Honda Shadow of Carl Davenport, a DA civilian, for safety compliance before riders begin a Thunder Run ride around post. The ride was part of last week's motorcycle rally. See story, photos Page 11.

BCT changes complement war mission

The one thing in the Army that remains constant is that things will always change. You can count on that. Change, of course, in an operational setting is a necessity because we continually must adapt to ensure the success of the warfare mission and address the new challenges that we face.

Changes start at the ground up, and at Fort Jackson that translates to Basic Combat Training.

During the past few months, BCT has been incorporating a number of changes that will better prepare our Soldiers for the

new challenges they are confronting down-range. Let us never forget that we are a nation at war. As for BCT, the changes increase the relevance of our curriculum by altering the way we teach marksmanship, combatives and physical fitness, while stressing values and culture, as well as Comprehensive Soldier Fitness. Recently, Initial Military Training has made every effort to make everyone aware of the new developments that are current as of July.

There has been information in regard to BCT transformation posted online on the Army's home page as well as on social media sites. IMT wants to make sure that everyone is aware of what has taken place. All of this is extremely important, because cadre and Soldiers need to understand the rationale, and because they are part of the process.

This new direction of BCT did not just materialize overnight. The shift has taken shape after about five years of some intensive assessments, plotting and planning by IMT. Fort Jackson and other training centers are at the forefront of the training transition. Obviously, the implementation still requires a lot of effort, determination and teamwork from everyone on Fort Jackson.

As for marksmanship, all Soldiers are re-

ceiving more training time so that they will be able to fire more rounds and become more knowledgeable and comfortable with their weapons before they leave here. Soldiers now fire 500 rounds during qualification.

There is a new Physical Readiness Program on post that is geared to increase the fitness of

new Soldiers so they will be ready for a more rigorous PT routine once they reach the operational force. The objective is to balance the goal of increasing capabilities and at the same time reduce

the number of injuries. This more progressive approach is a system of training in phases, all the while ensuring that Soldiers are always prepared for a wartime mission. The goal is to focus on training the right muscles and energy systems for the fight.

In the past, when a Soldier was doing sit-ups and push-ups, he or she didn't quite make the connection with his or her duties as a Soldier. Now when a Soldier does, for example, climbing drills or sprints, he or she will recognize how the new regimen fits in with combat skills. The reasoning behind the new PT regimen is consistent with the IMT objective that Army leadership has in mind with core Soldiering skills. The Army is focusing its efforts on ensuring that Soldiers learn to do a number of basic things well so that they are prepared to adapt to future situations.

Those Soldiers who are redeploying from combat zones are providing us with information, and we are processing it as we implement these advances. Again, we need to make sure that we are teaching the right things at the right times.

Refer to the list adjacent to this column: The top 10 things you need to know about changes.

Army Strong and Victory Starts Here!

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



Photo by OITHIP PICKERT

Since July 1, Soldiers now complete more pugil drills and obstacle courses during Basic Combat Training.

BCT top 10 changes clarified

From the Office of the deputy commanding general, IMT

Basic Combat Training has recently undergone several changes. Here are a few of the changes and why they were enacted.

□ BCT has become more challenging, not "softer." BCT has been extended from nine weeks to 10. The Warrior Tasks and Battle Drills have been refined and are now geared toward training fewer and more relevant tasks well.

These tasks and battle drills correspond with the current operating environment and training is

now geared toward the generation of Soldiers entering our Army during this time of war. Training must be adapted to all the occupational specialties. Find these Warrior Tasks and Battle Drills on the Army Training Network, <https://atn.army.mil/>.

□ Rifle marksmanship is more extensive, with more hours on the range, more bullets fired and Soldiers using both basic and advanced techniques. Soldiers now fire 500 rounds (750 for infantry) during basic, and also have to

See Top 10: Page 12

The Fort Jackson Leader

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Article submissions are due two weeks before publication. For example, an article for the Aug. 19

Leader must be submitted by today. Announcements are due one week before publication.

For example, an announcement for the Aug. 19 Leader must be submitted by Aug. 12.

Army takes lead of chaplain center

By JULIA SIMPKINS

U.S. Army Chaplain Center and School

Before a standing-room-only crowd, leadership of the Armed Forces Chaplaincy Center changed hands — and branches — Monday in a ceremony at the AFCC auditorium.

The former director, Air Force Chaplain (Col.) Steven E. Keith, commandant of the Air Force Chaplain Corps College, who held the position for one year, yielded leadership to Chaplain (Col.) David Smartt, commandant of the Army Chaplain Center and School.

“This is a campus of three distinctive and separate schools, co-located,” Smartt said. “AFCC is a committee that facilitates cooperation for shared activities.”

The position of AFCC director is held for one year, which means the Navy Chaplain School commandant will take the reins next year.

Monday’s Passing of the Stole ceremony, is a rite not infrequently observed by the Army’s Chaplain Corps. A stole is a vestment of cloth some clergy wear around their necks during religious services. In the passing ceremony, the outgoing leader’s stole is removed by a third party, in this case Navy Chaplain (Capt.) Michael Langston, commandant of the Navy’s chaplain school, and placed around the neck of the incoming leader.



Photo by NATE CROCKER, Air Force Chaplain Corps College

Navy Chaplain (Capt.) Michael Langston places the stole around Chaplain (Col.) David Smartt’s neck during a ceremony Monday to signify Smartt’s transition as director of the Armed Forces Chaplaincy Center. Smartt takes over for Air Force Chaplain (Col.) Steven Keith.

“Many units in the Army use this ceremony to signify the transfer of pastoral leadership,” Smartt said.

At the ceremony, Army Sgt. Maj. Monica Dixon, the AFCC liaison, read 2 Kings, 2:13-14, which describes the passing of the prophet Elijah’s cloth from Elijah to Elisha. Keith explained to those assembled that no

matter which branch the director belongs to, the stewardship of the AFCC is always toward one end.

“‘Caring for the warfighter’s soul’ is the motto and vision of the Armed Forces Chaplaincy Center. This vision is what binds the Air Force Chaplain Corps College, the Army Chaplain Center and

School, and the Naval Chaplaincy School and Center together,” Keith said. “We educate and train chaplains, chaplain assistants and religious program specialists to best care for the warfighter’s soul whether on land, air or sea. The faculty and staffs of the AFCC are amazing spiritual servant leaders with what is arguably the most important mission in our military. It has been an absolute thrill and joy to serve as the director of the Armed Forces Chaplaincy Center knowing that there is nothing more important than what we do.”

Echoing the importance of caring for the warfighter’s soul, Langston also mentioned the importance of mutual cooperation and multiculturalism among military branches.

“This monumental event symbolizes unity of three services dedicated to train chaplains to care for the warfighter’s soul,” Langston said. “Since the AFCC is a new organization within reference to the three chaplains’ corps, it is important to establish new traditions and all ceremonial leaders have responsibility to make that happen. Monday’s event established one of those new traditions as we set apart a new leader for the AFCC.

“The mantle of authority and management is a symbol of our co-location and neutral cooperation in training of chaplains, religious program specialists, and chaplain assistants. If we will lead them, they will follow us.”

Blackhawk welcome



Photo by CHRIS RASMUSSEN

Col. George Donovan, 171st Infantry Brigade commander, passes the guidon to incoming Command Sgt. Maj. William Huffin Jr. during a change of responsibility ceremony Monday at the 120th Adjutant General Battalion (Reception) Chapel. Huffin takes over for Command Sgt. Maj. Karl Schmitt.

Kid Rock headlines on-post celebration

From Family and Morale, Welfare and Recreation

Music artist Kid Rock will headline a show at Fort Jackson Sept. 11 as part of the post’s Patriot Day events, Family and Morale, Welfare and Recreation officials announced this week.

The event, titled “Kid Rock Salutes the Troops,” is scheduled for 8:30 p.m. at Hilton Field. The field will open at 5:30 p.m. and the opening act will begin at 7 p.m. Kid Rock is scheduled to play until 10 p.m.

Tickets are free for those with a valid DoD ID card and are available at Family and MWR and AAFES facilities. ID card holders may pick up two tickets per visit. Identification or proof of family status — along with tickets — is required for entry. Those without IDs will be denied entry or must purchase a ticket at the door.

Though there are no age restrictions for attendees, the concert is intended for mature audiences.

Those without a DoD ID card may purchase tickets in advance for \$30 at all Ticketmaster locations. Visit www.KidRock.com or www.Ticketmaster.com for details.

Visit www.fortjacksonmwr.com or the Family and MWR Facebook page for directions, prohibited items and parking information.

Housing Happenings

COMMUNITY UPDATE

□ The Mayoral Council is seeking volunteers to serve as mayor and vice mayor for the Fort Jackson housing community. Mayors and vice mayors provide a voice for the community through the sharing of ideas and suggestions to improve the quality of life of on-post residents. Call 751-7567 for information or to volunteer.

□ Stay hydrated this summer by visiting the Community Center to pick up a free bottle of water, while supplies last. Hydration information will also be available.

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

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

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

□ Watch vehicle speeds through the neighborhoods and do not park on the street.

DEVELOPMENT UPDATE

□ To date, 189 homes have been completed.

□ Nearly 80 homes have been demolished in the junior noncommissioned officer area.

□ Family relocations into field grade officer housing has started.

□ Phase I construction of company grade homes is complete.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"

LEADER DEADLINES

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

Lights, camera, Fort J-action!

Child thespians debut in weekend production

By KRIS GONZALEZ
Fort Jackson Leader

Look out Broadway; Fort Jackson's got talent.

Tomorrow the installation's youngest stars will get their chance to shine as they perform in a live musical.

Showtimes are 3 p.m. and 5 p.m. at the C.C. Pinckney Elementary School Auditorium, where Fort Jackson children will share the spotlight in the Missoula Children's Theatre's production, "Beauty Lou and the Country Beast."

"The show is going to be fantastic," said Mandi Jung, one of two Missoula actor/directors heading the production. "It's going to be funny, with lots of singing and lots of high-energy dancing. The audience is really going to be impressed."

Jung and her colleague, Matt Loehrke, held auditions Monday morning to cast about 50 children for the production, which is a modern-day interpretation of the classic fairy tale, *Beauty and the Beast*, but with a country-western twist.

Jung said she and Loehrke looked for very specific qualities in the mostly novice actors to cast for the show.

"We're looking for kids with a loud and clear voice and a big, expressive body and face," Jung said. "But more than anything, we're looking for kids who can follow directions and police their own behavior because we only have a week to put this together, and we want everyone to be really successful."

The cast members were required to commit to four days of four-hour rehearsals. Those chosen to be main players were required to stay for an extra two hours of rehearsal following Monday's audition.

"It's just a week, but it's hard work," Jung said. "A lot of these kids have never been in a play before, so there are going to be times during the week when they'll think it's too difficult."

By Day Two, some of the young thespians were already feeling the pressure.

Darius Dilworth, 9, who was cast in a key role as Dusty, a farmhand, stayed for the first rehearsal and began football practice that same night. He said he was

“The great thing about theater is you get to practice being a human. You get to practice being ... whoever you want to be.”

—
Mandi Jung
Missoula
Children's Theatre



Photo by KRIS GONZALEZ

Hannah Williamson, 11, rehearses her role as the older version of Beauty Lou for the on-post production of "Beauty Lou and the Country Beast."

reluctant to go back to rehearsal Tuesday morning.

"I was worn out from all that work," Darius said. "But I didn't want to quit."

And that's something his mother, Kim Dilworth, said she wouldn't let him do.

"I told him you can't participate one day and quit the next," Dilworth said. "So I told him to stick with it. This is a chance to experience what goes on behind the production of a play — to learn lines, to put in the work and be on stage. It's a great opportunity."

Cindy Andre-Noel, director of Outreach Services at Child, Youth and School Services, who helped coordinate the collaboration with the traveling theater company, said she thought participating in the program would give the children a chance to explore their talents and study the craft of acting.

"It's going to give the kids opportunities to learn how to express themselves," Andre-Noel said. "They'll also learn more about acting as a career. Some kids don't realize it is a profession, that there are people who teach acting, and that you

don't necessarily have to be on the screen to be considered an actor or actress."

Darien Kronen, 12, who moved to Fort Jackson less than two weeks ago, said she hopes performing will help her overcome her shyness. Darien was cast as the young Beauty Lou.

"I think this will help me to be brave when I talk in front of people," Darien said.

Jung said children like Darien will learn more than just better public speaking.

"The great thing about theater is you get to practice being a human," Jung said. "You get to practice problem solving; you get to practice being a mother, or a sister; whoever you want to be."

"Through theater, we're teaching them skills like team building, self-confidence, articulation and movement," she said. "We're helping kids reach a new stage."

Kris.Gonzalez1@us.army.mil

Editor's note: See more photos at www.jackson.army.mil.

New responsibility



Photo by KRIS GONZALEZ

Command Sgt. Maj. Dwight Dooley assumes responsibility of the 165th Infantry Brigade as Col. Bryan Rudacille, brigade commander, passes Dooley the saber during a ceremony Friday at the post theater. Command Sgt. Maj. Sean Watson relinquished responsibility in June and is stationed in Germany.

DoD child care fees may increase

Income caps raised; fee ranges widen

From the Department of Defense

The Department of Defense announced this week the school year 2010/2011 child care fee policy. The policy will adjust fee ranges in child care programs across the services and will be implemented no later than Sept. 30.

Changes will impact families who have children enrolled in DoD child development centers and school age care programs.

The DoD broadened child care fee ranges from six to nine categories, raised the income cap on each fee range and established the top earning range at \$125,000 a year and above for a more equitable policy.

Previously, families earning more than \$70,000 a year and above all paid the same fee for child care. Under the new policy, families will see either a small decrease or increase in their fees depending on their total family income. Families earning \$85,000 and below will experience relatively minimal changes. Each military service will pro-

vide fee guidelines specific to their installations.

"This is the first time in six years that the Defense Department has adjusted fee ranges," said Robert L. Gordon III, deputy undersecretary of defense, military community and family policy. "The action follows an in-depth study that determined

that fee ranges were no longer in sync with the total family income for the majority of program users. As a result of this adjustment, we broadened and added income ranges to achieve greater equity within our military community."

The fee policy represents a balanced solution to the issue of adjusting fees to pay caregiver salaries while limiting the financial impact on the family. Competitive salaries help to recruit and retain quality staff. Retaining high quality staff contributes to continuity of care.

"Ensuring the health, safety and well-being of the military children entrusted to our care is a No. 1 priority," Gordon said. "We are committed to

“ Ensuring the health, safety and well-being of the military children entrusted to our care is a No. 1 priority.

— Robert Gordon
deputy
undersecretary
of defense

high-quality care for our military children, which includes attracting talented child care staff whose compensation is competitive with the civilian sector."

Ninety-eight percent of DoD's child development centers are nationally accredited compared to eight to 10 percent of community childcare centers. National accreditation means a commitment of providing high quality services, including a developmentally appropriate curriculum, a healthy and safe environment, sufficient number of adults per children in group sizes appropriate for children's ages; and strong communication between staff and families.

"Child care is a readiness issue," Gordon said. "We will continue striving to provide quality care to support our working parents."

For specific information about the installation fees, parents are encouraged to contact their local child development center and school-age care program.

News and notes

TOWN HALL SET FOR TODAY

The community is invited to attend a town hall meeting 6 p.m., today at the Solomon Center. Child care will be provided. Attendees will be entered in a drawing for door prizes. Free pizza will be available.

COMMISSARY CHANGE ANNOUNCED

The Fort Jackson commissary will close 4 p.m., Aug. 22 and reopen Wednesday, Aug. 25.

POST TEES UP FOR GOLF

A First Friday Golf Tournament is scheduled for 1 p.m., Friday at the Fort Jackson Golf Club Wildcat Course. Format is Captain's Choice. Call 787-4437 for information.

PARENT ADVISORY COUNCIL MEETS

The Scales Avenue Child Development Center Parent Advisory Council meets 5:15 p.m., Aug. 12 at the Scales CDC. All parents of Scales CDC students are invited to attend.

DOGS BECOME GOOD CITIZENS

The American Kennel Club will conduct "Canine Good Citizen" tests 6:30 p.m., Wednesday at Pinckney Elementary School for those who want their dogs to become therapy dogs. Call 738-6851 or e-mail suedecker.fj@gmail.com for a list of testing requirements, testing fee and other information.

HUNTING COURSE OFFERED

The hunter education course is offered by the South Carolina Department of Natural Resources and can be found at www.hunter-ed.com/sc/.



Aug. 6 — 7 p.m. Grown Ups	PG-13	97 min.
Aug. 7 — 7 p.m. Knight and Day	PG-13	109 min.
Aug. 8 — 6 p.m. Grown Ups	PG-13	97 min.
Aug. 9 — 1:30 p.m. Where the Wild Things are	PG	98 min.
Aug. 11 — 4 p.m. Knight and Day	PG-13	109 min.
Aug. 13 — 7 p.m. Twilight: Eclipse	PG-13	123 min.
Aug. 14 — 6 p.m. The Last Airbender	PG	103 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 aafes.com for listings

Program reaches out to families of fallen

By KRIS GONZALEZ
Fort Jackson Leader

Since 2001, nearly 400 active duty, Reserve and National Guard Soldiers with roots in South Carolina have died either in combat or by non-hostile means. To date, less than half of their surviving family members are actively enrolled in the Army's Survivor Outreach Services program.

Leslie Smith, Survivor Outreach Services support coordinator here at Fort Jackson, hopes to change that.

Smith said she wants the survivors of South Carolina's fallen Soldiers to know that they haven't been forgotten and that they will always be members of the Army family.

"I don't want any survivors to think we don't care about them," Smith said. "Because we really do care."

"There are so many more survivors that we want to reach out to, but we have to know where they are," she said. "It's hard to find people if you don't know where they've relocated."

That's why she and fellow coordinators are asking that Fort Jackson community members help get the word out about the program, and encourage survivors to contact them to take advantage of SOS services.

The SOS program provides short- and long-term case management, offers benefits counseling, financial planning and legal assistance, as well as other services specific to individual family needs for as long as the family needs the support.

"Upon the death of anyone, there's this enormous amount of paperwork that the family members need to sort through," said Christina Clark, SOS financial counselor. "And one of the biggest things that happens is that the family members will get a huge chunk of money at once, which is essentially a portion of replacement income for the (Soldier's) lifetime."

"It's hard to make sound decisions in a normal situation, but when you add the burden of grief, it's even more difficult. We're here to help the family members figure out how to preserve that capital and use it wisely."

Megan McCullough, SOS support coordinator for Reserve families in South Carolina and Georgia, said the



Photo by KRIS GONZALEZ

Leslie Smith, Survivor Outreach Services support coordinator, dusts the photos of South Carolina's fallen Soldiers. The photos are part of a Wall of Remembrance in the Strom Thurmond Building lobby.

process may be even more complicated for surviving families of Reserve and Guard Soldiers, who might not know what benefits they are entitled. Those families, she said, are often the ones who fall through the cracks.

"So those survivors are the ones who we try to reach out to who may not know how to apply for benefits like SGLI, or how to close their spouses' bank accounts. Or perhaps they're living in a very small town, where the community doesn't understand what they're going through," McCullough said. "We're trying to ensure they have a support structure. We want to link them to available community resources and to other families in similar circumstances who can lend them emotional support."

Within the SOS, two support groups hold monthly meetings to help meet the needs of surviving spouses as well as parents. The spouse support group's next meeting is Aug. 20, while the parent support group meets Aug. 27.

And even though the SOS coordinators are focusing on recruiting families of Soldiers who have died since 2001, they said the program is available to eligible family members, regardless of when the death occurred or how the Soldier died.

For more information about Survivor Outreach Services, or to attend support group meetings, contact Leslie Smith at 751-4867.

Kris.Gonzalez1@us.army.mil

Harvesting hope



Photo by KARA MOTOSICKY, Public Affairs Office

ROTC Cadet Anthony White helps Derrick Oree from Harvest Hope Food Bank load a box of donations from 187th Ordnance Battalion during a food drive July 31 at the Chick-fil-A on Forest Drive. Units from across post stopped by to donate.

AAFES profits help fund post activities, programs

From AAFES Public Affairs

The PX benefit at Fort Jackson is paying dividends in more ways than one.

Soldiers shopping at the PX and using other AAFES activities last fiscal year generated a dividend of \$2,349,293.

These funds are critical to Army Family and Morale, Welfare and Recreation's ability to enhance local programs and facilities including the Fort Jackson Golf Club, Palmetto Falls Water Park and Century Lanes Bowling Center, just to name a few.

"AAFES' dual mission is to provide goods and services at competitively low prices and generate earnings to support MWR programs," said the Fort Jackson

PX Manager, Nancy Kessler. "As a result, the dollars that troops and their families spend in AAFES facilities generates a healthy return on their investment by directly improving quality of life services."

The benefit AAFES provides military families goes far beyond the clothes, electronics or consumables available at the Exchange. In fact, purchases made in the past 10 years have provided more than \$2.4 billion to military MWR programs such as Youth Services, post functions and aquatic centers.

Historically, roughly two-thirds of AAFES earnings are paid to Family and MWR programs. In addition to funding quality of life efforts, AAFES earnings are used to build new stores or renovate existing facilities without expense to the federal government.



Photos by CHRIS RASMUSSEN

Megan Daily, 10, left, and Jessica Woodall, 12, share a laugh as McGruff the Crime Dog dances Tuesday during Fort Jackson's National Night Out event in the post housing area. Last year's awareness event drew more than 36 million participants in 15,000 communities nationwide.

Community members turn out for national awareness event

Continued from Page 1

it feel like a community here, where we look and watch out for each other.”

The event also provided an opportunity to give away 200 sets of school supplies to help students and parents get ready for the new school year.

“We really wanted to assist the families with school supplies, especially for kids that go to post schools,” Youngblood said. “We seem to have taken care of everyone who came.”

In addition to free school supplies, families were treated to food, music and a watermelon-eating contest, which was won by Quest Benevento. Participants were also visited by McGruff the Crime Dog and Daren the Lion, who were played by police officers Sgt. David Beaton and Spc. Shane Mehic, respectively.

“I wanted to bring my family out and see Fort Jackson,” said Sgt. 1st Class Refugio Lopez, a student at the NCO Academy. “We’ve been mingling with other families and getting to know everyone. It has been a great atmosphere for the kids.”

National Night Out began in 1984 with 2.5 million participants in 400 communities. Last year, the event drew 36 million people from more than 15,000 communities.

“This has been more than just something to do. It has been a chance to learn about crime prevention and get to know your neighbors in case there is an emergency,” Army spouse Kelly Higgins said.

Chris.Rasmussen@us.army.mil



Rustin Morales, 4, watches as Jennifer Buckley paints a snake on his arm during the installation's National Night Out event, which included a school supplies giveaway, watermelon eating contest and other activities. Visit www.jackson.army.mil for more photos.



Photos by SUSANNE KAPPLER

More than 50 Fort Jackson motorcycle enthusiasts line up in front of the Solomon Center for a fun ride around the installation during the Thunder Run motorcycle rally Friday. Maj. Gen. James Milano, Fort Jackson's commanding general, addressed the crowd of Soldiers and civilians in the Solomon Center before the Thunder Run. The event gave participants a chance to show off and ride their bikes, and provided an opportunity for motorcycle riders to stay up-to-date on post motorcycle safety procedures.

Born to ride

Post riders bike for safety at annual motorcycle rally

By **SUSANNE KAPPLER**
Fort Jackson Leader

More than 50 Fort Jackson motorcycle riders braved the triple digit temperatures Friday to show off their bikes, enjoy the camaraderie and get a refresher on safety during the Victory Thunder motorcycle rally. Riders had the opportunity to have their motorcycles inspected before hitting the road for the Thunder Run around post.

Maj. Gen. James Milano, Fort Jackson's commanding general, addressed the Soldiers and civilians before the Thunder Run and shared some of his experiences from his days as a motorcycle rider.

"I enjoyed riding, but I'm sort of beyond that," Milano said. "But I truly respect your interest, your passion, your hobby — call it what you want — of riding a motorcycle."

He also reminded the bike enthusiasts of the dangers associated with riding a motorcycle.

"We've had 25 deaths in the Army just this fiscal year (related to) privately owned motorcycles," he said. "Twenty-five is far too many Soldiers in my mind."

Milano pointed out that the Army has seen a decline in privately owned vehicle and motorcycle accidents since 2004, but urged Soldiers and civilians to make safety their priority when riding a bike.

"The one thing I command of each and every one of you who is an active-duty service member and strongly encourage the rest of you, is to wear the PPE (personal protective equipment) and to wear a helmet, on post and off post," he said. "I will never compromise or come off that."

Milano said that adhering to the safety standards also sets an example for young Soldiers.

"I urge all of you to be examples, to be role models, to be standard-bearers, to be 'contagious' so other people want to be like you in terms of safety," he said.

Sean O'Brian, Fort Jackson safety director, said that in addition to re-emphasizing safety, the motorcycle rally is also aimed at creating fellowship among riders.

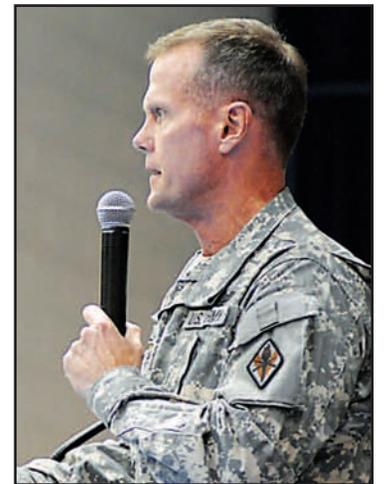
"Obviously, safety is always going to be our No. 1 priority," O'Brian said. "But for the rally, it's not just safety, it's also (to) bring the guys together to talk to their fellow riders, look at each other's bikes, have a good time and get a little safety with it as well."

He said that riders sharing experiences can help re-enforce safety among peers.

"It helps (the riders) get the idea that (adhering to safety standards) isn't just something I have to do, it's something we all do — not because it's the rule, but because it's the smart thing to do," O'Brian said.

In addition to the Thunder Run, riders had the opportunity to enter their bikes into a bike show, get free lunch and win prizes.

Susanne.Kappler1@us.army.mil



MILANO

Army chaplaincy celebrates 235 years

By **JULIA SIMPKINS**
U.S. Army Chaplain Center
and School

Fort Jackson's chaplains ushered in the Army chaplaincy's 235th year during a "birthday party" July 30 at the U.S. Army Chaplain Center and School.

With help from Maj. Gen. James Milano, commanding general of the U.S. Army Basic Combat Training Center of Excellence and Fort Jackson, Chaplain (Col.) David Smartt, commandant, USACHCS, and the USACHCS Command Sgt. Maj. Marylena McCrimmon cut a large birthday cake with a ceremonial saber.

The two youngest USACHCS Soldiers, Pvt. Amber Sherman, 18, an Advanced Individual Training student, and 2nd Lt. Stephanie Christoffels, 23, a chaplain candidate, also joined in cutting the cake.

More than 200 Soldiers and civilian personnel later lined up to

enjoy the multiple home-cooked dishes brought in for the potluck-style festivities.

"The most important thing the Army Chaplaincy does is to help insure the free exercise of religion for our deserving Soldiers," said Smartt. "Also, we are there when they or their families need someone to share their deepest pain and joys.

"It is indeed a great privilege to serve as an Army chaplain."

Chaplain (Col.) Christopher Wisdom, deputy commandant, made a similar observation.

"Our core mission is providing for the free exercise of religion. Our core capabilities are to nurture the living, care for the wounded and honor the dead," he said.

Wisdom added, "This core mission and these core capabilities enable chaplains and chaplain assistants to make a unique contribution as military personnel to the soul care of our Soldiers and the faith formation of their families."



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

USACHCS Command Sgt. Maj. Marylena McCrimmon, Pvt. Amber Sherman, Maj. Gen. James Milano, post commander, Chaplain (Col.) David Smartt, commandant, and 2nd Lt. Stephanie Christoffels cut the cake during a ceremony and luncheon July 30.

Top 10 list explains BCT about-face

Continued from Page 2

certify as part of the Combat Field Fire phase based on the new Rifle Marksmanship Strategy. Although, all BCT Soldiers fire "slick" (without wearing equipment) through qualification tables during Basic Rifle Marksmanship to allow for familiarity with the weapon, equipment is worn during the difficult and combat-related Advanced Rifle Marksmanship period.

☐ Combatives are more relevant — and tougher. New instructions have been added to teach Soldiers to fight from their feet, not wrestle and grip on the ground. Soldiers now attend 22 hours of instruction, which is double the previous requirement at BCT. Additional techniques — wearing full kit — have been added, which is more relevant to what Soldiers might be asked to do in a combat situation.

☐ Most up-to-date medical training in Tactical Combat Casualty Care and Combat Lifesaver. Medical experts have taken combat lessons and updated the first aid training Soldiers receive. There's no longer an IV stick. Doctors say it is counterproductive on the battlefield and useless for treating heat injuries. New techniques for preventing heat injuries before they happen are now taught.

☐ Physical training is standardized, with scientifically proven techniques that improve conditioning and help prevent in-



Leader file photo

Soldiers from the U.S. Army Combatives School at Fort Benning, Ga. demonstrate techniques implemented into Basic Combat training this year.

juries.

Those returning from combat say, "Drop the long runs, the repetitive sets of pushups and sit-ups, and volleyball games; instead focus on training the right muscles and energy systems needed in the fight. Prepare your body for walking patrol with SAPI and equipment or hauling your injured buddy out of harm's way." FM 22-20 has been replaced with TC 3-22-20, and that applies to Soldiers in Basic Combat Training and the entire Army (and, you can get this training circular as an application starting in August).

☐ No more bayonet assault course against rubber tires — but lots more pugil and combatives against a thinking opponent. The bayonet assault course has been a staple of bayonet training since WWI. But that's when bayonets were prevalent on the battlefield. The last time the U.S. had a bayonet assault was in 1951, and the rifle we now use in combat is not meant for bayonet charges. Now, Soldiers will see more pugil drills in pits and on obstacle courses. This, combined with additional hours in combatives, will "warriorize" our Soldiers.

☐ Expanded values and culture training.

Soldiers will still receive instruction in the seven Army Values, but that instruction will focus on applying those values in combat, in garrison, and during off-duty time. That's to build a better Soldier — and a better citizen. And all Soldiers will now be issued the Army Soldier's "Blue Book" (also available as an iPhone or Droid app) that links our present-day Soldier to his predecessors, and describes our professional requirements.

☐ Soldiers are being treated as "tactical athletes." The surgeon general of the Army will begin supplementing initial training units with physical therapists and athletic trainers to prevent injuries and ensure better conditioning. Additionally, TRADOC is instituting the "Soldier Fueling" initiative, to teach and enable Soldiers to develop a nutritional lifestyle to counter our societal challenges.

☐ Comprehensive Soldier Fitness has been instituted. Every drill sergeant has received resilience training, and all new Soldiers take the Global Assessment Tool upon entering BCT. Additionally, all AIT platoon sergeants receive 10 days of resilience training.

☐ IMT is connected to social media, and on web pages. IMT falls under TRADOC, but no decision is made without Soldiers' input. Visit our social media sites and tell us what you think. We'll listen.

IMT ON THE WEB

www.facebook.com/initialmilitarytraining
www.youtube.com/dcgimt
www.flickr.com/initialmilitarytraining
www.tradoclive.dodlive.mil

Calendar

Today

Town Hall meeting
6 p.m., Solomon Center

Friday

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

Saturday

Ride-A-Way community bike ride
8:30 a.m. to noon
Ride departs from the Solomon Center

Harrah's Cherokee Casino outing

8 a.m. to 8 p.m.
Call Outdoor Recreation at 751-3484 for information.

Tuesday

Immigration 101 workshop
9 to 11 a.m., Strom Thurmond building, Room 222
Attendees will learn about establishing permanent residency, citizenship and more. Call 751-1124 or e-mail Miranda.Broadus@us.army.mil for information. Registration is required.

Wednesday

Retired Officers' Wives Club coffee
10 a.m., Officers' Club
ROWC membership coffee. No reservations required.

Thursday, Aug. 12

Military Chaplain's Association meeting
Noon, Officers' Club

Friday, Aug. 13

School and Sports physical day
Bring school physical forms and student shot records. Call 751-2273 to make an appointment.

Book signing

11:30 a.m. to 1 p.m., Main PX
Author Karin Slaughter will sign her newest crime novel, "Broken."

Saturday, Aug. 14

Fort Mill trip
7 a.m. to 2 p.m.
Outdoor Recreation will provide transportation to the Trader Marc's Flea and Farmer's Market. Call 751-3484 for information.

Wednesday, Aug. 18

Combined Federal Campaign training
9 to 11 a.m. (military); 1 to 3 p.m. (civilians), Joe E. Mann Center
This training is for unit coordinators, key people and post staff. Call 751-2669/4528/4912 for information.

Housing events

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

Friday, Aug. 19

National Root Beer Float Day
3 to 4 p.m.
Celebrate this holiday with a free root beer float (for residents only).

Tuesday, Aug. 24

Neighborhood Huddle
10 a.m.
Share concerns and receive answers to any questions. Receive up-to-date information on construction and other housing issues.

Tuesday, Aug. 31

"Rainbow Fish" reading
3 p.m.
Come by for a reading of the book "Rainbow Fish." Afterward, participate in a craft activity and take home a rainbow fish. RSVP is required.

Announcements

RECLAMATION SALE

A reclamation sale for Fort Jackson Soldiers only is scheduled from 8 a.m. to 4 p.m., Aug. 9-10, at 2570 Warehouse Road. The sale is open to Soldiers of all grades both days. Cash only.

MUSICIANS SOUGHT

The Fort Jackson Chaplain's Office is seeking pianists and organists to play for Soldier worship services. The musicians will be required each Sunday. Positions are unpaid. Call 751-3121 for information.

HUNTING SEASON

Hunting season begins Sunday. To obtain the Hunter Education Course, visit <http://www.hunter-ed.com/sc/>.

COMMISSARY CLOSURE

The Fort Jackson commissary will close 4 p.m., Aug. 22, will be remained closed Aug. 23 and 24 and reopen Wednesday, Aug. 25.

BRIGHT SKIES UPDATE

Bright SKIES class are canceled until further notice as the SKIES building undergoes renovations. Call 751-7540/6777 for information.

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.

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.

COME SEE YOUR ARMY TOURS

"Come see your Army" tours are scheduled for Aug. 19 and Oct. 21. 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 register. Reservations required at least one week in advance.

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.

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.

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.

AAFES FIT YOUR FOOT PROGRAM

AAFES "Fit your Foot" program offers shoppers a way to choose a running shoe based on correct size and foot type. The PX has the "Brannock Device" available to measure foot length and width to determine shoe size, as well as brochures that explain how to determine what type of foot a person has. Select shoes in the "Fit your Foot" program are color-coded for easy recognition.

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 for a full listing of calendar events.

Off-post events

371ST INFANTRY GATHERING

Learn about the 371st Infantry, 93rd Division; one of the state's African American units during an event 11 a.m. to 2 p.m., Aug. 21 at the Capital Senior Center, Maxcy Gregg Park, 1650 Park Circle. Have a photo taken with Gen. "Black Jack" Pershing and meet descendants of 371st servicemen. Activities include story telling, cooking demonstrations, music and more. RSVP at by Aug. 15 at sonyagratham@yahoo.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.

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. Send all submissions to FJLeader@conus.army.mil.

E-mail classified ads to skaress@ci-camden.com.



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



Staff Sgt. Christopher Grimes
Company A
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Rebekah Smith

SOLDIER OF THE CYCLE

Pfc. Andrew Jones

HIGH BRM

Pvt. David Francis

HIGH APFT SCORE

Spc. Bethany Barnett



Staff Sgt. Diandra Payne
Company B
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Kirra Brooks

SOLDIER OF THE CYCLE

Pvt. Christian Rivera

HIGH BRM

Spc. John Rivera

HIGH APFT SCORE

Pfc. David Seda



Staff Sgt. Daniel Galloway
Company C
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Bryan Stornetta

SOLDIER OF THE CYCLE

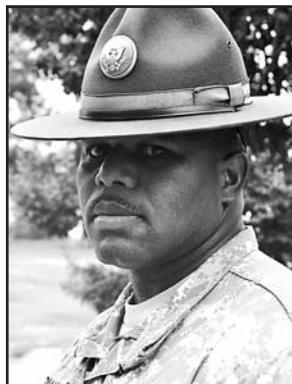
Pvt. John Walliser

HIGH BRM

Pfc. Cody Bennett

HIGH APFT SCORE

Pfc. Roxanne Serrano



Sgt. 1st Class Andrew Edwards
Company D
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Anthony Vinston

SOLDIER OF THE CYCLE

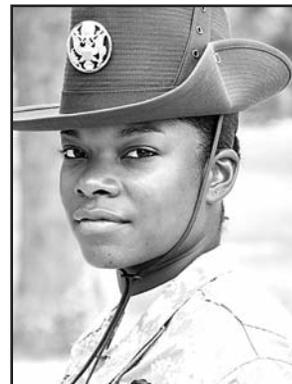
Pfc. Billy Sharp

HIGH BRM

Pvt. Daniel Wagonmaker

HIGH APFT SCORE

Pfc. Tasha Koegler



Staff Sgt. April Bradley
Company E
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. John Hershman

SOLDIER OF THE CYCLE

Pfc. Justin Meredith

HIGH BRM

Pfc. Corey Watson

HIGH APFT SCORE

Pvt. Kenya Dumas



Staff Sgt. Adrian Lopez
Company F
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Ashley White

SOLDIER OF THE CYCLE

Pfc. Justin Arrington

HIGH BRM

Pfc. Christopher Hague

HIGH APFT SCORE

Pvt. Bret Scott

SUPPORT AWARDS OF THE CYCLE

CADRE OF THE CYCLE

Spc. Tatiana Cameron

SERVICE SUPPORT AWARD

Leo Royer

FAMILY SUPPORT AWARD

Krista Heigl

STAFF SUPPORT AWARDS

Sgt. 1st Class Lauren Billingsley

Sgt. 1st Class Robert Hall
Sgt. 1st Class Gilberto Martinez
Sgt. 1st Class Tamara Smart

This week's AIT honors



MARRERO



GRAY

187th Ordnance Battalion: Cadre of the Cycle (Company D) — Staff Sgt. Bonilla Marrero; Instructor of the Cycle (HHC) — Staff Sgt. Kristina Gray. The distinguished honor graduates are: Pfc. Eddie Schaub and Pvt. Robert Talley (not pictured).

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

Ceremonies

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, 8 a.m., Aug. 20, at the Officers' Club.

Send changes to FJLeader@conus.army.mil.



Article submissions are due two weeks before publication.

For example, an article for the Aug. 19 Leader must be submitted by today.

Announcements are due

one week before publication.

For example, an announcement for the Aug. 19 Leader must be submitted by Aug. 12.

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

or call 751-7045.

For information about classified ads, call 432-6157. Be sure to say the ad is for the Leader.

For information about display ads, call Kathy at 786-5681.

August Promotions

Name	Rank	Name	Rank	Name	Rank
ANGELI, Eric J.	COL	HONDERD, Rachel A.	MAJ	MYERS, Samineo D.	CPT
WILLIAMS, David A.	COL	KENDELLEN, Jeffrey C.	MAJ	RIVERASANCHEZ, Javier R.	CPT
DACUNTO, Philip J.	LTC	MACDONALD, Glen A.	MAJ	SAMUEL, Dion R.	CPT
EDWARDS, John K.	LTC	MARTINEZ, Luis A.	MAJ	WASHINGTON, Latoray A.	CPT
GLASER, William R.	LTC	MARTINEZ, Luis D.	MAJ	WILLIAMS, Clifton L.	CPT
JOHNSON, William T.	LTC	MCMAHON, Robert E.	MAJ	ALSTON, Richard A.	CW5
SALTYSIAK, Thomas I.	LTC	NORRIS, Dana	MAJ	JACKSON, Freddy K. II	CW4
STANTON, Paul T.	LTC	SULLIVAN, Meghann E.	MAJ	BANNING, Matthew E. Jr.	CW3
WALDRON, David A.	LTC	VELASQUEZ, Erick R.	MAJ	CREDLE, Christopher S.	CW3
WORK, James P.	LTC	WELCH, Lydia Y.	MAJ	HICKMAN, Mark W.	CW3
ADY, Gregory J.	MAJ	ANDERSON, Brian E.	CPT	SANDERS, Charlie Jr.	MSG
BOWE, Curtis D.	MAJ	DA SILVA, Tamara A.	CPT	ABERNATHY, Josh C.	SFC
BUCHANAN, Jason A.	MAJ	HAGEMAN, Jaclyn M.	CPT	WELCH, Pearl	SFC
BYMER, Loren A.	MAJ	HAYES, Tameeka	CPT	CORDARO, Jerusha L.	SGT
CODY, Jonathon H.	MAJ	HUNT, Shawn T.	CPT	GRIFFITH, Vilma H.	SGT
CROW, Nathaniel D.	MAJ	MACHADOMATOS, Noel A.	CPT	PARKER, Brian	SGT
FRAZEE, Beth R.	MAJ	MACKLIN, Brian E.	CPT	TAFOLLA, Andrew T.	SGT
GUDORF, Genevieve M.	MAJ	MARTEL, Alyssa A.	CPT	TATE, Charles O. Jr.	SGT
HANSON, Kurtis S.	MAJ	MCWILLIAMS, Richard	CPT		
HERNANDEZ, Jeffrey R.	MAJ	MURDOCK, Brian P.	CPT		

FIRST RESPONDER

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

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

*Director,
Emergency Services/Provost Marshal*

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief



❑ A civilian was cited for using a radar detection device, MPs said. The use of radar detection devices on post is prohibited.

CASES OF THE WEEK

❑ Two civilians and several children were escorted from the installation after the driver was cited for several traffic violations, including driving with an open container, Military Police said. The driver, who was not wearing a seat belt, was transporting two people in the open trunk of the vehicle, MPs said.

The passenger also had an open container and was not wearing a seat belt. MPs also reported that the children were not wearing child vehicle restraints. The driver also was cited for failure to wear a seatbelt and failure to use proper child restraint systems. The passenger received two open container citations and a seatbelt citation.

❑ A civilian was detained by MPs and transported from post to a detention center in connection with an active warrant for obtaining goods under false pretenses, MPs said. The arrest was a joint operation with the Richland County Sheriff's Department, MPs said.

TIP OF THE WEEK

Fort Jackson's workers and guests may at some point come across a snake. Some of the snakes that inhabit Fort Jackson are venomous. For those who do encounter a snake, follow these steps:

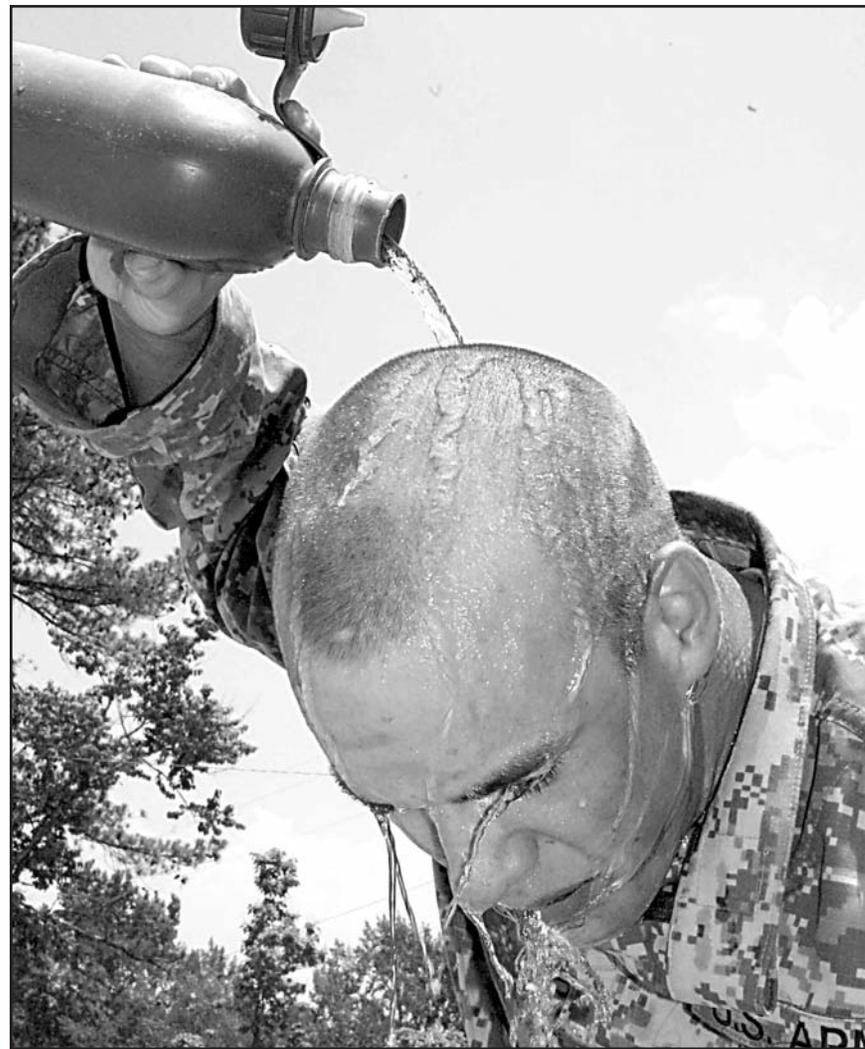
❑ Do not handle or attempt to kill or harass the snake.

❑ Be cautious when moving logs, debris, etc. and avoid placing hands and feet in areas where snakes can hide.

❑ If you are bitten: stay calm and call 911 and/or seek emergency treatment; do not elevate the bitten body part; remove jewelry from the area; administer basic first aid; wash the bite in soap and water; try to identify the snake without touching it, even if it is dead or appears to be dead. If possible, take a photo of the snake.

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

Heat injury procedures



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

Emergency numbers:

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

Never leave the Soldier unattended!

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

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



10. Family ties to known or suspected international terrorist or terrorist supporters.



twitter

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

Animation station, toons EDGE! classes a big draw

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

Two new EDGE! program offerings may be just the start for the country's next great cartoon artist or animator.

EDGE! Animation Station began Tuesday with the creation of a starring character of a clay-mation action flick. Animation station meets at 5955-D Parker Lane on Tuesdays from 4 to 6 p.m. The class, which is open to youth ages 11-18, continues this week with "Get acquainted with SAM."

"That's our animation software we'll use to make stop action movies," explained Beverly Metcalfe, Partnership Coordinator, EDGE! "Learn about stop action movies and how to add pictures, edit frames, and more."

Week three takes the students through the basics of making a stop-animation movie and students will learn how to turn a lump of clay into moving character.

Since movies haven't been silent since the late 1920s, in week four,

EDGE! participants will learn to add sound to their claymation epics.

Week five is Film Festival time. Participants will get to watch everyone's movies and also learn about more tricks to do with ordinary objects and animation.

Josh Vassallo, comic book artist and author of "Mustache Mayhem," will take students through a journey to create a comic book hero, super villain or any other character during Toon Time, another EDGE! program. Toon Time meets Wednesdays, 3:30 to 5 p.m. at 5955-D Parker Lanes and is open to youth ages 10-15.

Last week, participants learned how to draw facial expressions. Wednesday, the budding cartoonists will learn how to draw figures and gestures. On Aug. 18, the subject is perspective. Students will learn how to add depth to their work. Finally, on Aug. 25 participants will put all their training together in a fully rendered character.

EDGE, which stands for Experience,

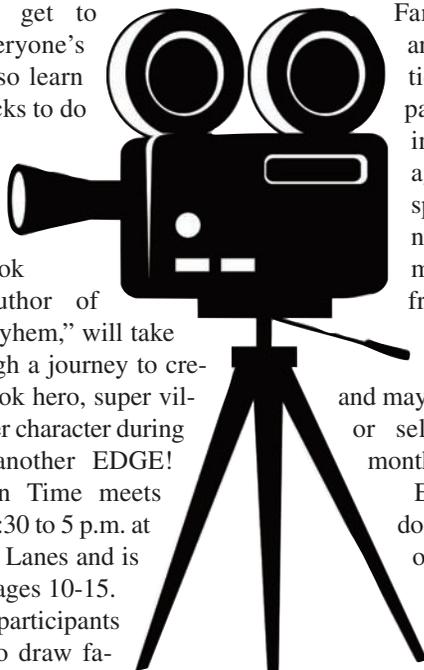
Develop, Grow, and Excel and is an after school and summer program for children and youth, ages 6 to 18, offered within

Family and Morale, Welfare and Recreation partner facilities. The monthly program packages offer exciting and innovative ways for school age children and youth to spend their time in the afternoons. EDGE! offers finite monthly packages that are free for 11- 18 year olds.

School age children, 6-10 years old, pay \$5 per hour and may attend for the entire month or selected weeks during the month.

EDGE is now providing door-to-door transportation for on-post youth to and from each EDGE location. Please contact Beverly Metcalfe at 751-3053 for information.

Parents must fill out a permission slip for their child to be transported. Field trip permission forms can be obtained from Parent Central Services, from the EDGE Director's office, or if those enrolling their child on-line through Webtrac by following the link to the permission form.



Current EDGE! classes

❑ **Bananarama** — 3:30 to 5 p.m., Mondays, 5955-D Parker Lane. Learn to make various treats using bananas. For ages 9-15.

❑ **Animation Station** — 4 to 6 p.m., Tuesdays, 5955-D Parker Lane. Learn how animation works, using flip books and computer software, and create an animated short film. For ages 11-18.

❑ **Wet & Wild Wednesday** — 3:45 to 6 p.m., starting Wednesday, 5955-D Parker Lane. Take a trip to Weston Lake and go out on a paddle boat, canoe, kayak or just swim. The program culminates with a cookout. For ages 10-16.

❑ **Toon Time** — 3:30 to 5 p.m., starting Wednesday, 5955-D Parker Lane. Learn to draw cartoons from an expert. For ages 10-15.

❑ **Let 'er Roll Bowling** — 3:30 to 5 p.m., starting Wednesday, Century Bowling Center. Learn to bowl like the pros. Wrap up with a bowling tournament and pizza party. For ages 8-15.

❑ **Clever Clay Creations** — 3:30 to 5 p.m., 5955-D Parker Lane. Make jewelry, animals, people, bowls and much more. For ages 9-15.



Metrocreative Graphics photo

Join the EDGE! program for Let 'er Roll Bowling from 3:30 to 5 p.m. every Wednesday at Century Lanes, and learn to bowl like the pros.

❑ **Around the World with EDGE!** — 3:30 to 5 p.m., starting Aug. 6, 5955-D Parker Lane. Play games, cook dishes, make crafts from different countries. For ages 8-14.

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> or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE program on Facebook. Door-to-door transportation also available. Call 751-3053 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.

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. Programming is available to other parents at daily and hourly rates.
- ❑ Vacation Club for less than one would pay for some hotels. Call the reservation center at (800) 724-9988. Fort Jackson's installation number is 164.

Fruit, veggies great for fueling bodies

By **COL. DEBORAH F. SIMPSON**
U.S. Army Public Health Command
(Provisional)

Eating foods that promote good health is important for the body to perform its best. Like a car needs gasoline to run, the body needs fuel (food) to function. For optimal performance, it is important to give the body enough of the right kinds of fuel.

Below are some guidelines to keep the body fueled so it can perform at its best.

ESCAPE THE RUT

No one food provides all the nutrients needed for good health. Make sure to eat a wide variety of foods from these groups: grains, vegetables, fruits, milk, meat and beans and oils. Together, these foods supply essential nutrients needed for peak performance.

At least 55-60 percent of calories should come from carbohydrates, the body's preferred energy source. Make sure you are eating enough carbohydrate-rich foods like whole-grain breads and cereals, pasta, brown rice, and dried beans and peas. Protein is needed to support growth and to repair and maintain body tissues. Keeping protein intake to 12-15 percent of your calories is enough for healthy individuals. Fish, lean meats, dry beans and peas, milk and yogurt are high protein foods.

Limit high-fat foods like whole-milk dairy products and fried foods. These foods feed your fat cells, not your muscles or brain. In most situations, no more than 20 to 25 percent of your calories should come from fat.

MAKE TIME FOR BREAKFAST

Breakfast has sometimes been called the "forgotten meal." However, eating breakfast is essential in getting the day off to a good start. People are more productive during the day if they invest a few minutes to fill their tanks in the morning.

Limit high-fat foods like bacon, sausage, biscuits, pastries, butter and gravy. These foods are high in calories, and although they might be filling, they won't provide the energy needed to get through the morning.



Better choices include high-fiber, whole-grain breads and cereals, fresh fruit, skim and low-fat milk or yogurt, and lean protein-rich foods like Canadian bacon and eggs prepared without added fat. These foods will keep people satisfied until lunch and provide plenty of energy to perform morning tasks. Breakfast can include any foods that are enjoyable, such as leftovers from last night's dinner. The important thing is to "break the fast" before starting the day.

BALANCE FOOD INTAKE AND ACTIVITY

Be sure to get the right amount and kind of foods to fuel

the day's activities. To have enough energy for exercise, people need to eat the same number of calories that they are burning. If fewer calories are eaten, the person may run out of energy, especially later in the day. If more calories are eaten than burned, it can lead to unwanted pounds, which can slow the body down. To determine how many calories are needed each day, go to www.mypyramid.gov.

DRINK UP

Getting enough water is essential to performing the best as possible. Losing too much fluid without replacing it, a person can become dehydrated. This can impair energy and performance. Thirst is not a good indicator of dehydration. By the time a person feels thirsty, he or she is already dehydrated. Drink often during the day. Water is the beverage of choice. Aim for 8-10 cups per day, more for those who are very active. Keep water at the desk, in the car and other places to help encourage drinking often.

RESIST THE TEMPTATION TO SKIP MEALS

Try to eat three meals and two snacks during the day. Make sure foods eaten are healthy options from MyPyramid and remember to watch portion sizes. This will provide the energy needed throughout the day and help avoid sharp dips and spikes in blood sugar.

Follow these guidelines to keep energized, clear-headed and less moody during the day. Remember, what goes into the body determines how the body performs. For more information on healthy eating, go to www.MyPyramid.gov.

Editor's note: Col. Deborah F. Simpson is the Reserve nutrition staff officer for the U.S. Army Public Health Command (Provisional).

MACH updates

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.

APPOINTMENTS

Call 751-CARE (2273) to make an appointment with a MACH provider. Call toll-free at 877-273-5584. To cancel an appointment after hours, call 751-2688. Visit the MACH Web page at <http://www.moncrief.amedd.army.mil> for more information.

FOLLOW MACH ON TWITTER

Sign up to follow MACH on Twitter at www.twitter.com/machcsd.

Three military studies determine foot-type shoe shopping a myth

By **LYN KUKRAL**
U.S. Army Public Health Command
(Provisional)

To minimize the chance of injury while running, choose a shoe based on your foot shape, right?

Wrong.

Results of three military studies showed that prescribing shoes based on foot shape made no difference in the rate at which injuries occurred in Army, Marine and Air Force basic trainees, who spend quite a bit of time running. That's "no" as in none, sports fans.

"We found no scientific basis for choosing running shoes based on foot type," said Dr. Bruce Jones, injury prevention program manager at U.S. Army Public Health Command (Provisional), Aberdeen Proving Ground, Md. "Our findings have surprised not just military decision-makers, many of whom run to stay fit, but runners in general."

Popular running and sports medicine literature recommends that people with high arches should choose cushioning shoes, those with normal arches should choose stability shoes, and those with flat feet should choose motion-control shoes, Jones explained. The literature says that such shoes will compensate for the way these

foot types strike the ground during running and lessen injuries to the legs and feet.

"This seemed to many of us to make sense," Jones, a long-distance runner for many years, said. "But when we looked at it in multiple, scientific studies, it turned out to be a sports myth."

Jones and his colleagues were asked by the Department of Defense to test whether basic trainees suffered fewer injuries if shoes were matched to foot type in the way the literature suggested.

Overall, USAPHC (Prov) injury experts, led by Dr. Joseph Knapik, looked at more than 9,000 pair of feet, manually measuring arch height, as well as taking foot imprints.

In the most recent study of Marine recruits, 1,400 men and women were divided into two groups at random, with one group receiving shoes matched to their foot types and the other group (the control group) receiving stability shoes.

Like their Army and Air Force counterparts from two previous studies, the recruits with shoes prescribed according to foot type experienced the same rate of injuries as those in the control group, regardless of other demographics like age, sex, race and smoking habits (other USAPHC (Prov) studies have linked smoking to higher injury rates in basic training).

The military is keenly interested in preventing injuries from running — and for good reason.

"Injuries are the leading health problem in the U.S. military, resulting in about two million visits to medical treatment facilities a year," Jones said. "Of those, more than 50 percent are lower-extremity injuries caused by weight-bearing training, and the biggest culprit is running."

In addition to the pain and disruption the service member suffers, such injuries mean duty time lost to recovery, which in turn affects unit readiness.

Some medical experts argue that static foot morphology (what Jones and colleagues looked at in their studies) is less predictive of injuries than studying the foot in motion, but so far that theory has not been put to the scientific test.

In the meantime, what's a runner to do? "You can't simply look at foot type as a basis for choosing running shoes if you want to prevent injuries," Jones advised. "You should choose a shoe that you like and that feels comfortable."

In other words, if the shoe fits (comfortably) — wear it.

Editor's note: Lyn Kukral is the public affairs officer for the U.S. Army Public Health Command (Provisional).

Hold out for God's best, not best deal

By **CHAPLAIN (CAPT.) COLT L.E. RANGLES**
1st Battalion, 13th Infantry Regiment

There is an adage that goes, "You get what you pay for." How many times has experience proved this to be true? Still, there come deals — or new, untested products — that make claims that command our attention and may generate a great deal of popular inquiry. In a time when dollars are hard to find, let alone stretch, we must be wise about our expenditures. This is all the more true in our life of faith. This was a lesson the forefathers of faith understood all too well.

Hebrews chapter 11 is often referred to as the "hall of faith." If athletes get a hall to be admired and respected, so ought these great men and women of faith. The patriarch Abraham left his home in Ur of the Chaldeans to live in tents as an alien and stranger in the land of promise (Heb. 11:8-10). He chose to be led to action by a promise he

would never live to see completely fulfilled. This is what the greats do; live by faith and not by sight (2 Cor. 5:7).

War provides unique

challenges and unique opportunities. This chaplain had the chance of a lifetime to

visit Abraham's house in the great 2nd Sumerian Dynasty capital city of Ur (near modern Tallil, Iraq). Four thousand years later, the structure was still impressive; it was one of the largest excavated homes in the city.

This was the home to the famous Ziggurat (step pyramid) of Ur which housed the temple of the moon god. Abraham's father, Terah, was an idol maker and business

was good. Now, if anyone knew what a city should look like, it was he. And yet, an alien status with the uncertainties of a transient life was worth the cost of divine purpose.

The family's income from Terah's idol making business must have presented an enticing substitute to the command to leave it all behind for the future deed to an unknown land.

However, Abraham saw through the smoke and mirrors of a comfortable life without divine purpose. What enticements do we face that would sidetrack us from God's best? Shortcuts may attract us to a short-term gain in our professional or personal lives, but at what cost?

Let us not short-circuit God's blessings in our lives because of our rush to resolution or relief. Holding out for God's best may be costly but we may just get what we pay for.

Spend wisely.



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

Read the fine print on lease contracts

By **CAPT. HERBERT BUNTON**
Legal Assistance Office

Recently, Fort Jackson's Staff Judge Advocate General's office has seen a number of landlord and tenant issues. Here are a few tips for renters to keep in mind before and during a tenancy.

PRIOR TO ENTERING A LEASE

Soldiers often relocate to an installation and contract a lease for a home or apartment without viewing the property. The JAG and housing offices recommend Soldiers never do this.

Although Soldiers and their families may be eager to move in right away, they should always physically view and inspect the property. Potential renters can walk around the house/apartment and make sure it meets expectations. A renter can also decide if the area around the house/apartment meets the needs of his or her family.

Also, many Soldiers sign leases without reviewing all the terms and conditions in the lease. Remember, the vast majority of leases are written by the landlord or property manager. He or she will write the lease in a way that will benefit him or her to the fullest extent allowed by law.

Any lease that does not feel or sound right in the terms or conditions can be taken to the Fort Jackson JAG office for review. JAG staff can fully explain the legal significance of the terms and conditions in the lease to ensure

renters make an informed decision before signing a lease.

APPLIANCE REPAIR AND REPLACEMENT

The temperature in Columbia is the hottest it has been in decades. Most days the temperature tops 95 degrees and often, with the heat index, may feel more like 100 degrees. Air conditioners are running non-stop to alleviate the heat wave throughout the Columbia-Fort Jackson area.

Sometimes the air conditioning unit or another major appliance (washer, dryer, refrigerator) will break or stop working. These issues should be immediately addressed.

Contact the property manager or landlord promptly to report the problem. Leases often have clauses that state the notification must also be in writing. Additionally, the South Carolina Residential Landlord and Tenant Act

requires notice to be in writing. When a problem occurs, a simple letter, note or e-mail sent to the landlord or property manager will meet this requirement. Contact the Fort Jackson JAG office for assistance with any questions or concerns about what

is required.

RENT-TO-OWN OPTIONS

Some landlords may ask (and in some cases, demand) that the tenant sign a rent-to-own option agreement for the tenant's already rented property. In some cases, the

landlord or the property manager has threatened the tenant with eviction if he or she does not sign the rent-to-own option. This is fraud, and it is illegal. If a landlord insists the renter sign a rent-to-own option on his or her current rental, contact the Fort Jackson JAG office to set up an appointment immediately.

The Fort Jackson JAG office can provide further information regarding landlord and tenant issues. The staff works with Soldiers and their families with their dealings with landlords and property managers. Staff can also contact the landlords and property managers on the renter's behalf to assist him or her with any issues he or she may have.

Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to eligible people.

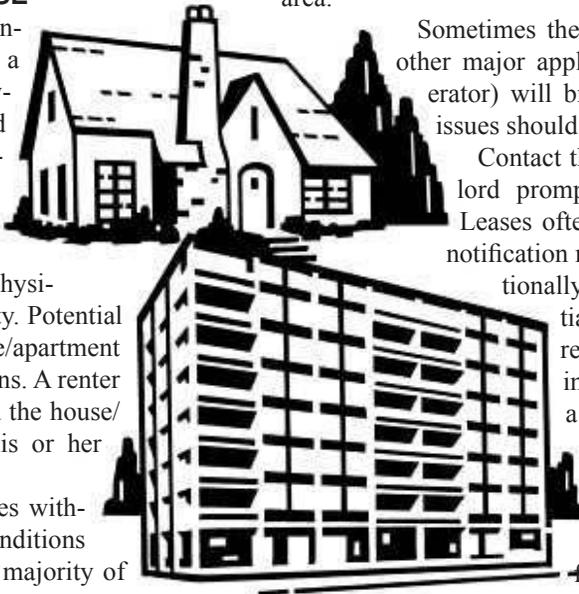
These services are available through an appointment with a legal assistance attorney, or on a walk-in basis 1:30 to 4 p.m., Tuesdays and Thursdays.

The Office of the Staff Judge Advocate, including Legal Assistance and Claims, is closed 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, call 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.



Bike ride provides stress relief, fun

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Looking to relieve some stress this weekend? Then hop on a bicycle and join the Fort Jackson Community for a Ride-Away Mountain Bike Ride.

A 10.1-mile "trail" has been mapped out on pavement across the installation that is designed to challenge adults while not being too tough for children. The event is slated 8:30 a.m. to noon Saturday.

"This is not geared toward a competition," said Michelle Ingram, co-event organizer. "We want everyone to just get out and ride away from stress, to better health or to lose a few vanity pounds."

Ingram, the installation's Risk Reduction Program coordinator, a component program under the Army Substance Abuse Program, brainstormed the idea for the event with Fort Jackson police officer Lionel Brown as a way to bring the Fort Jackson Community closer together and encourage family/unit cohesion.

"We are really trying to make this a big event," Brown said. "It is a way for Soldiers and Army civilians to relieve stress and also bring families together for a fun time."

The ride will begin and end at the Solomon Center. From the center, the route goes down Marion Street, along Ewell Road and up Ivy Road. It then continues to Semmes Road and goes down



Photo by CHRIS RASMUSSEN

Fort Jackson police officer Lionel Brown takes a spin on his bike Tuesday. Brown has co-organized a community bike ride set for 8:30 a.m. Saturday.

Hampton Parkway, Dixie Road and Jackson Boulevard before returning to the

Solomon Center.

"It is mostly flat terrain. The most

challenging will be Ewell Road because there is an incline," Ingram said. "We do have turnaround points and (the Department of Emergency Services) will be on hand to help escort riders back to the Solomon Center."

Water will be available along the route and emergency personnel will be on standby in case of an emergency.

"We are still in the hot summer months so we will have water points and EMS to provide visibility in the event someone needs immediate assistance," Ingram said.

Participants are encouraged to bring their own bicycles; however, a limited number of mountain bikes will be available.

A pre-registration event is scheduled for 9 a.m. to 4 p.m. Friday at the Solomon Center. Several agencies including ASAP, Family Advocacy, Housing, DES and Marion Street Station will be on hand for bike rentals.

"Agencies will be there to provide education. Fort Jackson agencies are very supportive and there will be some nice give-aways during the pre-registration event," Ingram said.

All riders must wear a helmet, and a safety briefing will be given before the ride.

"We are going to stress the buddy system and that no one (should) ride alone," Brown said.

Chris.Rasmussen@us.army.mil

Trying to get fit? Read a book

New on-post book club puts the focus on fitness

Fitness and nutrition continue to saturate bookstores and commercials with information on what consumers need to eat, drink and physically do in order to maintain that precious fountain of youth. From P90X to Red Bull, promoters of products like these and more believe they have the answer, and everyone needs to rush out and buy that product.

Many people have followed the hype and rushed out to get the latest and greatest fitness fix, used it for a while and then complained about how it did not work. As we are all consumers when it comes to exercise, a great resource to have would be to know what to buy and what to try. The Fitness Department wants to create a community of readers through its new "Fit to Read" program; a consumer's forum (so to speak) designed to empower the reader.

The phrase, "knowledge is power," is put into action at these open group discussions. Information will be available regarding what books or articles on which the department will focus. The exact date for a complete discussion on the book read will be posted on the Fit to Read discussion board. This display is posted outside the aerobics room, which is located inside the Solomon Center. The first selection is "Fit for Life" by Harvey and Marilyn Diamond. Copies are available at the Thomas Lee Hall (Post) Library. Discussions are scheduled for Sept. 14, 6 p.m. in the Solomon Center and 5:30 p.m., Sept. 16, at the Post Li-

The Weigh it Is
By **PAMELA GREENE**
Fitness programmer,
Family and Morale, Welfare
and Recreation



brary.

Fit to Read is another source that the Fitness Department staff believes will continue to arm fitness members with education as it relates to their health and fitness needs. Once the reader has completed the selected book, each reader will have the desire to share his or her new fitness knowledge with families and friends and, hopefully, result in healthier communities. Fit to Read is a book discussion group. It is not a lecture; it is a platform for concerned individuals who want to take another step towards getting their health under control. Fit to Read allows participants to take 45 days to read the book and then come together on the set date for the book discussion. It's just that easy.

Visit www.fortjacksonmwr.com and click on the fitness link and then click fitness again to get a flyer on this program and more. Call 751-5768 for more information.

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 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.playgolfamerica.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 for more fitness information.

CONTACTING THE LEADER

□ The *Leader* accepts ideas for articles relevant to the Fort Jackson community. Send your story ideas to FJLeader@conus.army.mil or call 751-7045.