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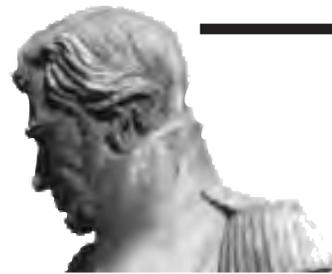
High-quality H2O a must for fitness

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# The Fort Jackson *Leader*



Thursday, August 26, 2010

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

www.jackson.army.mil

# Traumatized



Photo by CHRIS RASMUSSEN

Staff Sergeants Carlo Polidori, left, and Jason Calman, both assigned to the 171st Infantry Brigade, prepare to evacuate a trauma simulator, or training dummy, during a demonstration Friday of the new MSTF facility.

## Facility offers realistic medical training

By CHRIS RASMUSSEN  
*Fort Jackson Leader*

An improvised explosive device is detonated in a crowded marketplace, causing severe trauma to the lower body of a Soldier sitting in his Humvee. Moments later, a team of Soldiers arrives to provide life-saving first aid and get the wounded Soldier out of harm's way.

This is the scenario of a new training facility at Fort Jackson designed to provide realistic training for Basic Combat Training Soldiers.

"Most Soldiers train on medical tasks in a very calm, unrealistic environment with-

out all the noise, smells, blood and other distractions found in combat," said Lt. Col. Richard MacDermott, commander of the 4th Battalion, 10th Infantry Regiment. "The first time they come face-to-face with a severe injury, it is a shock to their systems."

The 4-10th, which was tasked with creating the medical simulation training facility, or MSTF, has created an indoor training environment that features a state-of-the-art trauma simulator dummy that bleeds, surroundings that look like a Middle Eastern marketplace, smoke, loud noises and more.

The trauma simulator, a flesh-colored dummy, has several interactive features, such as a simulated pulse and moveable tra-

chea. The dummy is controlled via remote.

"The simulated casualties will continue to bleed until the Soldier performs all of the necessary tasks in the appropriate sequence," said Col. Jeffrey Sanderson, Fort Jackson chief of staff. "That heightened sense of training realism will increase our Soldier's competence and confidence."

Six rooms comprise the facility, which is located across from Victory Bingo on Huger Avenue in Building 12501. An administration room is near the entrance of the facility, with a bay area in front for Soldiers to wait their turn. The back of the building features

See **SIMULATORS:** Page 10

# Suicide prevention is leaders' business

As National Suicide Prevention Week approaches, Army leaders find themselves dealing with a disturbing trend: The Army suicide rate is higher than the civilian population rate for the second year in a row.

This has occurred despite an Army-wide effort to mitigate the issues that might lead to a Soldier deciding to take his or her own life. It's obvious that we are either not doing enough or are not integrating our efforts effectively — or not doing both to some degree. It is clear that we need to continue to look at all angles of the issue.

Let's start by looking at some numbers: In fiscal year 2009, there were 160 suicides among active duty Soldiers or 239 across the entire Army to include our Reserve Soldiers. The previous year, there were 143. The 2009 Army rate increased to 20.2 per 100,000 people, compared to an average civilian rate of 19.2 per 100,000.

Recently, a comprehensive Army Task Force report on health promotion, risk reduction and suicide prevention was released, listing 250 recommendations that could help curb the growing number of suicides that we are witnessing. The task force examined leadership, programs, screenings and behavioral-health issues.

Some key findings in the 350-page report identify:

- Gaps in policies, processes and programs, which could deter high-risk behavior.
- Erosion in the adherence to policies and standards.
- Lapses in screening and the detection of high-risk behavior.
- Heavier usage of prescription antidepressants, amphetamines and narcotics.

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



— Degrading accountability in disciplinary, administrative and reporting processes.

In short, the task force puts the onus on leadership to do a better job in managing our policies to promote good order and discipline, citing that Soldiers committed 50,523 crimes in 2009, compared with 28,388 in 2004. The task force also calls for leaders to pay closer attention to drug and alcohol usage among Soldiers, while noting that since fiscal year 2005, 29 percent of suicides included either drug or alcohol abuse.

These alcohol and drug facts alone are alarming. All leaders Army-wide need to take note of these facts. I can assure you that we take this very seriously here on Fort Jackson. We will continue to improve on what we do here to mitigate risky behavior and other contributing factors in these unfortunate scenarios.

We will continue to step up efforts with suicide awareness classes and intensify our efforts at the unit level. We will take a pro-active approach so that we are better able to spot behavioral-health issues. Specifically, we will

continue to bolster our master resilience training.

In addition, the Community Health Promotion Council will meet with me monthly to provide analyses of suicide data and existing programs designed to intervene with Soldiers at risk for suicide on Fort Jackson. This feedback is valuable in developing initiatives and creating prevention-related solutions for the Fort Jackson community.

Also, the Soldier Risk Reduction Program will continue to coordinate Installation Prevention Team meetings to review current risk factors and plan for upcoming prevention strategies based on historical trends. The IPT assists commanders in developing prevention strategies to reduce high-risk factors, which may have a detrimental impact on Soldier and unit readiness. The team develops and implements prevention strategies and programs simultaneously at a number of different levels from the installation to individual units of company.

The bottom line is that if we are to be good leaders, we must never lose sight of the mission, which is to reverse this current trend and improve our readiness through the development and enhancement of our programs and policies. All leaders must recognize the importance of spotting and reducing high-risk behaviors. Leaders need to assist their Soldiers in building resilience, help them develop their coping skills and encourage them to seek help when they believe they need it.

If you are not doing these things, then you are not leading. We need everyone in step with Army policies and standards, if we are to accomplish the mission. It's time to walk the talk.

Army Strong and Victory Starts Here!

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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# Outreach programs connect community, military installations

Our Soldiers have been steadfast in their service to the nation during the past nine years of conflict. Their families have been just as constant in their own dedicated service, providing the strength and support that enables Soldiers to do their jobs. Our Soldiers and families persevere in their service to the nation in the face of repeated deployments and even greater challenges.

It is heartening to know that we are not in this alone—our fellow citizens want to understand what we are experiencing and share a deep desire to support us where they can. Sometimes they simply do not know where to begin or how to make the connection to channel their appreciation and support into action. That is why reaching out to the communities around us is so vitally important.

The Army has a long history of supportive relationships with surrounding communities. San Antonio, Texas, claims the title of Military City, USA, but many more communities could lay equal claim, their ties with the installations in their areas



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

being as long-standing and deep-rooted. Over the years the Army has also developed strong relationships with local, state and national organizations that provide a wide range of support for Soldiers and Families, including programs focused on health care, education, child development, employment, financial aid, and morale and recreation.

Now those relationships are more critical than ever. The Army cannot always offer the most comprehensive assistance for the number and kinds of challenges that our Soldiers and families face. This is especially true for National Guard, active Reserve and Active Component Soldiers and families who live far from installations. The great need for support and the great demand on our resources

require us to reach out to those who can help us keep our promise to Soldiers and families. A volunteer, a local service provider or a state or national organization may be able to offer expertise, material assistance, support services, or even just human contact that fills a critical need, especially for the Soldier or family member who is not near an installation.

The support that communities and organizations give to Soldiers and families has become so important that the Army Community Covenant was launched in April 2008 to formalize and facilitate the relationships. To date, communities in 49 states, three territories and the District of Columbia have conducted more than 500 covenant signing ceremonies, pledging to find ways to enhance the quality of life for Soldiers and families.

These ceremonies publicly recognize and celebrate the communities' commitments, but they are not an end in themselves. They are an important step in taking action to link support

# Iraqi fulfills dream of being U.S. Soldier

By **CHRIS RASMUSSEN**  
Fort Jackson Leader

Spc. Mazin Mozan's path to becoming a Soldier is not your typical graduation story.

The Iraqi immigrant spent years assisting the U.S. military as an interpreter, faced threats and violence against his family and put himself in danger before deciding to pursue a special visa that would enable him to join the Army and become a U.S. citizen.

Mozan, 28, who learned English as a child in the Iraqi public school system, will graduate today with Company D, 3rd Battalion, 34th Infantry Regiment.

"I've worn the ACU before as an interpreter, but now I will have the U.S. Army tag on it," Mozan said. "It will be a special feeling when I graduate. I have dreamed about this moment for a long time."

The Iraqi-American, who also studied English at Baghdad University, got his start as an interpreter when he stopped by a local military installation and applied. From there he was assigned to an Explosive Ordnance Detachment.

"We would go out to the border between Iraq and Iran looking for ordnance and blowing them up," he said. "I translated between Soldiers and villagers. I would tell them we were there for their safety."

Capt. Sean McEwen, TRADOC Future Operations, worked with Mozan while serving on a military transition team in the Wasit Province.

"He and his family were specifically targeted by the Jaysh Al-Mahdi because he was assisting the U.S. Army," McEwen said. "On an attack at his house that was suspected to be done by JAM, his brother was killed. Instead of quitting, Mozan took several days off to assist his family and then

returned to work with the Army."

Later, when his MTT team relocated with its Iraqi unit to Baqubah, Iraq, Mozan volunteered to leave his family behind and continue his dangerous, yet vital, work as an interpreter. He continued to work until finally the JAM threatened to kill his entire family if he did not quit assisting the U.S. Army.

"Some people called me a traitor and hurt my family, but they were just the minority extremists," Mozan said. "I believed in what the U.S. Army was doing in Iraq."

In 2007, Mozan moved to the United States by himself with a special visa. He worked as a DoD contractor translating for the Marines and the 1st Cavalry Division; however, Mozan was ready to fulfill his dream of becoming a Soldier.

"I should have joined a lot earlier," Mozan said Tuesday as he participated in graduation rehearsal. "I am proud to put on my beret."

Mozan will next go to Fort Lee for Advanced Individual Training as a 92A (automated logistics specialist).

"Spc. Mozan has been an ideal Soldier in training," said 1st Lt. William Willis, Company D commander. "He is always helping other Soldiers. He has excelled in BCT."

The Iraqi-American, who had his official swearing-in ceremony as a U.S. citizen on family day Wednesday, said he learned about the last combat troops pulling out of Iraq during the company's Victory Forge training exercise.

"There are more things to do in Afghanistan than Iraq," he said. "Having adviser units in Iraq will do more good than combat units because it is all about winning their hearts and minds."

*Chris.Rasmussen@us.army.mil*



*Photo by CHRIS RASMUSSEN*

**Spc. Mazin Mozan, a native of Iraq, graduates from Basic Combat Training today — one day after becoming an American citizen. Mozan worked as an interpreter for American troops before moving to the United States.**



## Retiring from service

Retiring Soldiers are honored during a ceremony Wednesday in front of Post Headquarters. Front row, from left: Master Sgt. Wayne Lear, Sgt. 1st Class James Armstrong, Sgt. 1st Class Ron Doiron and Sgt. 1st Class Thomas Moore. Back row, from left: Sgt. 1st Class Peter Hayes, Sgt. 1st Class Will Murray and Lt. Col. John Calahan.

*Photo by CHRIS RASMUSSEN*

## Housing Happenings

### COMMUNITY UPDATE

- September is Self-Improvement Month. Put on a pedometer and join in the walking challenge. The person who logs the most mileage by walking by the end of September will receive a \$50 gift card and gift basket. Call 738-8275 or e-mail [ayoungblood@bbcgrp.com](mailto:ayoungblood@bbcgrp.com) for information.
- Think safety: Wearing headphones, earphones or other listening devices while bicycling on or adjacent to roadways on DoD installations is prohibited. Safety helmets are also required for those on bikes, skateboards, mini bikes or scooters.
- Call 738-8275 to reserve the Community Center for personal functions.
- Refer a friend to move on post to receive \$300.
- Visit [www.jackson.army.mil](http://www.jackson.army.mil) and click on the community calendar at the bottom of the page to stay abreast of community events.
- Watch vehicle speeds through the neighborhoods and do not park on the street.

### DEVELOPMENT UPDATE

- To date, 208 homes have been completed.
- About 100 homes have been demolished in the junior noncommissioned officer area.
- Family relocations into field grade officer housing has started. Thirteen homes are 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](http://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](mailto:FJLeader@conus.army.mil).

## International visit



Photo by CHRIS RASMUSSEN

**Brig. Gen. Aminullah Patyani, Afghan National Army, speaks with Sgt. 1st Class Christopher Higgins, a drill sergeant with Company E, 3rd Battalion, 13th Infantry Regiment, through an interpreter during a visit to Victory Tower Friday. Patyani was one of three Afghan National Army leaders touring Fort Jackson last week for leadership training.**

# Commissaries free from tainted eggs

### Special to the Leader

Military commissaries have not been affected thus far by the massive Wright County Egg voluntary recall, according to the Defense Commissary Agency's director of health and safety.

"Although our stores may carry some of the brands, such as Hillandale and Sunshine, that were mentioned in the initial Aug. 13 recall action, the cartons of eggs sold in military stores are not linked to Salmonella contamination," said Col. David R. Schuckebrook, who is responsible for addressing DeCA's food safety issues. "We are working closely with our suppliers to ensure that if the recall expands and we are affected, we will promptly pull the recalled product off the shelves and notify our customers."

If the egg recall expands to commissaries, DeCA will update customers with signs in the stores, posts on the agency's Facebook site at <http://bit.ly/cPc6fJ>, and through food safety alerts posted to <http://www.commissaries.com>.

As of press time Wednesday, South Carolina had not yet received any reports of illness caused by eggs, but Moncrief Army Community Hospital is informing the Fort Jackson community how to avoid contracting Salmonella from eggs and other sources.

Salmonella can live in the intestinal tracts of humans and other animals. People most often get infected by eating foods contaminated with animal feces. Contaminated foods, often animal products like beef, poultry, milk or eggs, usually look and smell normal. Any food, however, including vegetables, may be-

come contaminated. Thorough cooking kills Salmonella, but cooked food may also become contaminated by the hands of an infected food handler, who does not wash his or her hands with soap after using the bathroom.

Human symptoms of Salmonella infection include fever, abdominal cramps and diarrhea beginning 12 to 72 hours after consuming a contaminated food or drink. The illness usually last 4 to 7 days and most people recover without needing antibiotic therapy. More severe symptoms may require hospitalization.

The Centers for Disease Control and Prevention recommends the following steps to reduce the risk of Salmonella infection through eggs:

- Don't eat recalled eggs or products containing recalled eggs. Consumers who have recalled eggs should discard them or return them to their retailer for a refund. Per safety recalls by the FDA, shell egg Cartons (6, 12, and 18-egg cartons, loose eggs for institutional use and repacking) with certain plant numbers and dates that contain the brand names Lucerne, Albertsons, Farm Fresh, James Farms, Glenview, Mountain Dairy, Ralphs, Boomsma, Lund, Kemps, sunshine, Hillandale, Trafficanda, Shoreland, Dutch Farms and Pacific Coast. Plant numbers 1720 and 1942 with Julian dates 136 to 229, and plant numbers 1026, 1413 and 1946, with Julian dates from 136 to 225 are a part of the recall. For example; P1720 136 written on the side of the carton would indicate it is part of the recall.

- Those who think they might have become ill from eating recalled eggs should consult their health care providers.

- Keep eggs refrigerated at all times.
- Discard cracked or dirty eggs.
- Wash hands, cooking utensils and food preparation surfaces with soap and water after contact with raw eggs.
- Eggs should be cooked until both the white and the yolk are firm and eaten promptly after cooking.
- Do not keep eggs warm or at room temperature for more than 2 hours.
- Refrigerate unused or leftover egg-containing foods promptly.
- Avoid eating raw eggs. Dishes made using raw eggs should use pasteurized eggs or be cooked to an internal temperature of at least 160 degrees Fahrenheit. This is especially important for young children, elderly people, and people with weakened immune systems or debilitating illness.
- Avoid restaurant dishes made with raw or undercooked, unpasteurized eggs. Restaurants should use pasteurized eggs in any recipe (such as Hollandaise sauce or Caesar salad dressing) that calls for raw eggs.

Further information on food preparation safety and Salmonella is available at: [www.foodsafety.gov/keep/types/eggs/index.html](http://www.foodsafety.gov/keep/types/eggs/index.html) <http://www.cdc.gov/salmonella/enteritidis/>; <http://www.fda.gov/Safety/Recalls/ucm223139.htm>.

You may also contact the Preventive Medicine Department at MACH at 751-5200, 803-751-6418, or Army Public Health Nursing at 751-5251.

*Editor's note: Moncrief Army Community Hospital and the Defense Commissary Agency contributed to this report.*

# Library offers digital 'reading' options

By KRIS GONZALEZ  
Fort Jackson Leader

Having trouble staying motivated during the last few miles of your run?

Fort Jackson's library may have the solution.

Patrons of the Thomas Lee Hall Library can check out Playaways, audiobooks designed like MP3 players so they can be used on the move.

The size of a playing card, the digital audio players are compact enough to put in a pocket. The earphones and batteries are supplied by the library, so there are no more excuses not to "read."

For book lovers like Bonnie Lopez, the electronic gadgets are little-known treasures at Fort Jackson.

"They're amazing," Lopez said. "I take them to the gym and listen to my favorite books as I walk on the treadmill or ride a bike. I can even lift weights because (the Playaways) are hands-free.

"It used to be a struggle for me to exercise, but now I will go a little longer just to get to the end of a chapter."

Lopez said she first discovered the digital audiobooks while searching for entertainment for her mother-in-law, who suffered a stroke and is no longer able to read.

"CDs and cassette tapes were too complex for her to change; they had so many buttons" Lopez said. "But the Playaways are so user-friendly. Because she only has to push a couple of buttons, she is able to operate it so well.

"And if she falls asleep or forgets to shut it off, once the ear phones pull out, it will shut itself off."

Lopez said she enjoys mysteries and detective fiction, while her mother-in-law prefers listening to romance novels.

Initially, Lopez said, when the library first started getting Playaways, the selection was slim. But each week new titles came in, and as the library's collection grew, so too, did Lopez' enthusiasm.

"I've just been amazed by the selection," Lopez said. "Every week I look in the Sunday paper for the best-seller list, and if the library doesn't have them in already, I'll ask the librarians when they will be getting them in. Inevitably, those (Playaways) will be there, even the more obscure books."

Lopez said she also takes advantage of the language-learning collections offered in Playaway format.

She has checked out Playaways to improve her Spanish, and she hopes to use them to learn French, as well.

Lavesha Parker, 16, a senior at Ridgeview High School, said she, too, is amazed by the library's audiobook collection, both in the newer format and on compact discs.

"I'm sure that a lot of kids think that audiobooks are just for adults, but there are a lot of really good books available for younger people," she said.

Parker, who avidly listens to CD audio-



Photos by KRIS GONZALEZ

**Lavesha Parker, 16, chooses among the compact disc audiobook collection at Thomas Lee Hall Library. Parker likes to listen to her favorite books on CD while driving to and from school. Audiobooks are available in both CD and Playaway format at the library. Like regular books, audiobooks are free to check out.**

books in her car, said audiobooks, whether on CD or Playaway format, are great tools for teenagers, or anyone going to school.

"For those people who don't necessarily like to read the books they are assigned, the library has classic novels in audiobooks too," Parker said. "So if you have to read something for school, you can always just listen to it."

Lopez, who worked in the education system for 28 years, said though she doesn't think audiobooks should, or would ever, become a substitute for reading, she said Playaways could at least expose children and teenagers to different genres and authors.

"And anything that gets somebody interested in literature," she said, "is a good thing."

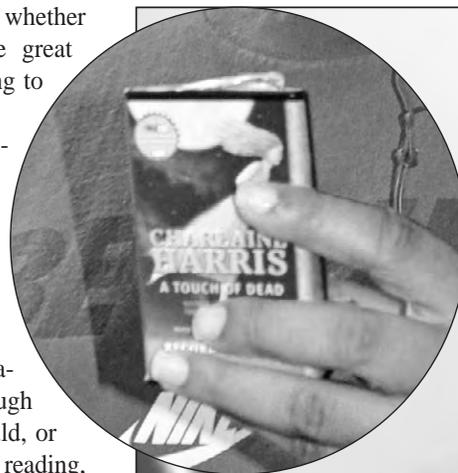
Cecilia Hem Lee, the Youth Services librarian, shared those sentiments.

She said by offering Wii game nights, free DVD rental, free access to a wireless Internet network, and 29 computers on site, the library is doing a lot to draw in members of the Millennial Generation, hence promoting reading among them.

Playaways, she said, are just one more tool "to expose young people to things they may not be exposed to otherwise."

For more information about the library's audiobook collection, call 751-5589.

*Kris.Gonzalez1@us.army.mil*



**Monica Moore adjusts the volume on a Playaway audiobook as she works out at Andy's Fitness Center at the Solomon Center. Playaways can be checked out from Fort Jackson's Thomas Lee Hall Library.**

## Grave ceremony



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

**Chaplain Officer Basic Leader Course students rehearse a ramp ceremony during part of the class's capstone exercise last week. A ramp ceremony involves transporting the remains of fallen Soldiers from the combat zone to a military aircraft en route to the fallen Soldier's home.**

## Annual survey starts Monday

*From Customer Management Services*

Fort Jackson's annual Customer Service Assessment, sponsored by IMCOM, begins Monday. Available online at [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org) until Sept. 26, it collects feedback from Soldiers, family members, retirees, civilian employees, veterans and contractors on garrison services.

This includes services from Family and Morale, Welfare and Recreation facilities, Housing, Military Personnel Services, Transportation, Religious Services and more. This is the opportunity for all customers of these services to let the garrison know what is important to them and how the garrison service providers have performed over the past year.

In addition to rating services, survey participants will have an opportunity to provide comments about what has been done and where there may be opportunities for improvement. Since this survey is anonymous, everyone is encouraged to write in comments stating why something is wrong or how it can be improved.

"The annual Customer Service Assessment is just one method for the garrison to obtain the "voice of the customer," said Dennis Ramirez, Fort Jackson's Customer Service officer. Survey results will be reported separately by the different constituent groups.

"The best way the garrison commander and directors can get an accurate picture of customer satisfaction and expectations is from maximum participation. For this year's survey, we will be making a big push to get more feedback from all constituent groups. Their input will enable the garrison leadership to determine where and how improvements can be made."

For more information on the 2010 Customer Service Assessment, contact Dennis Ramirez at 751-4926 or via email at [Dennis.Ramirez2@us.army.mil](mailto:Dennis.Ramirez2@us.army.mil).

## Soldiers have a rockin' good time

*Soldier-bands battle to open for acts during music tour*

By **TIM HIPPS**  
*FMWRC Public Affairs*

ALEXANDRIA, Va. — The Coca-Cola Zero Music Tour will provide free afternoon concerts to Army Family and Morale, Welfare and Recreation patrons Wednesday, Sept. 1 at Patriot's Park. Patriot's Part is located between the Solomon Center and Palmetto Falls Water Park. Gates open at 4 p.m.

The goal of the tour is to have Soldier-bands open for up-and-coming band Junior and recording artist Lisa Paleschi, who will headline the shows at numerous

NASCAR events and college football games throughout the Southeast, including the 2011 Senior Bowl.

Thirteen Army installations are scheduled to play host to the traveling caravan designed to reinvent a "battle of the bands" venue for independent military musical groups who aspire to perform in concert settings.

To perform at any of the remaining military venues on the Coca-Cola Zero Music Tour, bands must submit video, audio and photographic entries online at [www.entertainment.armymwr.com](http://www.entertainment.armymwr.com) by clicking on the Coca-Cola Zero Music banner to create an account and enter the contest.

The bands with the most votes through social media will open for Paleschi and Junior when the Coca-Cola Zero music stage goes live on their installation.

Paleschi's music has been featured in several sports-related programs and venues, ranging from NASCAR television shows to NFL stadiums. FOX Sports Net used her music and image to open Major League Baseball games throughout the 2009 season.

Junior is a pop punk-Southern rock band from Gladewater, Texas. Their style of music can be described as cowpunk, with mixes of punk (similar to Green Day), classic rock (similar to The Doors), and traditional Southern rock, (similar to Lynyrd Skynyrd).

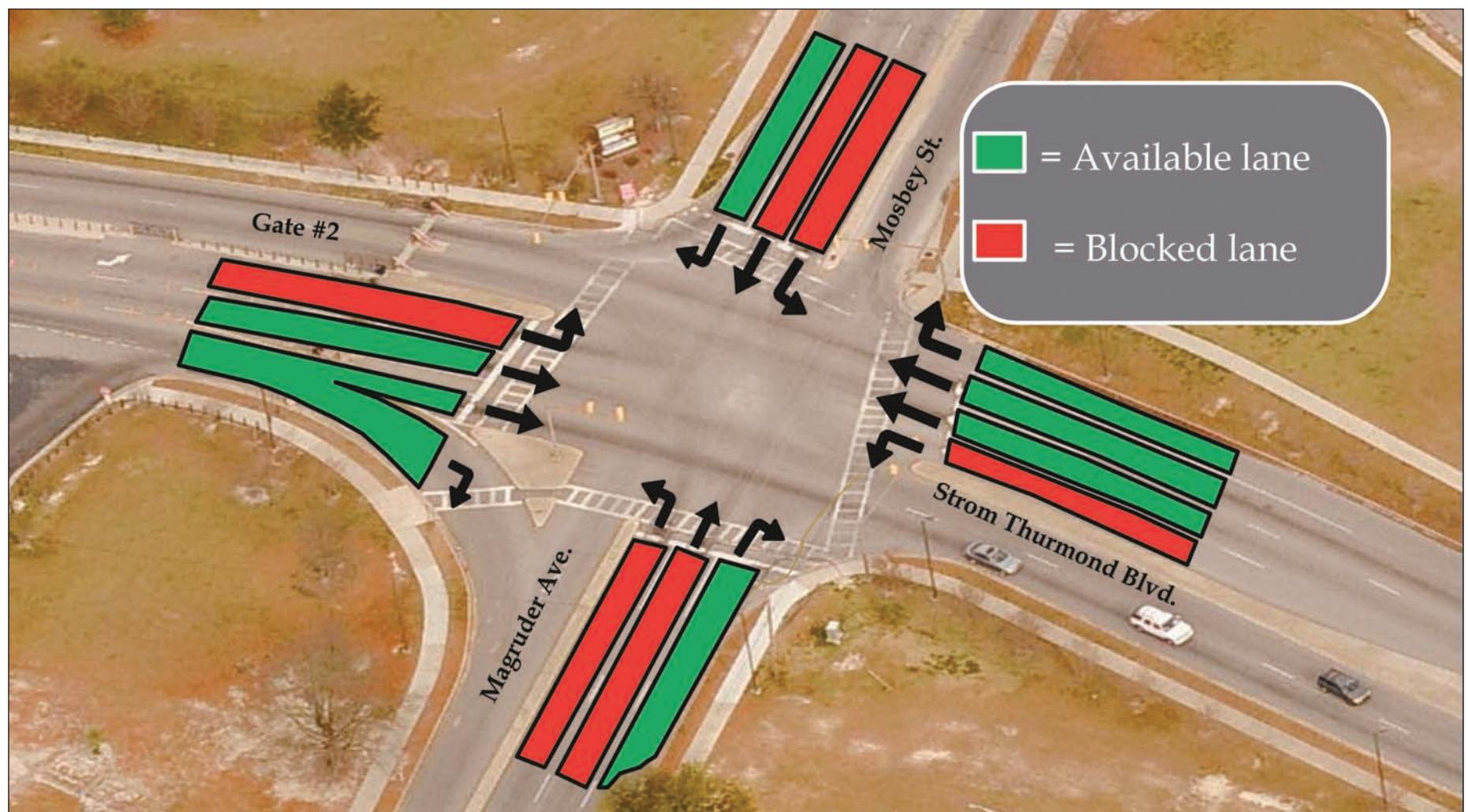
Junior has opened for bands such as Bowling for Soup, Unwritten Law, Reel Big Fish, The All-American Rejects and Everclear. Junior's music has been featured on national sports programming through FOX Sports Net and Speed TV.

## FOR THE RECORD

In last week's issue of the *Leader*, Yvette Collins-Halli should have been identified as the Adopt-A-School point of contact for Watkins-Nance Elementary School. Evelyn Cohens is the principal. The school liaison officer can be reached at 751-6150.

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

## Traffic changes



Graphic courtesy Directorate of Emergency Services

A new traffic pattern will be instituted at Gate 2 starting Sept. 6 to combat rush-hour delays. From 7 to 9 a.m., Monday through Friday, inbound and outbound traffic will not be able to turn left onto Magruder Avenue and Mosbey Street from Strom Thurmond Boulevard. Motorists traveling on Magruder Avenue and Mosbey Street will not be able to turn left onto Strom Thurmond Boulevard. The left turn lanes will be blocked to help alleviate congestion at the gate and to expedite the flow of traffic. Motorists can still make right turns from and onto Strom Thurmond Boulevard.

## Simulators add realism to training

Continued from Page 1

bleachers for after-action review.

In the center of each training room will be a reconstructed Humvee with the trauma simulators inside.

Soldiers must extract the training dummy out of the vehicle and perform life-saving first aid.

"This training will ensure they can perform under pressure, with distractions, when their battle buddy's life is on the line," MacDermott said.

Soldiers must complete six medical tasks during the training scenario and pass by 80 percent. The facility will be able to train up to 288 Soldiers per day, or one company, in the beginning of operation.

"The tasks are going to stress the Soldiers, not the drill sergeants, and that is what we want," said Col. Bryan Rudacille, 165th Infantry Brigade commander. "The brigade looks forward to using the new facility. It will perfectly complement the initial medical training for Soldiers entering our Army."

The facility will have a medic assigned to each of the training rooms and each Soldier will complete an after-action review.



Photo by CHRIS RASMUSSEN

**Sgt. 1st Class Jamie Martinez, left, a 171st Infantry Brigade medic, places a tourniquet on a trauma simulator with the help of Sgt. Hubert Sowizral, a health care specialist with the 171st, during the demonstration Friday of a new medical training exercise facility for Basic Combat Training.**

"We got the mission to come up with a low-cost way to improve the realism of medical training and from there it was the medics and others who got the ideas together and started the ball rolling," MacDermott said. "The chief provided the funds and our battalion did the research and leg work to get the trauma simulators, smoke and other effects together into

one package.

"I am especially proud of the work of the NCOs who pushed to get the most realistic training available," he said. "They care deeply about training Soldiers and have worked hard to make this STX work."

Chris.Rasmussen@jackson.army.mil

# Potty-mouthed boy ready for next step?

The other day, my son took a diaper from our portable caddy and handed it to me. He then grabbed the box of wipes, a changing pad and laid down on the floor. And just this week, as I picked him up from the day care, he said, “potty,” and raised his shirt, indicating that he needed to be changed.

If the kid can do all that, I thought to myself, he is ready to be potty trained. But the question is: Are the rest of us ready?

My mother has been encouraging us to potty-train my son since before his first birthday. And my excuse was always that he couldn't be fully trained until he moved into a day care room with bathroom facilities. But when that happened a few months ago, he still didn't seem ready. My next excuse was the pediatrician's assertion that 18 months would be a good time to start. And now that 18 months have come and gone, I'm still unconvinced that it is time.

I understand that there are clear advantages to taking him from Pampers to Pull-ups: Every time I look over my receipts, I'm always in awe at the sheer amount of money we spend on diapers each month. And one can only change a wriggling toddler on the bathroom floor or picnic bench so many times before it grows old.

Each weekend, I pore through my books and search the Internet looking for a solid answer on the appropri-

## CRYSTAL CLEAR

By Crystal Lewis Brown

Fort Jackson Leader



ate age at which a child should be fully potty trained. And every week, I am shocked to find that there is no one answer. A Google search for “potty-training tips” yields nearly 2.5 million results. Is it any wonder I'm so confused?

I even took a quiz that was supposed to gauge a child's readiness to be potty trained. My results? “Remember that there are no hard and fast rules about when a child is ready that will work for every child.”

Sigh.

Some of the signs are there: He says potty, pulls up his shirt and is always ready to hop up on his new potty seat. But as my husband and I encourage him, the water running in the sink — I've been told it helps; it doesn't — he seems content to simply sit there for several moments

before snatching off a bit of toilet paper from the roll and holding it out for us to dispose.

My experience with him reminds me of a story that has made the Internet rounds in several different adaptations.

*While out to sea, a large boat became shipwrecked and there was only a single survivor. This man prayed and asked God to save his life. Soon thereafter, another boat came by and offered the man some help.*

*“No thanks,” he said. “I'm waiting for God to save me.”*

*The men on the boat shrugged their shoulders and continued. As the man became more deeply concerned, another boat came by. Again, the people aboard offered this man some help, and again he politely decline. “I'm waiting for God to save me,” he said again.*

*After some time, the man began to lose his faith, and soon after that he died. Upon reaching Heaven, he had a chance to speak with God briefly.*

*“Why did you let me die? Why didn't you answer my prayers?”*

*“Dummy, I sent you two boats!”*

Through all of my research, I am waiting for an answer — a sign — that meant my son was ready for this next step. And like the drowned sailor, I've already received my answer. Now it is just a matter of whether I will be brave enough to accept it.

## Family Happenings

### JUMPING JACKS

Jumping Jacks child care is available in the Solomon Center's Marion Room for parents to use while they work out at Andy's Fitness Center.

Jumping Jacks is available 9 to 11 a.m. and 3:45 to 7:45 p.m., Monday and Tuesday; and 8 a.m. to noon, Saturday. Child care services and scheduled activities for school-age children (through high school) are available.

For more information on registration and eligibility, call the Child, Youth and School Services Parent Central Services at 751-4865/4824.

### GIRL SCOUTS

Girl Scouts registration is scheduled for 6 to 8 p.m., Friday and 4 to 6 p.m., Sunday at 5957-B Parker Lane.

Girls kindergarten to 12th grade are invited to join in a year of adventure as the Fort Jackson Girl Scouts explore the new Journeys program. Call 736-5875 for information.

### 4-H CLUB

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

### PLAYGROUP

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

### PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center.

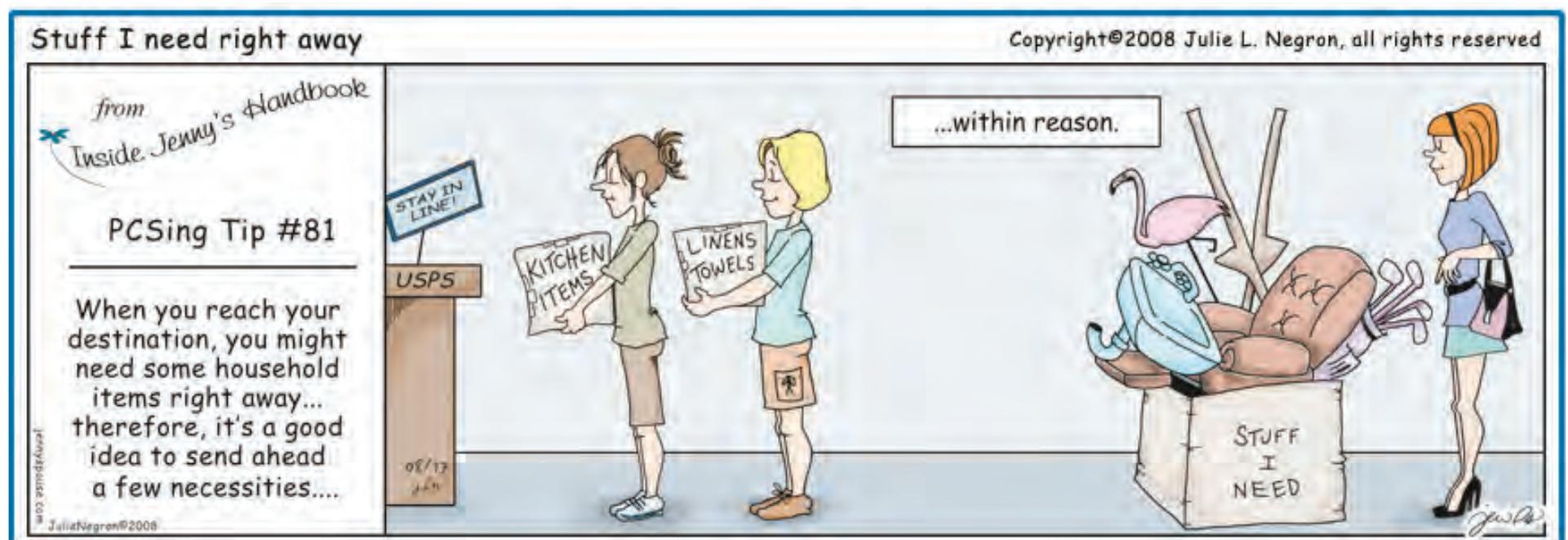
Children must be registered with

Child, Youth and School Services to participate. Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an orientation.

### SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail [jcst143@univision.com](mailto:jcst143@univision.com) or [lizperlataina@yahoo.com](mailto:lizperlataina@yahoo.com) for information.

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar. The calendar is located at the bottom of the page.



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.

# Population too fat to fight?

By **ALEXANDRA HEMMERLY-BROWN**  
Armed Forces Press Service

WASHINGTON — A study initiated by more than 100 retired generals and admirals claims that being overweight or obese is the leading medical reason why potential recruits fail to qualify for military service.

The members of the group, who call themselves “Mission: Readiness,” released their study in April. The report, called “Too Fat to Fight,” outlines how America’s obesity statistics are seen by some as a security threat. The study calls on Congress to pass nutrition legislation to remove junk food from schools and clean up the quality of lunchroom meals.

“Child obesity has become so serious in this country that military leaders are viewing this epidemic as a potential threat to our national security,” retired Gen. Johnnie E. Wilson wrote in the report.

According to the study, the number of states with 40 percent or more of their young adults who were overweight or obese went from one to 39 in 10 years. Also, 75 percent of Americans 17 to 24 are ineligible for military service because of their weight, educational status or criminal history.

“Over the past 30 years, while adult rates of obesity have doubled, childhood obesity rates have tripled,” states the report.

And while current recruiting quotas are being met, some military leaders worry that the shrinking pool of eligible potential service members will cause problems for future generations.

“If you stood up 10 17-24 year-olds in a room, fewer than three would be eligible to come in,” said Maj. Gen. Don Campbell, commanding general of U.S. Army Recruiting Command.

Campbell, who is responsible for keeping recruiting numbers up throughout the



Photo by SPC. MIKE MACLEOD, Army News Service

**Sgt. 1st Class Christopher Bower, Headquarters Company, 1st Brigade, 82nd Airborne Division, grades push-ups for Spc. Andrew Duncan, a satellite communication operator, during an Army Physical Fitness Test at Camp Ramadi, Iraq. Physical fitness is one criterion that Soldiers must meet to enroll in the Noncommissioned Officers Education System schools.**

Army, said rising obesity rates worry him as a citizen. But, he said, troop levels are not yet being affected.

Campbell said he focuses on holding his recruiters to the highest standard, so potential enlistees have something to look up to.

“It’s a challenge that all the services are facing now and will continue to face in the future,” Campbell said.

But recruiters don’t seem to be feeling the effects of overweight applicants — yet.

Staff Sgt. Patrick A. Derr, a recruiter in Springfield, Va., said he turns away one or two potential Soldiers per week for being overweight, but that number seems commonplace throughout his occupation.

Derr said in his nearly three years as a

recruiter, he hasn’t noticed an uptick in overweight applicants and that he’s not worried that recruiting quotas will be hard to meet in the future.

He said those who have enlisted in the Army but need to get into better shape before shipping to basic training are invited to participate in a future Soldier physical fitness training program to get tips on diet and exercise are given. However, Derr said, recruiters are not doctors or personal trainers, and can only make suggestions.

“The biggest thing is their willingness to continue and to work out on their own,” Derr said of applicants losing weight. “Even if they exercise with us a few times per week, they still need to work out on their own.”

## DADT feedback sought from spouses

By **SGT. 1ST CLASS**  
**MICHAEL J. CARDEN**  
American Forces Press Service

WASHINGTON — Pentagon officials this week mailed out 150,000 new “Don’t Ask, Don’t Tell” surveys, this time seeking input from military spouses about the potential repeal of the law that bars gay men and lesbians from serving openly, officials said.

“We understand the inextricable link among the families, service members and readiness, and this survey is a way to try to better understand that,” Gen. Carter F. Ham, U.S. Army Europe commander, said in a recent Pentagon Channel interview.

Ham and Jeh Johnson, the Pentagon’s top lawyer, were appointed by Defense

Secretary Robert Gates to head a special review panel that is studying the possible implications on the military should Congress decide to repeal the current “Don’t Ask, Don’t Tell” law and allow gays and lesbians to serve openly.

“What we’re trying to gauge is an assessment that if this law is repealed, and this ‘Don’t Ask, Don’t Tell’ policy is changed, what will that mean to our families?” Ham said. “By better understanding the impacts of possible repeal, we’ll be able to craft policies, procedures, education and training to address those issues.”

The group has been meeting with troops and family members since February. The surveys are important to the panel’s research, Ham added, because time and financial constraints preclude meeting

with every service member and spouse.

The surveys give the panel a baseline of information that best represents the military’s 2.2 million service members and their families, the general said. Last month, 400,000 surveys were e-mailed to active-duty and reserve-component troops throughout the force. The deadline for their response was Aug. 15.

The spouse survey is somewhat different from the one taken by the service members, Ham said, noting the spouse survey is not as lengthy or comprehensive, and it “zeroes in” on family readiness.

Also, he added, the spouse survey is a hard-copy form, rather than the digital e-mail form troops received. It should take spouses about 15 to 20 minutes to complete, he said.

## News and notes

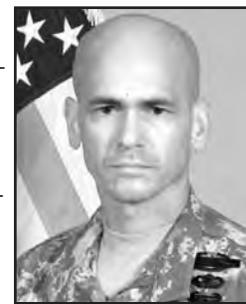
### 1-13TH GETS NEW COMMAND

Lt. Col. Matthew Zimmerman took command of the 1st Battalion, 13th Infantry Regiment from Lt. Col. John Calahan in a ceremony Aug. 20. Zimmerman’s last assignment was commander of the 2nd Infantry Brigade Combat Team (Rear) Provisional. Calahan is retiring.



ZIMMERMAN

Command Sgt. Maj. Eddie Delvalleallicea took responsibility of the battalion from Command Sgt. Maj. Jeffrey



DELVALLEALICEA

Dunkelberger in a ceremony Monday. Delvalleallicea’s last assignment was as the 1st Battalion, 12th Cavalry command sergeant major. Dunkelberger’s next assignment is with the 193rd Infantry Brigade.

### 120TH CSM LEAVES BATTALION

Command Sgt. Maj. Roderick Brown will relinquish responsibility of the 120th Adjutant General Battalion in a ceremony at 10:30 a.m., Sept. 3 at the battalion chapel.

### GOLD STAR MOTHER’S DAY SET

Survivor Outreach Services has scheduled a Gold Star Mother’s Day observance from 6 to 8 p.m., Sept. 26. The location is not yet set. Call 751-4867 for information.



#### Aug. 27 — 4 p.m.

How to Train Your Dragon PG 98 min.

#### Aug. 27 — 7 p.m.

Predators R 107 min.

#### Aug. 28 — 2 p.m.

Free screening PG 98 min.

#### Aug. 28 — 6 p.m.

The Sorcerer’s Apprentice PG 111 min.

#### Aug. 29 — 6 p.m.

Predators R 107 min.

#### Sept. 1 — 4 p.m.

The Sorcerer’s Apprentice PG 111 min.

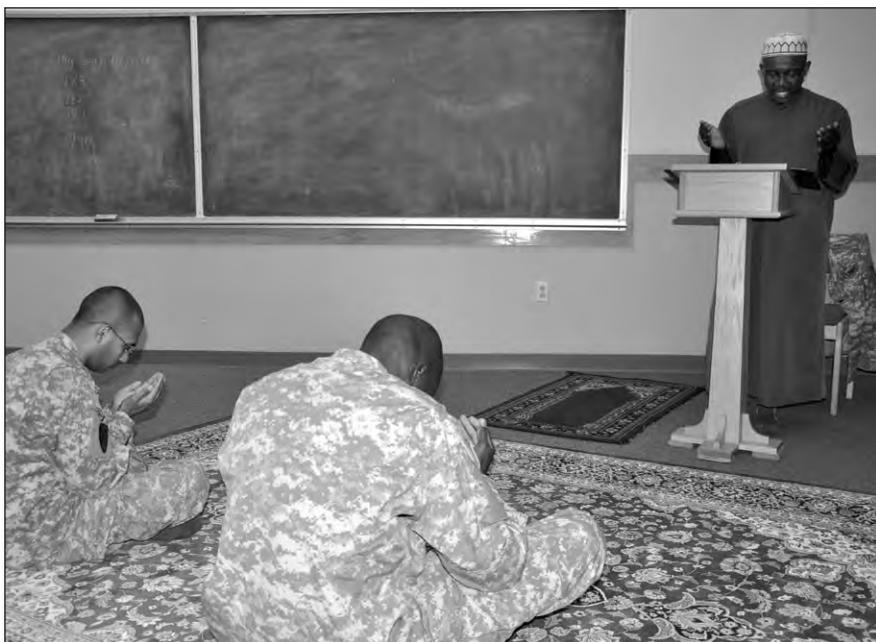
#### Sept. 1 — 7 p.m.

Predators R 107 min.

#### Ticket admission

ADULTS \$4.50  
CHILDREN (12 and younger) \$2.25  
Visit [afes.com](http://afes.com) for listings

## Holy month prayers



*Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School Chaplain (Lt. Col.) Rasheed-Abdul Muhammad, U.S. Army Chaplain Center and School, presides over the Jumah, or Friday Prayer, at the Main Post Chapel Friday. Muhammad spoke of the importance of maintaining discipline during the holy month of Ramadan.*

## Junior Sailor



*Photo by CHAPLAIN (CDR.) YOLANDA GILLEN, Naval Chaplaincy School and Center Navy Chaplain (Capt.) Michael Langston, commanding officer of the Naval Chaplaincy School and Center, presents 7-year-old Elijah Asbury with a command coin after Elijah's father, Lt. j.g. Brenton Asbury, graduated from the Navy Chaplains Basic Leadership Course.*

## Speaking equality



*Photo by MIKE A. GLASCH*  
**Command Sgt. Maj. Teresa King, commandant of the Drill Sergeant School, speaks at the Women's Equality Day luncheon Tuesday at the Officers' Club. Women's Equality Day commemorates the 19th Amendment, which gave women the right to vote in 1920.**

## Gaggle gridlock



*Photo by KRIS GONZALEZ*  
**A gaggle of Canadian geese waddles toward Strom Thurmond Boulevard. Because of the installation's numerous bodies of water, Fort Jackson is home to a number of geese, which often attempt to cross roads, holding up traffic. Drivers should use caution.**

# Building relationships key in outreach

Continued from Page 2

to specific Soldier and family needs. The crucial first step is building relationships.

Effective community outreach is broader than a covenant. It begins with building strong, real relationships. Americans are inspired to offer their support when they learn more about military life and gain a deeper understanding of the personal challenges that Soldiers and families experience. It is crucial that Army leaders make every effort to get to know local leaders, to attend town halls, Chamber of Commerce meetings and other events, and to invite local leaders and community members to attend events on post. Army leaders must be prepared to answer when local leaders ask, "How can we help?" Americans are generous and compassionate — if you let them know how they can help, they will.

I know from first-hand experience what the power of community support can do for Soldiers and their families. One recent example is when I was the III Corps and Fort Hood Commander and worked to establish a Resiliency Campus, which gathers in one area a number of programs to support Soldiers' and families' mental, spiritual and physical well-being. As senior commander I was able to dedicate the space on post and ensure that infrastructure improvements were made, but it was the embrace of the community members outside the gate, their contributions of materials, services and expertise, that made the campus a reality.

We have several valuable resources to help Soldiers and families locate and access programs and services available to them. Army OneSource, at [www.myarmy-onesource.com](http://www.myarmy-onesource.com), is a single portal for information on a wide range of services, including housing, health care, employment, education, child care and family services. AOS includes information on how to contact the nearest Army community support coordinator. Community support coordinators work to make connections between

local resources and Soldiers and families, especially for those who live far from an installation.



**IMCOM**  
SOLDIERS · FAMILIES · CIVILIANS

The Army Community Covenant website, at [www.army.mil/community](http://www.army.mil/community), has information on more than 600 national, state and local programs that offer education, employment, family, financial, survivor, wounded warrior and other kinds of support. The website regularly adds information on new programs as we continue to build relationships with local, state and national organizations. The site also has ideas and resources for Army

leaders to reach out to the communities around them and for community members and organizations who want to offer support.

All of these resources — the Army Community Covenant resources, the community support coordinators, the advice and ideas of fellow leaders posted on [www.garrisoncommand.com](http://www.garrisoncommand.com), and the expertise of professionals on installations — help Army leaders build and strengthen relationships with communities and find innovative ways to take care of Soldiers and families.

We have become more effective at our community outreach efforts in recent years, but our efforts meet with such success because our communities are eager to meet us halfway. They readily and generously express their gratitude and support for our Soldiers and families.

Our challenge is to meet them all the way, to clearly communicate our needs and facilitate their support for us. The support and contributions from our communities will enable us to keep our promise to provide Soldiers and families a quality of life commensurate with their service.

## Letters to 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). Call 751-7045 for information.



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



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# Saluting this Basic Combat Training cycle's honorees

**DRILL SERGEANTS OF THE CYCLE**



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

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Wayne McMasters

**SOLDIER OF THE CYCLE**  
Pfc. Erik Bartell

**HIGH BRM**  
Pfc. Nathan Grigsby

**HIGH APFT SCORE**  
Pvt. Michael Azemiarios



**Staff Sgt.  
Jesse Miller**  
Company B  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Zachary Rhodes

**SOLDIER OF THE CYCLE**  
Pvt. Eric Seif

**HIGH BRM**  
Spc. Askar Ranjbar

**HIGH APFT SCORE**  
Pfc. Jessica Jenkins  
Pvt. Elise Harrison



**Sgt. 1st Class  
Leonard Zawisza Jr.**  
Company C  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Daniel Smith

**SOLDIER OF THE CYCLE**  
Pvt. Scott Hasseld

**HIGH BRM**  
Pvt. Robert Garon

**HIGH APFT SCORE**  
Pvt. Jayvonne Bowman



**Staff Sgt.  
Matthew Balcome**  
Company D  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Emily Kalambheti

**SOLDIER OF THE CYCLE**  
Pvt. Aaron Velasquez

**HIGH BRM**  
Pvt. Joselyn Rosas

**HIGH APFT SCORE**  
Spc. Richard Rodriguez



**Staff Sgt.  
Samantha Rombold**  
Company E  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Joshua Colasante

**SOLDIER OF THE CYCLE**  
Pfc. Floribelle Cabagnet

**HIGH BRM**  
Pvt. James Leonard

**HIGH APFT SCORE**  
Pfc. Courtney Nygaard



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

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Stephanie Vazquez

**SOLDIER OF THE CYCLE**  
Spc. Benjamin Young

**HIGH BRM**  
Pvt. Trevor Emerson

**HIGH APFT SCORE**  
Spc. Benjamin Young

**SUPPORT AWARDS OF THE CYCLE**

**STAFF SUPPORT**  
Sgt. 1st Class Victor Morales  
Sgt. Bertha Flores

**TRAINING SUPPORT**  
Lyle Daniels

**SERVICE SUPPORT**  
Staff Sgt. Lee Knuckles

**DFAC SUPPORT**  
Silas Bolton

**FAMILY SUPPORT**  
Tori Pless  
Morgan Wamsley  
Jen Abernathy

## This week's training honors



**PRICE**



**KITCHENS**



**BORREGO**



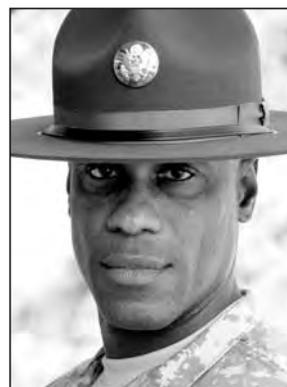
**OWEN**



**KIRSCHWENG**



**KLINGER**



**McDONALD**

*Top row — SSI: Staff Sgt. Julius Price, Company A, 369th Adjutant General Battalion, is the SSI instructor of the quarter. 187TH ORDNANCE BATTALION (HHC AND COMPANY C): Staff Sgt. Phillip Kitchens (instructor of the cycle), Staff Sgt. Robert Borrego (cadre of the cycle). The distinguished honor graduate (not pictured) is Pvt. Bradley Thompson.*

*Bottom row — DRILL SERGEANT SCHOOL: Staff Sgt. Sandra Owen (drill sergeant leader), Sgt. 1st Class Jeff Kirschweng (distinguished honor graduate), Staff Sgt. William Klinger (leadership award), Staff Sgt. Dominic McDonald (PT award)*

# ACS Calendar of Events — September

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Weekend  |
|---|--|---|---|--|--|
|   |  | <b>1</b>  | <b>2</b>  | <b>3</b>   | <b>4/5</b>   |
|   |  | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Job searching strategies</b> — 8:30 a.m. to noon; Strom Thurmond Building, Room 222</li> <li><input type="checkbox"/> <b>Newcomers Orientation/Re-entry brief</b> — 9 to 11:30 a.m.; Post Conference Room</li> <li><input type="checkbox"/> <b>Steps to federal employment</b> — noon to 3:30 p.m.; Strom Thurmond Building, Room 222</li> <li><input type="checkbox"/> <b>Child abuse awareness update class</b> — noon to 1 p.m.; Main Post Chapel</li> <li><input type="checkbox"/> <b>Child abuse awareness class (new staff)</b> — noon to 2 p.m.; Main Post Chapel</li> <li><input type="checkbox"/> <b>Phase II LEVY briefing</b> — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>AER commander's referral training</b> — 9 to 10:30 a.m.; Education Center, Room B303</li> <li><input type="checkbox"/> <b>English as a second language</b> — 1 to 3:30 p.m.; Strom Thurmond Building, Room 222 (every Thursday except holidays)</li> <li><input type="checkbox"/> <b>EFMP Bouncerific</b> — 4:30 to 6:30 p.m.; 921 Longtown Road (pick up tickets at ACS)</li> </ul> |  |  |
| <b>6</b>  | <b>7</b>   | <b>8</b>  | <b>9</b>  | <b>10</b>  | <b>11/12</b>   |
|   | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>EFMP family night out</b> — 5 p.m.; Chick-fil-A, Decker Boulevard</li> <li><input type="checkbox"/> <b>La Leche/breastfeeding support group</b> — 10 to 11:30 a.m.; Community Center</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Family readiness support assistant training</b> — 8:30 a.m. to 4 p.m.; Family Readiness Center</li> <li><input type="checkbox"/> <b>Play group</b> — 10 to 11:45 a.m., call 751-6304/1071 for location (every Wednesday except Sept. 1)</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Family readiness support assistant training</b> — 8:30 a.m. to 4 p.m.; Family Readiness Center</li> <li><input type="checkbox"/> <b>Portable careers for military spouses</b> — 9 to 10 a.m.; Strom Thurmond Building, Room 222</li> <li><input type="checkbox"/> <b>New direction empowerment group</b> — 11 a.m. to noon, Community Center</li> </ul>                              | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>AFAP steering committee meeting</b> — 9:30 to 11:30 a.m.; Post Conference Room</li> </ul>   |  |
| <b>13</b>   | <b>14</b>  | <b>15</b>   | <b>16</b>   | <b>17</b>  | <b>18</b>  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>English as a second language conversational</b> — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222 (every Monday except holidays)</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Instructor-led intro to MS Excel</b> — 9 a.m. to noon, call 751-4862 for location; for military spouses</li> <li><input type="checkbox"/> <b>Lunch and learn; anger management</b> — noon to 1 p.m., Family Readiness Center</li> <li><input type="checkbox"/> <b>EFMP bowling</b> — 3:30 to 5 p.m., Century Lanes; call 751-5256 to RSVP</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Job searching strategies</b> — 8:30 a.m. to noon; Strom Thurmond Building, Room 222</li> <li><input type="checkbox"/> <b>Financial readiness for first termers</b> — 8:30 a.m. to 4:30 p.m.; Education Center, Room B302</li> <li><input type="checkbox"/> <b>Child abuse awareness update class</b> — noon to 1 p.m.; Main Post Chapel</li> <li><input type="checkbox"/> <b>Child abuse awareness class (new staff)</b> — noon to 2 p.m.; Main Post Chapel</li> <li><input type="checkbox"/> <b>Phase II LEVY briefing</b> — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Resume writing/interviewing skills (BCBS)</b> — 8:30 a.m. to noon; Strom Thurmond Building, Room 222</li> <li><input type="checkbox"/> <b>AFTB Level II (Day 1)</b> — 8:30 a.m. to 4 p.m.; Family Readiness Center</li> <li><input type="checkbox"/> <b>Financial/relocation initial PCS class</b> — 9:30 to 10:30 a.m.; Education Center, Room B302</li> </ul>                      | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>AFTB Level II (Day 2)</b> — 8 a.m. to noon; Family Readiness Center</li> <li><input type="checkbox"/> <b>Hearts apart "Back to school bash"</b> — 5 to 7 p.m.; call 751-4862/1124 for location</li> </ul>             | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>EFMP corn maze</b> — 11 a.m. to 1 p.m.; 404 Olde Farm Road, Lexington; call 751-5256 to RSVP</li> </ul> |
| <b>20</b>   | <b>21</b>  | <b>22</b>   | <b>23</b>   | <b>24</b>  | <b>25</b>  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>EFMP talent/fashion show rehearsal</b> — 5 p.m.; Joe E. Mann Center, ballroom</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Instructor-led intro to MS PowerPoint</b> — 9 a.m. to noon, call 751-4862 for location; for military spouses</li> <li><input type="checkbox"/> <b>FRG leader training workshop (Day 1)</b> — 8:30 a.m. to 4 p.m.; Family Readiness Center</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>FRG leader training workshop (Day 2)</b> — 8:30 a.m. to 4 p.m.; Family Readiness Center</li> <li><input type="checkbox"/> <b>Steps to federal employment</b> — 9 a.m. to noon; Strom Thurmond Building, Room 222</li> <li><input type="checkbox"/> <b>Prep classes for citizenship exam</b> — 1 to 3 p.m.; Strom Thurmond Building, Room 222</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Quick jobs seminar</b> — 10 to 11:30 a.m.; Strom Thurmond Building, Room 222</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>FRG social/forum</b> — 11:30 a.m. to 4 p.m.; Family Readiness Center</li> <li><input type="checkbox"/> <b>EFMP talent/fashion show</b> — 6 p.m.; Joe E. Mann Center, ballroom</li> </ul>                              | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>EFMP school-house rock live</b> — 10:30 a.m.; 3400 Forest Drive; to RSVP, call 751-5356</li> </ul>      |
| <b>27</b>   | <b>28</b>  | <b>29</b>   | <b>30</b>   |  |  |
|   | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Treasurer training</b> — 9 to 11:30 a.m.; Family Readiness Center</li> <li><input type="checkbox"/> <b>Instructor-led intro to MS Word</b> — 9 a.m. to noon, call 751-4862 for location; for military spouses</li> <li><input type="checkbox"/> <b>Helping Hero (job skills training for military spouses)</b> — 10 to 11 a.m.; Strom Thurmond Building, Room 222</li> <li><input type="checkbox"/> <b>Managing emotions under pressure</b> — 11 a.m. to 1 p.m.; Family Readiness Center</li> <li><input type="checkbox"/> <b>EFMP support group (the art of scrapbooking)</b> — 5 p.m., call for location</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Phase II LEVY briefing</b> — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213</li> </ul>   |   | <p><i>All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.</i></p> <p><i>The Family Readiness Center is located at 3499 Daniel Circle.</i></p> <p><i>The Community Center is located at 520 Brown Ave.</i></p> |  |
| <b>26</b>   |  |   |   |  |  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>SOS Gold Star Mother's day observance</b> — 6 to 8 p.m., location to be announced; call 751-4867</li> </ul>                                    |  |   |   |  |  |

# Tours offer inside look at BCT



By KRIS GONZALEZ  
Fort Jackson Leader

As Ronald Evans watched a Soldier rappel from Victory Tower last Thursday, he said he wished he could be the next to climb to the top.

At 72, Evans has been retired from the Army for 31 years; nevertheless, he said he still dreams of coming back in.

"If they called me up, I'd answer that call," he said proudly. "I really do miss the Army. It's a world of its own."

Evans, along with 18 other people got the chance to revisit that world, through one of Fort Jackson's outreach programs, the "Come See Your Army" tour.

During their visit, the participants — local residents, veterans and Soldiers' parents and significant others — had the chance to see a typical day in the life of a BCT Soldier.

They attended a BCT graduation, observed Soldiers in training, ate lunch at a dining facility, visited barracks and learned about Fort Jackson's mission.

For Evans, who retired as a master sergeant after serving for 23 years, the tour offered a chance for him to reminisce.

"I was the post breadman," said Evans, who served here in 1959. "I delivered bread every morning to all the mess halls lined up along tank hill.

"I remember when Soldiers were painting palm trees green because VIPs were coming from Washington, so they wanted the entrance to the fort to look good ... So many things have changed. Now everything looks completely different."

Col. Jeffrey Sanderson, chief of staff, who welcomed the visitors to the installation, said unlike Evans, many great citizens have never served in the military and all too often, their view of BCT is shaped more by Hollywood movies than reality.

"The reality is that our volunteers undergo challenging and realistic training here at Fort Jackson on a daily basis and we are justly proud of our drill sergeants and cadre who

transform citizens into Soldiers," he said. "Our community outreach program enables us to showcase America's Army and our great Soldiers to a wide cross-section of the region and in some cases, across the nation."

Sylvanna Lacasse, who had very little familiarity with the Army before the tour, said she was in awe of all that the post encompasses.

"This place is so much bigger than I ever could have imagined," Lacasse said. "The barracks, Victory Tower — it's not anything like the way he describes it."

"He" is Lacasse's fiancé, Pvt. Jordan L'Heureux, who is currently in his fifth week of BCT.

By sheer coincidence, L'Heureux and his battle buddies were negotiating the confidence course when the tour arrived.

Lacasse, and L'Heureux' mother, Shelly Caron, were overwhelmed with emotion.

"I did not expect to see him at all," Lacasse said. "But I looked over and he had the biggest smile on his face ... Then he blew me a kiss and I thought I was going to die."

Lacasse and Caron flew from Connecticut for the tour.

"I have no experience with the military; I needed to do this in order to relate to him," Caron said. "And I decided if I have the opportunity to be in the same area and see what he's seeing, even to breathe the same air that he's breathing ... that's what I wanted to do."

Douglas Downs, whose fiancée, Pvt. 1st Class Lois Jonberg, is in her fourth week of BCT, said he was overjoyed for the two women.

"When they said, 'This is his company,' I got goose bumps," Downs said.

Paula Coleman, whose son Pvt. Jereht Coleman is in his fifth week of BCT, said she didn't come to the tour with any expectations of getting to see her son. She said an Army wife recommended she go on the tour only if she could handle being that close to him without actually seeing him.

"I really just wanted to get familiar with the post to be better prepared for graduation," Coleman said. "So it was

really nice to see somebody else get to see their Soldier."

Kara Motosicky, Fort Jackson's community relations officer, said Lacasse and Caron's chance encounter with their Soldier was a rare occurrence and shouldn't be expected.

The tours, which occur about six times annually, are scheduled according to weather conditions and training schedules, with activities permitted only if they don't interfere with training.

"They were designed to inform and educate our neighbors about the Army, its values and Fort Jackson," Motosicky said. "By allowing (civilians) a glimpse into the day-to-day operations of the largest training post, we increase their understanding of our mission, and we strengthen our ties to the community."

Initiated in November 2008, the tours were originally intended to engage members of the communities surrounding Fort Jackson. But through participant referrals and social media networking, news of the program has spread across a much larger audience.

"We are amazed at the use of social media to follow young Soldiers in training, and this same social media has brought much attention to our community outreach program," Sanderson said.

Coleman and Downs said they first found out about the tour from what has become another significant community outreach tool for Fort Jackson — Facebook. They both raved about how Fort Jackson and other Army organizations use networking sites to interact with the public.

"I grew up in the military, but I still wasn't prepared for the emotional impact of total separation from the woman that I love and talked to every day," he said. "So seeing those Facebook pages and those forums, particularly for new moms, dads, husbands and wives of Soldiers — to have that community right off the bat — to me that exemplifies what Army families can do for one another."

For more information about Fort Jackson's Come See Your Army Tours, contact Motosicky at (803) 751-5327.

Kris.Gonzalez1@us.army.mil

Above, Sgt. Danielle Ayers, a drill sergeant for Company C, 3rd Battalion, 60th Infantry Regiment, gives the tour participants a run down of the daily schedule for Soldiers in Basic Combat Training. Right, Retired Master Sgt. Ronald Evans dines at the Drill Sergeant School dining facility while participating in the Come See Your Army Tour Aug. 19. Evans delivered bread to dining facilities across Fort Jackson while serving as "breadman" here in 1959.

Photos by KRIS GONZALEZ



Maj. Gen. James Milano, Fort Jackson's commanding general, poses with Pvt. Jordan L'Heureux, his mother, Shelly Caron, and his fiancée, Sylvanna Lacasse, as they visit the Confidence Course during the "Come See Your Army" tour. L'Heureux is a Soldier in Basic Combat Training with Company B, 2nd Battalion, 60th Infantry Regiment, who just happened to be training on the course the day of the tour.

## Calendar

### Today

#### AUSA Meeting

11:30 a.m., Officers' Club

The Fort Jackson-Palmetto State Chapter general membership meeting will have Maj. Gen. James Milano as guest speaker.

#### The ROCKS Inc.

5:30 p.m., Post Conference Room

The James Webster Smith chapter of the ROCKS Inc. monthly meeting is open to all current and interested members of The ROCKS Inc. Call 751-1938 for information.

### Friday

#### Girl Scouts registration

6 to 8 p.m., 5957-B Parker Lane

The Fort Jackson Girl Scouts is for girls kindergarten to 12th grade. Call 736-5875.

#### EMFP spa day

4 to 7 p.m., Joe E. Mann Center

The Exceptional Family Member Program is hosting a "Spa for a Cause" for EFMP family members. RSVP at 751-5256.

### Sunday

#### Girl Scouts registration

4 to 6 p.m., 5957-B Parker Lane

The Fort Jackson Girl Scouts is for girls kindergarten to 12th grade. Call 736-5875.

### Tuesday

#### Become a Hero Helper seminar

10 to 11 a.m., Strom Thurmond Building, Room 222

Hero Helpers is a program aimed at encouraging people to spread the word about Military OneSource within the community. Those who complete the course will receive a training certificate, presentation kit and AFTB certificate. Free child care available during the briefing. Call 751-4862/5256 to register.

### Tuesday and Wednesday

#### AFTB Level I Course

8 a.m. to 4 p.m., Family Readiness Center

The "Learn Army" Course is open to all spouses and employees who are new to the Army. Register by Monday by calling 751-6315.

### Saturday, Sept. 4

#### Back-to-school bazaar

2 to 4:30 p.m., Main PX

AAFES will host a Back-to-School vendors bazaar 2 to 4:30 p.m., Sept. 4 at the Main PX. Various concessionaires and activities will be on site. Rap artist V.P. Time Grindin will also perform.

### Wednesday, Sept. 8

#### Retired Officer's Wives Club

11:30 a.m., Officers' Club

The program for the month is a patriotic music show by Jan Marchant.

### Saturday, Sept. 11

#### 9/11 Memorial Run

7 a.m., Hartsville Guard and Golden

### Arrow roads

The 5K run/walk and 10K run is sponsored by the 3rd Battalion, 34th Infantry Regiment. An awards ceremony follows. Call 751-9224/9222 for registration.

#### Kid Rock concert

8:30 p.m., Hilton Field

Music artist Kid Rock will headline a show at Fort Jackson. The field will open at 5:30 p.m. and the opening act begins at 7 p.m. Tickets are free to those with a valid DoD ID card and are available at Family and Morale, Welfare and Recreation and AAFES facilities. Non DoD-card holders can purchase tickets from Ticketmaster. Those with free tickets must have a valid DoD ID card to gain entry. Visit [www.fort-jacksonmwr.com](http://www.fort-jacksonmwr.com) for information.

### Tuesday, Sept. 14-Thursday, Sept. 16

#### Medic table VII testing

8 a.m. to 4 p.m., MACH

Soldiers in all components with a 68W military occupational specialty are required to take this annual test. Call 751-2488 for information.

## Housing events

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

### 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.

### Every Tuesday

#### La Leche League

10 to 11:30 a.m.

The La Leche League is a breastfeeding support group geared toward pregnant and nursing mothers to provide them an opportunity to share concerns. No registration is necessary.

### Monday, Sept. 6

#### Offices closed for Labor Day

### Monday, Sept. 13

#### International Chocolate Day

3 p.m.

Come by for a gift bag filled with delicious chocolates.

### Monday, Sept. 20

#### Reduce, Reuse, Recycle art contest

2 p.m.

Submissions for the contest are due today. Children 5 to 12 are invited to submit artwork made from recyclable material. The winner will have his or her artwork displayed in the community center, have his or her photo placed on the website and win a prize.

### Tuesday, Sept. 21

#### Neighborhood huddle

10 a.m.

Ask questions and share concerns.

## Announcements

### TAX PREP COURSE

H&R Block is offering a free tax preparation course for military personnel, family members and DoD civilians. The course runs from September through November. Classes begin Wednesday, Sept. 2 or Sept. 4. Day, night and weekend classes are available. Download the class registration form and see a list of class location at [www.fortjacksonmwr.com/distro/HR\\_BlockCourse.pdf](http://www.fortjacksonmwr.com/distro/HR_BlockCourse.pdf). Fax the completed form to 781-4053. E-mail [Amanda.Kruger@hrblock.com](mailto:Amanda.Kruger@hrblock.com) for more information.

### EFMP TALENT SHOW

All children and adults enrolled in the Exceptional Family Member Program are invited to participate in the EFMP's first talent/fashion show. The show is scheduled for 6 p.m., Sept. 24 at the Joe E. Mann Center. Those interested in volunteering with the show by setting up, directing and more, can call 751-5256 for information.

### PARALYZED VETERANS PLOT

The Southeastern Paralyzed Veterans of America are seeking volunteers to maintain the group's Fort Jackson garden plot. The group is also seeking volunteer board members to manage the plot. Donations of garden tools and gardening material are being accepted. Call 629-5589 for more information.

### TOBACCO CESSATION CLASSES

The last tobacco cessation class of the year is scheduled for Sept. 30. Classes for 2011 are scheduled for: Jan. 13, March 13, April 28, June 16, Sept. 1 and Oct. 20. All classes are 3 to 4 p.m. in the Moncrief Army Community Hospital conference room. Anyone interested in quitting tobacco use may attend.

### CUSTOMER SERVICE SURVEY

Fort Jackson's annual Customer Service Assessment is available at [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org) beginning Monday. The survey, which runs through Sept. 26, is open to Soldiers, family members, retirees, civilian employees, veterans and contractors. The survey allows service users to let garrison leaders know what is important to them and how they feel service providers have performed.

### 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.

### VOLUNTEEN PROGRAM

The American Red Cross VolunTEEN school year program begins with its first meeting 5 p.m., Sept. 14 at Building 2464, Anderson Hall. The program is for students 12 to 18 years old. Parents of

new and returning members are asked to come in to complete paperwork at the start of the meeting. Call 751-4329 for information.

### LEGION POOL HOURS

Legion Pool operating hours are: 11 a.m. to 6 p.m., Monday and Wednesday through Saturday; and 1 to 6 p.m., Sunday. The pool is closed Tuesday.

### FCC ORIENTATION/TRAINING

The next Family Child Care orientation/training is scheduled for 8 a.m. to 4 p.m., Sept. 13 to 17 at the Joe E. Mann Center. The FCC program offers an employment opportunity for military spouses who enjoy working with children. The program is recruiting for "best-qualified" applicants who have space and are willing to take full-time children younger than 2.

Military spouses living on Fort Jackson and Department of Social Services-registered off-post child care providers may apply to become certified to provide home child care to military families. An amnesty program is available for those currently providing child care on post without certification. Applications will be accepted through Sept. 7.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.*

## Off-post events

### FARMERS MARKET

The Forest Acres farmers market is open 3 to 7 p.m., every Wednesday through Oct. 27 on the third level parking deck at Richland Mall.

### 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.

### WATERWAY CLEANUP

Adopt-A-Waterway Cleanup is scheduled for 9 a.m., Saturday. Volunteers must bring their own kayak or canoe. Volunteers will meet at 9 a.m. at the front parking lot of Harbison State Forest (5500 Broad River Road) and travel to the launch via shuttle. Registration is required. Call 749-7986 to register.

### 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](mailto:FJLeader@conus.army.mil).

## 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



was transported to a local detention center to await extradition.

### CASES OF THE WEEK

❑ A three-year bar letter was initiated for a civilian after he failed three sobriety tests, Military Police said. The civilian was charged with driving under the influence and driving without a license. An open container of alcohol was in the front console of his car, MPs said. His vehicle was towed from the installation.

❑ A three-year bar letter was initiated for a civilian in connection with a theft from the PX, MPs said. The civilian was charged in theft of two watches, valued at nearly \$190.

❑ MPs assisted the Richland County Sheriff Department by apprehending a fugitive from Virginia, MPs said. The civilian

### TIP OF THE WEEK

Recently, several trailers and all-terrain vehicles have been stolen from areas on the installation. Fort Jackson residents should always secure trailers and ATVs and, if possible, secure them to an immovable object. Locking the items to immovable objects and storing them in an approved storage area will make the items harder to steal. Also, some insurance companies will not insure these items if proper precautions are not taken.

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

**iWATCH ARMY**

**iREPORT** **iKEEP US SAFE**

**A Simple Observation**  
**A Single Report can lead to actions that may STOP a terrorist attack**

**THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH.**

**See Something Say Something**

### LEADER ANNOUNCEMENTS

Community submissions to the *Leader* should be typed and no more than 45 words.

❑ Stories are due two weeks before the scheduled publication. For example, an announcement for the Sept. 9 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the Sept. 9 *Leader* must be submitted by Sept. 2.

❑ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

# Pack kids' lunches with nutrients, flavor

By **CAPT. EMILY SLUSHER, M.S., R.D.**  
Moncrief Army Community Hospital

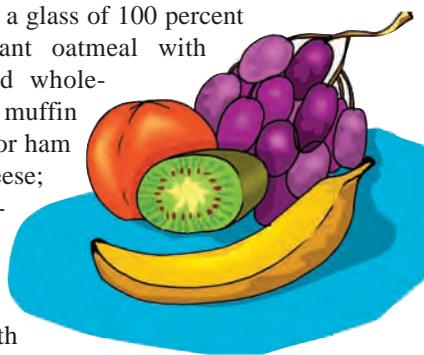
As the school year gets under way, it's time to answer the dreaded question: "What's for breakfast/lunch today?" To avoid becoming overwhelmed when it comes to meal planning, prepare by purchasing some basic supplies.

Healthy eating habits that are started early will benefit children for years to come. Providing nutritious and satisfying foods will help meet daily nutrition goals. Here are some basic tips for meal planning to remember to start the school year off right.

Start the school day right — don't skip breakfast. The old saying is true; breakfast is one of the most important meals of the day. A hungry child will not be able to concentrate and focus on learning. Many studies show well-nourished children perform better in school and athletics than children who miss breakfast. Breakfast during a busy morning doesn't have to take a long time.

Here are some quick healthy breakfast ideas: a bowl of low-sugar cereal with 1 percent milk (less than 9 grams of sugar per serving); a slice of whole wheat toast with

peanut butter and a glass of 100 percent fruit juice; instant oatmeal with raisins; a toasted whole-grain English muffin with lean turkey or ham and 2 percent cheese; a wholegrain waffle topped with peanut butter and banana slices; or yogurt topped with berries.



Providing children with a healthy lunch is also important to meet their daily nutrient goals. If the kids are sick of the old PB&J, it's time to get creative. Try making a sandwich on a wrap or a pita instead of regular bread. Use lean protein on sandwiches; turkey, chicken, ham or roast beef are all excellent choices.

Get adventurous in the produce section and serve a variety of fruit, such as plums, peaches, nectarines, oranges, clementines or apricots. Help children meet their fiber goals by serving whole wheat crackers. Drink choices are

also important at lunch time. To help grow strong bones, low-fat or non-fat milk would be the best choice. Water is also a great selection to help keep kids stay hydrated. Juices, punch, soda and sweet teas are packed with sugar. Having these less often can also help prevent excess weight gain.

Many children need a snack when they come home from school. Skip the usual snack cakes, chips, frozen pizza rolls, chicken nuggets and gummy fruit snacks. One of the best ways to get children to eat healthy is have them help prepare their foods.

Make "Ants on a Log" with celery, peanut butter and raisins. Instead of a microwavable pizza snack, kids can make an English muffin pizza with sauce and shredded part-skim mozzarella cheese.

For something sweet, freeze a banana, dip in yogurt and top with a crumbled granola bar. Top slices of apples with peanut butter or dip graham crackers in cinnamon apple-sauce.

Keeping the refrigerator and cupboards stocked with healthy items will make sticking to healthy eating easier all school year.

## MACH updates

### DINING ROOM CLOSED

The MACH dining room will be closed through Sunday. The mobile kitchen will be available breakfast, lunch and dinner for hot food, grill items and "grab & go" items. Meal times will be adjusted and menu offerings will be limited. Prices will stay the same. The dining room area and regular kitchen on the fourth floor will be available for use starting Monday.

### APPOINTMENT CANCELLATIONS

Call 751-CARE (2273) or 877-273-5584 24-hours a day to cancel an appointment with a MACH provider.

### OUTPROCESSING

Soldiers must clear the Department of Behavioral Health prior to leaving the 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.

### FAMILY MEMBER ENROLLMENT

MACH is now enrolling adult active-duty family members. Pediatric Prime enrollment is also available.

## MACH Ophthalmology Clinic resumes services

By **NICHOLE RILEY**  
Moncrief Army Community Hospital

The Moncrief Army Community Hospital Ophthalmology Clinic will be conducting quick cataract evaluations Aug. 31 for all beneficiary categories, including active duty family members, retirees and retiree family members of all ages. Contact the clinic directly at 751-5406 to schedule an appointment. You do not need a referral to call for an appointment.

Common cataract symptoms include foggy or cloudy vision, blurry or distorted vision, changes in color vision, frequent increases in eyeglass or cataract lens prescriptions, poor night vision, halos or glare around lights, double vision and sometimes, a white or milky looking spot over the pupil of the eye.

The MACH ophthalmologist may recommend surgery to remove a cataract if the condition interferes with normal daily activities such as reading, viewing a computer screen or driving.

Though not all patients require it, cataract surgery can prove to be a relatively safe and effective option for many



Photo by NICHOLE RILEY

**Capt. Spencer Ludlow, Moncrief Army Community Hospital's new ophthalmologist, performs an eye screening on Sgt. Troy Bahley.**

people with cataract symptoms such as cloudy, blurry or foggy vision.

The clinic is also now accepting patients for all ophthalmologic services including dry eye, glaucoma, cataracts,

oculoplastics, pediatrics/strabismus, uveitis and corneal/anterior segment disease. Please talk to your primary care provider about placing a referral then call 751-2273 to make an appointment.

## Frequently called numbers

### To make or cancel appointments

751-CARE (2273); toll free: 877-273-5584

### Health Benefits Office

51-2425

### Hospital Information

751-2183/2160

### Laboratory

751-7808/2260

### Mammography (Imaging Center)

751-2417



### Medical Records Administrator

751-4510

### Patient Administration Division

751-2208/2773

### Patient Services Office

751-2123/2425/2778/0471

### Pharmacy

751-2385/2415/4051

### Family Health Center Consult Line

751-5757/4045

### Refill pharmacy toll free

751-2250

### Referral Center (Health Care Finders)

751-2363

### Third Party Collections

751-2582

### Urgent Care Clinic

751-2273/2211

### TRICARE Information

1-800-444-5445

# Do you accept the way you look?

By **CHAPLAIN (MAJ.) MICHAEL KELLY**  
120th Adjutant General Battalion (Reception)

In many ways, I do not like the way I look. For one thing, I want more hair, and I want to lose about 20 pounds. Neither is going to happen any time soon.

Throughout the years, however, I have begun to accept myself the way God has made me, and it has made a profound difference in my life. One turning point for me was reading some material from Dr. Bill Gothard on God's design.

He began his remarks like this: "Most people do not accept the way God made them. They believe they are too tall or too short, too dark or too light, or they may think their hair is too straight or too curly. Every relationship in life will be affected by how we view ourselves. If we reject our design, it will be difficult to trust our designer. If a husband rejects himself, he will find it difficult to accept his wife. If a teenager wants to change the way he was made, he will feel inadequate and inferior."

Why do we feel inferior to others? If you took a quick survey of most people in the world today and asked them,

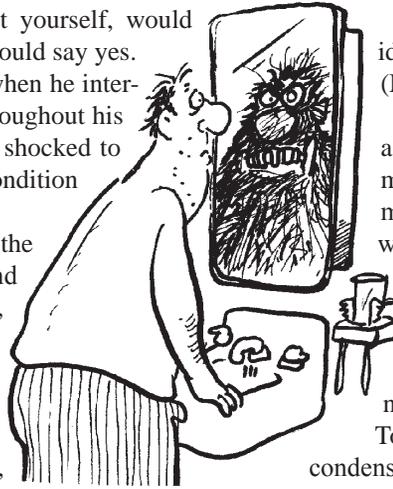
"If you could change anything about yourself, would you?" I guarantee that most of them would say yes.

Gothard found this to be the case when he interviewed thousands of young people throughout his 40 years of ministry. Many would be shocked to know what the root problem to this condition might be.

Gothard's research has found that the first is bitterness, the second is greed and the third is moral impurity of thoughts, actions and habits.

We are bitter because we feel God should have made us another way. We are filled with greed because we want what someone else has. In other words, we want the Barbie and Ken look and lifestyle.

Moral impurity can occur when we fantasize on these various things. It takes a thought to make an action and an action to form a habit. Gothard reveals that we find from Isaiah 53:2 that outward beauty is not related to inward happiness.



What is God's ideal then? God's universal ideal is the inward character of Jesus Christ. (Matthew 5:3-12)

Something Gothard said hit home for me a while back. As a chaplain Soldier, I'm a mess from head to toe. But he said, "Remember, if necessary, God will sacrifice outward beauty to develop inward character. We find this in II Corinthians 4:16."

So how are we to respond to the outward defects we do not like? Well, there are many steps one can take and we do not have time to talk about them here.

To once again take Dr. Gothard's ideas and condense them, we first need to "accept God's design for our looks. Detect any ungratefulness toward God. Then thank God for the way he has made you thus far, especially for those things you see as defects now. Then put yourself back on God's easel and purpose to cooperate in developing inward qualities."

Remember, our God is a perfect God, and he does not make any mistakes.



## 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. McCrady Chapel (SCARNG), 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)
  - Tuesday
    - 9:30 a.m. to noon Women's Bible Study (PWOC), Main Post Chapel
  - 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
    - 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. McCrady Chapel (SCARNG), McCrady Training Center
- Wednesday
  - 7 p.m. Rosary
  - 7:30 p.m. RCIA/Aduly 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

# Respite care available through EFMP program

By **THERESA O'HAGAN**

*Family and Morale, Welfare and Recreation*

Caring for a loved one with special physical, emotional or mental needs can put a strain on not only the caregiver, but other members of the family, as well. Through the Exceptional Family Member Program and the Army Family Covenant, families enrolled in EFMP can receive up to 40 hours a month of respite care.

"Respite care funds are available to family members with special needs who are enrolled in the Exceptional Family Member Program and who meet specific medical criteria," said Cheryl Jackson, EFMP manager. "The Soldier or spouse can contact Army Community Service EFMP staff for an assessment and obtain the respite care application needed to apply."

Respite care provides temporary relief to both families and caregivers, thus allowing them to rest and relax; engage in other daily activities; cope with additional daily responsibilities; and grow and stabilize the family unit. Respite care services can be targeted to specific disabilities such as autism, tube feeding, severe continuous seizures disorders, neurological impairments, uncontrollable behavior issues, etc.

Respite care is available both on and off post in the home setting or the installation hourly child care center, whichever meets the specific needs of the family.

EFMP is a mandatory enrollment program designed to inform the Department of the Army of family members

with special needs. The program works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs.

An Exception Family Member is any qualifying family member, child or adult, with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling.

Fort Jackson has approximately 1,700 family members with special needs. Armywide there are more than 100,000 family members enrolled in EFMP.

EFMP can assist Soldiers and family members with:

- Finding post and community special needs services, programs and activities (to include summer camps)
- Training classes and workshops
- Linking families with families with like special needs situations
- Respite care
- Information on public laws
- EFMP support group and links to other support groups in the local community
- Information and links to services at other installations
- Assistance with exception to policy for housing
- Child find activities
- Early intervention referrals
- Service coordination for individualized education plans

For more information on EFMP or respite care, call Army Community Service at 751-5256 or visit [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil) or [www.armyonesource.com](http://www.armyonesource.com).



## September EDGE! classes

- **Altered Art** — 3:30 to 5 p.m., Mondays (starting Sept. 13), 5955-D Parker Lane. Take ordinary subjects and turn them into something beautiful and useful. For ages 9-15.
- **Geocaching** — 4 to 5:30 p.m., Tuesdays and Thursdays (starting Sept. 2), 5955-D Parker Lane. Find hidden treasures using handheld GPS units. For ages 9-15.
- **A Pirate's Life for Me** — 3:30 to 5 p.m., Tuesdays and Fridays (starting Sept. 3), 5955-D Parker Lane. Use clues to solve the ultimate pirate treasure hunt mystery. For ages 9-15.
- **Microwave Magic** — 3:30 to 5:30 p.m., Tuesdays and Fridays (starting Sept. 3), 5955-D Parker Lane. Learn to make delicious snacks. For ages 11-18.

*The EDGE! offers free classes as part of the Army Middle School and*

*Teen Initiative for those 11 years and older. 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 at 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 supply lasts.

### SATURDAY

- **Victory Bingo**, starts at 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 at 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.

### 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.
- Wednesday 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 to 8 p.m., **Post Library**
- **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m.
- Coca Cola Battle of the Band tour, featuring Junior and Lisa Palleschi, 4 p.m. in **Patriots Park** (between the Solomon Center and Palmetto Falls Water Park).

For a complete calendar, visit [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com).

# Child support more than monetary

## Visitation, custody among major issues

By CAPT. HERBERT BUNTON III  
Office of the Staff Judge Advocate

When parents can put aside their differences and agree on an arrangement for child custody and visitation that is in the best interests of the parents and the children, the court will almost always agree to the arrangement.

However, the court always ensures that the best interests of the children are protected before it makes a final ruling. Before any agreement, both parents should look at their new living conditions, available time and resources in considering custody and visitation. If there is any uncertainty, then both parties should seek guidance before signing any documentation.

When parents cannot agree on custody and visitation, the court must decide. Contested custody litigation is an expensive, and often very emotional, procedure. Because divorce and custody are emotionally charged events, both parties often confuse the best interests of the child into a win-lose situation that leaves neither party satisfied.

Neither parent automatically has a legal right to custody. Courts will consider the best interests of the children in deciding custody issues. The court may order full custody to one parent or joint custody between the two parents. The most common order is a joint custody agreement with some form of visitation for the non-custodial parent.

Children who have reached an appropriate level of maturity may express their preference to the judge. However, a child's preference is not controlling. Minor children will be appointed a guardian ad litem, who represents them in court and recom-

mends which parent should be awarded custody.

Anyone going through a child custody situation should remember the difference between legal custody and physical custody. Legal custody deals with the ability of the parents to contact the child's doctors, teachers and day cares (among other providers) concerning their child. Courts will typically allow for joint legal custody.

Physical custody refers to where the child physically lives. Typically, one parent will have physical custody with visitation rights for the parent who does not have physical custody. This could vary to alternate weekends or weeks in the summer depending on the court order.

### CHILD SUPPORT

After legal and physical custody is determined, the court then looks at financial support. Every state has either a guideline or formula for determining child support based on multiple criteria such as income, expenses, child care, health insurance, number of individuals involved, etc.

Like custody, if the parents agree on an amount and the amount is fair and in the best interests of the children, the court will normally agree to the amount. Most courts, however, will not allow the parents to agree to an amount lower than the state guideline amount.

If the parents cannot agree on an amount, the court will use the state guidelines to determine the support amount. Every state's guidelines vary, but all states consider all forms of income and potential income in determining the amount of support. This is important for military members as it means basic allowance for housing and basic allowance for subsistence are in-

cluded in income calculations.

In most states, if the military member lives on post, then the court increases their income by the BAH rate since they do not pay for housing.

### DURATION

Duration of the child support obligation is actually divided into two important issues. First, when are the child support payments to end? Many people think child support ends when children turns

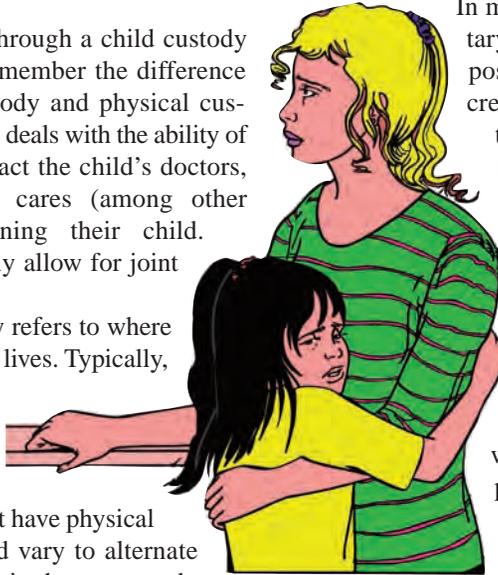
18 years old, but they can continue through college or until certain life events such as marriage, joining the military or emancipation occur. Be sure the end date is always in the support agreement.

Second, be sure that any agreement or court decree states what happens if there are multiple children. You need to be aware if the decree states that the child support will decrease as each child reaches the end of

the support obligation or if it stays the same until the last child reaches the end of the support obligation. If the child support amount does not state a per-child amount, the payments might stay at the same amount even after one of the children reaches the end of the support obligation.

The first order concerning child custody and support issues is extremely important. Once a support or custody order is in place, trying to change a court-ordered custody or support agreement is difficult, time consuming and financially costly. Additionally, there will be an increased strain on the children involved.

The Fort Jackson JAG office can provide more information regarding child custody and support issues. Although the Fort Jackson JAG Legal Assistance attorneys cannot represent patrons in a court hearing, they can provide advice and information concerning divorce/support/custody issues in South Carolina and Army regulations. The Fort Jackson JAG Legal Assistance can also refer you to civilian attorneys to represent in any custody/support action. For those who would like to talk about divorce or support or custody please call the Legal Assistance Office at 751-4287 to schedule and appointment with an attorney.



## Fort Jackson Legal Office

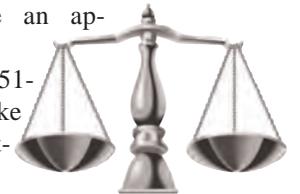
The Fort Jackson Legal Assistance Office provides legal services to eligible people, including powers of attorney, living wills and health care powers of attorney.

These services are available through an appointment with a legal assistance attorney 9 to 11:30 a.m. all week, or on a walk-in basis on Thursday.

Power of attorney, living will and health care power of attorney walk-in

clients are seen 1:30 to 4 p.m., Tuesdays. Customers who need a will fixed must make an appointment.

Call 751-4287 to make an appointment.



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

# Fountain of youth comes in a glass

## Water provides benefits for appearance, health

Drinking water is a primetime star for health and fitness success. Every person knows he or she needs to drink more water but — agh! Some just cannot get over the taste. But this precious nutrient deserves another try.

Water provides so much for the body. Drinking water makes the cells and internal organs come alive. It is the single most important nutrient for our bodies. It is involved in every function of our bodies, as well. Men are made up of about 65 percent water and women about 55 percent. That's a lot of water.

Each day, we lose roughly 2 quarts a day through things like perspiration, urination and breathing. Without enough water, the body's vital organs cannot function to their fullest potential. This means that the little bit of water in the body has designated itself to trying to keep those areas operational. As a result, fat burning for weight loss has to wait.

OK, I hope I am convincing you to get that water in. If not, another discovery is its "fountain of youth" appeal. Yep, that's right — good old water is an anti-aging serum. Drinking it makes the skin smoother, more radiant, clearer and cleaner. All of these things make skin

## The Weigh it Is

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



look younger. We all know what aging skin looks like; dull and spotty, with no glow at all. Save some of the money spent on countless facial products and invest in drinking more water. I was surprised how much my body responded to water when I embraced greater health through better eating habits and elite exercising. Who knew the skin would react like a plant that is watered regularly?

I told you water was primetime, right? Well, this is the lubricant the brain, heart, lungs, liver and kidneys all depend upon for optimum function; water, not Coke or Pepsi. Joint-pain symptoms and arthritis both refer to worn out cartilage.

Cartilage is made up of 80 percent water, so when a person does not water him or herself, his or her joints pay the price. Creaking, cracking and popping can be somewhat remedied with just a simple glass of water. Water is

even in the disks of the spine. Lots of aches and pains can be eased up with a little water.

Water is also a key ingredient to weight loss. Try drinking water before meals and see if it helps reduce the amount of food eaten. It really works as an effective appetite suppressant; I promise. Tea, coffee, sodas and juices should not be included as part of one's daily fluid intake. Coffee and tea have caffeine in them, which causes a diuretic effect and makes people lose water. Sodas and juices are too sweet — because the body must dilute them, they cause more dehydration.

Let's face it; so many new products created today not only are high in sugar and fats, but they contain very little water. That said, the chances of getting some water from food intake are slim. Foods today need to be stored for longer periods and foods with high water content tend to spoil much faster.

Think of items found around the perimeter of the grocery store. These are the items that are constantly being replenished. A can sits on the shelf indefinitely. Go for eight glasses, 8 ounces each day. For weight loss, shoot for 1 ounce of water for every 2 pounds of body weight.

Next time thirst hits, reach for a glass of water. Take the next step, and develop the habit.

*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.*



## In the paint

**Ashley Brown, Fort Meade, Md., drives for two of her 15 points during All-Army's 56-53 victory over All-Navy in the women's finale of the 2010 Armed Forces Basketball Championships Aug. 22 at Joint Base Fort Myer-Henderson Hall, Va.**

Photo by TIM HIPPS,  
FMWR Command

## Sports shorts

❑ The deadline to register for the fall youth sports season is Tuesday. Player evaluations are scheduled for 5 p.m., Sept. 1 and 6 p.m., Sept. 2 at the Youth Services Center sports field. The parent meeting is scheduled for 6 p.m., Sept. 9 at the Joe E. Mann Center ballroom.

❑ Youth sports is seeking volunteer coaches for all sports. For more information, call Bob Talley, youth sports and fitness director at 751-5040 or e-mail [Robert.C.Talley@us.army.mil](mailto:Robert.C.Talley@us.army.mil).

❑ Coaches who plan to volunteer this fall must attend a National Youth Sports Coaches' Association certification clinic 10 a.m., Sept. 4 at the Youth Services Center conference room. After coaches complete the required certifications, they will be given team rosters. Coaches will then provide practice information to players and parents. Practices are scheduled to begin Sept. 19 and games will begin Sept. 25.

❑ 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.

❑ For information about on-post sports, call the sports office at 751-3096.