

TRACKING ...

NEWS



Law enforcement agencies team up

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UP CLOSE

Training available for FCC hopefuls

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IN FOCUS



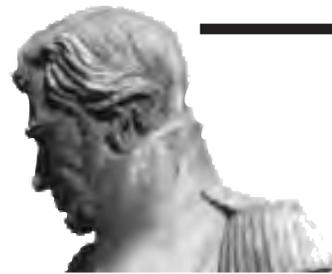
Kid Rock salutes service members

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The Fort Jackson *Leader*



Thursday, September 16, 2010

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www.jackson.army.mil

Unforgotten



Photo by SUSANNE KAPPLER

From left, Sgt. Chentile Jackson, Fort Jackson's Soldier of the Year, Theodore Byrd, chief of emergency medical services, Barry Wall, DA police supervisor, Maj. Gen. James Milano, Fort Jackson's commanding general, Post Command Sgt. Maj. Brian Stall and Billy Forrester, fire chief, salute during the playing of Taps in front of Post Headquarters Friday.

Ceremony commemorates 9/11 victims

By SUSANNE KAPPLER
Fort Jackson Leader

Members of the Fort Jackson community gathered in front of Post Headquarters Friday to pay their respects to the victims of the 9/11 terror attacks and to the service mem-

bers who have since been killed and wounded in the war on terrorism.

Static displays served as visual reminders of the sacrifice made by emergency responders and military personnel in the wake of the attacks.

In his keynote address, Maj. Gen. James

Milano, Fort Jackson's commanding general, reminded those in attendance that in defiance of the terrorists' goal to "destroy the spirit of America," Americans have risen to the challenge.

See **9/11**: Page 10

Post outreach tours foster community

I am glad that I recently had the opportunity to greet a group of visitors who were taking advantage of one of our “Come See Your Army” tours. It gave me an opportunity to step back and appreciate the importance of inviting neighbors and friends to see firsthand what we do at our Basic Combat Training Center of Excellence.

The “Come See Your Army” tours, which are conducted several times a year, are not the only tours that we offer. But these specific tours usually attract visitors from far away, as well as veterans whose active duty days go back a bit, not to mention the many families of current Soldiers in training and members of the Fort Jackson’s nearby communities.

All of the different visitors are here for one reason, to learn a little bit about what we do. Veterans see some of the changes at Fort Jackson, as well as how we do things in the Army today. For those with no military background, the tours offer a little more clarity and understanding. The tours also help dispel the “Hollywood” characterizations of BCT, which often show screaming, nasty drill sergeants and all kinds of hazing — anything that hypes the drama and boosts ratings or box office sales.

In addition to attending a graduation, tour participants get an opportunity to view training activities, as well as eat lunch in a dining facility and tour the barracks. When the day is done, visitors leave with an appreciation of the

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



Army, its men and women. BCT relatives leave with an idea of the training their Soldiers undergo as well as an image as to how and where they live. Veterans leave with a new understanding of the changed training methodology, equipment and the role that technology plays.

Everyone leaves with a sense of pride and good feeling about our place. The tour initiative blends with the goals of the Army Community Covenant, which is designed to foster and build on state and community partnerships with the Army and improve the quality of life for Soldiers and families.

What made this previous tour so great was the connection that so many visitors felt with our Soldiers. It’s amazing how a little bit of time and willingness to answer a few questions can go such a long way in building the trust and

connections that are vital in maintaining support for our Soldiers.

When you build connections, you build community. And that’s perhaps the most interesting part. With the recent expansion that we have initiated in the use of social media sites to communicate our messages, we are discovering that our community is growing with boundaries that extend to wherever there is Internet service available. Many families of BCT Soldiers are discovering these tours through Facebook and Twitter postings. During this most recent tour, we welcomed visitors from as far away as Connecticut and Missouri.

When we first began the Community Outreach Tours, we had a terrific response from the greater Columbia community. As such an integral part of the local community and the area’s largest employer, Fort Jackson certainly wants to share its successes with the community of which it is part. Midlands residents should have a basic understanding of what goes on at the Army’s largest Initial Entry Training installation. That’s all part of being a good and responsible neighbor. We have been turning civilians into Soldiers for nearly a century, and we want our neighbors to share in the pride that we have in that ongoing mission. And we intend to continue being a good and responsible neighbor.

Army Strong and Victory Starts Here!

Fort Jackson talks back:

Leader reporter Susanne Kappler asks participants in Tuesday’s bone marrow drive:

‘Why did you register to be a bone marrow donor?’



Kevin Horton
Family member

“A lot of minorities don’t get registered. ...Because of illnesses in my family, I think it’s very important to register.”



Sgt. Ty Tanner
193rd Infantry Brigade

“I saw an e-mail that a drill sergeant’s child was ill and decided to come out here.”



Staff Sgt. David Geig
120th Adjutant General Battalion (Reception)

“I have five children myself, and I would want someone to (register) for my kids.”



2nd Lt. Stacey Wrin
3rd Battalion, 3rd Infantry Regiment

“I registered because I believe in helping people.”



Staff Sgt. Charles Kirk
Fort Jackson G5 office

“A drill sergeant needs help. In the Army, we’re all brethren.”



Essence Scates
Family member

“It’s a nice thing to do.”

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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DES partners with sheriff's office

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Nine Fort Jackson law enforcement officers will be sworn in later this month as reserve deputies for the Richland County Sheriff's Department.

"This is a way for the two agencies to work together," said Col. Ronald Taylor, provost marshal. "We provide them with additional manpower, and they provide us with more training, which in turn gives Fort Jackson a more competent law enforcement agency. At no time will our guys be the sole officer in the car. They will be riding along with Richland County officers."

Sheriff Leon Lott said the program is a win-win situation for Fort Jackson and Richland County and allows the department to dispatch one car instead of two.

"These officers will go out and supplement our manpower," Lott said. "Being a reserve deputy gives them the ability to do anything in the sheriff's office. So we will be able to use them in all kinds of different areas, like narcotics and investigations."

The officers, who will volunteer 20 hours a month, began their reserve program training in May. During that time they were trained in law enforcement techniques not typically used in a military environment. All nine officers, who are either DA civilians or Military Police, trained at the South Carolina Criminal Justice Academy and passed the South Carolina Law Enforcement Exam.

"We went through everything from con-



Courtesy photo

A Richland County Sheriff's deputy unleashes pepper spray into the face of a reserve trainee during a recent training exercise.

stitutional law to evidence and Miranda rights," Taylor said. "As an MP or DA guy, you are not trained on these specific laws and case laws."

In addition to law, Fort Jackson officers received training on juvenile law, use of force and handcuffing, as well as pepper spray and baton certifications. Officers in the reserve program, who qualify on their weapon two times a year, will now have to qualify four times a year.

"We already do this training but anytime we get an opportunity to do additional training with an outside law enforcement agency, it is a benefit," Taylor said.

Perhaps the most beneficial training Fort Jackson officers will receive is how to deal with civilians.

"An MP grew up in the fighting force in the Army. (MPs) haven't had to deal with child neglect or juveniles," Taylor said. "Fort Jackson has a huge amount of visitor

traffic. (The visitors) start trickling in on Tuesday and stay until Friday. This training will help our officers better deal with an elderly person who becomes disoriented and lost on Family Day, or a juvenile skateboarding without a helmet."

Fort Jackson and Richland County have worked together in the past on projects such as special response teams and have memorandums of understanding for canine support and emergency operations. The sheriff's department recently participated in the installation's mass casualty exercise, providing a special response team for the active shooter scenario.

"Sheriff Lott and I have a pretty good relationship," Taylor said. "We try to look at ways of supporting each other. We have a great rapport."

Lott said the department has hired former Fort Jackson police officers and MPs.

"We don't have to do recruiting because we are able to hire Soldiers once they leave the military," Lott said. "The reserve program is a good stepping stone for those who want to retire from the military and get on board with us. The training and maturity level Soldiers have is one of the reasons we have been so successful."

The swearing in ceremony, Lott said, will be held at Fort Jackson sometime later this month.

"We want to do it on Fort Jackson and make a big deal about it," Lott said. "This program will strengthen an already strong relationship between the sheriff's department and Fort Jackson."

Chris.Ramussen@us.army.mil



Pledge for life

Staff Sgt. Patricia Garrett, 193rd Infantry Brigade, left, and Beverly Sowell, Directorate of Logistics, sign a pledge to never give up on life during a National Suicide Prevention Week program Friday at the Post Theater. The program featured Helen Pridgen, whose son committed suicide. Pridgen will speak again 10 a.m. today and Sept. 22 at the Post Theater.

Photo by CHRIS RASMUSSEN

Breaking the fast



Photos by KRIS GONZALEZ

Right, Chaplain (Lt. Col.) Abdul-Rasheed Muhammad leads Muslim Soldiers in prayer during the celebration of Eid-Al-Fitr Friday at the Joe E. Mann Center. Eid-Al-Fitr marked the end of Ramadan, the holy month for Muslims worldwide. Above, Fort Jackson community members Juweria Nausheen, Jakia Khan and Nirvana Khan, 8, wear traditional Muslim clothing as they participate in the Eid-Al-Fitr celebration. Following a prayer service, the participants were invited to eat lunch and socialize, a reward for fasting during the 30 days of Ramadan.



New number centralizes IT support

By KRIS GONZALEZ
Fort Jackson Leader

Having trouble getting into your work voicemail? How about getting rid of a virus on your Army-issued laptop or PC?

No need to worry. Now there's a single source for all your information technology troubleshooting needs.

Starting Sept. 24, all Fort Jackson IT users will be able to call the Army Enterprise Service Desk for assistance.

By calling 1-866-335-ARMY, or 1-866-335-2769, Fort Jackson's IT customers will be able to get technical support 24 hours a day, seven days a week.

"It's a single point of contact for IT service requests, regardless of physical location," said Colleen Bonner, AESD transition lead. "We're going to do our best to help (people) who call in, whether they're calling from a hotel room where they're working on their laptop or from their office where they're having trouble with their PC or telephone."

Fort Jackson IT users can still continue

IN THE KNOW

- ❑ Call 1-866-335-ARMY to speak with an Army Enterprise Service Desk agent.
- ❑ Phone menu asks a series of questions to determine where to route the call.
- ❑ The agent will resolve if possible the caller's issue or create a ticket for the caller and ensure that the ticket is routed to the correct group for resolution.
- ❑ Users receive e-mail notifications on ticket status (opened, changed, closed).

to call 751-GNEC (4632) or 751-DOIM (3646) to request computer or telephone troubleshooting assistance, but the call will be routed to the AESD.

During a call to the AESD, a technician will try to resolve the issue from his or her remote location. If the issue is not able to

be resolved over the telephone, the technician will document the issue and forward a ticket to Fort Jackson's Network Enterprise Center where it will be logged, prioritized and addressed by the appropriate NEC staff.

The best thing about the single point of support is that more NEC workers will be in the field, because they will be fielding fewer telephone calls, said Tammy Cunningham, chief of the Fort Jackson's NEC Customer Service Center.

"It's definitely going to free us up," Cunningham said. "Rather than having one person dedicated to answering the telephone, that's one more person I can actually send out to the field to fix someone's computer or telephone problem."

On any given day, the NEC receives upward of 70 calls, she said. Now, that the calls

are being consolidated and routed through the AESD, Cunningham said she expects the NEC's work order cue to shrink dramatically, allowing her staff members to dedicate their time to more hands-on service.

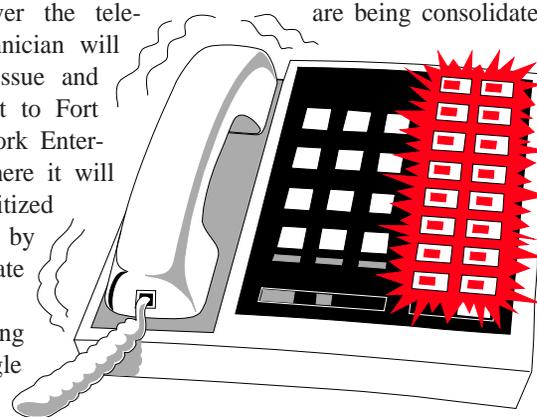
Fort Jackson is the eighth Army installation to migrate to

the AESD's centralized IT services program, which is expected to expand Armywide.

"If this program is implemented throughout the Army as a whole, then we have the ability to efficiently process service management delivery to our customer base any time, anywhere," said Jesus RosaVelez, Fort Jackson NEC director.

For more information, contact the NEC Customer Service Center at 751-4632 or 751-3646.

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and Victory Updates at [http://
www.vimeo.com/user3022628](http://www.vimeo.com/user3022628)*

Generations of warriors

1-61st veterans reunite, meet current counterparts

By **CHRIS RASMUSSEN**
Fort Jackson Leader

New Soldiers assigned to the 1st Battalion, 61st Infantry Regiment spend more than two months in Basic Combat Training learning to be warriors. A little more than 40 years ago, however, Soldiers in the battalion were in the thick of combat.

Ten members of the 1-61st who fought together during the Vietnam War reunited last week during the battalion's graduation ceremony.

"Last year I received a letter asking what was the one thing I wanted to do before I died. My response was I wanted to see as many guys from my platoon as possible," said Pedro Marzan, a Columbia real estate agent.

So with some leg work and help from battalion commander Lt. Col. Charles Krumwiede and Command Sgt. Maj. Willie Parker, Marzan was able to locate 11 of his former battle buddies and invite them to Fort Jackson for the reunion.

"This was the first time many of us have seen each other in 42 years," said Wayne Mckendree of Marietta, Ga. "We became such a close-knit group in Vietnam. It was amazing for us to have a chance to get together and rekindle our friendships."

The battalion, which was deployed from Fort Carson, Colo., in July 1968, was sent to Vietnam to serve as a reconnaissance unit in the Demilitarized Zone.

"We were a self-supported task force, and our mission was to stop the infiltration of North Vietnamese through the DMZ," said Sam Robinson, of Folly Beach. "It was very dangerous. We would go ahead of the main rifle companies and probe enemy lines. You wouldn't make contact with the enemy every day, but the possibility was always there. You had to be on alert."

Despite the danger of their mission, only two Soldiers were killed in action. In December 1968, half of the battalion was then reassigned to other units south of the DMZ.

"These veterans of the 1-61st saw a lot of combat in

“We became such a close-knit group in Vietnam. It was amazing for us to get together and rekindle our friendship.”

— **Wayne Mckendree**
1-61st veteran

said. "Many of them had not seen each other in 40 years and probably would not have gotten together if we had not provided the logistics and the location."

After being reunited during the battalion's graduation ceremony, the veterans toured Fort Jackson ranges and training facilities.

"I was amazed at the technology being used to train our



Photo by **CHRIS RASMUSSEN**

Ten members of the 1st Battalion, 61st Infantry Regiment who served together in Vietnam are reunited last week at Fort Jackson during the battalion's graduation ceremony. Front row, from left: Capt. Yong Kim, Leonard Samora, Fred Jelinek, Tom Coopey, Command Sgt. Maj. Willie Parker, Lt. Col. Charles Krumwiede. Middle row, from left: Pedro Marzan, Dave Kolenc, Sam Robinson and Carl Hill. Back row, from left: Staff Sgt. Gary Allender, Richard Heavner, Wayne Mckendree and Wayne Cumer.

Vietnam," Krumwiede said. "We had not known how perilous the fight was for them, being so far away from the main supply routes and being so close to North Vietnam."

Making the reunion happen was no easy task. Marzan, who began looking for his fellow veterans last year, searched on the Internet for names and ages that matched a plaque he had that listed their names. The Columbia man then contacted the battalion to see if the reunion could take place at Fort Jackson.

"We wanted these veterans to reconnect with each other and to use the current 1-61st as the venue," Krumwiede said. "Many of them had not seen each other in 40 years and probably would not have gotten together if we had not provided the logistics and the location."

After being reunited during the battalion's graduation ceremony, the veterans toured Fort Jackson ranges and training facilities.

"I was amazed at the technology being used to train our

Soldiers today. They really focused a great deal on marksmanship and decision-making in the battlefield environment," Robinson said. "It gave me a great sense of confidence in the jobs people like Lt. Col. Krumwiede are doing in training today's Soldier."

The veterans also had a chance to meet and speak with Basic Combat Training Soldiers.

"The thing that amazes me is when I was in the Army we had the draft. Most of us were draftees," Robinson said. "In today's Army everyone serving is a volunteer. That is something that is very special and unique about our country that there are people who love America enough that they are willing to sacrifice themselves in a time of war."

Krumwiede said it is beneficial for Soldiers to meet these veterans.

"Having these veterans meet with the Army's newest Soldiers and with our cadre reinforced the theme that the shared experience of the Soldier is timeless and that the sense of teamwork and camaraderie that is being developed will last forever," he said.

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Lifesaving donation



Photo by CRYSTAL LEWIS BROWN

First Sgt. David Spencer, Company E, 120th Adjutant General Battalion (Reception) swabs his mouth during a bone marrow registration drive Tuesday as Stephanie Johnson looks on. Johnson's son, 20-year-old Teejay Fitzgerald, is a cancer patient who requires a bone marrow transplant. More than 220 Soldiers, family members and civilians attended the registration in hopes of becoming a match. Those who are not a match for Fitzgerald will be placed in the DoD registry until age 61 to help another DoD family. Call 751-4483 to find out how to submit a saliva sample to be put in the registry.

CSA a report card for post services

Annual survey provides garrison leadership crucial feedback

Customer Management Services

Community members who live, work train or participate in recreational activities on Fort Jackson have an opportunity to provide detailed feedback about all of the installation's services with the annual Customer Service Assessment.

Imagine dining in a restaurant and experiencing a delay in getting the food. However, the waiter is friendly and informative and the food is decent. In this situation, the customer is more likely to rate the experience as more positive than if the waiter was rude, neglectful or did not explain the delay. The waiter's behavior is one aspect of service. Having someone politely, patiently and accurately explain the process to get household goods shipped is another example of service.

Fort Jackson cares about the quality of service community members receive, and



encourages all community members to share their experiences through an online survey that allows the customer to rate the garrison's services. This annual survey is called the Customer Service Assessment.

The survey, which runs through Sept. 26, can be accessed by going online to www.mymilitaryvoice.org. Anyone who uses garrison services is eligible to take the survey. That means the garrison wants to hear from Soldiers, family members, re-

tirees, civilian employees, veterans and contractors who work, live, train or use the recreational facilities on this military installation. It takes about 15 minutes to complete the survey and provide HQ IMCOM and this garrison feedback about the importance and performance of their services.

Military and civilian leaders will be given the opportunity not only to rate garrison services and how well they support mission requirements; but also to select the top five functional areas from each directorate, critical to their mission.

The survey also allows IMCOM and Fort Jackson to analyze the voice of the customer by leadership, by constituent groups, by garrison and by region. This will help the garrison identify trends and be proactive in adjusting services to meet customers' needs. Help us improve Fort Jackson services by giving us your feedback. Take the Customer Service Assessment online today at www.mymilitaryvoice.org

For more information on the 2010 Customer Service Assessment, contact Dennis Ramirez at 751-4926 or via e-mail at Dennis.Ramirez2@us.army.mil

Let your voice be heard!

News and notes

MAUDE LECTURES RESUME

The Lt. Gen. Timothy J. Maude Leadership Lecture series is scheduled to resume 3 p.m., Tuesday at the Solomon Center. The guest speaker will be Maj. Gen. Reuben Jones, Family and Morale, Welfare and Recreation commanding general. Call 751-8353/1095 for information.

FOOD EXPO SCHEDULED

Fort Jackson's annual Food Expo is scheduled for 11 a.m. to 2 p.m., Oct. 5 at the NCO Club. The expo will feature more than 40 vendors with samples of food used in post dining facilities.

Ray Tanner, coach of the University of South Carolina baseball team, will have an autograph session from 11 a.m. to noon.

FAIR OFFERS FREE ADMISSION

The S.C. State Fair will offer free admission for military members as part of its new Military Appreciation Admission policy. From Oct. 13-24, active military personnel and their dependents will be admitted free with proper ID. The fair will also offer free admission to Basic Combat Training graduates and their families on family day, immediately following graduation. The fair will also offer free admission to all retired military and their dependents on both Sundays of the fair. DoD ID is required.



| | | | |
|---|---------------------|-------|----------|
| Sept. 16 — 6 p.m. | Charlie St. Cloud | PG-13 | 99 min. |
| Sept. 17 — 4 p.m. | The Spy Next Door | PG | 94 min. |
| Sept. 17 — 6 p.m. | Dinner for Schmucks | PG-13 | 114 min. |
| Sept. 18 — 6 p.m. | The Other Guys | PG-13 | 107 min. |
| Sept. 19 — 6 p.m. | Step Up 3D | PG | 107 min. |
| Sept. 22 — 4 p.m. | Dinner for Schmucks | PG-13 | 114 min. |
| Sept. 23 — 6 p.m. | The Other Guys | PG-13 | 107 min. |
| Ticket admission | | | |
| ADULTS \$4.50 | | | |
| CHILDREN (12 and younger) \$2.25 | | | |
| Visit aafes.com for listings | | | |

9/11 victims honored

Continued from Page 1

“Though nearly 3,000 men and women died that day, we did not falter, we did what Americans do best,” Milano said. “We listened to our collective unyielding patriotic spirit that has been beating in our hearts since the Revolutionary War. We stood up to serve.”

Milano said that legacy of service has been carried on with honor and heroism by American troops.

“For the past nine years, in Afghanistan and Iraq, they have borne the burdens of war,” he said. “Our Soldiers, and their families, have faced the greatest test in the history of our all-volunteer force, serving tour after tour, year after year. Through their extraordinary service, they have written their own chapter in the American story. And by any measure, they have earned their place among the greatest of generations.”

Milano was joined by Post Command Sgt. Maj. Brian Stall, Sgt. Chentile Jackson, Fort Jackson’s Soldier of the Year and Fort Jackson emergency responders in the laying of a wreath

in memory of the fallen.

David Shanes, a DA civilian with the Executive Services Office, said he appreciated the opportunity to pay tribute by attending the event.

“When (9/11) happened, I was stationed in Munich, (Germany), at the U.S. Forces Liaison Office. And so I watched it from a computer screen,” Shanes said. “I think today was the first real opportunity I’ve ever had to attend such a ceremony, and I was ... grateful to be there.”

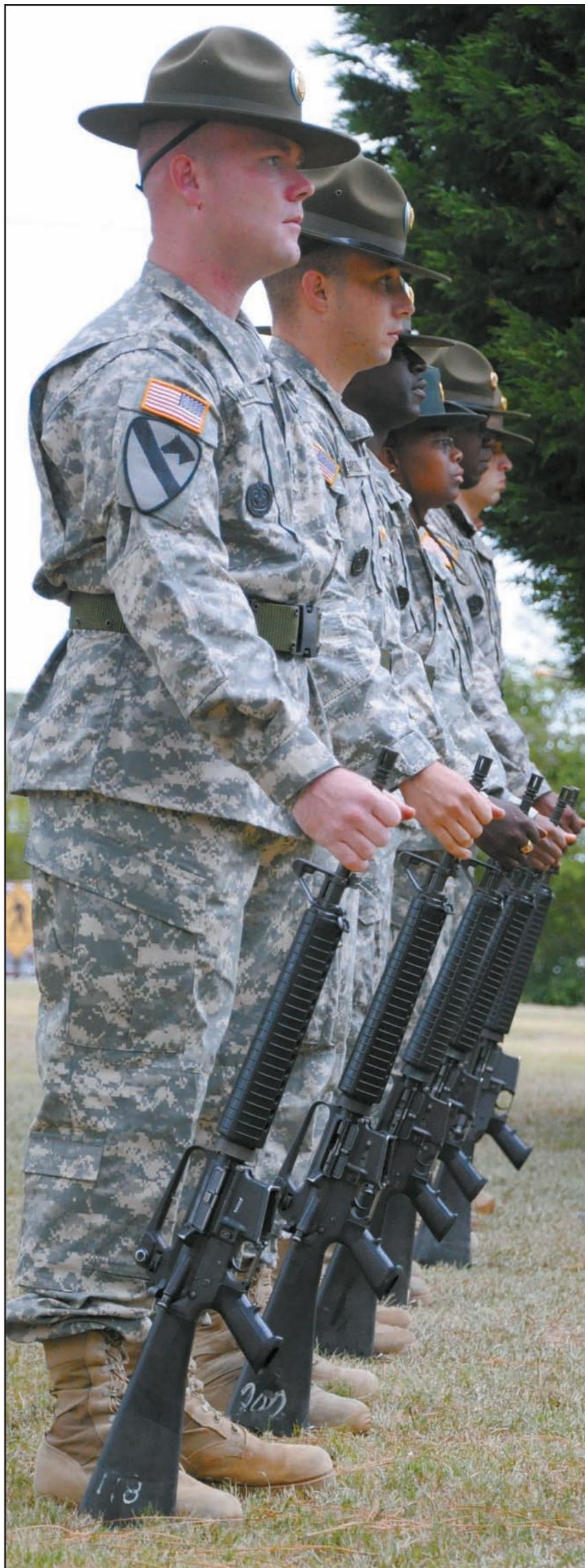
Master Sgt. Michael Sellers, noncommissioned officer-in-charge of operations at Moncrief Army Community Hospital, said attending the ceremony was important to him.

“We have to honor those who have given all,” Sellers said. “There was no doubt in my mind that this is the place to be — no question.”

Sellers, whose brother died while preparing to deploy to Iraq in 2002, was visibly moved by the event.

“This is very touching for me,” he said.

Susanne.Kappler1@us.army.mil



Drill sergeants with the 165th Infantry Brigade provide the salute battery for the 9/11 wreath-laying ceremony in front of Post Headquarters. The Soldiers provided a 21-gun salute for the ceremony.

Photos by SUSANNE KAPPLER
Bagpiper Edward Wilkes plays Amazing Grace at the end of Fort Jackson's ceremony commemorating the victims of 9/11 and the fallen in the war on terrorism.

FCC program offers child care, career

By KRIS GONZALEZ
Fort Jackson Leader

When Kasey Tanner gave birth to her second child in 2006 while she and her husband were stationed in Kaiserslautern, Germany, she said she realized she needed to earn money to help support their growing family.

But with the costs of child care, and a desire to stay home with her new baby, Tanner decided she should start a business she could operate within her own home.

With the advice of a friend, Tanner became certified as a Family Child Care provider.

“One of the best decisions of my life,” she said.

Four years later, here at Fort Jackson, Tanner continues to provide to children what she calls “a home away from home.”

“It’s a place the children can come, that’s familiar to them, in a home environment, where there’s one person they know is going to be there every day to take care of them,” Tanner said.

It’s a job that she absolutely loves, she said.

“I really love being able to see the children learn,” she said. “Just watching them put something together, reaching milestones — being able to watch them grow and knowing that you’re a part of that, I think it’s amazing.”

She said she encourages other Army spouses to become providers.

So does Inza Downing, Fort Jackson’s FCC director.

Currently, Fort Jackson only has three FCC providers on post, and three off post, Downing said.

“A lot of providers (made permanent changes of duty station) during the summer, but we know we have new families who have recently moved on post,” she said. “We want these new families to learn more about FCC because we need more providers to come on board.”

Downing said that Fort Jackson’s FCC program offers free training and helps defray start-up costs for military family members interested in becoming providers. Fort Jackson’s FCC gives up to \$500 worth of start-up materials, and many furniture items, toys and other materials can be borrowed from the FCC’s Lending Library.

“I really love being able to see the children learn.”

— Kasey Tanner
Family Child Care provider

FCC providers must first register and go through a certification process that includes background checks; home inspections by fire, safety and health officials;

40 hours of initial child care training, including caring for special needs, child abuse prevention, CPR and first aid training; completion of activity schedules and plans; and successful completion of training on contingency plans, discipline and touch policies.

“FCC providers must meet many of the same requirements staff at the child development centers on post must meet,” said Edie McFaddin, Fort Jackson’s FCC Training and Curriculum Specialist.

“The quality of care is just as high in a Family Child Care home as it is in the center setting,” McFaddin said.

But as independent contractors, FCC providers set their



Photo by KRIS GONZALEZ

Kasey Tanner, a Fort Jackson Family Child Care provider, shows 17-month-old Tyson Rademacher, left, and 15-month-old Elija Kirkland how to play with an educational toy Tuesday. Tanner provides child care for Tyson and Elija during the week at her home on post.

IN THE KNOW

The next Family Child Care orientation/training is scheduled for 8 a.m. to 4 p.m., Oct. 18 through 22 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 Oct. 8.

own operating hours, decide their own fees and negotiate their own contracts.

“Often, they can be more flexible in meeting the parents’ needs,” Downing said. “And with a small ratio of children, they a lot of times offer more one-on-one time with each

child.”

Many FCC providers operate multi-age homes with a mandated limit of six children. Their own children younger than 8 count in the ratio.

For example, Tanner, who cares for her own children, ages 6 and 4, can only provide child care services for four additional children in her home. No more than two children can be younger than 2, and infant/toddler homes can have no more than three children younger than 3.

Downing said the FCC program will certify homes off post that are registered with the Department of Social Services. HOPS, as they are called, abide by both Fort Jackson’s FCC regulations, as well as South Carolina’s child care laws, adhering to those that are the most stringent.

“A lot of providers find that it works for their families,” McFaddin said. “They’re able to stay at home, enjoy being with their own children and earn additional income.”

Downing said anyone interested in becoming an FCC provider should contact her immediately to register for the next training orientation, which is scheduled for Oct. 18-22. She said she and her team will work with any transferring provider from another installation to “fast-track” the process and get them on board much sooner.

For more information, contact Downing at 751-6234.

Kris.Gonzalez1@us.army.mil

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Sept. 30 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Sept. 30 Leader must be submitted by Sept. 23.

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

For more information, call 751-7045.



Center mourns longtime employee

About a year ago, I walked into Scales Child Development Center with my newborn son tucked into a sling wrapped tightly around my chest. I was looking for a safe place for him to stay while my husband and I worked; I was looking for assurances that putting him in on-post child care was what was best.

And I found both, through the help of Peggy Smalls, one of Scales' assistant directors.

Coincidentally, Smalls had just joined the center's staff, after more than two decades of working in various other positions on post, including a stint at the Youth Services Center. I don't know if it was her first week or her first month at the center, but I know that from the moment I first called the center to schedule an appointment for a tour, Smalls made me feel welcome. Petite with an open, joy-filled face, Smalls led me through the maze of infant and toddler rooms, allowing me the chance to meet those who may be caring for my child.

Although we entered classes that my child may never see, she took the time to familiarize me with the entire layout. In addition to being knowledgeable about the center's goings on, she was also per-

ceptive; I don't know if I had a particular look on my face or if she was simply familiar with the reticence of a new mom leaving her first child in the hands of vir-



CRYSTAL CLEAR

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

tual strangers. Whatever the case, she reassured me that she would find a good fit for my son. In fact, for the first few weeks, she checked in with me to make sure things were going OK.

As time went on, I didn't see as much of her, but when I did, she was always ready with a smile and a remark at how far my son had come since those days of being carried around in a sling.

Sunday, Smalls died in a car accident in Fredericksburg, Va. Already, the center's loss is apparent. A small photo sits atop the check-in desk and a larger photo in the room shows just how much Smalls will be missed by her Fort Jackson family. Though small in stature, my impression of Smalls will be a big one; her



Courtesy photo

Peggy Smalls, 51, died in a car accident Sunday morning. The longtime government employee began working at Fort Jackson in May 1989. Smalls was an assistant director at the Scales Child Development Center.

constant smile, her patience with me as I asked question after question. Even during stressful times, I don't think I ever heard her raise her voice.

Each center room now carries a note to parents, informing them of the loss. And on that note, is a portion of Charlotte Bronte's "Parting," a fitting poem as we all remember Smalls in our own ways.

There's no use in weeping,

*Though we are condemned to part:
There's such a thing as keeping
A remembrance in one's heart:
So there's no use in weeping,
Bear a cheerful spirit still;
Never doubt that Fate is keeping
Future good for present ill!"*

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

Family Happenings

PARENT ADVISORY COMMITTEE

The Scales Child Development Center Parent Advisory Committee meets the second Thursday of each month at Scales. Meetings are 5:15 p.m. in the Scales training area. The meeting is open to all parents and guardians of Scales students. The next meeting is scheduled for Oct. 14.

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.

SKIES UPDATE

SKIES classes are canceled until further notice as the SKIES building undergoes renovations. Call 751-7540/6777 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.

Finding the Phone



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Casey: Troops, families overly stressed

By ELAINE WILSON

American Forces Press Service

WASHINGTON — After nine years of war, it is clear the nation will be engaged in conflict for some time to come, but less evident is what effect that long-term combat will have on service members and their families, the Army chief of staff said this week.

“We have to try to figure out the cumulative effects — how they will manifest themselves after nine years of war,” Army Gen. George W. Casey Jr. said. “We have to work our way through that.”

Speaking at the 2010 Defense Forum, Casey and his wife, Sheila, expressed their concern for service members and families who are struggling with the stress and demands of nearly a decade of war.

America is in a period of “persistent conflict,” Casey noted.

“Even though we’ve had some success in Iraq and have drawn down to about 50,000 American men and women there, the war isn’t over,” he said. “We’re at war with a global extremist terrorist network that attacked us on our soil. We believe this is a long-term ideological struggle.”

Global trends are exacerbating the situation rather than ameliorating it, Casey said. Globalization, for instance, has created “have and have-not” cultures that increasingly are susceptible to recruitment from terrorist organizations. Also, populations in some countries will double in the next decade, resulting in an increased demand for limited resources.



U.S. Army photo

Gen. George Casey, Army chief of staff, speaks during the Defense Forum.

Casey said he’s most concerned with weapons of mass destruction in the wrong hands and safe havens for terrorist organizations. Terrorists have tried to attack Americans on U.S. soil twice since Christmas, he noted.

These factors all add up to a sustained conflict, “maybe not in the same scope, but a large number of soldiers deployed in harm’s way for a while,” Casey said.

At the same time, the military still is dealing with the impact the past nine years

of war have had on troops and their families, he said, citing some statistics to drive the point home. More than 3,200 Soldiers have died, leaving more than 20,000 family members behind. More than 27,000 Soldiers have been wounded, with 7,500 of those Soldiers severely wounded and requiring long-term care. Since 2000, the Army has diagnosed about 100,000 Soldiers with traumatic brain injury, and since 2003, about 25,000 have been diagnosed with post-traumatic stress.

Housing Happenings

COMMUNITY UPDATE

❑ The Fort Jackson Juvenile Curfew Policy is as follows: Children younger than 14 must be indoors from 9 p.m. to 6 a.m. during the week and 10 p.m. to 6 a.m. on the weekends unless accompanied by a parent or guardian. Those who are 14 to 18 must be indoors between 10 p.m. to 6 a.m. during the week and midnight to 6 a.m. on the weekends unless accompanied by a parent or guardian. Violations should be reported to Military Police. Those in violation of the policy may be subject to disciplinary action.

❑ On-site neighborhood huddles are now available for residents to voice concerns and ask questions about their specific housing area. Management will be in attendance. Specific dates, times and locations are TBA.

❑ 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 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.

❑ Help keep the community clean by picking up after pets.

DEVELOPMENT UPDATE

❑ To date, 208 homes have been completed.

❑ Furman-Smith Road at Knight Avenue is closed. Legge Court residents must enter/exit from Lee Road. Families in new field grade housing must use Gilmer Court.

❑ Families in senior noncommissioned officer housing must enter/exit via Capers and Owens Roads.

❑ Family relocations into field grade officer housing has started.

CMS Corner

Fort Jackson’s annual Customer Service Assessment, which will run through Sept. 26, is available online at www.my-militaryvoice.org.

Anyone who uses garrison services is eligible to take the survey. That includes military and civilian leaders, family members, Soldiers, retirees, civilian employees, veterans and contractors who work, live or train at Fort Jackson, as well as those who use the installation’s recreational facilities.

The survey provides customers the opportunity to let garrison leaders know what is important to them and how customers think the garrison service providers are performing. Additionally, military and civilian leaders will have an opportunity to select five functional areas from each directorate, critical to their mission.

“Let your voice be heard!”

Illusion of inclusiveness



Photo by Kris Gonzalez

Keith Arachikavitz, a retired Army master sergeant, speaks during Fort Jackson’s Equal Opportunity Senior Leader Training Tuesday in the Post Conference Room. During his presentation, “Illusion of Inclusion,” Arachikavitz underscored the importance of acknowledging people’s differences, recognizing personal biases and providing mentorship in order to create an environment of inclusiveness.

Here, boy!



Photo by MIKE GLASCH

Master Sgt. Kelly Springer, Warrior Transition Unit, encourages his working dog, Charlie. Springer, permanently injured in an auto accident, relies on Charlie to help him with routine tasks, such as picking up dropped objects. Watch Springer and Charlie's story in the latest edition of Victory Update (Vol. 10-7) at www.vimeo.com/user3022628/videos.

Soldier to be first living MoH recipient since Vietnam

Army News Service

WASHINGTON — A Soldier who bounded forward to recover wounded during an ambush in Afghanistan will be the Army's first living Medal of Honor recipient since the Vietnam conflict.

Staff Sgt. Salvatore Giunta got a call Sept. 9 from President Barack Obama, letting him know he will be that Medal of Honor recipient based on the efforts he made in Afghanistan to save the lives of fellow Soldiers, even though doing so put his own life in the balance.

It was for Giunta's actions, Oct. 25, 2007, in the Korengal Valley's Gatigal Spur in Afghanistan that he earned the nation's highest honor. It was then, serving as part of 1st Platoon, Battle Company, 2/503 (Airborne) Infantry, that he and his team were ambushed by Anti-Afghan Forces armed with AK-47s, machine guns and rocket-propelled grenades.

"Everyone in our squad had a round go through their equipment or clothes in some way, or was wounded or killed," said Spc. Kaleb Casey.

Two of the Soldiers in Giunta's unit — Sgt. Charles Brennan and Spc. Franklin Eckrode — were injured by the enemy fire.

The squad leader, Staff Sgt. Erick Gallardo, was also hit. Giunta made efforts, without regard for his own safety, to assist all three injured Soldiers and was himself hit by enemy fire in the process.

Giunta first came to the aid of his squad leader, Gallardo, and pulled him to safety. During that effort, he was hit in the chest, though he was protected by his body armor. He was also hit on his back, near his shoulders. That round destroyed the Shoulder launched multipurpose assault weapon-disposable he was carrying.

"Thinking I fell because I was wounded, Spc. Giunta, without hesitation, ran into the open area to get me cover while we were both taking extremely effective small arms and machine-gun fire," wrote Gallardo in a sworn statement about the event. "Giunta dragged me back to cover where he already had his team online suppressing the enemy with his automatic rifleman, Pfc. Casey..."

After ensuring that Gallardo was safe, Giunta moved his unit forward to destroy the enemy's ambush and to make contact



GIUNTA

with the downed Soldiers Brennan and Eckrode. The team threw hand grenades at the enemy in order to stop their attack long enough to move forward to assist their fallen comrades.

Giunta, during his effort to aid Brennan and Eckrode, found the two had become separated — Brennan was not near Eckrode, where he had originally fallen. In an effort to

find Brennan, Giunta crested a hill and isolated himself from the rest of the Soldiers and the protection they provided. What he saw were two of the enemy carrying Brennan's body away from the ambush site.

"While running, I engaged both (enemies) with what was left of the mag I had in my weapon, which was about 15 rounds ... they dropped Sgt. Brennan's body about ten meters from where he was initially wounded," Giunta said. "Both turned and ran, I was only able to kill one."

As a result of that effort, Giunta was able to reach Brennan and find that he was still alive, despite injuries from multiple gunshot and shrapnel wounds.

"I immediately called for Sgt. Gallardo

and a medic," Giunta wrote.

The Soldier and his squad leader, Gallardo, helped keep Brennan alive until medics could arrive, by assisting in respiration and by helping to stop his bleeding.

"I started to perform buddy aid, cutting away his ruck and pulling the release tab of his (vest) and removing it," Giunta said.

Though Brennan later died of his injuries, as did fellow Soldier Spc. Hugo V. Mendoza, Giunta's efforts during the incident were deemed worthy of the Medal of Honor.

"Spc. Giunta's selfless disregard for his own safety while defeating a determined enemy ambush and rescuing his comrades was of the quality and nature of previous Medal of Honor recipients," wrote Gen. David Petraeus, then the commander of U.S. Central Command. "His demonstrated valor was in keeping with the finest traditions of military heroism."

Giunta is among eight service members who have been named as recipients of the Medal of Honor as a result of the wars in Afghanistan and Iraq, though prior recipients received the honor posthumously.

The ceremony to award the medal to Giunta will happen at a later date, said a release on the White House's website.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Sgt. 1st Class Robert Bigda
Company A
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Sarah Magner

SOLDIER OF THE CYCLE
Pfc. Jezer Gonzalez

HIGH BRM
Pvt. Michael Fox
Pfc. Antonio Smith

HIGH APFT SCORE
Spc. Elliott Fagan

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
1st Lt. Alva Pearson



Staff Sgt. Matthew Weber
Company B
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Ernest Romain

SOLDIER OF THE CYCLE
Pvt. Joshua Gillin

HIGH BRM
Pvt. Tyler Johnson
Pvt. Joel Woody

HIGH APFT SCORE
Pvt. Ean Davis



Sgt. Kenneth Williams
Company C
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Jade Hewlett

SOLDIER OF THE CYCLE
Pfc. Brittany Barnhart

HIGH BRM
Pvt. Mattheau Sutherland

HIGH APFT SCORE
Pvt. Katelynn Miller

Photos by OITHIP PICKERT, Public Affairs Office

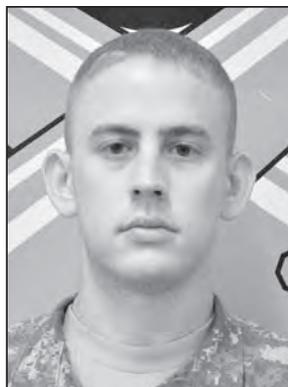
This week's training honors



Staff Sgt. Kristina Gray
Instructor of the cycle
187th Ordnance Battalion



Pfc. Francis Browning
Distinguished honor graduate
Company A, 187th Ord. Bn.



Pvt. Ryan Moore
Distinguished honor graduate
Company A, 187th Ord. Bn.

Photos by STAFF SGT. SEAN MILLER, 187th Ord. Bn.

NCO ACADEMY GRADUATION HONORS

☐ Distinguished honor graduates:
Sgt. 1st Class Daniel Cardenas
Sgt. 1st Class Kenyatta Davis
Staff Sgt. Dawn Ramos
Sgt. 1st Class Tobey Whitney

Sgt. 1st Class David Friese
Staff Sgt. Asata Washington
Sgt. 1st Class Danielle Vaccaro

☐ Distinguished leadership award:
Sgt. 1st Class Richard Vandeway

☐ Iron Person award:
Sgt. 1st Class Daniel Cardenas
Staff Sgt. Dawn Ramos

Rx for supplies



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Staff Sgt. Anthony Elmore and Sgt. Dominique Schoening, both with the Moncrief Army Community Hospital Sergeants Association, donate school supplies to officials at Forest Lake Technology Magnet School. The MACH Sergeants Association has adopted the school.

That Guy.com

REASON #852 NOT TO BE THAT GUY:



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.



At your service

phone numbers and operating hours for key post facilities

| | | |
|--|---|--|
| All South Federal Credit Union | 782-9830 | Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m. |
| American Red Cross | 751-4329/5923 | Monday-Friday; 8 a.m. to 4 p.m. |
| Andy's Fitness Center | 751-4177 | Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays |
| Army Career Alumni Program | 751-4109/4104 | Monday-Friday, 7:30 a.m. to 4:15 p.m. |
| Army Community Service | 751-5256 | Monday-Friday, 8 a.m. to 4 p.m. |
| Army Continuing Education Services | 751-5341 | Monday-Friday, 7:30 a.m. to 4:30 p.m. |
| Army Substance Abuse Program | 751-5007 | Monday-Friday, 7:30 a.m. to 4:30 p.m. |
| Bowling, Century Lanes | 751-6138 | Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2-10 p.m. |
| Bowling, Ivy Lanes | 751-4759 | (For use by Soldiers in training): Thursday, 1-8:30 p.m.; Friday, 5:30-9 p.m.; Saturday, 1 p.m. to 9 p.m.; Sunday, 11 a.m. to 5 p.m. |
| Car Care Center | 782-1639 | Monday-Friday, 8 a.m. to 5 p.m. |
| Chaplain Museum | 751-8827/8079 | Monday-Friday, 9 a.m. to 4 p.m. |
| Child and Youth Services | 751-4865 | Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday, Thursday 7:30 a.m. to 6 p.m. |
| Civilian Personnel Advisory Center | 751-3219 | Monday-Friday, 8 a.m. to 4 p.m. |
| Class VI | 782-1601 | Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday; 10 a.m. to 7 p.m. |
| Clinical Army Substance Abuse Program | 751-6597 | Monday-Friday, 7:30 a.m. to 4:15 p.m. |
| Coleman Gym | 751-5896 | Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m. |
| Commissary | 751-5789 | Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m. |
| DA Photos (TSC) | 751-7593 | Monday-Thursday, 8-11 a.m. and 1-3 p.m. |
| Defense Military Pay Office | 751-6669 (Soldiers) 751-4914 (Civilians) | Monday-Friday, 8-11:30 a.m. and 12:30-4 p.m. |
| Dental Clinics | 751-5178/6017 | Monday-Friday, 7:15 a.m. to 4:15 p.m. |
| Family Health Center | 751-2273 | Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m. |
| Florist | 738-1812 | Monday-Friday, 9 a.m. to 5:30 p.m. |
| Fort Jackson National Cemetery | 699-2246 | Monday-Friday, 8 a.m. to 4:30 p.m. |
| Furniture Store | 787-9175 | Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m. |
| Hospital Retail Annex | 782-1263 | Monday-Friday, 7 a.m. to 4 p.m. |
| ID Section | 751-7731 | Monday- Friday, 8 a.m. to 4 p.m. |
| Legal Assistance and Claims | 751-4287/3603 | Monday-Friday, 9 a.m. to 4 p.m. |
| LCI-SSSC | 790-5306 | Monday-Friday, 8 a.m. to 4 p.m. |
| Main Outpatient Pharmacy | 751-2259 | Monday-Friday, 7:30 a.m. to 5 p.m. |
| MG Robert B. Solomon Center | 751-4056 | Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m. |
| Military Clothing Sales Store | 787-5248 | Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m. |
| Movie Theater | 751-7488 | Closed Monday-Wednesday; Thursday-Sunday, hours vary |
| National Federation of Federal Employees | 751-2622 | |
| NCO Club | 782-2218 | Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times |
| Officers' Club | 751-4906 | Monday-Friday, 8:30 a.m. to 4:30 p.m. (open to non-members); Sunday brunch, 11 a.m. to 2 p.m. (members) |
| Palmetto Falls Water Park | 751-3381 | **Closed for season** |
| Perez Fitness Center | 751-6258 | Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m. |
| Pharmacy Annex (PX mall) | 751-2250 | Monday-Friday, 9 a.m. to 6 p.m. |
| Pools, Knight | 751-4796 | **Closed for renovations** |
| Pools, Legion | 751-4796 | **Closed for season** |
| Post Exchange | 787-1950/1951/1952 | Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m. |
| Post Library | 751-5589/4816 | Monday-Tuesday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m. |
| Post Office | 782-8709 | Monday-Friday, 8:30 a.m. to 5 p.m. |
| Recycling Center | 751-4208 | Monday-Friday, 7 a.m. to 3 p.m.; Open 24 hours for drop-off |
| Reuse Center | 751-5121 | Monday-Friday, 10 a.m. to 2 p.m. |
| Safety Center | 751-6004 | Monday-Friday, 7:30 a.m. to 4:30 p.m. |
| Shoppette Gate 1 | 782-2076 | Monday-Friday, 7 a.m. to 9 p.m.; Saturday and Sunday, 8 a.m. to 9 p.m. |
| Shoppette Gate 2 | 790-4478 | Open 24 hours a day |
| SSI Retail Annex | 738-9189 | Monday-Friday, 8 a.m. to 2:30 p.m. |
| Thrift Shop | 787-2153 | Tuesday-Wednesday, 9 a.m. to 3 p.m.; Thursday, 9 a.m. to 5 p.m. |
| Vanguard Gym | 751-4384 | Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and Holidays, 1 to 8 p.m. |
| Vehicle Registration | 751-5887 | Monday-Friday, 8 a.m. to 4 p.m. |
| Veterinary Clinic | 751-7160 | Monday-Friday, 8 a.m. to 4 p.m. |
| Victory Travel | 751-5812 | Monday-Friday, 8 a.m. to 5 p.m. |

Anything we missed? E-mail us at fjleader@conus.army.mil.
This information is published monthly in *The Fort Jackson Leader*.

HAPPENINGS

Calendar

Thursday

POW-MIA Recognition Day

9 to 10 a.m., Hilton Field

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.

Friday

171st Infantry Brigade Veterans Day Golf Tournament

9:30 a.m., Fort Jackson Golf Course For more information, call 751-3319 or e-mail Douglas.Schuckman@conus.army.mil.

Saturday

“Do it in Pink” workout aerobathon

10 a.m. to 1 p.m., Solomon Center

Wednesday

Retiree focus group

8 a.m. to noon, Family Readiness Center To register, call 751-4926.

Friday, Sept. 24

Red Cross blood drive

9 a.m. to 2 p.m., 520 Brown Ave. For donor eligibility, call 360-2036. To make an appointment, call 738-8275.

Sunday, Sept. 26

Gold Star Mothers’ Day

7 to 8 p.m., Semmes Lake Fallen Soldiers will be honored with a tea light observance.

Tuesday, Sept. 26 and Wednesday, Sept. 27

Special education workshop

9 a.m. to noon, Main Post Chapel, activity room Pro-Parents will conduct a workshop on parents’ rights, roles and responsibilities under the special education law. For more information and to register, call 772-5688.

Saturday, Oct. 2

Hispanic Heritage Month festival

10:30 a.m. to 6 p.m., Patriot Park The festival will include music, dancers, food, vendors and other activities.

Navy ball

6 p.m., Marriott Hotel, 1200 Hampton St. The guest speaker is Juan Garcia III, assistant secretary of the Navy. For more information, call 719-3338.

Tuesday, Oct. 5

Job fair

9 a.m. to noon, Officers’ Club

Housing events

Throughout September

Self Improvement Month

Balfour Beatty Communities is offering prizes to the winner of a monthlong walking challenge. Whoever logs the most

miles walked by the end of the month will receive a \$50 gift card and a gift basket. To participate, call 738-8275 or e-mail ayoungblood@bbcgrp.com.

First Tuesday of every month

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

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.

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

Announcements

GOARMYED DEADLINE

All course enrollments with start dates through Sept. 30 must be requested in GoArmyEd before Sept. 21. Enrollment in those courses after Sept. 21 will not be approved. For more information, call 751-5341.

FCC PROVIDERS NEEDED

Military spouses living on post may apply to become certified family child care providers through Oct. 8. The next FCC orientation training is scheduled from 8 a.m. to 4 p.m., Oct. 18-22. The FCC program offers a portable career for military spouses who enjoy working with children.

DRILL SERGEANTS NEEDED

The Drill Sergeant School is accepting applications from drill sergeants with more than one year of experience on the trail to become drill sergeant leaders. For more information, call Sgt. 1st Class John McHaney at 751-3355 or e-mail John.P.McHaney@conus.army.mil.

HR FOR SUPERVISORS

A course on HR for supervisors is scheduled for 8 a.m. to 4:30 p.m., Sept. 27-30, at the Soldier Support Institute, Room 408. Priority will be given to supervisors with less than two years of experience. Both civilian and military supervisors are eligible to attend if they supervise at least three appropriated fund civilians. To register, visit <https://www.atrrs.army.mil/channels/chrtas/>. For more

information, call Melissa Williams at 751-5063.

CUSTOMER SERVICE SURVEY

Fort Jackson’s annual Customer Service Assessment is available at 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.

AG CORPS BREAKFAST

The Adjutant General Corps Regimental Association, Carolina Chapter has scheduled its quarterly membership breakfast for 7 to 8:30 a.m., Sept. 30, at the NCO Club. All Soldiers, civilians and family members are invited. Tickets are \$8 and are available until Sept. 24. For more information, call Capt. Christopher Flores at 751-8520 or e-mail Christopher.Flores1@conus.army.mil.

NUTRITION CLINIC SCHEDULE

The Nutrition Clinic at Moncrief Army Community Hospital has scheduled the following classes for September.

— Cholesterol and high blood pressure class: 2 to 3 p.m., Monday and Sept. 30

— Army Move: 2 to 3 p.m., Sept. 27 (Session 1); 2 to 3 p.m., today and Sept. 29 (Session 2)

— Pre-teen weight loss class: 2 to 3 p.m., Sept. 23

All classes are in Room 8-85. Army Move! and sports nutrition classes are now offered online. For more information and to register, call 751-2115/2363/2273.

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.

USO SURVEY

United Service Organizations is conducting an online survey to garner feedback about its services. The survey is open through Oct. 3 and can be found at www.telluso.org.

AUSA GOLF TOURNAMENT

The Palmetto Chapter of the Association of the United States Army will host the 23rd Annual J. Willis Cantey

Golf Classic Oct. 15 at the Fort Jackson Golf Course. For more information and to register, e-mail sbutler@bellsouth.net.

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.

MOBILE MAMMOGRAPHY UNIT

A mobile mammography unit will be located in front of Moncrief Army Community Hospital from 8 a.m. to 2 p.m., Oct. 13. The unit will be open to up to 45 patients with a physician’s prescription. For more information, call 751-3474 or 751-2191.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Off-post events

COLONIAL CUP

Free tickets are available to military members for the Colonial Cup International Steeple Chase Day Nov. 13 in Camden. Ticket reservation forms are available at ITT offices.

RIVER SWEEP

Keep the Midlands Beautiful is looking for volunteers to participate in its annual River Sweep Saturday, cleaning the banks of the Saluda River. Volunteers meet at the far right end of the Riverbanks Zoo parking lot at 8:45 a.m.

CONGAREE CANOE TOURS

The registration period for free canoe tours between Oct. 1 and Dec. 31 at Congaree National Park will begin Wednesday. To register, call 776-4396.

MILITARY COLLECTOR SHOW

The 49th Ole North State Antique Gun and Military Collector Show is scheduled for this weekend at the North Carolina State Fairgrounds in Raleigh, N.C. For more information, call (704) 282-1339.

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.

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.

Kid rocks: Concert draws thousands

By **SUSANNE KAPPLER**
Fort Jackson Leader

A gigantic stage flanked by two widescreen displays all but covered the "Fort Jackson" sign on Hilton Field, transforming the parade grounds into a rock arena for Kid Rock's "Salute the troops" concert Saturday.

More than 35,000 concertgoers made their way to the show, which was free for military ID card holders. Among those in attendance were Soldiers in Basic Combat Training and Advanced Individual Training.

Pvt. Shaina Grondin, 120th Adjutant General Battalion (Reception), said she was excited to be able to see one of her favorite artists in concert.

"The first song I ever learned all the words to was a Kid Rock song,"

Grondin said, referring to the singer's hit "Cowboy."

Kid Rock has been playing for military crowds, both in the United States and overseas, for many years.

"That's the least I can do," he said, and added that it is "even more special" to play in front of Soldiers on the anniversary of the Sept. 11 terror attacks.

The troops in the audience showed their appreciation for the musician's support, chanting his name before the concert and repeatedly reacting with shouts of, "U.S.A, U.S.A.," throughout the show.

"To be born free is a blessing," Kid Rock told the audience, "And to protect that freedom is another chain in that blessing."

Patriotic themes were present throughout the two-hour show — from the American flag that draped the back of the stage to the performance of

"Warrior," a tribute song to members of the National Guard.

Scot Frazier, who now lives in Irmo, but is originally from Kid Rock's hometown Detroit, said he has seen the performer in concert many times and that he is not surprised by the singer's devotion to the troops.

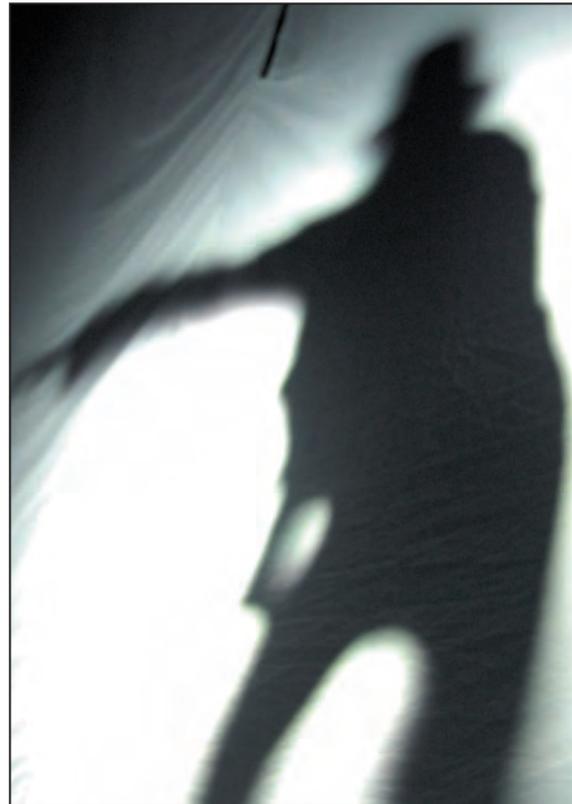
"I think it just goes to show what kind of person he is," Frazier said. The concert capped two days of events on Fort Jackson commemorating the 9/11 attacks nine years ago.

"Let's not forget why we're here," said Maj. Gen. James Milano, Fort Jackson's commanding general, to the audience before the concert. "Today is Patriot Day, and we're here to honor you Soldiers and you family members and all the civilians, both on Fort Jackson and off Fort Jackson, who support our Army."

Susanne.Kappler1@us.army.mil



Charlie Starr, singer and guitarist for the band Blackberry Smoke, scans the crowd of uniformed Soldiers gathered in front of the stage on Hilton Field Saturday. The Atlanta-based Southern rock band opened for Kid Rock.



At the beginning of Saturday's concert, Kid Rock appears as a silhouette behind a curtain covering the entire stage before emerging amidst fireworks.



Kid Rock shows off his skills as a guitar player. The multi-instrumentalist also played the drums, keyboards and turntables during the two-hour concert.



Kid Rock entertains the crowd during his "Salute the troops" concert Saturday at Hilton Field. The Detroit rock star has been supportive of the military throughout his career and has toured overseas installations in Europe, Iraq and Afghanistan. The crowd was treated to many of the singer's hits, such as "Cowboy," "All summer long," and "Picture."

Photos by SUSANNE KAPPLER

CMYK

CMYK

27" WEB-100

Quick cash can cost Soldiers their cars

By CAPT. JOHN BATEMAN
Legal Assistance Office

Soldiers may be tempted to use their auto title as collateral for a loan if they have a sudden financial need. Auto title loan companies advertise their services as quick and temporary loans to help consumers get out of a jam, but many people get more trouble than they bargained for. Here are some things to know about auto title loans in South Carolina.

What is an auto title loan?

An auto title loan is a short-term loan, usually no longer than 30 days. A car title is used to secure the loan. This means if the loan is not repaid, the lender may take the car and sell it to get the loan money back. Most title lenders will only make the loan if the vehicle is paid off.

Who are auto title lenders?

Auto title lenders often target people with bad credit, low-income earners, military members and elderly people. The lenders make money from high interest rates and the repossession of cars when borrowers cannot pay off the loans.

Why should consumers be careful?

When a person is facing financial problems, a short-term auto title loan seems like a good option, especially to someone with credit problems. However, the solution is short term and the effects can be devastating. Borrowers can end up paying very high interest rates and lots of money or lose their car.

How high are the interest rates?

The loan is written with an interest rate for a short-time period. For example, the loan will show a 25 percent interest rate for one month. But this rate over a year is actually 300 percent. Auto title lenders will usually write a loan for 30 or fewer days.

At the end of the month, the lender will accept the interest payment and allow the debt to be "rolled over" for another month. On a \$600 loan, the interest would be approximately \$150. This means the total owed is \$750. If only the interest of \$150 is paid for the month, the borrower still owes \$750 the next month.

How will I know if I get a high-interest loan?

To show that the deal is a high-interest loan, the lender must have the following notice on the paperwork: "This is a high-interest loan. You should go to another source if you have the ability to borrow at a lower rate of interest. You are placing your vehicle at risk if you default on this loan."

What if the loan off cannot be paid within the proper time?

If the loan cannot be paid within the proper time, it will be rolled over. In many cases, the borrower will not be able to pay the loan off in full, and the interest will begin to build up all over again at the high rate. This is called "rolling over" or "flipping" the loan.

How many times can a loan be 'rolled over'?

By law, the lender may not allow the loan to be renewed more than six times. If the loan is "rolled over" that many times, the interest charged will be very high.

What happens if the loan is not paid off?

Except when there is fraud, the only thing the auto title lender can do is repossess (take it from the borrower) and sell the car. The lender is not allowed to sue the borrower to repay the loan, but can take the car. Call a lawyer if this is about to happen.

What if after I sign the papers I want to get out of the deal?

Borrowers have the right to cancel or rescind the deal for one business day. Borrowers may repay the amount borrowed without interest until the close of business on the day after the date the original loan began. For example: If someone borrows \$600 on Tuesday, he or she must give back all the money by the end of Wednesday, but without any interest.

What if the auto title lender advertises a lower interest rate then increases the rate later?

By law, the lender may not advertise or offer a lower interest rate for the original period if the interest rate increases in later renewals. For example, the lender may not advertise a 10 percent interest rate, if that rate increases to 25 percent in the renewal periods.

Where should I go for help about auto title loans?

There are resources for Soldiers who have financial difficulties. Call the Legal Assistance Office at the Office of the Staff Judge Advocate and set up an appointment to see an attorney. They will be able to advise on the best course of action to remedy the situation. The Legal Assistance Office number is 751-4287.

FIRST RESPONDER

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

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

Col. Ronald F. Taylor

Director,
Emergency Services/Provost Marshal
Sgt. Maj. Glen W. Wellman III
Provost Sergeant Major

Billy Forrester

Fire Chief

CASES OF THE WEEK

❑ A civilian driver was charged with driving under suspension and receiving stolen property after attempting to enter post with a stolen license plate, Military Police said. The license plate was not registered to the vehicle being driven, MPs said. The driver and passenger were escorted off post, and the vehicle was towed from the post.

❑ A Soldier was charged with shoplifting in connection with the theft of nearly \$3,000 worth of merchandise, MPs said.



The Soldier is accused of stealing several items, including cosmetics, a sound dock, a purse, video game consoles and handheld games and a pair of running shoes, MPs said. The Soldier, who was caught trying to flee the scene, was released to her unit.

❑ A Soldier was charged with racing on Strom Thurmond Boulevard, MPs said. She was released to her unit, and the vehicle was released to a licensed driver.

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

DoD helps families keep it clean

Caregivers can win free cleaning services

From FMWR Command

Three of the Department of Defense's premiere resort hotels are offering special discounts and an opportunity to win up to a year of house cleaning to the caregivers who support our nation's heroes and their families.

Through Oct. 24, visit www.afrcresorts.com to nominate a family caregiver for a chance to win one of four prizes: free house cleaning for year, free house cleaning for six months (two prizes) or three months of free house cleaning. The website also offers special discounts for caregivers at the resorts.

Shades of Green, Hale Koa and Edelweiss are DoD Armed Forces Recreation Centers, managed by the Army's Family and Morale, Welfare and Recreation Command. They are designed to be safe, supportive destinations for members of the military, where the patrons know they are in the company of their comrades in arms and their families, have access to military support, and are protected by military force protection measures.

In the words of one guest, "If I suddenly realize (my husband is) going back to Iraq in a week and break down in tears, I'm surrounded by people who understand and can help. If that were to happen in (a hotel chain), I'd be treated like I was crazy."

The contest is designed by the FMWRC to commemorate National Caregiver's Appreciation Month in November and recognize our service member's caregivers — especially those who care for exceptional family members and wounded warriors.

"Right now we're taking a close look at how our Exceptional Family Member Program works, ensuring we're offering the right support to those families who have members with special needs," said Maj. Gen. Reuben Jones, FMWRC Commanding General.

"But leadership wants to acknowledge that all caregivers play an important role in keeping our Army families strong," said Kristen Kea, FMWRC events manager. "This promotion offers any caregiver a chance to slow down and take a break with discounts at our AFRCs, and a lucky winner will get a helping hand through free house cleaning."

The drawing will be made in early November, and a winner announced as soon as eligibility is verified.

For the purposes of the contest, a caregiver is defined as: 1) a person who cares for someone who is sick or disabled (including wounded warriors and exceptional family members), or 2) an adult who cares for an infant or a child of

a service member.

The winner must be eligible to stay in an Armed Forces Recreation Center — a military ID card holder or their registered guest — as defined by the AFRC eligibility requirements.

To nominate a caregiver, visit AFRCresorts.com before Oct. 24 and select the link to the Family and MWR page on Facebook. Respond to the "Caregivers" thread by providing the caregiver's first name and a brief explanation of why you feel they should win.

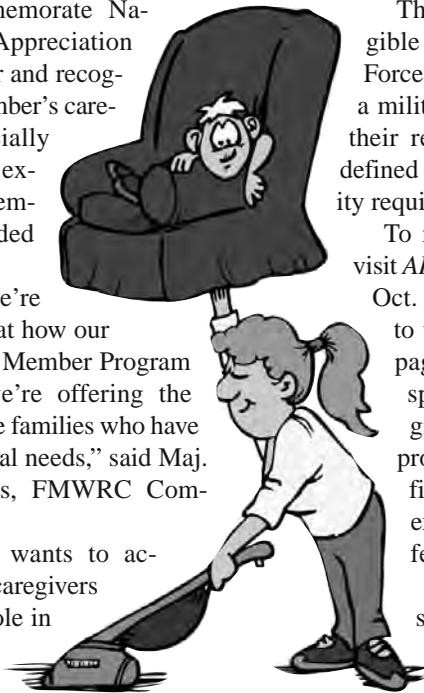
The winner will be selected at random, and the promotion is designed to

give members of the military Family an opportunity to sing the praises of the caregivers in their lives.

The nomination will be posted publicly, so MWR officials reserve the right to edit or remove posts that might contain personally identifying information or operational security concerns.

For those who want to nominate a caregiver but are not members of Facebook, an alternate form of entry is also described on the AFRC website.

For more information on eligibility, the promotion, or the AFRCs, visit www.AFRCresorts.com.



Current EDGE! classes

❑ **Crafts for Girls Only** — 3:30 to 5 p.m., Thursdays, 5955-D Parker Lane. Learn to make shoulder bags, puzzles, a hair accessories bin and more. For girls 9-16.

❑ **Altered Art** — 3:30 to 5 p.m., Mondays, 5955-D Parker Lane. Turn ordinary objects into works of art. Participants will make a clock, personalized clipboard and more. For ages 9-16.

❑ **Geocaching** — 4 to 5:30 p.m., Tuesdays and Thursdays, 5955-D Parker Lane. Participants will meet at Parker Lane to depart to various locations. Build a container for your treasure, take a trip to Sesquicentennial State Park to find hidden treasure and more. For ages



11-18.

❑ **Microwave Magic** — 3:30 to 5 p.m., Wednesdays, 5955-D Parker Lane. Learn to make nachos, dip, smoothies and more; all in the microwave. For ages 11-18.

❑ **A Pirate's Life for Me** — 3:30 to 5 p.m., Tuesdays and Fridays, 5955-D Parker Lane. Learn to do everything from talking like a pirate to using a treasure map to find a pirate's booty. For ages 9-15.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years old. For children 9 and 10, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil> or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE program on Facebook. Call 751-3053 for information.



Article submissions are due two weeks before publication. For example, an article for the Sept. 30 Leader must be submitted by today.

Announcements are due one week before publication. For example, an announcement for the Sept. 30 Leader must be submitted by Sept. 23.

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ **Magruder's Pub and Club** is open for lunch.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy story time, 6:30 to 7 p.m., **Post Library**. Come in your PJs, and go home ready for bed.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the **Youth Services Center**.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supplies last.

SATURDAY

- ❑ **Mountain Biking Mistletoe State Park**, 8 a.m. to 1 p.m. Call 751-3484 for information and fee.
- ❑ **Victory Bingo**, starts 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

WEDNESDAY

- ❑ Get your party on at the **NCO Club**, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
 - ❑ Wednesdays at **Club NCO** are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.
 - ❑ Karaoke night with Tom Marable, **Magruder's Pub**. Cost is \$3 for military, \$5 for civilians.
 - ❑ Victory Readers Club, 6-8 p.m., **Post Library**
 - ❑ **Magruder's Club and Pub** happy hour, 4:30 to 7 p.m.
- For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ❑ The **NCO Club** breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The **Officers' Club** is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m.
- ❑ **Child, Youth and School Services** provides free child care and youth programming on Saturday for active-duty parents who must work as a mission requirement, including parents who are in the National Guard or Reserve during training assembly. Programming is available to other parents at daily and hourly rates.

Early detection key for prostate health

By LISA YOUNG

U.S. Army Public Health Command (Provisional)

September is Prostate Cancer Awareness Month. Prostate cancer is the third most common cause of death from cancer in men, but is rarely found in men younger than 40. This cancer starts in the prostate gland, a walnut-sized structure that wraps around the urethra and produces fluid for semen.

The cause of prostate cancer is unknown. Some studies have shown a relationship between high dietary fat intake and increased testosterone levels. There is no known association with an enlarged prostate. Levels of prostate specific antigen are often high in men with prostate cancer, but PSA can also be high with other prostate conditions.

Since the PSA test became common, most prostate cancers are found before they cause symptoms. The symptoms below can occur with prostate cancer but are more likely to be associated with noncancerous conditions:

- Delayed or slowed start of urinary stream
- Urinary dribbling after urinating
- Urinary retention

- Pain with urination or ejaculation
- Lower back pain or pain with bowel movement
- Urinary incontinence or excessive urination at night
- Bone or abdominal pain or tenderness
- Blood in the urine
- Low red blood cell count

Tests may be done to diagnose prostate cancer. A rectal exam will often show an enlarged prostate with a hard, irregular surface. A prostate biopsy is the only test that can confirm the diagnosis.

Treatment options include hormonal therapy, surgery to remove the prostate, external beam radiation therapy, radioactive seed implants, chemotherapy, freezing the cancerous prostate tissue or monitoring without active treatment. The decision about which treatment to choose can be difficult. Some therapy can interfere with sexual performance.

Drugs that reduce the testosterone level often work very well at preventing further growth and spread of the cancer. Chemotherapy is often used to treat prostate cancers that are resistant to hormonal treatments. Ask questions and be

aware of the benefits and risks of the procedures before making a treatment choice.

There is no known way to prevent prostate cancer. Following a vegetarian, low-fat diet may lower your risk. Early identification is possible by screening men over age 40 annually with a digital rectal examination and PSA blood test.

Men older than 40 should see their healthcare providers if they have never been screened for prostate cancer, not had annual exams and have a family history of prostate cancer. A high PSA level does not always mean that a patient has prostate cancer.

Doctors are detecting and treating some very early-stage prostate cancers that may never have caused the patient any harm. The decision to use PSA testing to screen for prostate cancer should be based on a discussion between the patient and his doctor.

For more information, visit these sites:

National Institute of Health, <http://www.nlm.nih.gov/medlineplus/ency/article/000380.htm>

Centers for Disease Control and Prevention, <http://www.cdc.gov/Features/ProstateCancer/>.

MACH updates

MACH WELCOMES

David Seay is Moncrief Army Community Hospital's new chief of the Financial Resource Branch in the Resource Management Division.



SEAY

Lt. Col. Richard Bickel comes to MACH's Immunization and Allergy Clinic as an allergist.



BICKEL

ONCOLOGY BRIEFINGS

MACH is offering oncology briefings 11 a.m., today and 5 p.m., Sept. 21

for oncology patients regarding the upcoming closure of the Oncology Clinic. Both briefings will be in the staff conference room. Call 751-2123/2778 for information.

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.

Army-sponsored fitness program targets civilians

By LISA YOUNG

U.S. Army Public Health Command

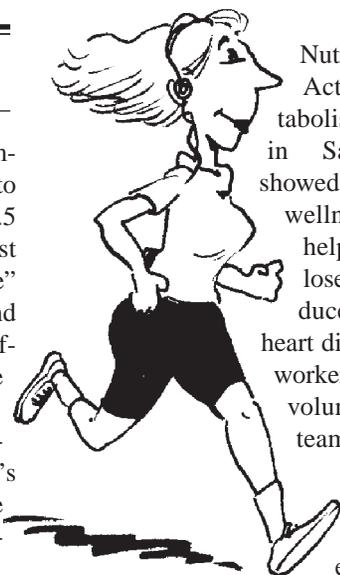
DoD is in the middle of a civilian employee fitness campaign called "Leap into Fall" that challenges employees to log 1.5 million hours of physical activity. First Lady Michelle Obama began "Let's Move" to help U.S. children become more fit and healthy. And the Army, by regulation, offers its civilians one-time administrative leave to help them get fit.

There's a message in all of this fitness-focused activity, and the message is, it's good for individuals, employers and the nation to develop a fit and healthy population.

The Army Civilian Fitness Program, governed by Army Regulation 600-63, Army Health Promotion, Chapter 5-5c, provides guidance for the implementation of wellness programs for government civilians. Department of Defense and federal government policies also support fitness programs for government civilians.

The Army allows a government civilian to participate once. The program is time-limited to one six-month period. It includes up to three hours per week of administrative leave to be used for physical fitness activities. Participation requires supervisor approval, and should not impede accomplishment of the mission of the organization. A medical screening is highly recommended to be sure that anyone with an existing medical condition that would put them at risk has physician approval before participating.

The results of a study released in March 2010 at the American Heart Association's



Nutrition, Physical Activity and Metabolism Conference in San Francisco showed that workplace wellness programs help employees lose weight and reduce their risk of heart disease. Hospital workers took part in a voluntary 12-week, team-based wellness program that focused on diet and exercise.

The obese participants lost the most weight, but the overweight participants did almost as well. All participants had similar improvements in physical activity, along with lower cholesterol and blood pressure levels, and reduced waist circumferences at program end and after one year.

To help you make the most of your exercise experience, burn more calories and lose that extra weight, mix up your exercise routine. Doing the same workout all the time is tough on your body. Cross-training prevents burnout and injury, while ensuring

a balanced training program that includes endurance, strength, and flexibility.

Here are some tips to get you started.

To prevent imbalance in the thigh muscles and stretch the hamstrings and hips, substitute one of your run days with a yoga or Pilates class.

To build muscle and bone with weight-bearing exercise, include weightlifting two to three times a week.

To burn calories and build core strength, add swimming to your exercise plan.

To give your joints a rest but still burn lots of calories, replace running with a day of biking or a spin class.

To increase the intensity of your walk, do plyometrics by adding jumping or skipping moves to your walk.

To increase your heart rate plus strengthen your lower body, walk in a hilly region.

To ramp up your walk without tiring, alternate moderately-paced walking with short, fast-paced bursts of speed. Peppering a 30-minute walk with 10 one-minute speed bursts can nearly double your calorie burn.

Check with your organization's human resource department or fitness facility to see what is available at your location.

MORE TO KNOW

- DOD Leap into Fall, <http://www.defense.gov/News/NewsArticle.aspx?ID=60572>
- DOD Personal Wellness, <http://www.cpms.osd.mil/wellness/>
- Army Medicine Health Tips, <http://www.armymedicine.army.mil/hc/healthtips/healthtips.cfm>
- USAPHC (Prov), <http://phc.amedd.army.mil/>

Remember God's love in trying times

By **CHAPLAIN (CAPT.) SCOTT P. KING**
3rd Battalion, 13th Infantry Regiment

As a chaplain, I believe that I have the best job in the Army. OK, maybe I'm a little biased. But I truly feel that it's both a blessing and a great honor to be able to serve as a chaplain among our Soldiers, as well as the civilians here at Fort Jackson.

As much as I enjoy serving as a chaplain, it doesn't come without a price. As chaplains, we share in both the highs and lows of the lives of our Soldiers. We mourn with those who mourn, we grieve with those who grieve, and we hurt with those who are hurting. We see a lot of pain, sorrow and brokenness in the lives of those whom we serve.

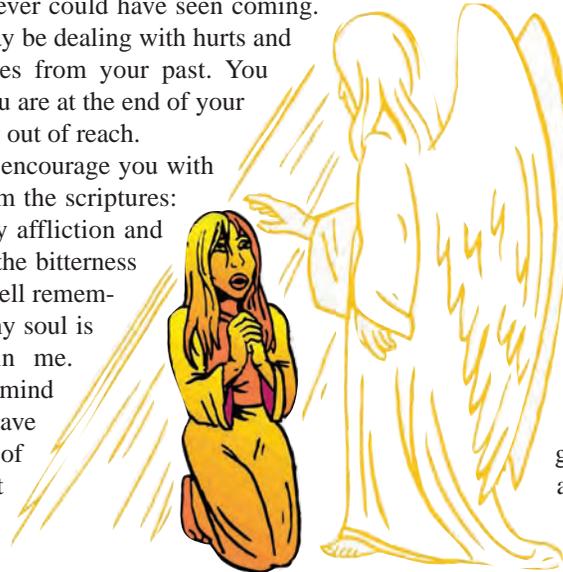
I'm not complaining; after all, that's why we're here. Nevertheless, it is difficult at times to see our Soldiers and their families struggling through the trials of life.

In fact, none of us are immune or out of reach from the hardships and pain that are a part of life in this world. Even now, some of you may be experiencing adversity in your

lives that you never could have seen coming. Some of you may be dealing with hurts and painful memories from your past. You may feel like you are at the end of your rope and hope is out of reach.

Allow me to encourage you with these words from the scriptures:

"I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your



faithfulness" (Lamentations 3:19-23).

The memories of our past and the experiences of our present will be carried with us throughout our lives. They have the ability, as the writer suggests, to make our souls downcast within us.

However, in those times of disappointment and hopelessness we too must "call to mind" the great love and compassion of God.

We must never forget his promise to never leave us or forsake us, especially during the most difficult of times. God is faithful, and he offers us a fresh supply of his goodness and mercy each day.

When you are feeling downcast and ready to give up, remember that the God who created you and loves you more than you can even imagine has promised to be with you in and through the most challenging storms of life. When feeling downcast within, may you call these things to mind, and therefore have hope in the Lord.



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.-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's 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-Thursday
 - 11:30 a.m. Mass (Main Post Chapel)
- Sunday
 - 8 a.m. Mass (Solomon Center)
 - 11 a.m. Mass (Main Post Chapel)
 - 9:30 a.m. CCD (Education Center)

- 9:30 a.m. Adult Sunday School
- 12:30 a.m. Catholic Youth Ministry
- 8 p.m. McCrady Chapel (SCARNG), McCrady Training Center
- Wednesday
 - 7 p.m. Rosary
 - 7:30 p.m. RCIA/Adult Inquiry

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

- Sunday
 - 9:30-10:30 a.m. Memorial Chapel
 - 10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday

11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
 - 9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

Daniel Circle Chapel

3359 Daniel Circle, corner of Jackson Boulevard, 751-4478

Main Post Chapel

4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469

Bayonet Chapel

9476 Kemper St., 751-4542

Family Life Chaplain

4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780

Anderson Street Chapel

2335 Anderson St., corner of Jackson Boulevard, 751-7032

Education Center

4581 Scales Ave.

Magruder Chapel

4360 Magruder Ave., 751-3883

120th Rec. Bn. Chapel

1895 Washington St., 751-5086

Memorial Chapel

4470 Jackson Blvd., 751-7324

Chaplain School

10100 Lee Road, 751-8050

Memorial run

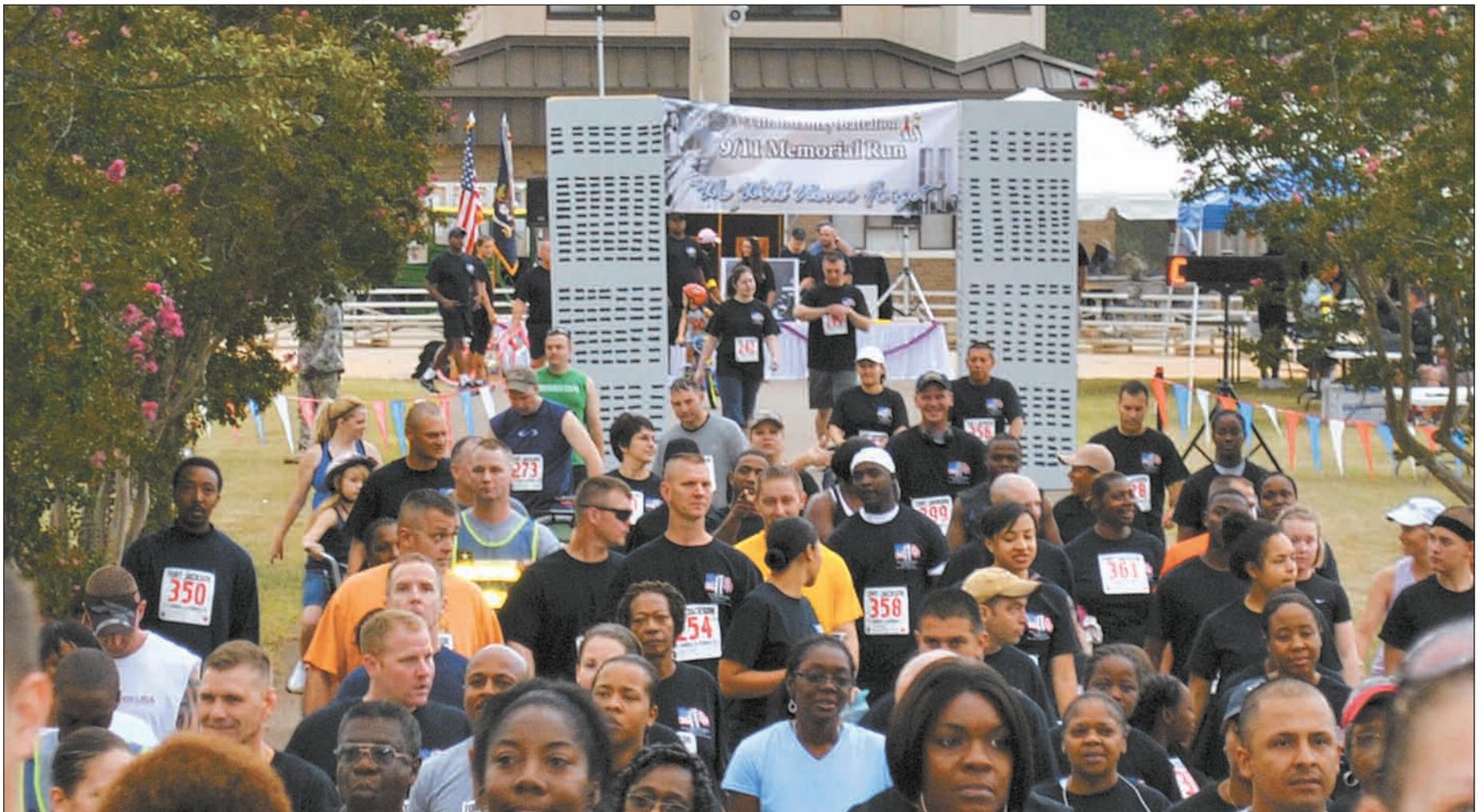


Photo from the 3rd Battalion, 34th Infantry Regiment

Hundreds of runners and walkers passed through a replica of the Twin Towers prior to starting the 3rd Battalion, 34th Infantry Regiment 9/11 Memorial Run Saturday.

Fitness center renovations to begin Monday

From Family and Morale, Welfare and Recreation

Starting Monday, Perez Fitness Center will be closed for approximately 180 days as part of ongoing renovations at each of the post gyms.

The Fort Jackson Department of Public Works and Army Corps of Engineers in conjunction with the Directorate of Family and Morale, Welfare and Recreation will be conducting renovation work to the Perez Physical Fitness Center, Vanguard and Coleman Gymnasiums.

Vanguard and Coleman Gymnasiums renovation work will start immediately after the Perez renovation is completed. The renovation work for all facilities includes roof repairs, new heating, ventilation and air conditioning systems, new doors and windows, new interior lighting and flooring repairs and replacement.

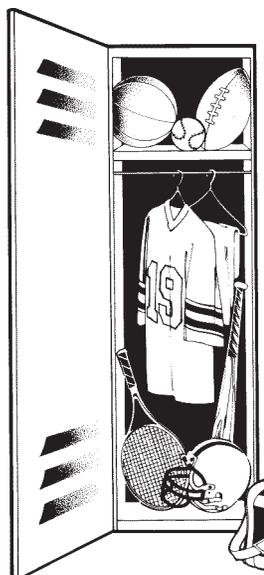
These renovations are being made to provide a better workout environment for

FMWR customers.

“These renovation projects are a necessary and critical improvement to the quality of life of the Fort Jackson Community and will add many benefits to our community

members for years to come,” said Mike Garcia, FMWR.

“We ask for (customers) patience during this project and thank (them) in advance for cooperation as we work to complete these necessary improvements.”



The operating hours of alternate facilities while Perez gym is under construction are as follows:

ANDY'S FITNESS CENTER

Monday - Friday

5 a.m. to 9 p.m.

Saturday

8 a.m. to 6 p.m.

Sunday and holidays

10 a.m. to 4 p.m.

COLEMAN GYMNASIUM

Monday - Friday

5:30 a.m. to 9 p.m.

Saturday, Sunday and holidays

6 a.m. - 2 p.m.

VANGUARD GYMNASIUM

Monday - Friday

5:30 a.m. to 9 p.m.

Saturday, Sunday and holidays

1-8 p.m.

Sports shorts

☐ Letters of intent for active duty flag football are due by noon, Sept. 22 to the Sports Office.

☐ The deadline to sign up for fall tennis is Sept. 29. This active-duty-only league has novice, intermediate and advanced categories.

Golf standings

| Intramural | | Recreational | |
|------------|--------|---------------------------|--------|
| TFM #1 | 2169.0 | Heavy Hitters | 1195.0 |
| 187th | 1815.5 | That's Good | 1040.0 |
| MEDDAC | 1799.5 | Sand baggers | 992.0 |
| TFM #2 | 1746.5 | USASSI | 909.5 |
| 193rd | 1733.0 | TFM | 878.0 |
| Marines | 1660.5 | ICBM | 723.5 |
| TSB | 1576.0 | 369th | 657.5 |
| 3-60th | 1500.0 | | |
| 120th | 1458.5 | *Standings as of Sept. 14 | |
| 4-10th | 1331.0 | | |
| 3-34th | 1245.0 | | |
| 1-34th | 1218.0 | | |
| 2-39th | 943.5 | | |
| 2-60th | 455.0 | | |