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Wedding vows renewed

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The Fort Jackson Leader

Thursday, February 19, 2009 | Published for the Fort Jackson/Columbia, S.C. Community | www.fortjacksonleader.com

Staying Army Strong

Photo by Mike A. Glasch

Sgt. 1st Class Christopher Pry, right, drill sergeant with Company C, 2nd Battalion, 13th Infantry Regiment, stops halfway down Victory Tower Friday to take the oath of reenlistment from his company commander, Capt. John Yungbluth. Pry will reach 14 years of service in March. He reenlisted for an indefinite period of time.

Real deal

Next construction phase set to begin

Susanne Kappler
Leader Staff

Fort Jackson leaders discussed upcoming construction projects at the Real Property Planning Board meeting Feb. 11 in the Post Conference Room.

Among the projects that will get under way in fiscal year 2009 are the construction of a new Basic Combat Training complex off Golden Arrow Road; a dual dining facility for the 2nd Battalion, 60th Infantry Regiment and the 2nd Battalion, 13th Infantry Regiment; two child development centers behind the Youth Services Center; and a new building for SKIES Unlimited, said Joseph Hallatschek, master planner with the Directorate of Public Works.

Topping the list of renovation projects is the post movie theater. Renovations are scheduled to begin soon, Hallatschek said. Repairs to the roof were finished last year, but interior renovations, estimated to cost $1.2 million, were delayed because of lack of funding. The theater has been closed since April 30, 2007.

The three major construction projects currently under way are on track to be completed this year. The Armed Forces Chaplaincy Center is set to be finished in August, followed by the Consolidated Drill Sergeant School in October and the 209-room hotel in spring 2010.

Demolition of old housing units was scheduled to start in January, but was delayed until April because of asbestos abatement, said Emma Watson, RCI director. The delay caused a domino effect, pushing back virtually all other timelines associated with housing renovations, she explained. As a result, new homes are not expected to be completed this fiscal year.

Still in limbo is the future of Hood Street Elementary School. An earlier plan to repopulate the former school was deemed not feasible. The costs associated with the required renovations would have exceeded the appropriated limit. Garrison officials will re-evaluate how to repopulate the building without exceeding the renovation costs limited at $750,000.

The next Real Property Planning Board meeting is scheduled for August.

Susanne.Kappler1@us.army.mil

Commanders' Corner

From the Commanding General

Soldiers take care of their own by supporting AER

Brig. Gen. May

If any of us were to take a look inside ourselves and closely inventory our beliefs that involve Soldiering, we might find the credo of "Soldiers taking care of Soldiers" lodged deep in our hearts.

This inherent commitment of the Army taking care of its own runs parallel with a number of our Army Values and requires no argument in stressing how important it is to all of us.

I make this point this week because we are nearing the launch of this year's Army Emergency Relief campaign.

There is not enough space on this newspaper page to list all the good things AER does here and across the Army. Consider that AER has been answering the call to duty for the past seven decades. It helps Soldiers — both active and retired — and their Families during times of dire need.

AER, which is a private nonprofit organization incorporated during World War II, embraces the sole mission of providing emergency financial assistance to Soldiers and their Families. AER funds are earmarked for a vast number of important reasons.

They are issued for such necessities as food purchases, rent and mortgage payments, utility bills, and emergency transportation in conjunction with emergency leave, as well as emergency vehicle repairs. Funds can also be allocated for funeral expenses, medical and dental bills or personal needs when pay is delayed or stolen.

Funding can also be extended in the form of undergraduate scholarships to the children, spouses, and surviving spouses of Soldiers. This emergency funding does not come from the government, but rather from the generosity of active and retired Soldiers who have chosen to answer the call.

Most donations are received annually during the fundraising campaign. Again, this assistance is made possible through campaign donations, and as we continue to commit Soldiers in support of worldwide operational requirements, the need for assistance becomes greater. During tough economic times, such as the ones we are persevering, we all feel the strain.

If you are able to help contribute to this great cause, please do. Reaching out a hand to someone who is in need is clearly a wonderful gesture.

Last year, for example, AER provided $85 million in total aid to more than 70,000 Soldiers and Families. Here on Fort Jackson, AER disbursed nearly $1.1 million in no-interest loans and grants to Soldiers and their Families. Assistance approved under the Commander's Referral Program continues to lead the categories of financial assistance.

Many of these requests include rent or mortgage assistance and other emergencies. In the referral program, commanders and first sergeants have been empowered to approve AER assistance for up to $1,000 — all of which streamlines the application process and expedites assistance.

AER's campaign here begins March 3 and runs through May 15. I plan to make my pledge early so our Soldiers and Families can benefit.

Army Strong!

Ask the Garrison Commander

Campaign helps Soldiers achieve financial readiness

What is "Military Saves" and why does the Army observe a Military Saves week?

Col. Dixon

Military Saves is a DoD-wide financial readiness campaign to persuade service members and all those affiliated with the military to reduce debt and save money to build wealth. It was launched throughout DoD two years ago. It is part of two larger campaigns — the DoD Financial Readiness Campaign, and the national America Saves campaign.

Military Saves encourages the development of a personal financial plan, the establishment of good credit, saving a portion of each paycheck, enrollment in the Soldier's Group Life Insurance, the Thrift Savings Plan and, if eligible, in the Savings Deposit Program.

While it is an ongoing campaign, the entire military community comes together to focus on financial readiness during Military Saves Week, Feb. 22 - March 1. During this week, Army Community Services will offer seminars to encourage, motivate and educate the community to increase personal savings, decrease debt and develop financial habits that lead to improved personal financial stability and, ultimately, to mission readiness.

This campaign is not a quick fix, a specific savings program or a one-time promotional campaign. It is a long-term, ongoing effort to make real change. Visit *www.militarysaves.org*, look for the pledge link and take the Saver Pledge (I will help myself by saving money, reducing debt and building wealth over time. I will help my family and my country by encouraging other Americans to build wealth, not debt).

If you have taken the pledge, use this week as a reminder to make a AAA check up:

Yearly reminder to "assess" your savings status. "Act" to improve. When you act, act "automatically" — through automatic savings.

For more details on financial seminars offered during Military Saves Week, contact the Financial Readiness Program at 751-5256.

Garrison Fact of the Week

For every 10 years you delay before starting to save for retirement, you will need to save three times as much to catch up. The earlier you start to save, the more likely you are to secure a financially sound retirement.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Army addresses rising suicide rate with action

C. Todd Lopez
Army News Service

WASHINGTON — The number of suicides in the Army has risen again, for the fourth year in a row, and the problem is being addressed with an Army-wide "stand-down" and chain-teaching program.

The Army experienced 128 confirmed suicides in 2008, up from 115 in 2007, said Army leaders during a recent media roundtable. An additional 15 deaths are being investigated as suspected suicides, though Army experts say experience has shown that as many as 90 percent of suspected suicides are eventually classified as confirmed.

"The numbers represent tragedies that have taken place across our Army," said Secretary of the Army Pete Geren. Adding that the Army is doing all it can to address the problem. "Every suicide is a tragedy we take personally in the Army."

The secretary said if the Army is to succeed in counteracting the rising trend in suicides in the service, all components of the Army — including the active-duty, Reserve and National Guard components — must work together and also work with other organizations such as the Veteran's Administration. To facilitate that collaboration, he appointed Vice Chief of Staff of the Army Gen. Peter Chiarelli to lead those efforts.

"We felt it was necessary to have a central figure at the top ranks of the Army to reach across those components and bring about the kind of progress we hope to achieve," Geren said.

Chiarelli said the Army must work quickly to reduce the trend of suicides in the Army, saying that if the suspected suicides did in fact turn out to be confirmed suicides, the Army's rate for suicides would rise to about 20.2 per 100,000 individuals.

"That number is particularly noteworthy, because the last reported numbers from the Center for Disease Control — which lags behind, was 19.2," Chiarelli said. "That's important because the Army has always had a suicide rate quite a few numbers below the CDC rate — the average American rate."

Chiarelli has directed an Army "stand-down" to address the problem, between this week and March 15. During that time, he said, commanders will take time to direct the problem "head on," the general said, adding that the service is prepositioning materials for commanders to use when talking with Soldiers.

The general also said the Army would follow the stand-down with a chain-teaching program — an Army method used to ensure every individual Soldier has been exposed to new material — during the 120-day period after March 15.

"The second thing that is absolutely critical is to reach out to Soldiers and tell them it is not wrong to reach out for help," Chiarelli said. "We have to change our culture."

In the past, he said, it has been a culture in all the military services, that accessing mental health resources was detrimental to a service member's career.

"That is something we have got to turn around," he said. "We are committed to doing that. And that is all leaders —review what they have done in the past, what has helped us in the past — and continue to do those. At the same time, to reach out to their Soldiers and make sure there is no stigma."

The Army's stand-down will include training to help Soldiers recognize suicidal behavior in their fellow Soldiers, as well as teach them techniques to intervene.

While Geren has said the Army is not sure exactly why the numbers of suicides have risen over the last four years, Chiarelli said stress was probably a factor.

"There is no doubt in my mind that stress is a factor in this trend we are seeing," Chiarelli said. He also added that about a third of the suicides were amongt those deployed, a third were among those who had returned from deployment, and a third were among those who have had no history of deployment.

Army leaders also said that traditionally it has been both relationship and financial problems that have contributed to Soldier suicides — and that increased deployment lengths then may contribute to suicides by adding additional stress on families and relationships.

Geren said when tour lengths were increased to 15 months, the Army worked to alleviate some of the stress that would be created between Soldiers and their families by adding additional funding to Army family programs.

"That's when we started trying to hire additional mental health workers, when we started putting additional resources into family support — trying to reduce stress on the families and the stress on the Soldier who is worrying about the family back home," Geren said. "You saw a tremendous reallocation of resources within the Army budget."

Geren said the Army has changed the family support budget from $700 million to nearly $1.5 billion.

"We saw the stress, we recognized it, and we started putting resources to that challenge," he said. "I can tell you, senior leadership knew — we could feel the pressure — and we started moving resources to address those issues."

In October, Army senior leaders signed a memorandum of agreement with the National Institute of Mental Health to conduct a study to get to the root causes of why Soldiers commit suicide.

Under the MOA, the NIMH will conduct research for the Army that will evaluate the many factors that contribute to suicide. The results of the study will be used by the Army to develop strategies to prevent suicides.

The study is expected to last five years, during which time the NIMH may interview Soldiers, their families and their parents. The study will include the active-duty force in addition to the National Guard and Army Reserve.

Patriots then and now

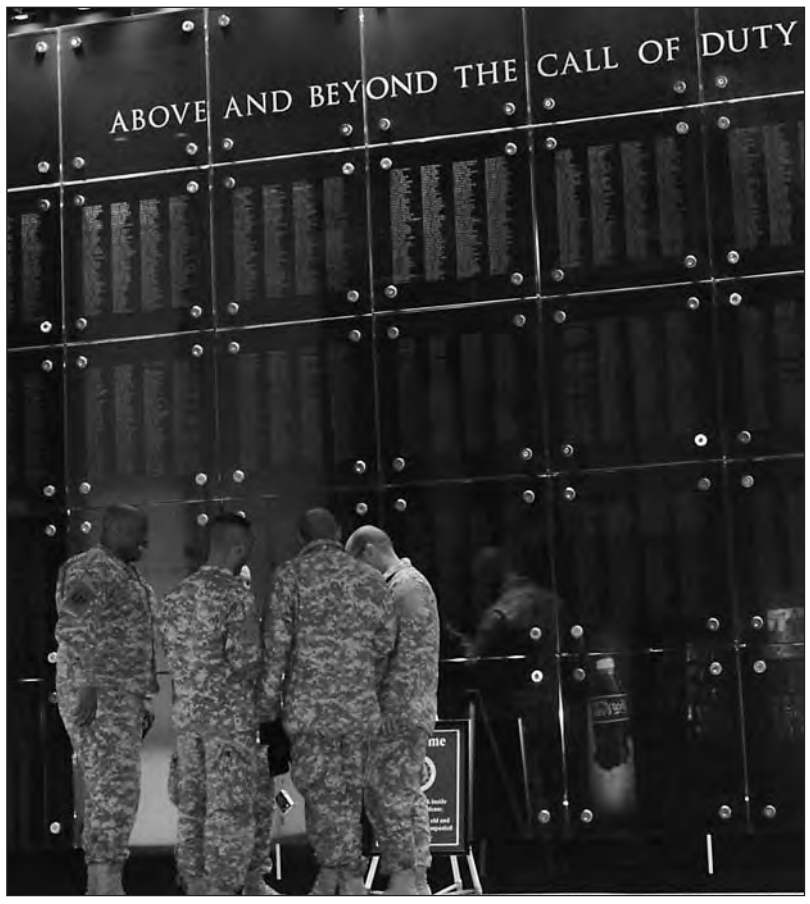

Photo by Capt. Jonathan Engross, 187th Ordnance Battalion

Sgt. Willie Jones, left, leads a group of Soldiers from Company E, 187th Ordnance Battalion on a tour of the U.S.S. Yorktown and Patriots' Point in Charleston. Each graduating class of 09/L students, comprising foreign nationals serving as Army translators, visits Patriots' Point for a lesson in American history.

Sailors spruce up waterways

Courtesy Photo

Sailors and family members from the Navy Expeditionary Combat Readiness Center Detachment at Fort Jackson take a break after participating in the South Carolina Adopt-A-Waterway program. The program, which is part of the Keep the Midlands Beautiful effort, serves the Richland and Lexington counties' waterways by sending two-person teams out to collect trash and other pollutants that could otherwise end up in residents' drinking water.

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Around Post

Tax Center

The Fort Jackson Tax Center is located at 2441 Warehouse Road, at the corner of Essayons Way and Supply Road. The center is open from 9 a.m. to 4 p.m., Monday through Friday.

Tax center staff will accept walk-in clients, but those with appointments have priority. For information, call 751-JTAX (5829).

Closure

Effective immediately, the Lee Road Shoppette is closed on weekends.

National Prayer Breakfast

The annual National Prayer Breakfast will take place at the Fort Jackson NCO Club March 3 at 7 a.m. Soldiers can get tickets through their unit ministry teams in battalions and brigades; civilians and contractors can call the Installation Chaplain Office at 751-7318/3121 for tickets. A donation of $5 is suggested at the door.

New range hours

Because of many requests for extended hours, the Andrew Jackson Rifle Range is now open Saturdays, from 9 a.m. to 1 p.m.

Thrift Shop news

The Thrift Shop is open with new display equipment and new merchandise. It is open Tuesday, Thursday and the first Saturday of the month. Volunteers are always welcome.

Effective immediately, the Thrift Shop will no longer accept any children's items for ages 12 and younger. Items not accepted include toys and clothing. Exceptions are made for sports equipment, bicycles and T-shirts.

Reporting Abuse

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the military police. The 24-hour report line is 751-3113.

Refinancing mortgage worth consideration

Azure Celestine-Brown
Financial Planner

Mortgage rates have dropped to historically low levels in recent months. If you already have a mortgage and wonder if you could benefit by refinancing your home loan, it may be worth a closer look.

Refinancing is a complex process, one that can be costly, as well. You want to be sure that refinancing is right for your circumstances.

The first consideration is whether the terms of a refinanced mortgage are significantly more favorable to you than those on your existing loan.

This might be obvious if you are working with an adjustable rate mortgage where the rate has risen significantly from the time the mortgage originated.

Even the rate on a fixed rate loan (typically 15-year or 30-year loans) might be notably higher than what you could find in the market today.

Refinancing is a more critical consideration if you are having difficulty making payments on your current loan and face the potential of a home foreclosure. In that instance, you should actively seek to refinance your mortgage with a new mortgage provider or talk to your current lender about restructuring your loan.

The big question — is it worthwhile?

Refinancing a mortgage usually comes down to one simple question — is it financially beneficial for you to do so? This requires a few pieces of information, and you must weigh both the immediate and long-term benefits:

What is the new rate that is offered?

You will want to shop around and see what different interest rates and loan terms lenders have to offer. Once you have found a rate that looks attractive, calculate how much you would save in your monthly payment by refinancing at the lower rate.

You can find mortgage calculators and refinancing calculators on the Internet, so you can compare your current house payment (principal and interest) to what the payment would be if you refinanced.

Consider refinancing costs

There are costs associated with a typical mortgage refinancing. These can include:

• Application fee — to cover the initial costs of processing your application

• Title search and title insurance — a legal requirement to verify ownership of the property.

• Appraisal fees — to pay for a new appraisal of the property's value

• Loan origination fees — these typically run about 1 percent or more of the total value of the loan.

Costs can run up to several thousand dollars. In some cases, lenders may waive certain fees, but often when this occurs, the interest rate on the loan is higher.

How long will you live there?

After you determine how much you would save on a monthly payment and how much it will cost you to refinance your mortgage, you will be able to calculate how many months and years it will take for you to come out ahead by refinancing your mortgage.

For example, if the monthly payment declines by $100 and the cost of obtaining the loan was $3,000, it would take 30 months ($3,000/$100 monthly payment) to "break even" on the loan. In this case, staying in the house three years or longer would make it worthwhile to refinance. If you think you may move before that time, it might not be beneficial.

Can you refinance your home?

One of the first issues, due to the decline in housing values over the last two years, is whether the loan you seek is reasonable, given the current market value of your home. A number of homeowners, particularly those who made a purchase with little money down before the housing market collapsed, are finding that that they owe more on their house than its current market value.

In that case, shopping around for a refinancing deal is probably not a realistic option, because you could not obtain a mortgage for more than the property is worth. Alternatively, you may want to talk to your current lender about the possibility of restructuring your loan (keep in mind that the lender has no obligation to do this).

Another issue is whether you will qualify for a loan or be able to obtain the most favorable interest rate. If you have had problems with missed payments or other credit issues in the past, or you recently suffered a job loss, it may be more difficult to obtain a new mortgage.

The primary appeal of refinancing is to reduce your monthly payment and improve your household's cash flow.

A financial professional can help you determine your financial picture and cost-saving techniques.

Military Saves campaign promotes thrift

John Little
Financial Planner

Many people want to be in better shape financially. However, many never get there, because they do not have a plan.

Now is the perfect time to start making changes that will be beneficial for a long time by participating in this year's Military Saves campaign at Fort Jackson.

Military Saves is a DoD-wide financial-readiness campaign aimed to persuade, motivate and encourage military service and family members, as well as the wider military community, to reduce debt and save money each month.

The goal of the campaign is to improve financial readiness and savings rates. This year's campaign starts Sunday and runs through March 1. It focuses on "automatic savings." All active duty, National Guard and Reserve service members, DoD civilians, retirees, veterans, defense contractors and family members are encouraged to participate in this year's events.

This year's Military Saves campaign theme to build wealth and reduce debt could not be timelier. The Under Secretary of Defense for Personnel and Readiness, David S. C. Chu, issued a memorandum titled "Financial Readiness Concerns," in which he outlines deep concerns with the current economic situation and the effects it has on the overall mission readiness of service members.

Military members have solid benefits and steady paychecks and are in a terrific position to save money out of each one of those paychecks. A healthy savings account and low or no debt load is a military family's best approach to challenging economic times.

Military Saves encourages developing a personal financial plan; establishing good credit; saving a portion of each paycheck; enrolling in Servicemembers' Group Life Insurance, Thrift Savings Plan and (if eligible) the Savings Deposit Program.

Part of the Military Saves campaign includes "The Saver Pledge," a commitment to exercise good financial habits and encourage other Americans to do the same. Savers who enroll online and take the pledge at www.militarysaves.org receive electronic newsletters and e-wealth coach advice.

Nothing adds stress to family life like money problems. The goal of Military Saves is to help service members build wealth, eliminate debt, and keep more money in their pocket so they can reduce financial stress and focus on their mission.

For more information on activities planned at Fort Jackson during Military Saves Week, call the Financial Readiness Program at 751-5256.

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Customer Service Corner

The Department of Defense Interactive Customer Evaluation system continues to shape the future of customer service. Since the beginning of fiscal year 2009 in October, Fort Jackson has received more than 9,000 ICE submissions with a current customer satisfaction rating of 94 percent.

ICE's interactive Web site allows customers to submit direct and immediate feedback to facility managers about their products and services.

With the click of a mouse, the system sends comments, suggestions, complaints or compliments directly to the appropriate service-provider manager for review. When customers provide a phone number or an e-mail address and request a response, the manager will contact them directly.

Those who want to remain anonymous may do so, since the system automatically defaults to the generic ICE site IP address and cannot be traced back to the customer. All that is needed is an Internet browser to access the automated ICE system from any computer, any time and any place.

To access the system, community members can log on to *ice.disa.mil/*, click on Army CONUS, then click on Fort Jackson; this will take members to a list of service categories.

After selecting the appropriate category from the list, customers have several options: Click on the info icon to see service provider information such as hours of operation, phone numbers and upcoming events. Click on the report icon to see information regarding that service provider's current satisfaction rating. Click on the service provider link to access the electronic customer comment card and submit comments.

The system can also be accessed from the Fort Jackson Home page at *www.jackson.army.mil/*; scroll down and click the ICE logo. Those without computer access will find the yellow comment cards in many service-provider locations. Fill it out and drop it in any ICE box throughout the installation.

There are also ICE kiosks located at the entrance of the Strom Thurmond Building and the Solomon Center.

Service-provider managers will use the feedback obtained by ICE to continuously review, improve and provide the highest quality service possible. The system automatically calculates customer service ratings each week and reports trend data as well.

These reports are provided to the garrison commander, and the hospital and dental commanders and other directorate or organizational supervisors responsible for each service-provider area.

ICE is sponsored by the Secretary of Defense Quality Management office and is part of the Fort Jackson Customer Management Services.

The primary purpose of ICE is to improve customer service; give the leadership timely information about service quality; and to improve the speed, quality, and quantity of feedback from customers.

Customer input can range in areas of health, housing, recreation, personnel services, shopping, administration, dining, communications, safety and security, travel and transportation. ICE provides another avenue for customers to voice their opinions on what they like and dislike, and to suggest improvements to facility managers.

Questions or comments concerning the ICE system should be directed to the ICE site administrator for Fort Jackson at 751-4926/3425 or by e-mail at *ice@conus.army.mil.*

ICE APPRECIATION

The Garrison congratulates the Directorate of Logistics, specifically Freight Services and the Consolidated Installation Property Book office. They have achieved a 5.0 and a 4.73 percent rating, respectively, in employee/staff attitude of a possible 5.0 throughout a 12 week period.

This is an outstanding performance in customer satisfaction.

Of the highest order

Photo by Mike A. Glasch

Sgt. 1st Class Benjamin Trescott, Victory Support Battalion, is presented with the Order of Saint Maurice award Feb. 12 by his battalion commander, Lt. Col. Richard Smarr. The order, awarded by the National Infantry Association, an honorary military society of the United States infantry branch, recognizes contributions in support of the U.S. infantry community and their operations. The medallion is named after the leader of the Roman Theban Legion.

HEALTH

Great American Spit-out decries use of snuff

COMMENTARY

Brad Taft
U.S. Army Center for Health Promotion and Preventive Medicine

Today is the Great American Spit Out, a day for those who chew tobacco to try going without their nicotine habit or even breaking it for good.

Tobacco addiction is tough. Tobacco takes your cash and takes your health.

Think of what it would be like if you didn't have to buy chew. You could do some fun things like rent movies, eat out with family or friends or go on a vacation with the hundreds of dollars you spend every year on chew.

What about your health? Do you have red spots in your mouth where you hold the chew? Those spots can turn into cancer. Mouth cancer is always ugly and sometimes deadly. What about your breath? OK, I won't ask.

Having a chew used to be cool, and you liked it. But now, tobacco is your enemy. You started chewing tobacco because it made you feel good and you could dip whenever and wherever you wanted to without anyone knowing. But now, you realize that you get edgy when you don't have a dip. If you don't have a chew in your mouth, what used to be easy is difficult. That's nicotine addiction.

According to the DoD's 2005 Survey of Health-Related Behaviors among active-duty military personnel, the use of chewing tobacco is much higher among male Soldiers, at 21 percent, than among civilian males, who account for 4.5 percent of users.

The use is highest for enlisted personnel in ranks private through private first class, who make up 27 percent of users.

According to the Centers for Disease Control and Prevention, a chew of smokeless tobacco delivers as much nicotine as two to three cigarettes and contains 28 cancer-causing agents. Recent TRICARE data shows that chewers have nearly twice the chance of developing oral cancer compared to those who don't chew. Your dentist can tell you the whole story of what chewing tobacco does to your mouth. And you won't like what you hear.

Boredom, trying to fit in with your buddies and wanting to perk up during long duty hours are all reasons you may have started chewing.

Now it's time for you to think about fighting tobacco addiction. Check out the information on the Web sites below. Fight the fight. You are stronger than addiction to chewing tobacco. Be strong — Army Strong! Guides for quitting smokeless tobacco use are available at:

The National Institute of Dental and Craniofacial Research, *www.nidcr.nih.gov/OralHealth/Topics/SpitTobacco/SpitTobaccoAGuideforQuitting.htm;* and at the American Cancer Society, *www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smokeless_Tobacco.asp.*

PTSD, ASD — symptomatic differences determine diagnoses

Maj. Richard Barton
U.S. Army Center for Health Promotion and Preventive Medicineg

Post Traumatic Stress Disorder is an anxiety disorder that can appear after a person has witnessed or experienced an event they perceive as traumatic.

Common signs of PTSD are persistently experiencing the event through dreams or flashbacks, avoiding events or situations that are similar to the event, increased anxious feelings, and significant impairment of social, occupational or personal functioning.

When these symptoms continue in combination beyond a month, those combinations of symptoms could be PTSD.

People who witnessed or experienced childhood or adult physical, emotional or sexual abuse; assault; an auto accident; or a near-death experience may also experience PTSD-like reactions. Firefighters and police officers who place themselves in harm's way may have reactions that are similar to PTSD.

Service members who are involved directly or indirectly in combat or deal with the results of combat actions may have experiences that lead to reactions similar to PTSD.

Reports of combat reaction have been identified since the 6th century, B.C.

In 490 B.C., the Greek historian Herodotus, in recording the Battle of Marathon, described PTSD-like reactions in an Athenian soldier.

During the Civil War, these reactions were called "soldiers' heart." In World War I, PTSD was labeled "shell shock." During World War II, it was called "battle fatigue," and in the Korean War, it was titled "operational exhaustion."

Through the efforts of the Department of Veterans Affairs, identification of specific symptoms and the use of the term PTSD began during the Vietnam War.

Most people exposed to a traumatic event experience some level of acute stress reactions, or Acute Stress Disorder.

These reactions are similar to PTSD, however the length of time and continued intensity distinguishes one from the other. ASD lasts between two days and four weeks. Reactions that are lesser in intensity and length are commonly referred to as combat reactions.

Contributing factors that can lead to PTSD are reduced levels of sleep due to dreams or agitation (frequently called hyper-vigilance) that may lead to sleep deprivation and the misuse of alcohol to manage reactions.

Increased alcohol tolerance can magnify the potential for addiction. Studies have shown that excessive alcohol use will adversely affect sleep patterns, multiplying the impact of sleep deprivation.

Overall, people with combat reactions, ASD or PTSD can learn to identify and manage their reactions successfully. For those who have, the common factor is that they acknowledged and accepted their situation and did something about it.

If after 120 days of post-deployment, there is not a significant improvement in sleep or a decrease in combat reactions, a person should seek assistance from a primary-care provider.

A person might also search out another health-care professional, such as a behavioral health officer or chaplain. The site *www.militaryonesource.com*, also offers resources. Any of these should be able indicate the right direction.

MACH updates

Cataract evaluations

The Moncrief Army Community Hosptal Ophthalmology Clinic will be conducting quick cataract evaluations Feb. 27 for all beneficiary categories, including active duty family members, retirees and retiree family members of all ages.

Contact the clinic directly at 751-5406 to schedule an appointment. One does not need a referral to call for an appointment.

Canceling appointments

A designated phone number allows MACH patients to cancel appointments after hours. For after-hours cancellations, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (3723) to cancel an appointment.

TRICARE Prime

The TRICARE Service Center has moved to the 10th floor. Offices for the Exceptional Family Member Program and Educational and Developmental Intervention Services have moved to the 10th floor.

Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment around the clock at *www.tricareonline.com* or *www.moncrief.amedd.army.mil.* For more information, call 751-2752.

Online Formulary

The Department of Pharmacy has provided an online formulary, which can be viewed at *http://www.pharmacyonesource.com/fos/default.asp?L=69557&g=1*.

This formulary can be printed and taken to the doctor to make sure that MACH carries a specific medication.

Pharmacies open on Saturdays

On-post pharmacies are open Saturdays for customer convenience. The main hospital pharmacy is open from 7:30 a.m. to noon, and the refill pharmacy is open from 9 a.m. to noon. For refills, call toll-free (866) 489-0950; 751-2250; or visit *http://www.moncrief.amedd.army.mil*.

Helpful Information

Reach MACH toll-free at (877) 273-5584 or at 751-CARE (2273), or visit *www.moncrief.amedd.army.mil.*

Medical Records

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

YEAR OF THE NCO

The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as "the backbone of the Army." I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

NCO spotlight on ...

Rank, name
Sgt. 1st Class Clara Walters

Unit
Company C, Training Support Battalion

Job title / Military Occupational Specialty
Senior platoon sergeant / 42A Human resources specialist

Years in service
13 years

Marital status
Married for 11 years with three children

Highest education
Bachelor's degree; currently working on a Master's in Education

Hobbies
"Reading and spending time with the kids."

Photo by Daniel Terrill

Sgt. 1st Class Clara Walters serves as a senior platoon sergeant with the Training Support Battalion.

• • •

In the 13 years Sgt. 1st Class Clara Walters has served, she spent one year in Iraq.

She has been stationed at Fort Bragg, N.C., Fort Irwin, Calif., Fort Sill, Okla., Germany and here.

Her fondest memory during her career is meeting her husband, Master Sgt. Marvin Walters, who is currently deployed.

When she was stationed at Fort Sill, an officer she served with changed her whole outlook on the Army.

"He made me real knowledgeable in a way. He kept me on my feet," she said and added, "He showed me I always needed to know where I got my information from because someone will always ask."

Soon Walters will earn a Master's degree in Education.

She said that eventually she plans to retire from the Army and watch her daughters grow up.

She encourages junior Soldiers to think beyond the present.

"Don't just settle for the here and now. Always strive for the next level. Always strive for higher."

We salute you!

FEATURE

Soldier jumps from parachute to pulpit

Daniel Terrill
Leader Staff

Ask student Chaplain (1st Lt.) Uche Iheke about his experience in jump school and he will tell you about providence.

Providence, said the 37-year-old Iheke, means God is preparing one for an unknown future.

He said providence led him into priesthood, to Germany where he was introduced to the Army. It put him on the path to become an Army chaplain and it brought him through the additional training of jump school.

"The things I go through in my life, at the end of it all I fully see that there was a reason," he said.

Although he entered Basic Combat Training at Fort Benning instead of Fort Jackson because of a miscommunication, there he gained an opportunity to share experiences with the Soldiers he serves, he said.

He did all the same training as BCT Soldiers, he said. But that too served him well.

"I know a little bit more about real Soldier life. I do believe in one way or another it will help me," Iheke said.

The Army chose his Military Occupational Specialty as a combat medic until his drill sergeants discovered, six weeks into his training, that he was a Catholic priest, said Chaplain (Lt. Col.) Leon Kircher, who was Iheke's chaplain in BCT.

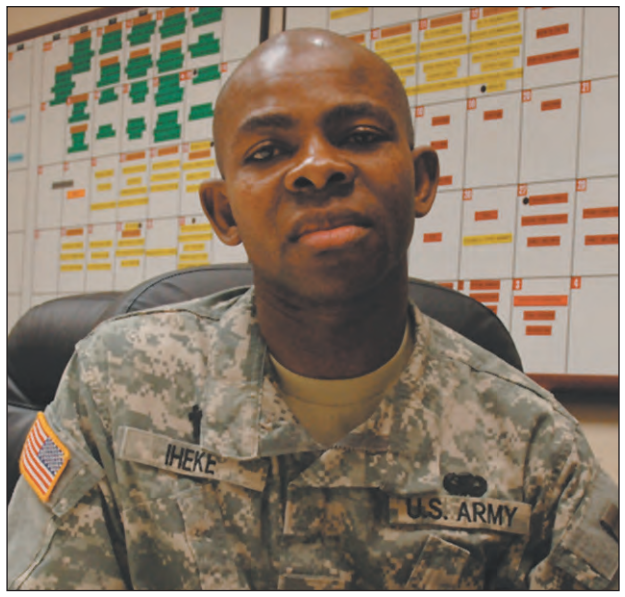

Photo by Daniel Terrill

Chaplain (1st Lt.) Uche Iheke's path to becoming an Army chaplain led through jump school.

When Kircher found out Iheke was an experienced priest, he realized an administrative error had placed him in the wrong environment. Iheke needed to be a chaplain, Kircher said. "He's the kind of priest we need in the Army."

Iheke graduated BCT and was placed on administrative hold to await his endorsement as an Army priest. In that time Iheke worked for Kircher as a chaplain assistant.

Four months later, Kircher and his commander's assignment at Fort Benning came to an end. Kircher feared the next commander would not be as understanding of Iheke's situation and might not see his transition to the chaplaincy through. To avoid that possibility, they sent Iheke to jump school, Kircher said.

"It's not about jumping, it's about attitude. Any chance I get, I send chaplains and chaplain assistants there. (Iheke) had no trouble. He got assigned to the 82nd Airborne (Division) as a chaplain assistant," Kircher said.

Iheke summed up his experiences at BCT, jump school, chaplain assistant school and chaplain school. "They are all building blocks for something coming. It is all providence."

Iheke graduates from the U.S. Army Chaplain Center and School April 3 and then leaves for his first duty station in Korea.

Daniel.Terrill@us.army.mil

Serve in the Military as a Federal Agent!

Become a CID Special Agent, conduct felony investigations, provide executive protection for DoD leaders and help safeguard the community at home and U.S. Soldiers worldwide.

Training Opportunities:
FBI National Academy
Metropolitan Police
Academy of Scotland Yard
Canadian Police College
Protective Service
Crisis/Hostage Negotiation
Masters of Forensic Sciences
Computer Crimes
Weapons of Mass Destruction
Crime Scene Processing
DoD Polygraph Institute
Counter-Narcotics
Economic-Crimes

Primary Requirements:
- Minimum age of 21
-Maximum grade of E-5 (non-promotable) MPs now maximum of E-6
– Minimum of two years of military service but not more than 10
- Minimum of 60 college credit hours from an accredited institution (May waiver to 30 hours) (MPs now minimum of 15 credits)
- Minimum ST score of 107 or higher
- Pass the APFT and meet AR 600-9 standards.
- Must possess a valid driver's license
- Ability to speak and write clearly
- Must qualify for a Top Secret clearance
- No civil court or court martial convictions
- No record of unsatisfactory credit
- Contact your local CID office for additional and updated prerequisite information

For more information call contact
SA Jennifer SKUTA
(803) 751-7664/7665

Or visit our web site at
www.cid.army.mil

FEATURE

Valentine's couples say, 'I do' –– again

Susanne Kappler
Leader Staff

Traditionally, couples profess their love on Valentine's Day through cards or gifts. But for 11 Fort Jackson couples, the day took on a special meaning this year.

The couples renewed their wedding vows in a ceremony at the Main Post Chapel. The service was officiated by Chaplain (Maj.) James E. Smith Jr., the installation's Family Life Chaplain.

"Valentine's Day fell on a Saturday and it was just the most appropriate time for this type of event," said Smith, who had organized similar ceremonies at previous duty stations, but never before on Fort Jackson.

For some couples, this was a chance to make up for a less festive "original" wedding.

"We didn't have a wedding at first," said Bridget Thomas, who bought a traditional wedding dress for the occasion. "We got married by a harmonica-playing judge."

Staff Sgt. Jason Garrison, a drill sergeant with Company D, 1st Battalion, 13th Infantry Regiment, and his wife Jennifer, a former Soldier, share a similar story.

"We got married on our lunch break," Jennifer said. "We were both in our Battle Dress Uniforms. We were supposed to have the day off, and it didn't happen, so we just went to the courthouse and got it done. We never had a real wedding, and that's why we decided to get our vows renewed."

For others, the event was a chance to confirm their bond despite the struggles of military life. Staff Sgt. Kwesi Morgan, a drill sergeant with Company C, 3rd Battalion, 60th Infantry Regiment, approached his wife Wkeia about renewing their vows.

"With the job I have as a drill sergeant, you spend (a lot of) hours away," Kwesi said. "I only have nine months left, so I wanted to start all over again."

Wkeia immediately took to the idea.

"I was excited," she said. "It's been hard with him working 16 to 18 hours a day. I feel like the last year or so he hasn't been there because of his job."

One Soldier traveled more than 1,000 miles for the ceremony. Sgt. 1st Class Terrance Batts, formerly with the 120th Adjutant General Battalion (Reception), visited his wife Hal and their two children in Columbia from his new duty station in Fort Riley, Kan.

"It's a sense of renewal for our relationship, first and foremost through Christ," Batts said. "We're changed people since the first time we got married. We can see the transition in our lives through our children."

Batts also has a special bond to Smith who married the couple 10 years ago at Fort Hood, Texas.

"This makes this even more special, because they're still together through all of the ups and downs that normal couples go through," Smith said. "And here they are at Fort Jackson; and I get a chance to renew their vows. That was great."

Smith said he feels that the renewal of wedding vows can reaffirm a couple's commitment despite the stress and routine of everyday life.

"Being in the military adds another layer of stressors," he said. "This ceremony is about families — and strong families make a strong Army. This is just another thing to make the family a little stronger."

Susanne.Kappler1@us.army.mil

Photos by Susanne Kappler

Above: Wkeia Morgan and her husband, Staff Sgt. Kwesi Morgan, light the unity candle after renewing their wedding vows in a ceremony Saturday at the Main Post Chapel. Left: Staff Sgt. Paul Joseph, 120th Adjutant General Battalion (Reception), and his wife Veronica walk beneath a shield of sabres at the end of the ceremony.

FMWR

Great wings, legs start off March activities

Theresa O'Hagan
Family and Morale, Welfare and Recreation

Fort Jackson is looking for the best wings. Do you have the best wing recipe?

Enter the Fort Jackson Wing Cook-Off March 7, from 11 a.m. to 3 p.m. at Oyster Point, adjacent to the Officers' Club.

Teams must register by Feb. 27. Registration forms, official rules and information can be picked up at the Fort Jackson Officers' Club, which will be hosting the event.

Teams will receive 20 pounds of wings for cooking, free from the Officers' Club.

Upon completion of the event, each team will get two T-shirts and a post-contest rebate of the $50 entrance fee. Space is limited, so teams are encouraged to enter early.

Prizes will be awarded for People's Choice, Showmanship and Best New Flavor. Military units have a special category of Best Unit. The winning unit will receive unit funds.

Do you have a great pair of legs? Enter our Hot Legs Competition, which is open to men and women, and just strut your stuff across our stage. Just keep it appropriate; this is a family event.

Please wear fingertip-length shorts or skirts to enter the Hot Legs Competition. Bring your friends because the crowd decides who has the best legs.

If you love wings but don't cook them, come for the food, fun and music.

A local bluegrass favorite, the Black Bottom Biscuits, will play from noon to 3 p.m.

Formed in 2002, the Black Bottom Biscuits draw from bluegrass, country and rockabilly roots to forge their distinct sound.

The Black Bottom Biscuits play and sing songs that tell stories about the people and places they love and the things they have done and seen featuring music with a country heart and a Southern soul.

The band consists of founding members Arnie Jones, Van Abernathy and J.D. Holt on guitars, mandolin and bass. There is also a rotating cast of supporting musicians adding Dobro, lap steel, banjo and harmonica to the mix.

The group has opened shows for national and regional acts such as Sam Bush, Nickel Creek, Southern Culture On The Skids, Drivin' & Cryin' and Julie Roberts.

In 2005, the band appeared on ETV's program Bluegrass Express, which was broadcast statewide. They have been interviewed twice on ETV radio's Walter Edgar's Journal.

This event is free. Food and beverage will be available for purchase.

Teams may set up as early as 7 a.m. Set-up must be complete by 9 a.m.

Cooking must be complete by 11 a.m. Judging will take place at 11 a.m.

For more information, or to register, call 782-8761.

Today

Visit the **Officers' Club** for delicious specials or the buffet.

Visit **Century Lanes** for food, fun and bowling.

Magruders Pub is open for lunch for family members noon to 4 p.m., Thursdays.

Friday

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magruders Club** from 9 p.m. to 3 a.m.

The club is located in the back of Magruders Pub. The cover charge is $3 for military and $5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers' Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers' Club is open to everyone.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is $3 for military and $5 for civilians. The event features live broadcasts from the BIG DM 101.3 with giveaways, 9:30-11 p.m.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club. This Sunday, bring the children for a special children's buffet and craft activities.

Enjoy **Family Day at the Youth Center,** 2-6 p.m.

Monday

The **NCO Club** presents a **full lunch buffet,** featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m., for $7.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magruders Pub.

The **Spring Sports Spectacular** offers a free skills session in soccer, 5-7 p.m. at the Youth Sports complex.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magruders Club** at 7:30 p.m. Cover charge is $3 for military and $5 for civilians.

Visit the Officers' Club for a **Mongolian BBQ Lunch Buffet**, from 11 a.m. to 2 p.m.

Ongoing Offers

• The **Armed Forces Vacation Club** offers resort accommodations for two to six people for less than charged by most hotels.

A week's stay, without membership, enrollment or annual fees, costs $329.

While most availability is during off-peak travel seasons, there are a wide variety of great destinations and times available.

For full details and samples of resort availability, call (800) 724-9988 and mention that you are a first time AFVC caller, with installation number 164.

• The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is $7 for adults and $3.75 for children 4-10 years old.

• The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions. The lunch buffet is from 11 a.m. to 2 p.m. Diners need not be Officers Club members or officers. For club membership information, call 782-8761.

• The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is $7 for adults and $3.75 for children ages 4-10 years old.

• Play **Victory Bingo** every Tuesday 6:30-10:30 p.m. and win up to $25,000 in prizes.

Other attractions

• Enjoy resort accommodations for two to six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988.

Be sure to say you are a first-time Armed Forces Vacation Caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

more information on available discounts.

• **Victory Travel** has discount tickets to Disney World, Riverbanks Zoo, Sea World, Busch Gardens in Tampa, Fla. and Williamsburg, Va., the Biltmore House and Gardens and the South Carolina State Museum.

Other special offers for the following dinner shows and other attractions are:

Myrtle Beach: Dixie Stampede, Country Tonight, Grand Illusions, Grand Ole Opry, Ryman Museum, Rainforest Adventures, Ripley's Aquarium and the Palace Theatre.

Tennessee: Dixie Stampede, Country Tonight, Grand Illusions, Grand Ole Opry, Ryman Museum, Rainforest Adventures, Ripley's Aquarium, Ripley's Believe It or Not, Ripley's Haunted Adventure, Ripley's Moving Theatre.

Child and Youth Services

• **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share.

The Army makes no profit, but funds the difference in what is paid and the actual cost of child care. For more information, call 751-4865.

Child and Youth services provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve parents during Battle Training Assembly.

Child and youth programming is also available for other parents who need the services at an hourly or daily rate.

All users must first be registered with Child and Youth Services. Registration is free to eligible users through Army Family Covenant funding.

All centers are open from 5 a.m. to 6 p.m. Registration is held at the Joe E. Mann Community Center, Bldg. 3392 Magruder Avenue.

Call 751-4865 to schedule an appointment. Youth centers are located on Fort Jackson and are separated by the child's age as follows:

Scales Avenue Child Development Center is for children ages 6 weeks through kindergarten. Call 751-6221/6230.

School Age Services Program is for children in grades 1 through 5. Call 751-1136/6387 for information.

Middle School and Teen Program at the Youth Center for grades 6 through 12. Call 751-3977/6387 for information.

Child Development Homes on Parker Lane for ages 6 weeks through 12 years. Call 751-7169/7170.

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This Week

OCS board

The Directorate of Human Resources, Adjutant General Division, will convene an Installation Officer Candidate School Board on Wednesday. OCS packets (originals, plus two copies) are due to the Personnel Operations Work Center, Room 211 in the Strom Thurmond Building, by Wednesday. For more information, call Don Johnson at 751-5763.

Temporary hours change

The Thomas Lee Hall library will have restricted hours of operation today. The library will open 5-8 p.m. The library will resume normal operating hours tomorrow.

ACS events

A **Financial and Relocation Permanent Change of Station** brief will be held 8:30-10:30 a.m. today at the Education Center, Room B302.

The **Positive Parenting** class is held 2-4 p.m., Feb. 19 at the Joe E. Mann conference room. The next **Play Group** will be held 10-11:45 a.m., Feb. 23 at 5615 Hood St.

ROCKS meeting

The James Webster Smith Chapter of the ROCKS Inc. will hold its monthly meeting at 5:30 p.m today at the Post Conference Room.

All ROCKS and prospective ROCKS are invited to attend. Monthly ROCKS meetings are held on the third Thursday of each month. For more information, call 751-1898.

Upcoming

Spouse Sponsorship Training

Spouse Sponsorship Training will be held 9-11 a.m., Feb. 25, at 5615 Hood St. Participants must register to attend. To register, call Malissa Welch at 751-5458.

Vehicle Registration hours

The Vehicle Registration office in the Strom Thurmond Building will close for lunch, weekdays 1-2 p.m. During that hour, the Directorate of Emergency Services will offer vehicle registration. For information, call Byron Jones at 751-6834.

Wing cook-off

Family Morale, Welfare and Recreation is holding a Wing Cook-Off March 7, from 11 a.m. to 3 p.m. at Oyster Point, adjacent to the Officers' Club. Teams must register by Feb. 27. For information, call Theresa O'Hagan at 751-6990 or call the Officer's Club at 782-8761.

Physical security class

A consolidated physical security class will be held 9-11:30 a.m., March 4 at the 1st Battalion, 34th Infantry Regiment's Neiman classroom, in the main headquarters building.

The class will include key control, crime prevention and weapons awareness.

For more information, call 751-6019/2550/2006 or 7076.

Employment Readiness

Army Community Services will host Employment Readiness Program Orientation March 4 and 18 from 8:30 a.m. to noon at the Strom Thurmond Building, Room 222. Participants must register to attend. For more information or to register, call 751-5452.

Federal employment

The Steps to Federal Employment workshop will be held 8:30-11:30 a.m. March 25 at the Strom Thurmond Building, Room 222.

Participants must register to attend. For information or to register, call 751-5452.

Entertainers wanted

Recruitment is under way for U.S.A. Express, the Army Entertainment Division's deployable musical performance group.

For information and qualifications, go to *www.armymwr.com/portal/recreation/entertainment/usaexpress/*.

Eagle achievement

Courtesy photo

Josh Comish, 17, stands in front of a row of crape myrtles he planted on Marion Boulevard and Early Street as part of his Eagle Scout project Saturday. Comish is a member of Boy Scout Troop 176. The scouts planted 40 trees and dedicated each to a fallen service member from South Carolina.

Lessons well taught

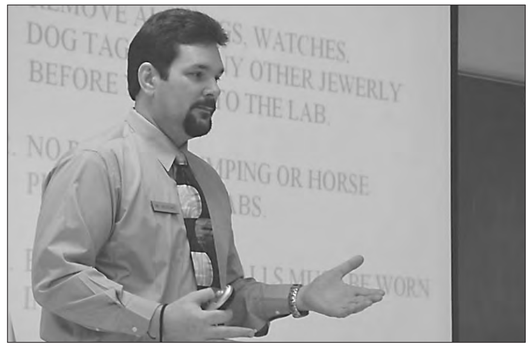


Photo by Daniel Terrill

Instructor Kelly Bieschke gives an introduction to the second course at the Wheeled Vehicle Mechanic School. Bieschke was named the 187th Ordnance Battalion's Instructor of the Year.

Announcements

Fort Jackson Thrift Shop

The Fort Jackson Thrift Shop will no longer hold its 10 cent blowout sale. The shop will still be open the first Saturday of each month, and there will still be sales.

WorkKeys

ACS Employment Readiness is offering free WorkKeys preparation classes and assessments. The classes are March 3 from 9 a.m. to noon, March 10, 17, and 24 from 9 a.m. to 1 p.m. and April 2, from 9 a.m. to 12:30 p.m.

In order to get a career-readiness certification, one must attend all sessions. WorkKeys is a portable credential that easily moves to employment opportunities across the nation.

The class is open to all active duty Soldiers, retirees and family members. Registration is mandatory for all who want to attend. Call 751-4862 to register.

Financial readiness training

Self-paced computer-based financial readiness training is available to all registrants via the Lifelong e-Learning Center. Go to *www.myarmylifetoo.com* to take the course. To speak to a financial readiness caseworker, call 751-5256.

New Safety center Web site

The U.S. Army Combat Readiness/Safety Center has launched a new Web site, which can be found at *https://safety.army.mil*.

Financial planning help

Army Community Service has three certified financial planners available from 8 a.m. to 5 p.m., Monday through Friday to help Soldiers, retirees and family members with free and confidential advice. To make an appointment, call 751-5256.

Early hours for Car Care Center

The Fort Jackson Car Care Center will open at 7 a.m., instead of 8 a.m., for a 120-day trial period to help customers.

FMWR key fobs

Family and Morale, Welfare and Recreation is offering key fobs for patrons of FMWR exercise facilities for easier access.

Soul Line dancing

A new Soul Line dancing session is under way. The cost is $4 per class or $20 per month for a membership, which includes access to all aerobic classes.

Dance classes are offered Tuesdays and Fridays. For more information or to register, call 751-4893/5317.

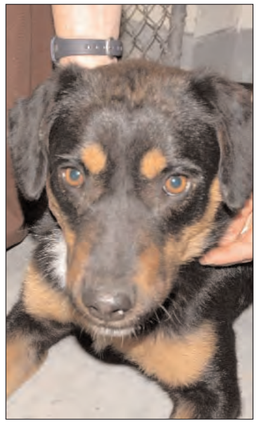
DOVE Connection

A DOVE Connection lunch and learn empowering women is set from noon to 1 p.m., the third Tuesday of each month at 5615 Hood St., Room 10.

For more information or to register, call 751-6303.

COMMUNITY HIGHLIGHTS

Looking for a home



Photos by Susanne Kappler and Daniel Terrill

This 4-year-old black male cat and 10-month-old mixed-breed female need homes. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Housing area traffic changes

Demolition and construction is currently taking place. Roads will be closed and redirected. Changes include:

Howie Village — Furman Smith Road at McLeod Court has been changed to two-way traffic.

On-street parking will not be allowed from that point on. Overflow parking will be available in McLeod Court. Furman Smith Road off Lee Road will be redirected to Semmes Road and Knight Avenue.

Pierce Terrace 2 — Owens Road between Mills and Willett roads is closed, including Wells and Yarbourgh courts. Pedestrian and vehicular traffic is available off Willet and Chesnut roads.

Pierce Terrace 6 — Mills Road from Brown Avenue to Imboden Street is closed, including Batson and Boone courts. Also closed are buildings 5717, 5719, 5721, 5723, 5729 and 5751. Imboden Street is open to pedestrians and motorists.

Bradley Court and Building 5790 — This area is fenced off. Brown Avenue is open to pedestrians and motorists.

Family Child Care Web site

The Family Child Care Web site, *www.armyfcc.com*, offers installation program information about FCC for the general public. Interested parents may visit CYSS Central Enrollment or the FCC office to request a password to view FCC provider profiles.

EO Training Web site

The Equal Opportunity Training Proponent has launched EO Net. EO Net provides one-stop shopping for EO information and training material.

The site is available for anyone with a valid AKO account.

For more information, visit *https://www.us.army.mil/suite/page/463396*

Motorcycle safety training

To operate a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post.

The BRC is a two-day course offered weekly. The Safety Office also offers an optional Experienced Rider Course.

All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

Military OneSource

The Military OneSource call center is open around the clock for military personnel and family members. Call (800) 342-9647 or visit *www. militaryOneSource.com*.

$2K referral bonus offered

Soldiers, U.S. Military Academy cadets, ROTC contracted cadets, members of the Future Soldier Training Program, Army retirees and Department of the Army civilians can earn $2,000 for referring their acquaintances to Army and Army Reserve recruiters.

For more information, visit *www.usarec.army.mil/support/bonus_program.htm.*

Individual resume class

The Employment Readiness Program is offering Resume Writing for Beginners individual classes.

Call 751-5452 for more information.

Post family housing landscaping schedule

Housing residents are reminded of the weekly landscaping schedule:

Mondays — Pierce Terrace 1 and 2.

Tuesdays — Pierce Terrace 3 and 4;

Wednesdays — Pierce Terrace 5 and 6.

Thursdays — Howie Village and Pershing area.

Fridays — Pierce Terrace 7 and rain day make-up.

Residents should ensure the yard is clear of any obstacles that may prevent mowing, weeding and edging.

ChildFind Early Childhood Screenings

Parents who live on post and have concerns about their children's development regarding speaking, thinking, moving, social and emotional skills or daily living skills can schedule a ChildFind screening appointment for possible special education services. For more information or to schedule a screening, call 782-1772.

BGC Midlands –– Before school and After School Care

Boys and Girls Club of the Midlands, through the Army School Age Programs in Your Neighborhood (ASPYN) initiative, offers care for children of Soldiers and authorized civilian employees who have early morning schedules.

This care begins at 5 a.m. at Killian Elementary School. Children will be transported to other schools by bus.

The cost of care is the same as before-school care on post and is based on total family income. After School Care enrollment is ongoing, and weekly fees range from $12 to $34, also based on total family income. Both programs are open to military and civilian employees.

For locations, times or more information, visit *www.bgcmidlands.org* or call 231-3300 or 751-6150.

To register, call the Boys and Girls Club of the Midlands at 252-9578.

After School Program in Your Neighborhood

The Boys and Girls Club of the Midlands has partnered with Army Child and Youth Services to bring quality programs to elementary schools in your neighborhood. Programs being offered are after-school care, summer camp and before-school care.

For more information, visit *www.bgcmidlands.org* or call, 231-3300.

Fire Prevention –– Test, Inspect

The Fire Prevention Office reminds family housing residents to test and inspect the smoke detector, carbon monoxide detector and stove top fire suppression system monthly.

To test the detectors, hold in the test button until the alarm sounds. To test the suppression system, verify the needle is in the green, the pin is not in the extinguisher and there are no obstructions around the cables and the pulley.

If the alarm does not sound or if there is a problem, contact the housing maintenance office immediately at 787-6416 for replacement. For any questions, call 751-1610/5239.

VSB awardees

Photo by Mike A. Glasch

Ten Soldiers from Victory Support Battalion were honored during an awards ceremony Feb. 12 a the Joe E. Mann Community Center. Honorees included the battalion's NCO and Soldier of the Quarter and its NCO and Soldier of the Month.

27" WEB
CMYK

CHALKBOARD

South Carolina programs help prevent school violence

Keisha McCoy-Wilson
Army School Liaison Officer

School violence is a very serious problem. Both the local school administration and federal government are taking notice of it.

In 1999, former South Carolina Gov. Jim Hodges, state superintendent Inez Tenenbaum and former state attorney general Charles Condon established the South Carolina Safe Schools Task Force.

In an attempt to address school and community safety issues, Congress passed several laws to deal with school violence. Among those is the Safe School Act of 1994.

Under this law, the Department of Education would provide grants to school districts that have a high concentration of school violence in an effort to reduce violent behavior.

The Safe and Drug Free Schools and Communities Act of 1994 gives the Department of Education the ability to provide grants to states to help prevent violence and use of alcohol and drugs in and around schools.

The Family and Community Endeavor Schools Act and the Community School Youth Services and Supervision Grant Program of 1994 allows the Department of Education and the Department of Health and Human Services to provide grants to promote development of at-risk children in poor and high-crime communities. Programs such as homework assistance, educational assistance, social and athletic activities are just a few organized under this law.

According to experts, school violence prevention programs can be grouped in three categories:

— School management based programs, which focus on the overall behavior of the student;

— Environmental modification, which concentrates on changing a student's violent behavior by changing his or her social or physical environment and;

— Educational and curriculum-based programs, which emphasize teaching behavior management skills and non-violent conflict resolution techniques to students.

For information about Safe Schools, visit *www.ed.sc.gov/agency/innovation-and-support/youth-services/old/ssys/save_schools/.*

Fort Jackson Schools

— **Today**: School board meeting; C.C. Pinckney Elementary School; 4 p.m. School schedule and hours for next year will be discussed. Parents are welcome.

— **Tomorrow**: Chick Fil-A on Decker Blvd.; 5-8 p.m.

— **Feb. 27**: Is the last day for yearbook orders.

Richland District One

— **Feb. 24:** School board meeting at A.C. Moore Elementary School; 7 p.m. Parents are welcome.

— **Feb. 25:** Delayed start for high school.

In the event of early dismissal days, elementary schools will let out at noon; middle schools will let out at 1 p.m.

On delayed start days, high schools will begin at 10 a.m.

For information about Partners in Education in Richland District One, or to find out how to get involved, call Nathalie Gregg at 318-3005.

Richland District Two

— The next inclement weather make-up day is March 13. For more information, log onto *www.richland2.org.*

Fort Jackson Homeschoolers

A **get-together** for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

SKIES

SAT Prep classes have begun. Register at CYSS Central Enrollment Office. For more information, call 751-6777.

Announcements

Partnerships in Education is revising the **local action plan**, which serves as a guide for schools in helping new students. Parents of middle and high-school students who want to provide input may do so Feb. 17 at the Officers' Club. Parents of students of all grades may provide input March 24 at the Officers' Club. For more information, call 751-6150.

Adopt-a-School is a program that encourages Soldiers to volunteer in local schools. Units or individual Soldiers may complete volunteer activities at schools on a one-time or a regular basis, with supervisor approval for use of mission time. High performing units will earn awards quarterly. For more information, e-mail *Ruth.C. Russell@us.army.mil* or *Keisha.Mccoy-Wilson@us.army.mil.*

The **Operation Graduation** program is looking for high-school seniors who will have one parent deployed during their graduation ceremony and would like to arrange a live webcast for the deployed parent. For more information, call 751-6150.

Scholarships

The **Daughters of the American Revolution, National Society** awards multiple scholarships to students who show dedication to the pursuit of degrees in diverse disciplines, including history, law, nursing and education. To get an application, send a self-addressed, stamped business-size envelope to Committee Services Office, Attention Scholarships, 1776 D Street, NW, Washington, D.C. 20006-5303. Following are the scholarships currently offered.

Application deadline for the **Nellie Love Butcher Music Scholarship** is April 15. This is a one-time scholarship given annually to one music student who is pursuing an education in piano or voice. A performance CD must be submitted with the application.

The **American Indians Committee** of the DAR awards a scholarship to Native Americans and is intended to help Native American students of any age, any tribe and in any state. All awards are judged based on financial need and academic achievement. Applicants must be able to prove their Native American heritage and have a grade point average of 2.75 or higher. This is a one-time $500 award. The application deadline is April 1.

Scholarships for Military Children, *www.militaryscholar.org*, applications due Wednesday.

Major General James Ursano Scholarship Fund for Dependent Children, *www.aerhq.org*, applications due March 1.

Bernard Brown Space Camp Scholarship for students in sixth through ninth grades, *www.militarychild.org/spacecamp.asp*, applications due March 10.

Editor's Note: *For more information on Army School Liaison Services, call 751-6150 or e-mail* Ruth.C.Russell @us.army.mil *or* Keisha.MccoyWilson@us.army.mil.

CHAPEL

We learn to love by imitating God's love

Chaplain (Maj.) Rodie Lamb
U.S. Army Chaplain Center and School

The other day my family and I came home from the gym. After entering the house, I dropped my gym bag by the door and pulled out my dirty clothes to throw them in the washer.

A little while later, I noticed that my daughter Frances had pulled my knee brace out of my bag, put it on her leg, and was walking around the room. Being the keen observer that most children are, she had seen her dad wearing it and chose to do so as well. We have been amazed at how much she sees and then imitates.

This is something that we observe as infants and retain throughout our life. When you are in school, the instructor shows you an example and you imitate that technique. We learn and live by watching and imitating others. We integrate the patterns of whom we observe into our own lives. We pick up accents to our personality, like an accent in our speech.

The same is true for love. If you are at the Child Development Center office in the Joe E. Mann Center, you might notice a poster on the wall that reads, "Children learn to love when they are loved."

We learn what love is by those who show us love. Scripture tells us God has been teaching and showing us love since the beginning of time. God loves us by being patient when we are disobedient. God loves us by sustaining us when we are weak. God loves us by sacrificing for us. God loves us by forgiving us, even when we don't deserve it. God shows God's love to us so that we can learn what true love is and then imitate it.

We integrate the patterns of God's love into our hearts and let them accent our relationships.

Protestant

■ Sunday
8 *a.m. and 11 a.m.* Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
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 Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

Protestant Bible Study
■ Monday
7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)
■ Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
■ Thursday
9:30 a.m.-noon Women's Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
■ Saturday
8 a.m. Men's Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

Protestant Youth of the Chapel
■ Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
■ Wednesday
6:30 p.m. Main Post Chapel

Catholic

■ Monday-Friday
11:30 a.m. Mass (Main Post Chapel)
■ Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
■ Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian

■ Sunday
8 a.m. Memorial 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. Solomon Center

Latter Day Saints

■ Sunday
11 a.m. Warrior Chapel at 120th AG Bn.
7 p.m., Scripture Study Anderson 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 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

LEGAL/INSPECTOR GENERAL

Avoiding auto fraud, inflated prices

Capt. Vito Abruzzino
Legal Assistance Attorney

For most Americans, the purchase of an automobile is one of the most significant events in their lifetime.

An automobile is more than a vehicle. Most of us depend upon it for essential transportation for work and play. Unfortunately, the auto industry thrives on our dependence on automobiles.

Buying a new car is no longer about the purchase price. Other costs to consider include financing, fuel, insurance and maintenance. Also, hidden costs at the time of purchase can turn a car into a financial liability.

The last thing buyers want to worry about on top of this is fraud in the sale. Fraud can occur when a dealer fails to disclose the complete history of a car, the proper odometer reading on the title of the vehicle, or even fails to transfer the title at the time of sale.

Here are just a few steps buyers can take when thinking about purchasing a new or used vehicle to help protect against fraud:

— **Take your time.** The best way to find out if you received the "best" deal in town is to walk away. Our capitalist market favors competition, so shop around. Don't be eager to purchase a new or used vehicle the day you shop.

— **Take homework.** Federal law requires car dealers to provide certain information before the sale of an automobile. Often, these disclosures are presented along with the myriad of other documents the dealer would like you to "just sign here." Take home warranty information, financing information and other documentation for review, before signing.

Many dealers use "dealer warranties" that are appealing in big print, but may include small type that does not

cover "wear and tear items." New vehicles are covered by manufacturer warranties, making additional dealer warranties unnecessary.

Dealers often make more money on such "add-ons" when selling a car. Make sure you know exactly what you are buying. You should also take these to other dealers to shop for the best deal.

— **Research the vehicle.** Do additional research aside from finding the value of the car, aside from dealer add-ons. Look at consumer articles for reliability, recalls, etc. Have a mechanic look at a used car before the purchase. Research the title on a used vehicle, as well.

— **Purchase the title, not the keys.** When buying a car, the legal transfer of ownership is the actual title of the vehicle. Ask to see it before the purchase, and don't leave the dealership without it when buying. Some dealers may try to make you believe that they don't currently have it, or financing must be "approved" before the title is transferred.

This is a large area of fraud, and you should always make sure you actually own the vehicle you just bought by having the title in-hand.

— **Finance the vehicle through a bank.** Banks make loans. Dealers sell cars. Car dealers often "finance" a vehicle by doing a credit check on the buyer, with the purchase price they want to sell a car at, and then selling the financing agreement to lenders or creditors after the transaction. These lenders will only accept a certain interest rate or purchase amount before bidding on the contract. Although dealers may tell you your financing is "approved" or not, they are actually just trying to sell the financing agreement they have made with you to the highest bidder. Banks almost always offer better interest rates than a dealer, especially if you already have an account and relationship with that bank. Also, if you take out the loan first, you will know what you are comfortable spending on a car and have more control over the purchase.

— **Check your local state laws.** States have lemon law statutes and consumer protection statutes that govern car purchase and loan agreements. Make sure you get your information about the law from a reputable source, instead of from the dealer. Arm yourself with this knowledge before shopping, so you know your rights when you start out.

— **Take your time.** Again, don't rush. Not only can you find out what the best deal actually is if you take your time, but you will also find out a lot about a dealer, when he or she reacts to you walking out the door. Remember that competition drives our economy and shopping around is the only real way to get that "best deal."

Personal commercial solicitation rules outlined

Sgt. 1st Class LaTarnya Whitmire
Assistant Inspector General

One evening, your child asks if you could please take his or her school fundraiser brochure to work to sell items.

The child who sells the most items wins the grand prize of a limousine ride to a restaurant of his or her choice.

Of course you want your child to win, what parent would not?

The next day, you set out on a mission: You are determined to help your child win the limousine ride. You take the fundraiser brochures to work, set them up on your desk, place some in the break room next to the coffee pot, and post them on the office bulletin board and wait for the orders to come in.

While this may seem innocent enough, according to Army Regulation 210-7, "Personal Commercial Solicitation on Army Installations," you have just committed a prohibited practice.

Solicitation is the sale or ordering of goods, services and commodities such as real estate, Girl Scout cookies, school fundraisers and insurance.

It is prohibited on Army installations. When soliciting the ordering or purchase of goods, services or commodities in exchange for money, you are considered to be an agent.

No person has authority to enter an Army installation to transact personal commercial solicitation.

DoD employees are prohibited from making personal commercial solicitations or sales to DoD personnel who are junior in rank or grade or to family members of such personnel — on or off duty, on or off the installation.

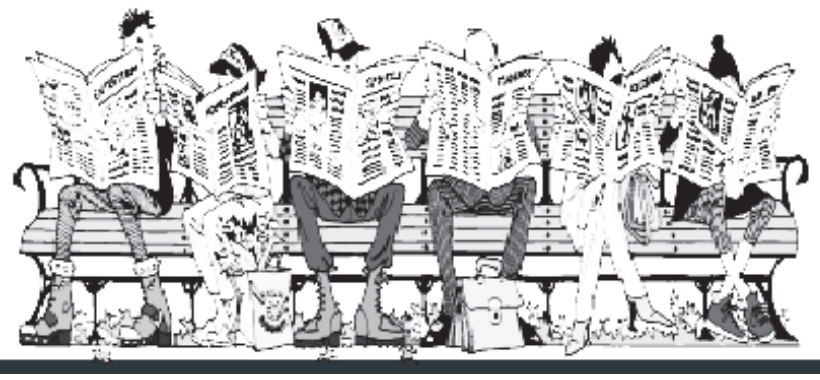
DoD personnel includes all active-duty officers, active-duty enlisted members and civilian employees of the Armed Forces, including government employees of all offices, agencies and departments carrying on functions on a DoD installation, as well as non-appropriated fund functions.

Personnel who want to serve as agents on Fort Jackson must submit a request to the Installation Commercial Solicitation Control Officer in the Emergency Service Center, Building 5499.

The request will then be routed to the garrison commander, who is the approving authority for personal commercial solicitation on Fort Jackson.

If the request is approved, the agent will be issued a Fort Jackson Permit 56, which is valid for one year.

The Fort Jackson Leader Leading The Way....
For Information On Display Advertising Call
786-5681



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Wounded warriors take to the tees

Tim Hipps
Family and Morale, Welfare and Recreation Commandg

SAN DIEGO — U.S. Army World Class Athlete Program track and field Paralympic hopeful Sgt. Jerrod Fields will never forget his first swing at a golf ball.

Fields, an all-around athlete who lost his lower left leg to an improvised explosive device in Baghdad, took his first whack at golf Feb. 3 on the driving range at Admiral Baker Golf Club.

While television news cameras filmed and newspaper photographers clicked away, Fields stepped up to the tee as if he does it every day.

"I kind of pumped myself up," he said. "When I saw the cameras on, I was like, 'OK, let's get it.' You never know who is watching and where it's going to end up."

As if there was not already enough pressure, 14 PGA-certified instructors loomed over his shoulder.

"This was a blast," Fields said. "First time playing golf, and having a camera crew out here and professionals to help me with the golf swing, it was awesome.

"Meeting professionals, I'm all for it," continued Fields, 26, a Chicago native stationed at Fort Carson, Colo., who is based at the U.S. Olympic Training Center in Chula Vista, Calif. "One day I desire to meet different sports figures: Tiger Woods, LeBron James and other various athletes. They might see this and I might get a call or something."

Photo by Tim Hipps, FMWR Command

Sgt. Jerrod Fields enjoys his golf debut during the National Amputee Golf Association's First Swing Clinic for Wounded Warriors Feb. 3 at Admiral Baker Golf Course in San Diego.

In the meantime, Fields urges every wounded warrior in the U.S. military to take advantage of the First Swing program.

The National Amputee Golf Association's First Swing Learn to Golf program is presented by the Army Family and Morale, Welfare and Recreation Command and the United States Golf Association.

The purpose is to encourage wounded service members to return to an active lifestyle as soon as they are able, by assisting them in adapting their golf game to compensate for their injuries.

"Fort Carson conducted a First Swing pilot program last July, and we saw the success that the team had with the wounded warriors there," said Trace Kea, a PGA member and program analyst at FMWRC. "So FMWRC decided to partner with them and the USGA to take this program to several different installations."

"This program is to help give the Soldiers an alternative," Kea said. "Rehabilitative benefits of golf can improve the mental and physical condition of each and every Soldier returning ... not just those with visible injuries."

"I've seen nearly every type of injury on the driving range, from double- or triple-amputees playing with state-of-the-art prosthetics, to others with shrapnel wounds, spinal-cord injuries, and neurological deficits," Kea said. "Many of our Soldiers suffer from post-traumatic stress disorder. Seeing those men and women playing touched me, and I knew we had to get involved."

The First Swing tour will stop at Fort Jackson Sept. 13-14.

Basketball standings*

Monday/Wednesday League

Swampfoxes	7-1
2-13	7-2
4-321st	7-2
PES	4-5
SSI	3-4
187th	3-5
3-13	1-7
3-60	1-7

Tuesday/Thursday League

That's Them	9-0
Niteflyte	7-2
VSB	6-2
120th	5-2
SCNG	4-1
165th	4-4
DSS	4-7
2-60	3-7
MEDDAC	1-8
JAG	0-9

* Standings as of Feb. 18.

Sports Briefs

Swim Meet

A swim meet for active-duty personnel only is scheduled for Tuesday. For more information, call 751-3096.

Racquetball

Racquetball league play will begin Feb. 26. For more information, call 751-3096/6258.

Golf League

Intramural and recreational golf league play will begin March 30. The deadline to sign up and submit handicaps is March 18. For more information, call 751-3096.

Volleyball

Intramural and recreational volleyball league play will begin at the conclusion of the winter basketball season. Players must be at least 18. The deadline for teams to sign up is March 25.

Summer Softball

Letters of intent for intramural and recreational softball are due March 26. Players must be at least 18. For more information, call 751-3096.

St. Patrick's Day Fun Run

The St. Patrick's Day Fun Run and Walk is scheduled for March 14. Registration for the 5K event is set for 6:30-7:30 a.m. at Hilton Field Softball Complex. The race will begin 8 a.m. The walk will begin 8:15 a.m. For more information, call 751-3096/5896.

For youth sports, call 751-5610/5040.
For golf information, call 787-4437/4344.
For sports information, call 751-3096.