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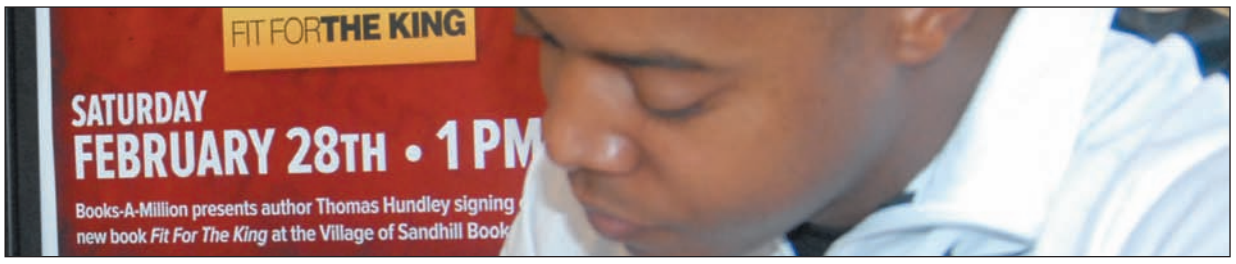

Logistician finds calling as author

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The Fort Jackson Leader

Thursday, March 12, 2009 | Published for the Fort Jackson/Columbia, S.C. Community | www.fortjacksonleader.com

Meningitis case isolated

Fort Jackson Soldier on road to recovery, officials say

Crystal Lewis Brown
Leader Staff

One week after a Fort Jackson Soldier was diagnosed with bacterial meningitis, post officials say she is expected to leave the hospital later this week, and early reports indicate no other Soldiers have been affected.

"As of Wednesday, this remains an isolated incident and no other Soldiers have been diagnosed with meningitis," said Col. Nancy Hughes, Moncrief Army Community Hospital commander. "The Soldier is doing well and expected to make a full recovery."

The Advanced Individual Training Soldier, whose name and unit are not being released because of privacy issues, was taken to the hospital last Thursday after complaining that she did not feel well. She was later diagnosed with meningococcal meningitis.

According to the Centers for Disease Control and Prevention, the disease is transmitted mainly through mucus droplets from the mouth and nose. Because the incubation period for meningitis can be up to 10 days, leaders in the affected Soldier's unit have continued with preventive health measures and Soldiers are being monitored for any symptoms.

"The hospital is working closely with the Soldier's unit as they continue to monitor those who were in close contact with the Soldier for symptoms," Hughes said. "Although the disease is commonly found in those living in dormitory conditions like many of our BCT and AIT Soldiers, the risk of contagious infection is low."

Meningitis on military installations drew attention from the media recently after two Fort Leonard Wood, Mo. Soldiers died of the disease late last month. Those Soldiers were diagnosed with pneumococcal meningitis.

Meningitis can be caused by different types of bacteria or viruses. The leading causes of meningitis caused by bacteria are

*See **Meningitis** Page 12*

Serving country, community

Photo by Ashley Henry

Pvt. Joshua Stephens, Pvt. Ray Mancini and Pvt. Paul Molnarall Company B, 187th Ordnance Battalion, pick up trash along North Main Street Saturday. The clean-up was part of an ongoing partnership the battalion has with Columbia Parks and Recreation. The partnership is designed to make the Soldiers active partners in their community.

Internet keeps BCT families in the know

Crystal Lewis Brown
Leader Staff

For many parents, the moment their child leaves the nest can be one of anxiety. For parents uncertain of what their children encounter during Basic Combat Training, that change can be even more distressing.

With that in mind, Fort Jackson has taken a step to give parents of Basic Combat Training Soldiers some peace of mind.

Since last summer, each of the post's 60 BCT companies has had its own Web page aimed at giving loved ones insight into what their Soldiers do each day.

"We wanted the opportunity for family members to track what was going on with their family members or loved ones," said Sgt. 1st Class Robert Surface, with the Directorate of Basic CombatTraining.

Surface said post officials realized there was often a disconnection between the time the Soldier left for BCT and graduation. The Web pages are a way to bridge that gap.

Surface, who designed the pages, said a friend whose daughter was in BCT served as a sounding board when he was considering what features to put on the site.

*See **Web sites** Page 8*

Commanders' Corner

From the Commanding General

American Red Cross provides invaluable service

Brig. Gen. May

It has been a tradition since World War II to designate the month of March as "Red Cross Month." Let's stop and think about the difficulty and magnitude of the humanitarian efforts the Red Cross has been performing for nearly 130 years and counting. Clearly, the Red Cross is embedded in the American spirit.

In 128 years, it has not missed a beat in responding in all types of natural disasters and the emergency circumstances related to the casualties of war. I firmly believe that Fort Jackson, like the entire Army, and other branches of service would be seriously amiss if it weren't for the work the Red Cross performs each day, and particularly in times of disasters.

Let's just zoom in on disaster relief for a second, remembering that the Columbia area — which includes Fort Jackson — is served by the Red Cross Chapter of Central South Carolina. Consider that from July 2008 to the present, the Central South Carolina Chapter has provided more than $230,000 in disaster grants to Richland County, which include service members assigned to Fort Jackson. At least five of those families, who were assisted following a house or apartment fire this past year, had Fort Jackson connections.

The Red Cross' effort doesn't start and end with disasters. Red Cross workers log in countless hours each year handling all types of other support services. Let's just look at some of the other services the Red Cross provides to the Fort Jackson community.

During an average month, Soldiers here on Fort Jackson receive about 300 Red Cross messages from family members. Some of those messages unfortunately concern serious injuries, illnesses or death. So keep in mind that a person who is the bearer of the bad news has a very difficult and delicate mission and an unenviable task, to say the least.

The Red Cross also provides volunteers on post who work in a clinical setting at both Moncrief Army Community Hospital and the dental clinics. They help greet patients, assist in the labs and pharmacy, provide chaperones for exams, transport patients between clinics, deliver documents, and many other things.

The Red Cross also supports the training mission here, providing valuable information to new Basic Combat Training Soldiers, their families, deploying Soldiers, and the service members at Task Force Marshall on how to prepare for disasters and how to contact service members in the event of a family emergency.

Last year, the Red Cross delivered more than 2,200 emergency messages to military members on Fort Jackson. And that doesn't factor in the number of families who attended graduation and received the Red Cross briefing. The number of patients who were helped is impossible to estimate.

Last year, Red Cross volunteers logged in approximately 11,500 hours of service, all of which equates to about six full-time employees. If those employees were paid minimum wage, we would be talking about $75,000 in labor and about $100,000 to include benefits.

In addition, the Red Cross Chapter in Columbia offers other services to the community. Fort Jackson has received 50 scholarships — with a total value of about $2,500 — for courses in babysitting and infant/child, as well as First Aid and CPR. With the scholarships, 50 people will be able to become certified with lifesaving skills. As I said, March is Red Cross month and one month just doesn't seem to be enough to express our gratitude for what this organization has done and continues to accomplish.

I think we all should make an effort sometime this month to show our appreciation in some form or another — whether it's through a monetary donation, donating blood or simply walking up to a worker or volunteer and telling him or her just how important he or she is to our mission.

Thanks, Red Cross staff and volunteers, for all you do to make this a better community.

Army Strong!

Ask the Garrison Commander

Recruiting duty preparation; Fitness Center fact

Col. Dixon

I've been selected to attend the U.S. Army Recruiting Course this spring. What should I do to prepare?

Congratulations. You must submit a commander's packet, which contains several DA Forms that can be obtained from your brigade S-1, including DA Form 5427, DA Form 5426 and DA Form 5427.

With these forms you must have a mental health evaluation completed within 30 days of the notification of assignment.

Once all documents are complete, mail your packet to: Commander HRC, Attn.: AHRC-EPD-D, 2461 Eisenhower Avenue, Alexandria, Va. 22331-0400.

You can also fax it to (703) 325-2743/5836.

For more information, review Army Regulation 601-4 and MILPER message 09-006.

Garrison Fact of the Week

Andy's Fitness Center in coordination with Child, Youth and School Services now offers Jumping Jacks child care.

Child care is offered in the Marion Room at the MG Robert B. Solomon Center while you work out. Jumping Jacks provides child-care services and scheduled fitness activities for school age, middle school and high school students.

Jumping Jacks is open Mondays and Wednesdays, 9 -11 a.m. and 3:45-7:45 p.m.; and Saturdays, from 8 a.m. to noon.

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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Conference groups identify community issues

Susanne Kappler
Leader Staff

Forty-one delegates from eight constituency groups presented 16 issues and recommendations to Fort Jackson's leadership March 5 at the installation's annual Army Family Action Plan conference.

The volunteer delegates met in two workgroups the day before to debate which concerns need to be addressed most urgently to improve the community.

"Each group will brainstorm first and come up with all kinds of issues," said Marilynn Bailey, volunteer coordinator. "Then it's upon those two groups to prioritize the issues that have been brought forth and (decide) which ones they want to brief out to the command."

The matters addressed at this year's conference range from implementing a telecommute policy for civilian employees to inadequate handicapped parking on post.

The next step in the process is to figure out which of the items can be resolved locally.

"The issues that can be fixed here at Fort Jackson will be resolved here," Bailey said. "But if we have to send issues higher, to the DA level, we will do that also."

The conference delegates represented Soldiers (active-duty, Reserves, National Guard, Warrior Transition Unit and single Soldiers), family members, civilian employees and retirees.

Photo by Susanne Kappler

Col. Kevin Shwedo, deputy commanding officer, responds to one of the items presented by delegates during last week's Army Family Action Plan conference at the Officers' Club. Also pictured are Post Command Sgt. Maj. Brian Stall and Scott Nahrwold, deputy garrison commander.

First-time delegate Theresa O'Hagan, DA civilian, said she was glad she participated despite some initial skepticism.

"It is an organized process that requires the delegates to think carefully about their issues and look at them honestly," O'Hagan said. "Before being a part of an AFAP, and seeing or hearing bits and pieces that came out of some of them, I thought they were pretty much a complain, gripe and moan session that led to asking for the impossible. Now I know better."

The AFAP process is not just a way for community members to voice their concerns.

"AFAP is important to leadership so that the decisions on family quality of life come from the bottom up and come from the individuals who will experience the benefits rather than to make decisions in a vacuum," said Col. Kevin Shwedo, Fort Jackson deputy commanding officer.

Shwedo said he was impressed with the delegates' effort.

"They came up with a bunch of magnificent ideas to improve the installation and the quality of life of not only Soldiers, but family members, employees and retirees," he said. "Now it's incumbent upon the leadership of the installation to demonstrate that the process works by informing them of the progress we've made."

Susanne.Kappler1@conus.army.mil

Commanders, leaders implement new tracking tool

Susanne Kappler and Daniel Terrill
Leader Staff

A new system to analyze and prevent training injuries and to track Soldiers who sustained injuries during Basic Combat Training went through the final testing stage last week. Five companies of the 2nd Battalion, 13th Infantry Regiment used the Field Injury Tracking Support system, which captures all injury-related data electronically.

"The Field Injury Tracking Support program is a commanders' tool enabling the commander to identify and analyze injury trends," said Lt. Col. Sonya Cable, who is in charge of the Directorate of Basic Combat Training's Experimental Analysis Element. "In addition, it provides Soldier accountability as the Soldier moves through the sick call process."

The FITS evaluation process was a success, according to Col. Mary Lopez, FITS project manager with the Defense Oversight Council.

"We found that FITS was well received, easy to use, and it provided the drill sergeants with useful information," Lopez said. "We received a lot of feedback and some suggestions for improvements from the drill sergeants and were able to make several changes during the demonstration."

FITS takes advantage of bar codes embedded in the Soldiers' common access cards, Lopez explained.

Soldiers who report for sick call scan their cards, which already contain basic information, such as name and unit, she said.

"And then all the (Soldier) has to do is make a few clicks with the mouse to describe what happened," Lopez said.

The information gathered will be embedded on the bar code and is then accessible to the medical facility that treats the Soldier.

According to Lopez, there are several benefits to this process:

— Training units can keep track of their Soldiers. Each time a Soldier scans his or her card at the medical facility, the unit will be notified of the Soldier's whereabouts.

— Medical profiles and records will be created electronically, which eliminates paperwork.

— Medical personnel can be notified about a Soldier's injuries before he or she arrives for treatment.

— Safety experts are provided real-time data on injuries, which can be analyzed by training phase, training event, training site and type of injury.

The ability to chart injuries will enhance injury-prevention efforts, Lopez said.

"Current injury-prevention efforts are based on 'best guess' or a general shotgun approach," Lopez said. "One of the key elements of injury prevention is that the command has visibility. You can't fix what you can't see."

Post-wide implementation of the program is planned for June at a cost less than $50,000. Cable expects a smooth transition to FITS.

"The learning curve to operate FITS is very small," Cable said. "It will really just be a process of ensuring that all the information technology support is in place."

One of the units that participated in the five-day test used the system more than 60 times.

First Sgt. Prescotte Hawkins, Company F, said sick call takes less time because of the system. In addition, he said, FITS makes it easier to account for all his Soldiers.

"It's great. It helps us track Soldiers once they leave the company," Hawkins said. "To me it's like an automated drill sergeant."

Susanne.Kappler1@us.army.mil

Around Post

Suicide Awareness Stand-down

Mandatory Suicide Awareness Stand-down training is held at the Main Post Chapel as follows:

Friday: 8:30-10:30 a.m.
Saturday: 10 a.m.-12 p.m.

Civilians should coordinate attendance with Earnestine Richardson at 751-7597.

Military personnel can coordinate with Sgt. 1st Class Jeffrey Matthews at 751-4778/3121.

For general information, call Chaplain (Lt. Col.) Daniel Wackerhagen at 751-3121/6318.

DA Photos

The Department of the Army Photo Management System will only accept photos for submission for promotion into DAPMIS for active Army commissioned officers, warrant officers above warrant officer 1 and noncommissioned officers of staff sergeant and above.

All Army National Guard, Reserve commissioned and warrant officers including second lieutenant, warrant officer 1 and noncommissioned officers of sergeant and above are authorized to have DA photos done in the Photo Lab.

For active duty Soldiers in the rank of second lieutenant, warrant officer 1 and sergeant who are submitting a special package, the photo will be taken, but not sent to DAPMIS. For more information, call 751-7593.

Commissary Alert

The Defense Commissary Agency will accept outstanding CertifiCheck gift certificates from authorized customers through July 31. CertifiChecks Inc., the Dayton, Ohio company, announced it has ceased operations and is filing for bankruptcy. DeCA will be allowed to absorb the losses it incurred from honoring the certificates from its Defense Working Capital Fund, Resale Stocks Account.

Annual luncheon spotlights women's history

Crystal Lewis Brown
Leader Staff

"It's a man's world," James Brown sang in the 1960s.

But as National Women's History Month nears its 30th year of existence, it appears Brown was wrong.

Fort Jackson will do its part to recognize and celebrate women's accomplishments during its annual women's history month luncheon Wednesday.

Master Sgt. Cornella Bellamy, who is helping to coordinate the event, said it is important to recognize women's accomplishments. She works in the Patient Administration Division at Moncrief Army Community Hospital, which is hosting the luncheon.

"It's not necessarily a man's world anymore. Women are taking the lead in all facets," she said. "(The luncheon) is not only to help women, but also men, to have a bigger perspective of what women are capable of doing."

Col. Nancy Hughes, MACH commander, agreed.

"The importance of women's history month is to ensure that the great things that women have done continue to be recognized throughout the nation," she said. "The historical achievements by both military and civilian women give us a continued look at what they have contributed through living purposeful lives always with the mind set of service to others and quality of life."

Courtesy photo

Tre' Tailor will be the guest speaker at the Women's History Month Luncheon.

This year's theme is "Women taking the lead to save our planet" — something Bellamy said refers to not only helping the environment, but the community as a whole.

'We're looking for women who are playing a major part in the world," she said. "We were looking for a woman in the community who does things and works in the community."

Local broadcast personality Tre' Tailor, this year's guest speaker, seems to fit that mold. Tailor, who has worked in broadcast for more than 15 years, said it is important for community members to stay involved.

"I've always been very involved in the community," she said. "I truly believe no man is an island. It takes all of us to impact all of us."

For example, she is doing her small part for the environment as part of the growing "go green" movement.

"I make sure my electronics are turned off, I switched to the fluorescent lights, I recycle," she said.

Even as individuals, we can make a difference, she added. "If every one person does what they can, it can impact us all."

The luncheon is scheduled from 11:30 a.m. to 1:30 p.m., Wednesday at the Officers' Club. Tickets cost $9.25 and can be purchased in advance or at the door. For more information, call 751-2773.

March Promotions

Name	Rank	Unit
Roosevelt H. Corpening	COL	HHC, TSB
Phillip F. Wright	COL	Chaplain School
Judith A. Hamrick	LTC	Chaplain School
David K. Beavers	MAJ	Chaplain School
David P. David	MAJ	Student Detachment
Paul B. Lemieux	MAJ	Student Detachment
Camille L. Mack	MAJ	Student Detachment
Chris J. Maestas	MAJ	Student Detachment
Jordan H. Mastroianni	MAJ	Student Detachment
Marlon McBride	MAJ	Student Detachment
Tomas I. Moore	MAJ	Student Detachment
Andy J. Pannier	MAJ	Student Detachment
Folden L. Peterson Jr.	MAJ	Student Detachment
Craig M. Ruzicki	MAJ	Student Detachment
Assian Sayyar	MAJ	Student Detachment
Rae A. Schultz	MAJ	Student Detachment
Eugene D. Seiter III	MAJ	Student Detachment
Gordon L. Wilson	MAJ	Student Detachment
Jason W. Allen	CPT	Co.. A TSB
Tony M. Brannon	CPT	Co.. A, 3rd Bn.,34th Inf. Reg.
Ariel Correabetanco.urt	CPT	Co. A, TSB
Steven A. Ditomaso	CPT	Co.. A, TSB
Alonda A. Grier	CPT	Co. A, 120th AG Bn. (Reception)
Richard W. Hutton	CPT	Co. A, 1st Bn., 61st Inf. Reg.
Nina R. Johnson	CPT	Co. C, 2nd Bn., 39th Inf. Reg.
Hiep H. Mai	CPT	Co. A, TSB
Giovanni Nieves	CPT	120th AG Bn. (Reception)
Nicolas Perezmartinez	CPT	Student Detachment
William J. Roberts	CPT	Co. C, 120th AG BN(Reception)
Roushel T. Cousin	1LT	Student Detachment
Tawana Jackson	1LT	Student Detachment
Kerman A. Rodriguez	1LT	Student Detachment
Joseph E. Williams	1LT	Co. A, 1st Bn.,13th Inf. Reg.

Name	Rank	Unit
Pat C. Luckett II	CW4	Student Detachment
Birdel L. Campbell	SGM	HHC 187th Ord. Bn.
James O. Gray	MSG	2nd Bn., 307th FA Reg.
George E. Person	MSG	Co. D, 3rd Bn.,60th Inf. Reg.
Jesse J. Ramirez	MSG	Co. B, TSB
Michael F. Sellars	MSG	USA MEDDAC
John P. Bailey	SFC	Co. E, 1st Bn., 61st Inf. Reg.
Elita M. Haupt	SFC	Co. D, 2nd Bn., 60th Inf. Reg.
Jason E. Insell	SFC	Co. A, 1st Bn., 34th Inf. Reg.
Alice S. McJimson	SFC	HHC, 2nd Bn., 39th Inf. Reg.
Galo A. Naranjo	SFC	Student Detachment
Jeremy J. Pettibone	SFC	Co. F, 1st Bn., 34th Inf. Reg.
Sarrah M. Price	SFC	Co. A, 369th AG Bn.
Rena M.Roper	SFC	Co. A, 369th AG Bn.
Eric J. Tobin	SFC	Co. D, 3rd Bn., 60th Inf. Reg.
Andy J. Wilson Jr.	SFC	Co. A, 369th AG Bn.
Evola Ahemn	SSG	HHC 165th Inf. Brig.
Bernard W. Burch	SSG	Co. C, 187th Ord. Bn.
Antonio M. Cotten	SSG	Co. E, 3rd Bn., 34th Inf. Reg.
Atiba K. Davis	SSG	Co. A, 120th AG Bn. (Reception)
Shola H. Harris	SSG	Co. C, 369th AG Bn. (Reception)
Jonathan M. Harrison	SSG	Co. D, 2nd Bn.,13th Inf. Reg.
Jada L. Jones	SSG	3rd Bn., 13th Inf. Reg. HQ
John E. Scott	SSG	120th AG Bn. (Reception)
Johnny Soto	SSG	HHC, 187th Ord. Bn.
Geanno Thompson	SSG	Student Detachment
Jason A. Vaughn	SSG	HHC, 171st Inf. Brig.
Richard A. Benson	SGT	USA MEDDAC
Herbert Duranjauregui	SGT	HHC, 2nd Bn.,13th Inf. Reg.
Elizabeth F. McClellan	SGT	17th MP Det.
Arnita M. Miles	SGT	HHC, 3rd Bn., 60th Inf. Reg.
Crystal Tripplett	SFC	3rd Bn., 34th Inf. Reg

Customer Service Corner

Fort Jackson's quarterly Installation Action Council convened Feb. 23. The purpose of the council is to discuss and resolve issues, concerns and recommendations that have been submitted by the Fort Jackson community through the Community FIRST/AFAP process. Following are highlights of the meeting:

The garrison command presented the Interactive Customer Evaluation awards, which are presented on an annual basis to directorates and organizations in recognition for their outstanding customer service and support as based on submissions from community members.

There are three levels of awards — gold, silver and bronze. In order to qualify for a "gold" award, the directorate or organization must maintain a 96-100 percent satisfaction level and a 4.75 or higher employee/staff attitude rating; "silver," 93-95 percent and 4.5 - 4.74; "bronze," 90 -92 percent and 4.25 - 4.49.

The award recipients were (by level):

— Gold: Defense Military Pay Office; Directorate of Human Resources; Directorate of Information Management; American Red Cross; Dental Activity.

— Silver: Installation Housing Division; Installation Safety Office; Moncrief Army Community Hospital

— Bronze: Directorate of Plans, Training Mobilization and Security; Directorate of Family and Morale, Welfare and Recreation

After the awards presentation, the Customer Service Officer explained the ICE data for fiscal year 2009. The current ICE satisfaction level for Fort Jackson is 94 percent overall, with more than 11,000 customer comment submissions.

Next, the agenda for the Army Family Action Plan conference was discussed, and training was conducted for the subject matter experts who would participate in the conference. Afterward, The CSO informed council members of focus groups that were recently held and of those that were upcoming. People interested in participating as volunteer staff or delegates were instructed to call the Community FIRST Coordinator at 751-3425.

The council members then provided an update on the status of all 55 active issues. Such issues included: alternate locations for visitors on family day; disrepair of installation roads; inconsistent heating and cooling of post facilities; marking of "no parking" zones; condition of post dining facilities; high rental rates for on-post housing; and location of the refill pharmacy. After discussion, several other issues were determined to be "complete" by the council and will be published in future articles in the Customer Services Corner.

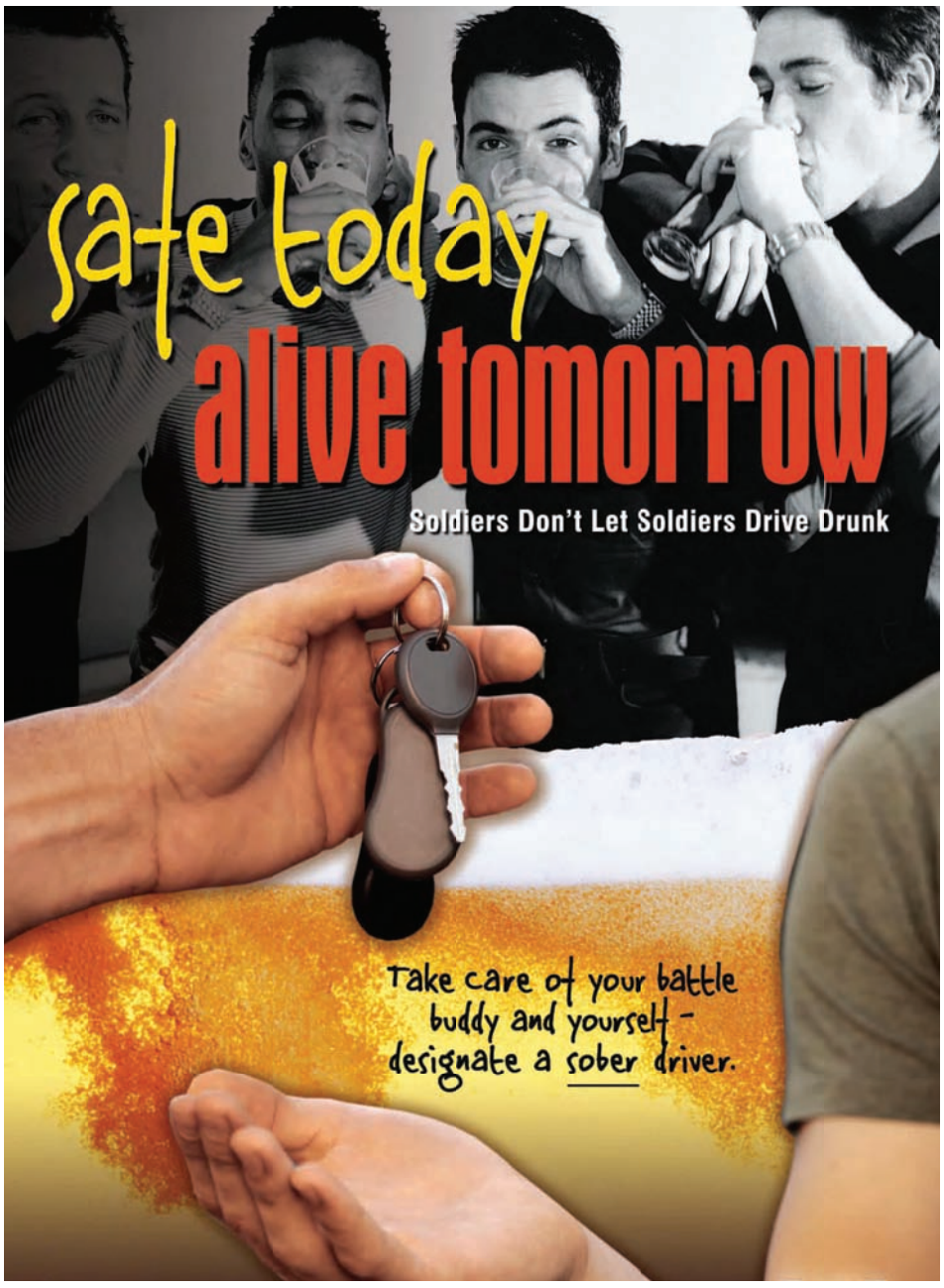
Also, several issues were discussed and deemed "unattainable." These include: Extending gym hours; offering FMWR discounts for EFMP Families; changing the grade-level breakdown at the installation's elementary schools; allowing access to Fort Jackson for non-retired veterans; and changing rental rates for on-post housing to eliminate the disparity between ranks.

The third quarter fiscal year 2009 Installation Action Council will convene June 4. Community members are strongly encouraged to attend in order to have a voice in the discussion and voting of all active issues. Questions regarding the IAC may be directed to Customer Management Services at 751-4926/3425.

Community FIRST is an ongoing process that allows community members to submit issues that cannot be fixed by the ICE system. For a detailed list of issues submitted through Community FIRST and the status of each issue, visit the Fort Jackson Customer Management Services Web site at: *http://www.jackson.army.mil/WellBeing/wellbeing.htm*.

ICE APPRECIATION

The garrison congratulates the Fort Jackson Dental Activity, specifically Caldwell Dental Clinic. They have achieved a 4.66 rating in employee/staff attitude out of a possible 5.0, throughout a 12-week period. This is an outstanding performance in customer satisfaction.



New company activated

Photo by Mike A. Glasch

New company commander Capt. Phillip Moore, left, and Col. Karl Reed, commander 171st Infantry Brigade, unfurl the guidon for Headquarters and Headquarters Company, 171st Infantry Brigade, during Tuesday's Activation and Assumption of Command ceremony.

VolunTEENs help Fort Jackson community

June Kinzie
American Red Cross

Since the founding of the Junior Red Cross in 1917, young people and the American Red Cross have been partners.

Studies show that teens who volunteer learn to make service an essential part of a balanced life. Many schools have made community service a requirement for graduation. Colleges also value community service in choosing from applicants who are otherwise of similar status.

At Fort Jackson, the youth organization, called American Red Cross VolunTeens, is thriving and making real contributions to the community.

Monthly service projects are the center of the activities, but fun and new experiences are included as well.

Last year, the teens helped at the annual holiday tree lighting ceremony while mentoring a Brownie Girl Scout troop in community service.

The group also worked in the local community by baking cookies for a children's home and unpacking donated food for the annual Harvest Hope Food Drive.

The teens supported our veterans with poems that were handed out at Moncrief Army Hospital for Veterans Day. They also visited the VA Dorn Medical Center to hand out homemade valentines to veterans there.

The vets expressed their gratitude and enjoyed the interaction with the young people.

The American Red Cross VolunTeens gave up a Saturday to help out at the Thrift Shop, knowing their help would resonate in the community because the store supports non-profit organizations that work in our community.

The VolunTeens have plans to work at the State Museum in conjunction with the Columbia American Red Cross chapter Saturday in support of the Red Cross exhibit featured at the museum.

The outdoor activities will be free and adults may tour the exhibit for $5. People who donate $1 to support disaster relief work will have their name added to a "buck list" of donors. The list will travel with the exhibit around the United States.

The teens will also help at the annual Soldiers and Vets Charity Golf Tournament in May. Proceeds will benefit the Fort Jackson American Red Cross Volunteer services and the volunteer services at the Dorn VA Hospital.

The young volunteers find all this service valuable.

"Volunteering and serving on the leadership staff has allowed me to serve the military community," said school-year VolunTEEN President Elisa Rodengen. "Since my father was in the Army, volunteering on post really helped me to get connected with military families and also fulfill my desire to help others. Volunteering has been a rewarding experience for me."

The summer Red Cross VolunTEEN program provides meaningful experiences to teens looking to do something interesting throughout the summer. It also offers a chance to explore career options in the medical field.

The summer VolunTEEN program is for volunteers who are 14-19 years old. The school year program, which runs from September to June, is for teens ages13 through the end of high school. Orientation for the summer program is scheduled for June.

Young people interested in volunteering can call the Fort Jackson Red Cross Office at 751-4329 or visit the office, located at 2179 Sumter Avenue.

Courtesy photo

American Red Cross VolunTeen visit the VA Dorn Hospital to hand out valentines.

Web sites *(continued from Page 1)*

"I asked him, 'If you could keep up with your daughter, what would you like to see?'"

The result was a site that provides regular updates on each company through photos, videos and a commander's blog. Concerned loved ones can even e-mail the company commander directly.

Capt. Jessica Edwardsen, commander for Company C, 1st Battalion, 61st Infantry Regiment, said much of the response she has received from the site is positive. She said she tries to include as many different Soldiers as possible in her pictures to give family members a chance to see their Soldier on the site. Her weekly blog details what the company is doing for that week, and describes what each facet of training entails.

"I think it just gives the parents some type of comfort," she said. "You're not seeing your kid for nine or 10 weeks, so being able to see his or her picture is nice."

She said it also helps with the negative rumors some parents may have heard regarding basic training.

"If they can see for themselves what's going on, it kind of dispels those rumors," she said.

Edwardsen knows firsthand how reassuring it can be to have a site for family members. Her younger brothers both went through Basic Combat Training in 2007, and she appreciated the opportunity to keep up with them through a company Web site.

In addition to what is already offered, Surface said he hopes to expand the site and be able to eventually provide two-way communication like creating a forum or enabling comments. Such communication would first have to be approved and deemed secure according to DoD computer regulations. Once the sites are complete, he said, he believes they can serve as a foundation for other training installations.

"Every mother or father out there wants to know what his or her child is doing," he said. "And now (parents) have the resource where they can go and do it."

The BCT Web pages can be found at *http://www.jackson.army.mil/units/BCT.htm*.

Crystal.Y.Brown@us.army.mil

To contact the *Leader* with article suggestions or announcement requests, e-mail *fjleader@conus.army.mil* or call 751-7045.

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SSI honors NCO of the Quarter

Mike A. Glasch
Leader Staff

The NCO Creed states, "As a Noncommissioned Officer, I realize that I am a member of a timed honored corps, which is known as 'The Backbone of the Army.'"

That theme resonated throughout the U.S. Army Soldier Support Institute's NCO of the Quarter ceremony at the NCO Club March 5, which also kicked off its "Year of the NCO" campaign.

"Throughout our Army's history, NCOs have performed vital roles and shouldered the rucksack of responsibility," said Command Sgt. Maj. Billy Blackmon, SSI's senior NCO. "By accomplishing their missions in a professional manner, members of the NCO core have earned the reputation as the backbone of the Army.

"It (backbone of the Army) is more than rhetoric and more than just another buzzword. NCOs are the strength, the stabilizers, and the lifeline of the Army."

For SSI's NCO of the Quarter, Staff Sgt. Racquel Johnson, S-4 NCOIC, NCO Academy, being a mentor and coach to Soldiers is the most important quality an NCO can exhibit.

"To be an effective leader you have to care about your Soldiers first and foremost," she said. "If you don't care about the individual, I don't think you can be an effective leader. If you care about Soldiers from your heart, you're going to care about them and their family, what is going on in their life; as opposed to just worrying about the rank you wear on your chest."

Blackmon, and the guest speaker for the ceremony, Command Sgt. Maj. C.C. Jenkins, command sergeant major, Combined Arms Support Command and Fort Lee, Va., echoed that sentiment.

"There is no such thing as a bad Soldier. As leaders, you have the power to mold any and every person who comes into the military," Jenkins said. "When you have Soldiers who have problems you have a choice. You can let them slide through the system and get promoted, and then later in life they get a bad conduct discharge messing him or her up for the rest of their life. Or, you do the right thing right there and then. There's no bad Soldier, there's just ineffective leadership."

"We, non-commissioned officers, must continue believing that we can make a difference in the lives of our Soldiers and their families," Blackmon echoed.

Johnson said he believes that the Year of the NCO celebration will bring that mentoring spirit to the forefront.

"This year, you will pretty much see what we are all about, taking care of Soldiers, being force multipliers, disciplinarians, being mentors and coaches to Soldiers," she said.

Michael.A.Glasch@us.army.mil

Photo by Mike A. Glasch

Command Sgt. Maj. Billy Blackmon, Soldier Support Institute, shakes hands with Staff Sgt. Racquel Johnson, NCO of the Quarter.

NCO spotlight on ...

Rank, name
Sgt. 1st Class Vincent Simonetti

Unit
Company E, 2nd Battalion, 60th Infantry Regiment

Job title / Military Occupational Specialty
First Sergeant/ 11 B Infantryman

Years in service
12 years

Marital status
Married

Highest education
Four years of college

Hobbies
Guns

Photo by Daniel Terrill

Sgt. 1st Class Vincent Simonetti demonstrates proper use of an M16-A2 rifle to a Soldier. Simonetti has been in the Army for 12 years.

• • •

In the 12 years Sgt. 1st Class Vincent Simonetti has served, he has been deployed to Panama and Iraq.

He has been stationed at Fort Lewis, Wash., Fredericksburg, Va., Fort Campbell, Ky. and Fort Jackson.

He said his most memorable experience in the Army was deploying to Iraq.

"It was one of those things you always want to do. You get rigged up for the big day, and you finally get to suit up and go play," he said.

His friend, Sgt. 1st Class Derek Kenlaw, taught Simonetti about life and Soldiering while moving through the ranks.

Kenlaw played such a big part of his life, Simonetti asked him to be the best man at his wedding.

"He taught me a lot about how to deal with peers, how to deal with subordinates. Just life in general, Soldier issues, how to get the most out of people. Just all around how to be an NCO," he said.

Soon Simonetti will report to Fort Drum and he expects to deploy shortly after arrival. He plans to stay on active duty for at least eight more years and eventually retire from the Army.

His advice for junior enlisted Soldiers: "Be proactive, take initiative in the absence of orders and always exceed your commander's intent."

We salute you!

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!

FEATURE

Soldier multitasks as author, fitness guru

Crystal Lewis Brown
Leader Staff

At Fort Jackson, Maj. Thomas Hundley has become regarded by many as a fitness expert. His mere presence brings about an uneasiness as those who know him rush to hold in their stomachs and hide calorie-laden snacks.

And watching the 19-year Army veteran offer fitness tips and lead short workouts at the Sandhill Village Books-A-Million Feb. 28, one can easily see why.

Hundley, who currently serves as Moncrief Army Community Hospital's chief of logistics, appeared to be in his element last week as he signed copies of his fitness book.

"I've been helping people out in the gym all my life," he said. "The gym, for me, is therapy."

In 2006, his passion led to him to volunteer to teach a fitness class on post. His mix of dance, kickboxing, aerobics and weight training quickly caught on.

"My classes went from three people to 50 people," he said.

Hundley's love for exercise finds its roots in his adolescence. Growing up in Waynesboro, Miss., Hundley is no stranger to southern cooking, which is characterized by fried food, heavy sauces and pork-seasoned vegetables. But when one grandmother died of a heart attack at 39 years old and the other had her leg amputated after complications with diabetes, Hundley and his brother decided to re-examine their exercise and eating habits.

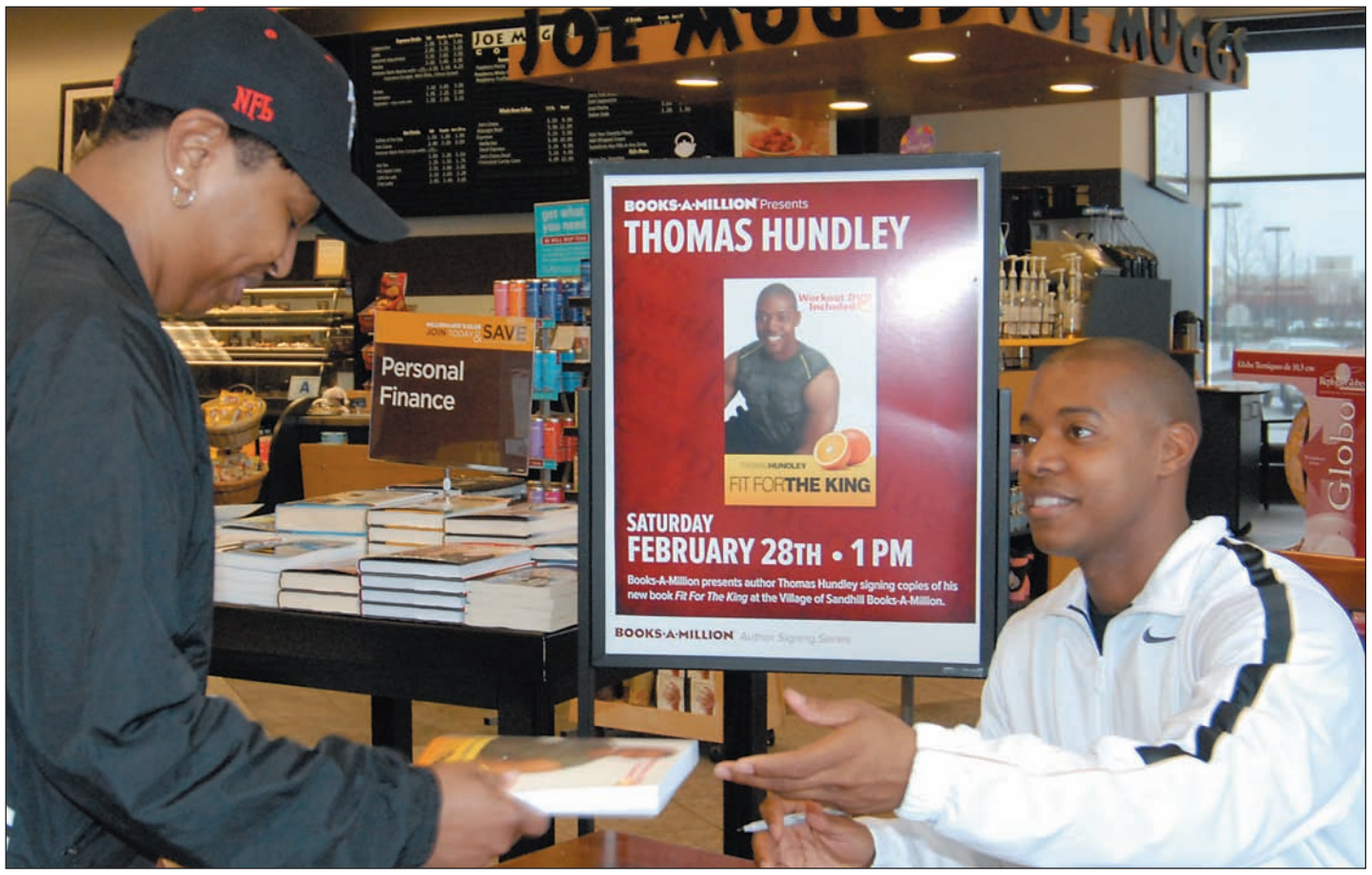
"We realized ... that something had to change," he said.

Hundley's brother went on to open a fitness studio in Memphis, while Hundley became a certified fitness instructor.

In 2007, Hundley also found a way to combine his two passions — fitness and spirituality — leading to the writing of his weight loss book, "Fit for the King."

For six months, Hundley found himself sitting at the computer late at night when he could not sleep. The result of his insomnia was his first book, which he finished in May 2007. Although his name and photo are on the front of the book, he said he is not the true author.

"That book was one of those moments the Lord actually spoke to me," he said. "I never set out to write a book. That was God's message to the world and I was just his vessel."



Photos by Julia Simpkins

Maj. Thomas Hundley, above, signs copies of his book, Fit for the King, for Master Sgt. Cornella Bellamy at Books-A-Million in Sandhills Mall Feb. 26. A logistics officer for Moncrief Army Community Hospital, Hundley is also a fitness and nutrition expert. His book gives health advice with spiritual guidance.

The end product is one part weight-loss book, one-part Bible study. It is separated into 40 short chapters that mix his motivational style with exercise tips and meal examples. Despite its religious basis, Hundley insists, "It's a book for anybody."

One thing readers will not see the book is Hundley's trademark wit often displayed in his regular column in the *Leader*. His tongue-in-cheek approach to fitness and diet advice uses pop-culture references and easy-to-use tips to persuade readers to stay fit.

"That's who I am," he said. "What I think people are missing is the realness. I want people to understand what I write."

That "realness" is the standard in his second book, which he has already written. The book will be released later this year.

In the meantime, in addition to his full-time job and spending time with his two daughters, Hundley jams his schedule with engagements that allow him to spread his message. In addition to book signings, he has been invited to speak at several churches and has even appeared on two television programs to promote his book and lead a workout segment.

He also runs Fit for the King ministries, which is based in Charlotte, N.C., his current home. The goal of the ministry, he said, is to not only help people lose weight, but to help them develop a closer relationship with God.

"I'm not just educating you, I'm ministering to you," he said. "I am a person who puts himself second. I understand I'm not on this earth for me. My job is to help people."

For more information about Fit for the

Hundley, after signing a few books, starts an inpromptu exercise session.

Meningitis *(continued from Page 1)*

streptococcus pneumonia (usually referred to as pneumococcus) and Neisseria meningitidis (usually referred to as meningococcus). The Fort Jackson Soldier was diagnosed with the latter.

Though meningococcal initially produces with general symptoms like fatigue, it can rapidly progress from fever, headache and neck stiffness to coma and death. Only 10 percent of cases end in death.

Col. Kevin Shwedo, Fort Jackson deputy commanding officer, stressed that the Soldier's unit and MACH responded better than can be expected under the circumstances, and that should ease concerns within the Fort Jackson community.

"As soon as the Soldier was diagnosed with meningitis, her unit quickly worked together with MACH staff to determine whether any other Soldiers had been affected. All Soldiers and cadre with physical proximity to the Soldier were screened and provided precautionary treatment by MACH," Shwedo said. "This was not the same strain of meningitis that created a stir at Fort Leonard Wood and in fact, cannot be spread in the same manner. This case is not uncommon as meningitis occurs on college campuses and in dormitory living areas and rarely gets reported to the media. The risk of contagious infection of this strain is low.

"The Soldier who contracted meningitis was an AIT Soldier in training and has had no contact with the greater community during the period that she would have been considered contagious. We continue to closely monitor our Soldier and she continues to show signs of great improvement with each passing day.

"We fully expect her to get discharged from the hospital in the very near future and she is fighting to get back to her parent unit in hopes that she can graduate with her peer group. We continue to be proactive and are updating local standard operating procedures as a precautionary measure so that all the lessons learned can be captured and implemented."

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We built this city

Photo by Daniel Terrill

Students from the C.C. Pinckney Elementary School fifth grade Gifted Education Program, under the guidance of their teacher Regina Hansen, far left, present a model of Fort Jackson that they made as part of a project about electricity.

1,000th graduate

Photo by Mike A. Glasch

Pvt. Griffin Seifert salutes Capt. Brian Gaddis, commander, U.S. Army Preparatory School, after Griffin was recognized March 4 as the school's 1,000th Soldier to earn a General Education Development degree before moving on to Basic Combat Training. The school has been open since August 2008.

Ribbon cutting

Photo by Susanne Kappler

Scott Nahrwold, deputy garrison commander, Capt. Dale Spisak, commander, Company A, 187th Ordnance Battalion, and Lt. Col. Christopher Richardson, 187th Ordnance Battalion commander, cut a ribbon to celebrate the renovation of the company's barracks. Soldiers painted the building themselves, saving the government an estimated $9,000.

Making good food choices

Kenneth Cobb
Moncrief Army Community Hospital

Did you know that 61 percent of Americans are overweight? Americans are the heaviest people in developed countries. The Surgeon General has called obesity a national epidemic. However, this is a problem that can be dealt with by taking action.

March is National Nutrition Month. The American Dietetic Association created this campaign to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

What to eat or what not to eat? That is the question many people struggle with every day. For decades, nutritionists have advised consumers what foods and nutrients to avoid. As a result, a number of Americans are overweight yet undernourished.

So what should people eat?

First, consumers should select nutrient-rich foods and beverages. This is a way to make better choices within a daily eating plan. From the basic food groups, choose the following:

— Brightly-colored fruits and 100-percent fruit juice.
— Vibrantly-colored vegetables and potatoes.
— Whole, fortified and fiber-rich grain foods.
— Low-fat and fat-free milk, cheese and yogurt.
— Lean meats, poultry, fish, eggs, beans and nuts.

Second, it pays to eliminate bad eating habits. In America, food is abundant. A lot of people think that the huge portions served at restaurants are normal. The truth is that they are abnormal.

Over the years, portion sizes have grown. Beware of words such as supersized, all-you-can-eat, biggie, king-size, jumbo, combo, deluxe, value meal, supreme and colossal.

According to the U.S. Department of Agriculture Economic Research Service, the average American consumed 1,497 pounds of food in 1970. By 2000, the food consumption had increased to 1,775 pounds.

The average weight of a bagel 20 years ago was 1.5 ounces containing 120 calories. Today, the average bagel weighs 4 ounces and contains 320 calories.

Everyone has the ability to get into a lifestyle of eating healthier. In support of National Nutrition Month, the Moncrief Army Community Hospital, Department of Preventive Medicine and Nutrition Care Division is offering a nutrition class tomorrow and a healthy eating class March 25 and 27.

All classes will be at Moncrief Army Community Hospital on the third floor in the staff conference room, 12:15-1 p.m. The classes are free. Bring a healthful lunch and attend the classes. Also, watch for weekly activities in the MACH dining facility all month long.

For more information, call 751-5035.

MACH to honor social workers

Moncrief Army Community Hospital

Moncrief Army Community Hospital, Department of Behavioral Health, celebrates National Social Work Month this month.

To honor the achievements of social workers and to bring to light the important work they do, MACH will host a one-day seminar March 24 featuring experts in the field of behavioral health.

The seminar will take place at the NCO Club, 9 a.m. to 4 p.m.

Col. Nancy Hughes, MACH commander, will present all Fort Jackson social workers with the Social Work Proclamation. In addition, social workers will receive six continuing education units.

The Social Work Proclamation reads as follows:

"To the community of Fort Jackson and surrounding areas: Who in your life do you consider to have strengths? The answer is simple — every person, family and community has strengths from which they can draw when times are difficult. And social workers can help build upon those strengths."

This year, the National Social Work Month focuses on the future of social work and the need to recruit more social workers into the profession.

People who become social workers do so because they seek a purpose for their career, and recognize that there are many different paths where a social work degree might lead.

Social workers are passionate, purpose-driven individuals who want to provide an excellent service for individuals and communities. More people need to be brought to the profession, to ensure continuity.

Social workers have the training and education to see the purpose and possibility in the lives of those they serve. Professional social workers are educated at a program or school of social work in the theory, practice and policy of social work. Through their education, social workers participate in field placements that allow them to get hands-on experience with individuals, families and communities. They understand that the potential of clients and communities is plentiful.

The mission of the Army social worker is to apply principles of social work to resolve personal and environmental difficulties in order to enhance performance and coordinate a rapid return to duty.

For more information on how MACH is supporting National Social Work Month, call 751-5911 or e-mail *Sonjia.Howard@us.army.mil*.

MACH updates

— Repairs of the parking lot near the ground-floor entrance will take three to four weeks to be completed. Staff should only park where allowed. Drivers who park on the grass will be ticketed.

— The Army Warrior Healthcare Covenant will be signed April 2 at the Post Conference Room. For more information, call 751-2291.

— The Retiree Health Fair is from 10 a.m. to 2 p.m, April 25-26 at the Robert B. Solomon Center.

— Moncrief Army Community Hospital will host the Women's History Month Luncheon 11:30 a.m. to 1 p.m., Wednesday at the Officers' Club. Judi Gatson, WIS-TV anchor, will be the guest speaker. For more information, call 751-2773.

— A phone number has been established for patients to cancel their appointments after duty hours. To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

— MACH is experiencing a manufacturer's shortage of Shingles vaccine (Zostavax), and will likely not have any for at least three to four months.

— The new Warrior Transition Unit and the Soldier Family Assistance Center are expected to be completed soon.

— The pharmacy is located on the ground floor, and the TRICARE, Exceptional Family Member Program and EDIS offices are located on the 10th floor.

National Nutrition Month at MACH

March is designated National Nutrition Month. This year's theme is "Eat Right America!"

MACH invites everyone to show off his or her milk mustache March 20 at the MACH dining facility. "Milk portraits" will be taken 11 a.m. - 1 p.m. Dietitians are available to answer questions.

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.

Helpful Information

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

Health Talks

To have a MEDDAC professional address a group on health-care subjects or preventive medicine, call 751-5035/2501.

Focus on Families

Parenthood presents new lessons daily

Crystal Lewis Brown
Leader Staff

COMMENTARY

As I prepare to enter my third month of motherhood, I think I am finally getting the hang of this baby thing.

Already, I have a shelf full of books and some DVDs filled with helpful hints and advice that are supposed to tell me everything I need to know from my son's birth until his18th birthday.

But despite my best efforts to be ready for anything, I am beginning to realize there are some things the books, pediatricians and obstetricians failed to mention.

Here are a few things I have come to learn since becoming a parent:

— You treat your own child differently than you do others. I've always found babies to be somewhat scary.

For years, I was always the only childless woman at various baby showers and parties at which my so-called friends found it amusing to hand me the smallest of babies. And when they did, I would sit stiffly in my seat, holding the baby like the most delicate china.

Once I left the hospital with my own, I had to throw that fear out the window. Don't get me wrong, I still treat my son like the fragile being he is, but when you're walking up the stairs at 3 a.m. holding a dirty diaper, a change of clothes and blanket in one hand, and a baby in the other, you find you are less concerned about dropping him and more concerned about getting a couple more hours of sleep.

And for me, I have quickly learned to adapt and, despite my worst fears, haven't even come close to dropping him.

— You will receive an unprecedented amount of unsolicited advice. I expected to get random advice from the usual suspects like family members and in-laws.

But what I didn't expect are the little gems I've gotten from everyone else. From the older lady in the JC Penney lingerie section to the guy who does my oil changes, everyone has an opinion on my child-rearing skills.

My husband has had women actually attempt to move his hands into proper position for holding the baby, while I have been reprimanded for transgressions ranging from the placement of his car seat to not trimming his nails.

Crystal Lewis Brown

The way I deal with the well-meaning — yet annoying — comments is to follow the best piece of unsolicited advice I received. Listen to the person, smile and nod, then ignore what was said.

— Your overprotective gene kicks in overnight. I remember bringing our little bundle of joy home on a Sunday afternoon.

By the next Friday, our house had been totally baby proofed. Outlets were covered, power strips rendered inaccessible and the doors were rigged with childproof covers which, incidentally, made it impossible for me to leave the house. (I won't say who initiated the baby-proofing project, but I will say his first name is "Mr." and his last name is "Brown.")

The catch, of course, is that our little one can't even hold his own head up yet, let alone reach the door knobs, but I understand why he did it.

Our house is a virtual deathtrap for a small child. Glass tables, sharp corners, statues and wires are all over the place.

During my pregnancy, more than one person commented on what we would need to replace once our son was born.

So although I think the safety measures were put into place a little prematurely, I am impressed with the degree to which my husband has gone to protect our little boy.

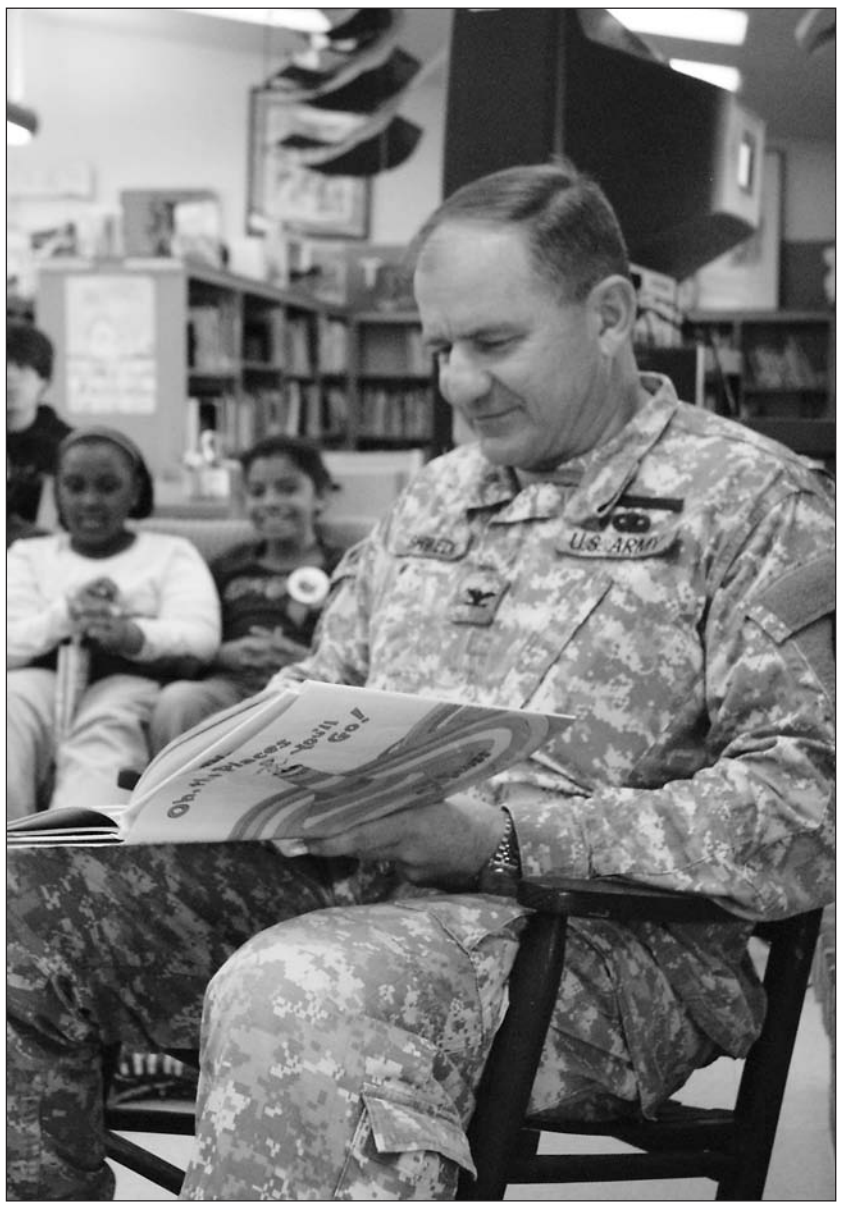
I have learned more lessons than what I have printed here and know I will learn many more.

But right now, I am just trying to enjoy the journey, because I know these moments will pass more quickly than I can imagine.

And before I know it, by sweet baby boy, will be all grown up.

Crystal.Y.Brown@us.army.mil

Read across Fort Jackson



Photos by Crystal Lewis Brown

Col. Jeffrey Sanderson, chief of staff, (left) and Col. Kevin Shwedo, deputy commanding officer, read to groups of children at C.C. Pinckney Middle School last week as part of Read Across America Week. Sanderson chose the book "John, Paul, George & Ben" — an American history children's book — while Shwedo read Dr. Seuss favorite "Oh, the Places You'll Go."

Dancers step it up with an attitude

Theresa O'Hagan
Family and Morale, Welfare and Recreation

Nikay, the Fort Jackson step team, has been going strong since 2006 and is always looking for new places to perform.

Step, which focuses primarily on foot movements, and "creating your own beats with your hands and feet," according to Katrina Lovick, 15, team captain, differs from other forms of dance because it incorporates many different styles.

"You need a lot of attitude," said Kayla Chesson, 15, co-captain. "Step combines rhythm, chants, hip-hop, jazz and a little African (dance)."

Stepping has African roots and is popular among members of fraternities and sororities, which often compete in step shows.

Nikay got its name from a popular athletic shoe manufacturer.

"We liked the Nike slogan, 'Just do it,'" said Shanee Jenkins, Nikay coach. "We liked what it meant and made it part of our name."

Currently, there are 10 veteran members on the team and four new members recently joined. Being a part of Nikay means being dedicated and willing to work hard.

"We practice two times a week," Jenkins said. "We practice for two hours on Tuesdays and four hours on Saturdays. I work them very hard. They work very hard, and that's what makes them a great team."

Nikay is part of the Boys and Girls Club at the Fort Jackson Youth Services Center.

Nikay has performed at several Child, Youth and School Services events, as well as various community events around post.

In addition, the team has performed at the Columbia Delta House, at Fort Gordon, Ga., at Fort Benning, Ga., at the Keenan High School Talent Show, Benedict College and Lovick's Church.

Last year, Nikay participated in the Fort Jackson Boss Talent Show.

"We were the opening act and Chuck (Stoudemire, FMWR programmer) built the entire show theme — Step Up — around us," Chesson said.

Lovick said step enhances many areas of her life.

"You get to be yourself," she said. "We've been a team for a long time, and we're like sisters. Step is good exercise and makes you more confident and more comfortable and self-assured."

Lovick, Chesson and Aysha Watts make up the core of the team and have been with the team the longest. Lovick and Watts have been members for five years, and Chesson has been a member for three years.

All of the girls are good students who plan to go to college. Lovick hopes to join the Air Force and attend college. All three girls hope to follow in Jenkins' footsteps and come back to Fort Jackson some day as the step coach.

"This is an awesome group of girls," Jenkins said. "They are smart, talented and willing to perform wherever they are needed. The girls do all the work and choreograph their own routines."

Jenkins said the girls also shine outside of step, in that each team member is also a good student.

For more information about Nikay or to schedule a performance, call 751-5040 or 751-6387.

Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to the public.

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

Magruders Pub is open for lunch for family members from 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, and 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.

Play in the **St. Patrick's Day Tournament** at the Fort Jackson Golf Club.

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

Sunday Brunch will be held at the Officers' Club from 11 a.m. to 2 p.m.

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

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

It's **bunco time** at the Officers' Club, 10 a.m. - 2 p.m.

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 Barbecue Lunch Buffet**, from 11 a.m. to 2 p.m.

Ongoing Offers

The **Officers' Club** is ready to host your next special event. The club's professional staff will ensure every detail is attended to so your event will be to your specifications. Now is the time to start booking your holiday and 2009 events.

The Officers' Club's goal is to provide quality, consistent service and exceptional, creative cuisine to members and guests. The club offers and specializes in wedding receptions, anniversary parties, promotions and all special occasions.

Membership is open to officers (active duty, retired, Reserves and National Guard) and DoD civilian employees GS-7 and above, and NF 03 and above. For more 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.

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 **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, $28 per ticket, and Six Flags, $27 per ticket, for the 2009 season. Some offers require reservations.

For more information, visit Victory Travel in the MG Robert B. Solomon Center. Reservations are required for the following dinner shows:

Myrtle Beach: Dixie Stampede, Medieval Times, Legends Theatre, Carolina Opry, Ripley's Aquarium and 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, and Ripley's Moving Theatre.

Florida: Dixie Stampede, Medieval times, Pirates Dinner Adventure, Sleuths Mystery Dinner, Arabian Nights, Ripley's Believe It or Not Museum, The Holy Land Experience, Fantasy of Flights, Kennedy Space Center, Titanic the Exhibition, The Orlando Science Center, Florida Splendid China, and Cypress Gardens.

• **Child, Youth and School 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 Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

— Registration, call 751-4865.

— Six weeks-kindergarten, call 751-6221/6230.

— Grades 1-5, call 751-1136/6387.

— Grades 6-12, call 751-3977/6387.

— Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

• Enjoy resort accommodations for between two and 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.

Legal/Inspector General

Property types, wills, beneficiary options explained

Capt. Jeniffer Cox
Legal Assistance Attorney

Second of two parts

In last week's *Leader*, different options for estate planning were outlined in some detail. This article defines wills and types of property that may be left to a beneficiary.

A will is the document that disposes of your property at the time of your death. You will name an executor or personal representative, who is the person who will file the will with the court and ensure that the property is disposed of in accordance with your wishes. In a will, you can also name a guardian for minor children to take care of them and their property at the time of your death; and name a trustee for children's assets. There are three types of property which most wills dispose of: real property, personal property, and the residuary estate.

Real property is land and the fixtures built on the land, for example houses, farms, and rental property. Personal property items are your things, such as clothing, family heirlooms, jewelry, and other, similar things.

In South Carolina, and many, but not all other states, you have the flexibility to leave a Personal Property Memorandum with the will that gives away your personal property. This memorandum is not as formal as the will, and can be updated without having to redo the entire will.

Your residuary estate is the remaining items that are not given away in the other two categories. Anything that you own or have an interest in that you can name a beneficiary on, for example, life insurance, IRAs, and bank accounts, will pass according to the person or persons you named as beneficiaries, not according to the Will.

It is important to keep your estate planning documents in a place where your agent, and any alternate agents, has access to them 24 hours a day.

It is not wise to keep the original in a safe deposit box because it may not be found until after your death, unless you have notified your agent and alternates of the location and put their names on the signature card of the box. For your living will or the health care power of attorney, it is advisable to give a copy to your primary agent, your doctor, your hospital, and other successor agents you may have appointed.

Tell them where to find the original document in case it is needed in an emergency. Attorneys at the Legal Assistance office recommend that you examine your estate planning documents and needs every two to three years, or at any time that you have any major life changes — such as a marriage, divorce, birth of a child, or death of a family member.

In April, there will be additional information on healthcare powers of attorney and living wills as Legal Assistance staff will be encouraging Soldiers, family members, and retirees to take advantage of legal services during National Healthcare Decisions Day. Additional information will also be available at our booth during Retiree Appreciation Weekend, also in April.

Living wills, health care power of attorneys and durable powers of attorney are available on a walk-in basis 1:30-3:30 p.m. on Tuesday and Thursday afternoons at the Fort Jackson Legal Assistance office. Wills are done by appointment only. If you plan to have a will plus any of the other documents done, you can have them all done at one time during the will appointment. Appointments are available Monday through Thursday. The Legal Assistance office is located in the Office of the Staff Judge Advocate, Building 9475, on Kershaw Road. For questions about any other legal issues, call 751-4287.

Counseling Soldiers a leader responsibility, readiness mandate

Master Sgt. Henry Ramos
Assistant Inspector General

Regardless of if a Soldier intends to make the Army a career, it is important to the future of the Army that he or she develops and prepares to assume positions of greater responsibility.

The demands of combat may put even junior enlisted Soldiers into leadership positions in stressful situations. This is why the Army puts so much effort into developing, counseling Soldiers, and training them to lead.

Counseling is a basic responsibility of every leader and is required by FM 6-22 Army Leadership an important part of taking care of Soldiers. Counseling responsibility ranges from holding scheduled, structure counseling sessions to reacting to problem situations as they occur by giving on-the-spot guidance.

Quite often organizational policies, such as counseling associated with an evaluation or counseling required by the command, focus a counseling session. However, leaders may conduct developmental counseling whenever the need arises for focused, two-way communication aimed at subordinate development. Developing subordinates consists of observing the subordinate's performance, comparing it to the standard, and then providing feedback to the subordinate in the form of counseling.

Leaders' Responsibilities

The counseling process doesn't end with the counseling session. It continues through implementation of the plan of action and evaluation of results. After counseling, leaders should support subordinates as they implement their plans of action. Support may include teaching, coaching, or providing time and resources. A supervisor should observe and assess this process and possibly modify the plan to meet its goals. Appropriate measures after counseling include follow-up counseling, making referrals, informing the chain of command, and taking corrective measures.

Assess the Plan of Action

The purpose of counseling is to develop subordinates who are better able to achieve personal, professional, and organizational goals. During the assessment, review the plan of action with the subordinate to determine if the desired results were achieved. The supervisor and the subordinate should determine the date for this assessment during the initial counseling session. The assessment of the plan of action provides useful information for future follow-up counseling sessions.

NCOs counsel their subordinate NCOs and junior enlisted Soldiers, and officers will counsel subordinate leaders. For example, the company commander counsels the first sergeant. There may be situations where officers counsel junior enlisted Soldiers.

The point is that every leader has an obligation to develop his or her subordinates through developmental counseling. The Army Values play a very important role. The values of loyalty, duty and selfless service require leaders to counsel their Soldiers. The values of honor, integrity and personal courage require both leaders and Soldiers to give straightforward feedback and, if possible, goal-oriented tasks or solutions. The Army value of respect requires us all to find the best way to communicate that feedback and goals. For more information, reference Field Manual 6-22, Appendix B.

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Community Highlights

This Week

Today

The Army Community Services **Art of Relaxation** class is held 1-8 p.m. in Building 5615 Hood St.

Tomorrow

The ACS **Kids Clothing Swap** is held from 11:30 a.m. to 2:30 p.m. at 5615 Hood St., Room 8.

Tuesday

The **Dove Connection** class is held from noon to 1 p.m. in 5615 Hood St.

The Exceptional Family Member Program **Autism Support Group** is held at 5 p.m., at 5615 Hood St.

The **American Red Cross** and Moncrief Army Community Hospital are sponsoring a **Bloodmobile** from 9:30 a.m. to 2:30 p.m. at MACH's main parking lot. To sign up or for more information, call 360-2036.

Wednesday

Army Community Services will host **Employment Readiness Program Orientation** 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.

Announcements

Alumni, faculty sought

The Director of Plans, Training, Mobilization and Security, Rhett Risher, is looking for students and teachers who were at Hood Street Elementary School during 1963-1966. Work is under way to build a commemorative marker there. Risher would like to collect personal memories for the marker.

Call Risher at 751-7524 or Denise Cuenin at 751-4096 to participate.

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.

Soldiers needed

The 81st Regional Support Command Office of the Staff Judge Advocate has vacancies for six Reserve officers and one Reserve noncommissioned officer (E-5). For more information, call Chief Warrant Officer 3 Kevin McSally at 751-2692 or Master Sgt. Denise Underwood at 751-0833.

ASAP training

The Army Substance Abuse Program will offer training for commanders and first sergeants 1:30-3:30 p.m., March 19 in the ASAP classroom, Building 3250 Sumter Ave. The course will cover Army Regulation 600-25.

Fort Jackson Thrift Shop

Two jobs are available at the Fort Jackson Thrift Shop. One is for a donation clerk, and the other is a cashier. Both are paid positions. To fill out an application, visit the Thrift Shop, Tuesdays from 9:30 a.m. to 2:30 p.m., and Thursdays from 9:30 a.m. to 5:30 p.m. The shop also has a good selection of prom dresses in stock.

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.

Employees' union meeting

The National Federation of Federal Employees GS Employees' Local Union 1214 holds its monthly meeting every second Tuesday at 11:30 a.m. on the first floor of Bldg. 4405, on Forney Street, across from Post Headquarters. For information call 751-2622 or e-mail *NFFE@conus.army.mil.*

Band clinic

The 282nd Army Band is hosting a clinic Tuesday and Wednesday at Bldg. 3320. The clinic will feature the American Horn Quartet, an internationally acclaimed chamber ensemble. The clinic is free and open to the public. The 282nd will perform a concert at 7:30 p.m. Wednesday at the University of South Carolina School of Music, Room 206. For information about either event, call 751-3537.

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.

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. The site is available for anyone with a valid AKO account. For more information, visit *https://www.us.army.mil/suite/page/463396.* EO Net provides one-stop shopping for EO information and training material.

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.*

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.

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.bcgmidlands.org* or call, 231-3300.

New Initiative for Transitioning Soldiers

ACAP Express, allows Soldiers to use the Internet to register for Army Career and Alumni Program services, schedule a wide range of classes and use online tools to create resumes and cover letters.

Soldiers can use their AKO login to use *https://www.acapexpress.army.mil*.

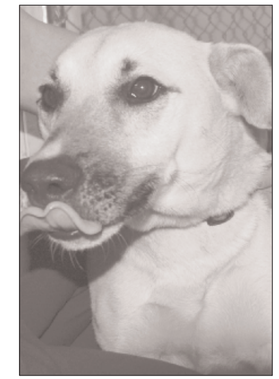
A taxing job

Photo by Crystal Lewis Brown

Pvt. Kenneth Smith, left, reviews his 2008 tax return with Spc. Courtney Robertson, tax center representative. Smith is one of more than 1,000 patrons the Tax Center has helped since its Jan. 20 opening.

Community Highlights

Looking for a home



Photos by Daniel Terrill

From left, a year-old tabby; a 2 or 3-year-old mixed breed female dog; a 2-year-old gray female cat and a 2-year-old yellow lab mixed dog all need to be adopted. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Balfour Beatty activities

The Balfour Beatty Communities Foundation has a **scholarship program** for high school student children of family housing residents.

To apply for a scholarship, logon to *www.bbcommunitiesfoundation.org*, and print and complete the appplication form.

Completed forms can be mailed to,

Balfour Beatty Communities Foundation

10 Campus Boulevard

Newtown Square, PA, 19073

The Balfour Beatty Communities LifeWorks Program has several activities planned for Fort Jackson housing residents.

All activities start or take place at the Balfour Beatty office at 5939 Thomas Court.

— Tuesday is **Lucky Leprechaun Day**. Visit the Community Management office ofr a variety of St. Patrick's Day surprises.

— Wednesday a **Small Business Expo** will be held at 1 p.m. at the Community Management office.

— **Bingo** games will be held at 5 p.m. March 19 at the Community Management office. The games are open to all ages.

For information about Balfour Beatty events, call 738-8275.

New Americans

Photo by Patrick Jones

Among South Carolina's newest American citizens is Susanne Kappler, center, a staff writer at the Fort Jackson Leader. Kappler joins 31 people Monday at the Immigration and Naturalization Services office in Charleston to be sworn in.

Family Housing refuse collection

Refuse collection is scheduled for regular trash pick up, recyclables and yard debris and bulk trash.

No trash of any kind may be put out before 7 p.m. the evening before scheduled pick-up day. The schedule for trash pick-up is as follows:

Mondays — Pierce Terrace 1,2,3 and 6.

Tuesdays — Pierce Terrace 4,5,7 and Howie Village.

Wednesdays — recyclables and yard debris;

Thursdays — bulk trash.

For more information, call 787-6416.

ROCKS meeting

Monthly ROCKS meetings are held on the third Thursday of each month.

The next meeting is March 19 at 5:30 p.m. in the Post Conference Room.

For more information, call 751-1898.

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.

Off-post events

U.S. House Rep. James Clyburn (D-6, S.C.) is encouraging troubled homeowners to begin pre-registering for the **Save the Dream Tour Friday through Sunday** at the Carolina Coliseum. Clyburn is partnering with the Neighborhood Assistance Corporation of America to help homeowners struggling to pay their mortgage restructure their loans.

Hundreds of counselors will be on-hand to provide the best solutions for the thousands of homeowners expected to turn out.

For information, or to register call 1-888-302-NACA.

The **Southeastern Paralyzed Veterans of America** needs community assistance in completing a garden plot on Fort Jackson. The plot symbolizes deep appreciation for all wounded Soldiers in the Warrior Transition Unit and paralyzed veterans.

To volunteer, call Mike Steward at 629-5589, or Maj. Glenn Baker at 751-9724.

PalmettoMac, the Macintosh User Group in the Midlands, will hold its March meeting 7 p.m., Monday at Best Buy, at 7006 Two Notch Road. Membership is not required. For information, call Jan Barkan at 743-2501.

The **Welcome Home Warriors Drop-in Reception** is held from 11 a.m. to 3 p.m. March 25 at the Dorn V.A. Medical Center, Building 106, Room D100. There will be a cookout and door prizes.

For more information, call Stacey Davis at 776-4000, ext. 7303 or Janet Kaufman at 695-6780.

Members of the **South Carolina Philharmonic** will perform at "Lunch & Listen," a music series sponsored by the Richland County Public Library, 12:30-1:30 p.m. March 19 in the main library at 1431 Assembly St.

27"
CMYK

CHAPEL

God's word nourishes the soul during Lent

Chaplain (Maj.) Thomas "Buzz" Mattingly
Installation Chaplain's Office

Matthew 6:16-18: "And now about fasting. When you fast, declining your food for a spiritual purpose, don't do it publicly, as the hypocrites do, who try to look wan and disheveled so people will feel sorry for them. Truly, that is the only reward they will ever get. But when you fast, put on festive clothing, so that no one will suspect you are hungry, except your Father who knows every secret. And he will reward you."

Somehow, each year, Lent manages to sneak up upon us. Perhaps it's just that we don't pay attention to it. Maybe we're just too busy. Or is it simply that other things preoccupy us and we find it overcome by events?

Well, let me suggest something: It's not too late to celebrate.

First, let's visualize Lent as a time of preparation. As we prepare our hearts for Holy Week and the passion and crucifixion of the Messiah, we might recall the sacrifices he made for us.

He sacrificed himself to obedience — perfect obedience to the will of his Father. Hebrews 5:8 put it like this: "Although he was a Son, he learned obedience from what he suffered."

Yeshua (Jesus) was perfectly obedient unto Abba, his Father. Are you perfectly obedient to your heavenly Father? Are you living daily for Yeshua?

Next, Yeshua encouraged the sacrifice of fasting as a discipline. Fasting deprives the stomach of food, meaning that the blood that formerly would go to aid in digestion can now supply the mind.

Without victuals to deter the supply of blood, there is now an enhanced amount available for studying and meditating on God's word.

What a wonderful discipline — to feed the soul as well as the body. Yeshua, when he was tempted in Matthew 4:4, responded to HaSatan's enticement on account of his hunger to convert stones into sustenance: "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

Be sure to first consult with your health-care provider before doing this, should you be on medication or have any kind of condition which might prevent your participation.

To meditate is akin to the English word "ruminate." A cow, chewing its cud, enjoys its nourishment, sometimes for hours on end. In the same way, we are to cogitate on the word of God by reading it, by personalizing it, by memorizing it, by mulling it over and over in our minds. This is a sacrifice — we could be doing something else. But now, Adonai will really bless us as we ask the Ruach HaKodesh (the Holy Spirit) to apply the Word to our hearts.

Study Psalm 119 — all 176 verses. Here's one to reflect on: "How sweet are your words to my taste, sweeter than honey to my mouth!" (Psalm 119:103) Chew on this in lieu of a Snickers bar.

Finally, take on something to replace the meat and the sweets you have given up. Decide to embark on a comprehensive program of scripture study.

Join a Bible study or a church where Yeshua is proclaimed as Messiah and God-in-the-flesh. Visit a senior citizens' home and read God's word to one of its lonely residents. Volunteer as a candy striper at a local hospital.

Call the county road commissioner and ask to be responsible for cleaning up a section of some of our highways in South Carolina. Take a meal over to someone who is sick or shut-in.

Write a letter of thanks to your parents for all they have done for you. Tell your chaplain that you love him or her — and may HaShem bless you as you serve God, with energy, intelligence, imagination and love.

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, USACHCS, Fox/Poling Lab.
■ 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)
■ Sunday
5 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. 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

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.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the Week

Two civilians were prohibited from entering Fort Jackson after security guards discovered that a person was hiding in the trunk of a car at Gate 2, Military Police said. The person was hiding in the trunk because she did not have valid identification, MPs said.

A Soldier was cited for drunken driving, speeding, failing to give a proper turn signal and making an improper left turn. MPs stopped the Soldier's car because he was speeding and detected the smell of alcohol on the driver, according to authorities. The Soldier failed two standard field sobriety tests. Subsequent tests revealed a blood alcohol content of 0.27 percent, MPs said. The legal limit in South Carolina is 0.08 percent.

A Soldier was arrested on a federal warrant for criminal sexual battery, MPs said. The incident for which the warrant was issued happened before the Soldier joined the Army. The Soldier is detained at Alvin S. Glen Detention Center.

Provost Marshal's Tip of the Week

The Directorate of Emergency Services, as a result of community concerns, has recently conducted a traffic survey on the speed of traffic on Ewell Road. As a result of the survey, the speed limit on Ewell Road was reduced March 1.

From the traffic circle to the intersection of Ewell Road and Lee Road the speed limit was changed to 35 mph. From Lee road to the Defense Reutilization and Marketing Office the speed limit was changed to 25 mph. From DRMO to Ivy Road the speed limit was changed to 35 mph.

These changes are a result of safety concerns for pedestrians in the affected area. Police officers have begun issuing traffic tickets to violators.

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

FORCE PROTECTION THOUGHT OF THE WEEK

Consider YOURSELF a Target

- You and Your Family
- Your Friends & Neighbors
- Your Fellow Soldiers
- Your Job
- Your Mission
- Your Unit
- Your Country

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Changes coming to post golf league

Theresa O'Hagan
Family and Morale, Welfare and Recreation

The Fort Jackson Intramural and Recreational Golf League is now part of the Carolina Professional Golf Association Golf League Network.

Last year, the Carolinas PGA introduced a new way to play for the golfers of the Carolinas. The Carolinas PGA Golf League Championship was added to the golf season. Also, participating league players were given access to their stats, scores, pairings and much more online at *www.carolinasgolfleague.com.*

The top teams, to include the winning teams from Fort Jackson, had the chance to compete in a championship tournament at Tobacco Road Golf Club in North Carolina, free of charge.

Because of last year's success, the Carolinas PGA modified game play again this year with new additions to the system and a few subtractions.

What this means for Fort Jackson intramural and recreational teams is that there will be a new format, league-only handicaps, weekly closest-to-the-pin contests and competition against all teams in the league each week.

"Fort Jackson will use the 'league handicap' used by the CPGLN. This handicap system will level the playing field and make the league more competitive," said Mike Casto, director of golf, Fort Jackson Golf Club.

Players will pay the normal greens and user fees, but no additional league fees will be required.

Teams are limited to no more than eight players. The Sports Office will accept 24 teams into the league.

The league will be split into two divisions — intramural (active duty) and recreational (all others). The teams will play four players each league night, split into two-person teams and will be competing against all of the teams each evening.

All competitions will be played on Tuesdays starting 5 p.m. League matches will begin March 31. There will be no make-up matches.

League results, schedule, statistics, and standings will be posted to *www.carolinasleaguenetwork.com.*

Golfers who want to participate can register until March 24 with the Sports Office located on Hilton Field.

For more information, call 751-3096. All persons who register must have a DoD ID Card or be a member of the Fort Jackson Golf Club.

Basketball standings*

Monday/Wednesday League		Tuesday/Thursday League	
4-321st	12-2	That's Them	15-0
Swampfoxes	11-3	Niteflyte	11-4
2-13	9-5	SCNG	10-5
SSI	7-5	120th	9-5
187th	7-7	4-10	8-6
PES	4-10	165th	8-7
3-60	3-10	DSS	8-9
3-13	1-11	2-60	4-11
		MEDDAC	2-12
		JAG	0-15

Standings as of March 11, 9 a.m.

Darts Standings

1st CivDiv — 26 points
Broken Arrow — 16 points
3-34 — 15 points
Sharp Shooters — 13 points
187th — 13 points, 1 forfeit
2-13 — 12 points
3-13 — 8 points
4-10 — 8 points
SSI — 4 points

Bye weeks
1st CivDiv — today
3-34 — March 19
4-10 — March 26

Sports Briefs

St. Patrick's Day Golf

The third annual 171st Infantry Brigade St. Patrick's Day Golf Tournament is scheduled for tomorrow, 8 a.m. at the Fort Jackson Golf Club, Wildcat Course. The deadline for teams to sign up is Monday. For more information, e-mail *Patrick.Gaddie@conus.army.mil*.

St. Patrick's Day Fun Run

The St. Patrick's Day Fun Run and Walk is scheduled for Saturday. 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.

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.

Tennis Tournament

Letters of intent for an active-duty tennis tournament are due March 31. Play is set to begin in April. Players should include their level of play (novice, intermediate or advanced). For more information, call 751-3096.

Bass Tournament

The 171st Infantry Brigade will host its inaugural bass fishing tournament April 3 at Lake Wateree. The event starts 8 a.m. For more information, e-mail *Patrick.Gaddie@conus.army.mil*.

Strongman Competition

Registration is open for Fort Jackson's annual strongman competition. For more information, call 751-3096.

Important Numbers

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