

TRACKING ...

NEWS

AER campaign
scheduled to start

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FAMILY



Tooth Fairy visits
on-post children

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FMWR



Fair set to help
adult job seekers

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The Fort Jackson Leader

Thursday, February 24, 2011

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Painful loss

BCT Soldier dies from pneumonia

By **SUSANNE KAPPLER**
Fort Jackson Leader

The Fort Jackson community will remember one of its Soldiers at a memorial service scheduled for 9:30 a.m., Friday at Bayonet Chapel.

Pvt. Jordan Chase, a 19-year-old Soldier in Basic Combat Training with Company A, 3rd Battalion, 34th Infantry Regiment, died Sunday at Palmetto Richland Hospital from complications associated with pneumonia. Chase started basic training Jan. 10 and did very well until he got ill, said Capt. Ryan Reay, commander of Co. A, 3-34th.

"He (was) a very motivated, very dedicated Soldier who was very involved in the training, very involved with his battle buddies. He was a very caring Soldier," Reay said. "In



CHASE

fact, the day of Victory Tower, he was really excited about completing his training. He wanted to rappel and do the rope obstacles, and that's what he did."

Lt. Col. **Bryan Hernandez**,

commander of the 3-34th, said the Soldiers in Chase's unit remain focused on completing basic training despite the loss of one of their battle buddies.

"In order to cope with the loss, the Soldiers in the company have been addressed by the unit's leadership and our battalion chaplain," Hernandez said. "We have counselors available to those (Soldiers) who request such services, however, they seem calm and determined to complete basic training."

Reay said he hopes that Chase will be an inspiration to his battle buddies.

"It's been difficult, but what I put out to the Soldiers is, 'Follow Pvt. Chase's example. Understand the dedication that he had to the unit and to the mission and continue to train as if he were still with us, because that's what he would want,'" Reay said.

Chase, a native of Lewiston, Maine, is survived by his mother, Rhonda Tilley, and father, Tom Chase.

Susanne.Kappler1@us.army.mil

Geared to maintain



Photo by **SUSANNE KAPPLER**

Soldiers with Company B, 187th Ordnance Battalion, maneuver through a convoy operations lane during the company's field training exercise Feb. 15. The 187th changed its field training exercise to include more real-life scenarios. For more on the story, see Pages 20-21.

Military Saves Week targets fiscal health

The way that you manage and spend your money is your own personal business, but it is troublesome to me when I see Soldiers make bad financial choices.

It is also sad to see Soldiers looking for a bailout from Army Emergency Relief from a crisis that could have been avoided.

The bottom line is that reckless spending and living above one's means almost always spell trouble, and they almost certainly distract from mission readiness. Have you ever given the idea of "saving money" much thought?

It's an interesting concept, and it's been around quite a while. More people who develop and practice good savings habits might be exactly what our country needs. Renowned economist Alan Greenspan once said: "Anything that we can do to raise personal savings is very much in the interest of this country."

I agree wholeheartedly and strongly encourage the Fort Jackson military community to join Army Community Services as we celebrate Military Saves Week. Military Saves is a Department of Defense-wide Financial Readiness Campaign aimed at convincing service members and all those affiliated with the military to reduce debt and save money.

The campaign was developed and tested by its non-profit sponsor, Consumer Federation of America and

**MAJ. GEN.
JAMES M. MILANO**

*Fort Jackson
Commanding
General*



the military services from 2003 to 2006, then launched throughout the DoD in early 2007. It is part of two larger campaigns, the DoD Financial Readiness Campaign and the National America Saves campaign.

There is no sharing of personal financial information in this campaign. A person's participation is not reported to anyone. The thrust of the campaign is to promote commitments among participants to build wealth over time and encourage others to do the same.

Approximately 43 percent of American families spend more than they earn each year and the average household carries approximately \$8,000 in credit-card debt. Clearly, there is a substantial number of Americans who could use a solid financial plan. Military Saves can help you accomplish just that.

Military Saves encourages the development of a

personal financial plan, the establishment of good credit, saving a portion of each paycheck, enrollment in the Servicemembers' Group Life Insurance, the Thrift Savings Plan, and, when eligible, the Savings Deposit Program.

While it is an ongoing campaign, the entire military community comes together to focus on financial readiness during Military Saves Week. During this week, Army Community Services offers seminars to encourage, motivate, and educate our community to increase personal savings, decrease debt, and develop financial habits that lead to improved personal financial stability. This translates directly to mission readiness. For more details on any financial seminars, contact the Financial Readiness Program at ACS, 751-5256.

This campaign is not a quick fix, a specific savings program, or a one-time promotional campaign. It takes a long-term, ongoing effort to make a real change in our nation's future. If you have not already done so, I urge you to join us and log into www.militarysaves.org and click on the Saver Pledge and enroll as a military saver.

Start now, take the first step, make a commitment to save and build personal wealth. Start small and think big. Remember that financial readiness translates to mission readiness. Maintaining good credit, financial stability, a regular savings, a TSP account and life insurance coverage are all important to mission success.

Army Strong and Victory Starts Here!

The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

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Staff writer.....Chris Rasmussen

LETTERS

VOLUNTEERS MAKE BUILD A SUCCESS

It was with great pride that the Soldiers and civilians of Fort Jackson came together for Operation Bradley and Homes For Our Troops.

Over 800 Volunteers showed their support and encouragement of the Bradley family. I am proud to say every unit, organization and several agencies on Fort Jackson had representatives on the build during the three days of the build.

Doreen Lewis, a Homes From Our Troops staff member, said, "that of the 100 homes that they had built they had never seen such an outpouring of volunteerism as displayed by Fort Jackson."

I humbly wish to thank everyone involved in the project. Without each of you, Operation Bradley would

not have been a success.
Victory Starts Here!

Very Respectfully,

SGT Arnita Miles
Fort Jackson BOSS President
Installation BOSS Office

The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@conus.army.mil.



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facebook

Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

AER campaign to get under way

Program offers relief to Soldiers, families in need

From the Army Emergency Relief campaign staff

Fort Jackson will launch its 2011 Army Emergency Relief Annual Campaign during a ceremony at 9 a.m., Tuesday at the Joe E. Mann Center.

This year's theme for the campaign, which lasts until May 15, is "Helping to Make Soldiers and their Families ARMY STRONG."

The main purpose of the annual campaign is to bring AER mission awareness to Soldiers and to raise funds to provide emergency assistance to Soldiers and their families, said Sgt. 1st Class Diane Curley, campaign staff member.

"AER is solely dedicated to Soldiers helping Soldiers," added 1st Lt. Bertron Beard, campaign coordinator. "In the Army, we take pride in our ability to help our fellow Soldiers. After all, the Warrior Ethos states, 'I will never leave a fallen comrade.'"

Last year, Fort Jackson Soldiers and civilians donated \$218,000 to the campaign, while nearly 1,000 Soldiers and family members received close to \$741,465 in emergency financial assistance throughout the fiscal year.

This year's goal is "100 percent Soldier contact," said Sgt. 1st Class Nicole Simonson, campaign staff member.

"We want to ensure that every Soldier is aware of the AER program and has an opportunity to help a fellow Soldier by making a contribution," Simonson said.

"There is no limit on how much a Soldier can ask for," she said. "AER assistance will meet your emergency need."

If the emergency is valid and the requester is deemed eligible, AER financial assistance may be provided in the form of a no-interest loan, a grant, or a combination of both.

"There are many finance companies, title loan and cash-advance establishments that take advantage of service members who need financial help,"



Photo by JAMES ARROWOOD, command photographer

Maj. Gen. James Milano signs his Army Emergency Relief pledge card Wednesday. The campaign, which helps Soldiers in financial need, begins Tuesday and runs through May 15.

Beard said. "AER can help ameliorate the situation without Soldiers resorting to options that have exorbitant fees or interest rates."

Active duty and retired Soldiers and National Guard and Army Reserve Soldiers on continuous active duty for more than 30 days (under Title 10 orders), their dependents and surviving spouses and orphans of Soldiers who died while on active duty or after they retired, can apply for AER assistance.

A person can apply for AER assistance through unit commanders, first sergeants or the local AER sections, Curley said.

Soldiers or family members not near an Army installation can apply at the nearest Aid Society (Air Force Aid Society, Navy-Marine Corps Relief Society and the Coast Guard Mutual Assistance).

IN THE KNOW

AER, referred to as "the Army's own emergency financial assistance organization," is authorized to provide emergency assistance for the following categories:

- | | |
|---|---|
| <input type="checkbox"/> Food | <input type="checkbox"/> Medical/dental expenses |
| <input type="checkbox"/> Utilities | <input type="checkbox"/> Personal needs when pay is delayed or stolen |
| <input type="checkbox"/> Rent/mortgage | <input type="checkbox"/> Needs caused by fire or other disaster |
| <input type="checkbox"/> Essential POV | <input type="checkbox"/> Travel funds for relocation |
| <input type="checkbox"/> Emergency/essential travel | <input type="checkbox"/> HVAC repair (heating, ventilation, air conditioning) |
| <input type="checkbox"/> Funeral expenses | <input type="checkbox"/> Purchase/repair of refrigerator or stove |
| | <input type="checkbox"/> Child car seats |
| | <input type="checkbox"/> Cranial helmets |

If there is no military installation or aid society within 50 miles, or if emergency relief is needed after business hours, during weekends or on federal holidays, Curley said to contact the American Red

Cross at 877-272-7337.

For more information, contact Beard at 751-2757, Bertron.Bead@us.army.mil or stop by the Strom Thurmond Building, Room 120.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 10 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the March 10 Leader must be submitted by March 3.

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





Leader file photo

Barbara Martin, employment readiness manager at Fort Jackson's Army Community Services, speaks to spouses during federal employment course.

Officials seek spouses' input on jobs

By **ELAINE WILSON**
American Forces Press Service

WASHINGTON — Defense Department officials are inviting military spouses to air their state licensing issues and concerns as part of an overall effort to boost spouses' education and career opportunities.

The department has created a discussion board where spouses can describe their experiences — both good and bad — with state licenses and certifications as they move from state to state.

"We'd like to eliminate barriers that would enable spouses to pursue their goals, and licensure is a major barrier to spouses as they seek careers," Aggie Byers, senior policy analyst with the Spouse Education and Career Opportunities program, told American Forces Press Service.

One-third of employed military spouses are in career fields that require a state license, such as some health care professionals, teachers, accountants, pharmacy technicians and medical billers, explained Ed Kringer, director of state liaison and

educational opportunity for the Pentagon's office of military community and family policy.

Officials often encourage military spouses to pursue portable careers, since they may offer easier paths to employment in new locations. However, spouses are running into some issues as they move from state to state, Kringer acknowledged.

A license that's valid in one state isn't always valid in another, he explained, rendering spouses unable to work until they can complete the licensing requirements for their new state of residence.

Compounding the issue, some states have stringent application processes, or the board may only meet once every three to four months. If spouses miss one board, they'll potentially have to wait months for another. In worst-case scenarios, some states don't endorse another state's license at all, leaving those spouses back at square one in the licensing process, Kringer said.

"The process can be confusing, time-

“We'd like to eliminate barriers that would enable spouses to pursue their goals ...”

— **Aggie Byers**
Spouse Education and Career Opportunities program

consuming, expensive, and can leave spouses out of the job market for long periods of time," he said. "We realize that a spouse may only be (in a state) for two to three years, and will be missing six months or more of work."

This lack of employment can snowball, he noted. States often require people to demonstrate reasonable competency, which entails expertise gained on the job. A spouse, for example, may be required to have worked two out of the past four years in a career to obtain a license. But military spouses who lived overseas for several years, or in a small town with limited career opportunities, may not be able to meet this requirement, he added.

To counter these issues and others, Defense Department officials are working with states to streamline processes and eliminate licensing barriers, Kringer said.

Officials have focused past efforts on easing the transition process for registered nurses and teachers. For example, Kringer

said, officials have worked with states the past several years on a licensure compact that will ease state-to-state transitions for registered nurses. For teachers, he added, they have been asking states to accept one specific certificate across the board rather than requiring a new certificate in each state.

However, only about 11 percent of working spouses are registered nurses or teachers, according to the current population survey, Kringer noted, so officials are working to minimize the challenges facing spouses in all portable careers.

Efforts to institute change already have paid off, he said.

Colorado, for example, passed an endorsement bill last year that's speeding up the licensing process for military spouses, Kringer said. Colorado has a regulatory agency that oversees 77 different careers that require a license. The legislation gives the agency's director authority to grant endorsements without board approval, eliminating sometimes lengthy waits for a board to meet. Additionally, the state now accepts continuing education units in lieu of experience, he added.



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

Housing Happenings

- ❑ Balfour Beatty is now accepting geographical bachelors and bachelorettes for on-post housing. Call 738-8275 for more information.
- ❑ Energy-saving tip: Turn off the drying cycle on your dishwasher and air dry your dishes. This reduces energy consumption and may prolong the life of the appliance. For more “Live Army Green” energy saving ideas, visit www.balfourbeattycommunities.com/livearmygreen.
- ❑ Refer someone to live on post and receive \$250. For more information, call 738-8275.
- ❑ Balfour Beatty is now on Facebook. Search “Fort Jackson family housing” and click “like” to stay up to date on housing happenings.

News and Notes

FREE MOVIE SCREENING

In observation of Black History Month, the Fort Jackson Movie Theater will present a free screening of the movie “Glory,” 10 a.m., Saturday. Admission is free. Refreshments will be available for purchase. The movie tells the story of the 54th Massachusetts Volunteer Infantry, which was one of the first all African-American units of the Army. The previously announced Civil War re-enactment scheduled for Saturday is canceled.



- | | |
|---|-------|
| Feb. 25 — 4 p.m.
Alpha Omega | PG |
| Feb. 25 — 7 p.m.
True Grit | PG-13 |
| Feb. 26 — 10 a.m.
Free screening: Glory | PG-13 |
| Feb. 26 — 4 p.m.
Country Strong | PG-13 |
| Feb. 27 — 6 p.m.
True Grit | PG-13 |
| March 4 — 4 p.m.
Enchanted | PG |
| March 4 — 7 p.m.
The Green Hornet | PG-13 |
| March 5 — 6 p.m.
The Rite | PG-13 |

Ticket admission
Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings.

New AG chief



Photo by CHRIS RASMUSSEN

Chief Warrant Officer 5 Coral Jones accepts responsibility as the Chief Warrant Officer of the Adjutant General’s Corps from Col. Robert Manning, commandant of the Adjutant General School, during a ceremony at the Soldier Support Institute Feb. 17. Jones takes over for Chief Warrant Officer 5 Scott Hagar, who retired after 31 years of service.

Suicide attempts up from last year

Army News Service

WASHINGTON — In January, the Army experienced a total of 14 potential suicides and one confirmed suicide among Soldiers on active-duty status.

The January number is up from the last month of 2010 — in December, the Army reported 11 potential suicides and one confirmed suicide among Soldiers on active duty.

The January numbers are also higher than last year at the same time — then, in January 2010, the Army experienced 12 confirmed suicides among Soldiers on active duty.

“Army-wide efforts implemented during 2010 to improve the health of the force and enhance our overall resiliency will continue to be a focus



U.S. Army graphic

The Army recently released its January suicide numbers.

for all members of the Army family in 2011,” said Col. Chris Philbrick, deputy

director, Army Health Promotion, Risk Reduction Task Force. “We must continue to examine our risk reduction and health promotion programs to ensure that in every instance they are readily available and accessible to those in need.”

Numbers for reserve-component Soldiers not on active duty were also released. Among that population, a total of seven potential suicides were recorded in January. Of those, two have been confirmed and five are pending confirmation.

In 2010, the Army experienced a total of 240 confirmed suicides, and 63 potential suicides — a total of 303 — among Soldiers on active duty and Soldiers in the Reserve Components. Of those 303 suicides, 286 were male Soldiers and 17 were female Soldiers.



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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Derrick Powell
Company A
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Charles Coolidge

SOLDIER OF THE CYCLE
Pvt. Grant Ozanich

HIGH BRM
Pvt. Justin Reiner

HIGH APFT SCORE
Pfc. Jesus Ruiz-Garcia



Staff Sgt. David Colter
Company B
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Joshua Gonzalez

SOLDIER OF THE CYCLE
Spc. Ky Belk

HIGH BRM
Pfc. Robert Wood

HIGH APFT SCORE
Pfc. Brian Miller



Staff Sgt. Seth White
Company C
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Trent Ervin

SOLDIER OF THE CYCLE
Pfc. Shelly Sims

HIGH BRM
Pvt. Joseph Stein

HIGH APFT SCORE
Pvt. Samuel Shore



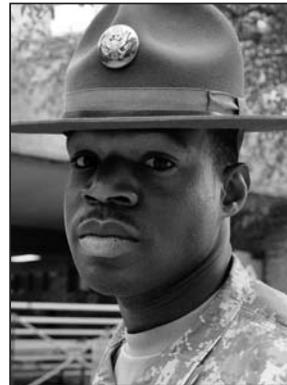
Staff Sgt. Brian Field
Company D
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Susan Patton

SOLDIER OF THE CYCLE
Pvt. Samantha Adkins

HIGH BRM
Pfc. Ashlee Langston

HIGH APFT SCORE
Spc. Thao Vo



Staff Sgt. Michael Commander
Company E
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Jeremy Fishback

SOLDIER OF THE CYCLE
Spc. Andrew Bartran

HIGH BRM
Pfc. Alan Fonsecarodado

HIGH APFT SCORE
Spc. Kimberly Wright



Staff Sgt. Jason Walters
Company F
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Hilary Schultz

SOLDIER OF THE CYCLE
Pvt. Jonathan Rasch

HIGH BRM
Pfc. Larissa Schaefer

HIGH APFT SCORE
Spc. Shalyn Kessler

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Mark Siecinski

TRAINING SUPPORT
Sgt. Yanira Ferreira

SERVICE SUPPORT
Michael Herrmann

DFAC SUPPORT
Julia Rembret

FAMILY SUPPORT
Carise Gonzalez

Training honors



Staff Sgt. Keisha Green
Cadre of the Cycle
369th Adjutant General
Battalion



Sgt. 1st Class Bryan Rever
Platoon sergeant of the cycle
369th Adjutant General
Battalion

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@cnus.army.mil.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

Retiring from service



Photo by JAMES ARROWOOD, command photographer

Retiring Soldiers are honored during a ceremony Wednesday at the Joe E. Mann Center. From left, Chaplain (Col.) Stephen Cook, Lt. Col. Aura Sanfeliz-Kee, Sgt. 1st Class Millicent Hudson, Sgt. 1st Class Billy Swatzell, Sgt. 1st Class Ivan Vidal, Sgt. 1st Class Timothy Fetterson Sr., Sgt. 1st Class Patrick McKenzie and Sgt. 1st Class Anthony Toney.



Photos by CHRIS RASMUSSEN

Left, Timothy Burns, 4, practices proper toothbrushing techniques on a set of large teeth. Timothy and other children in one of the Child, Youth and School Services Child Development Homes learned oral hygiene tips during a visit from the Tooth Fairy last week. Above, DENTAC's Cynthia Good, also known as the Tooth Fairy, helps children from one of the multi-age Child Development Homes learn to brush their teeth properly.

Tooth Fairy makes Fort Jackson flight

Leader staff report

Fort Jackson's very own Tooth Fairy has taken flight the last few weeks, visiting the post's various Child Development Centers and homes to teach children about proper oral hygiene.

On her days "off," the Tooth Fairy, Cynthia Good, is a dental therapy assistant at the Caldwell Dental Clinic.

Her task, she said, is "to promote and give the kids instruction on how to take care of their teeth. We're trying to get them introduced to home (dental) care as soon as possible."

Good focuses on children, 2 to 5.

"A lot of the kids have no knowledge of how to brush and floss," Good said.

According to the Centers for Disease Control and Prevention, caries — the disease that results in cavities — is most likely the most prevalent infectious disease in U.S. children. More than 40 percent of children have had caries by the time they reach kindergarten.

So how can parents help prevent cavities in infants and toddlers?

Here are a few tips for infants and toddlers.

- ❑ Begin oral hygiene measures by the time the first tooth erupts. Be sure to clean infants' teeth and gums twice a day with a fluoride toothpaste and a washcloth or soft, age-appropriate sized toothbrush. Children younger than 2 should use a "smear" of toothpaste, while those 2 to 5 should use a pea-size amount.

- ❑ Initiate flossing when adjacent tooth surfaces cannot be cleansed with a toothbrush.

- ❑ Infants should receive oral health risk assessments from the primary health care provider by 6 months. The child's first dental visit should be by 6 months or after the first tooth erupts.

- ❑ Parents or caregivers should establish a regular dentist for infants by 1 year.

Good stresses that although the children do learn to brush their own teeth, it is important that parents assist them and make sure the children's teeth are brushed properly.

"Parents need to go in there and go back over (what they've brushed)," she said.



Leader file photo

Dr. (Capt.) Cassandre Joseph, examines a child's teeth during the Colgate Van's visit last year. This year's visit, during which children can receive free dental screenings, is scheduled for 11 a.m. to 4 p.m., Saturday at the Commissary. See Page 17 for details.

ACS Calendar of Events — March

TUESDAY, MARCH 1

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **How to make a job fair work for you** — 9 to 11 a.m.; location to be determined; workshop for adult job seekers
- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **FRG forum committee meeting** — 1 to 2 p.m.; Family Readiness Center
- ☐ **EFMP family night out** — 5 p.m.; Chick-fil-A, Decker Boulevard

WEDNESDAY, MARCH 2

- ☐ **AFTB Level III (Day 1)** — 8:30 a.m. to 3:30 p.m.; Family Readiness Center
- ☐ **Post newcomer orientation/tour** — 9 to 11:30 a.m.; Post Conference Room
- ☐ **Bright Honeybee Explorers** — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location
- ☐ **Steps to federal employment** — 9 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **Phase II LEVY brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, MARCH 3

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **AFTB Level III (Day 2)** — 8:30 a.m. to 3:30 p.m.; Family Readiness Center
- ☐ **AER commander's referral training** — 9 to 10:30 a.m.; Education Center, Room B206
- ☐ **Instructor-led computer training — introduction to MS Excel** — 9 a.m. to noon; location to be announced
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222
- ☐ **EFMP Bouncerific** — 4:30 to 6:30 p.m.; 921 Longtown Road; participants must be enrolled in EFMP; to RSVP, call 751-5256

SATURDAY, MARCH 5

- ☐ **Job fair preparation workshop for teens** — 10 a.m. to noon; location to be announced

MONDAY, MARCH 7

- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, MARCH 8

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Group dynamics** — 9 to 10:30 a.m.; Family Readiness Center
- ☐ **Baby Basics workshop** — 9 to 11:30 a.m.; For more information, call 751-6304/1071/6868
- ☐ **Job fair for adult job seekers** — 9 a.m. to noon, Solomon Center

- ☐ **Conflict management** — 10:30 a.m. to noon, Family Readiness Center
- ☐ **From zero to a welding career in 10 weeks** — noon to 1 p.m., Strom Thurmond Building, Room 222
- ☐ **EFMP family night at EdVenture Children's Museum** — 5 p.m., 211 Gervais St., \$1 per person

WEDNESDAY, MARCH 9

- ☐ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Bright Honeybee Explorers** — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location
- ☐ **Fort Jackson spouses forum** — 9 to 11:30 a.m.; Family Readiness Center
- ☐ **University of Phoenix education seminar** — 1 to 2 p.m.; Strom Thurmond Building, Room 222
- ☐ **Monthly SOS support groups** — 5 to 7 p.m.; open to spouses and family members of fallen service members; for more information and to RSVP, call 751-4867
- ☐ **Fort Jackson spouses forum** — 5:30 to 8 p.m.; Family Readiness Center

THURSDAY, MARCH 10

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — introduction to MS PowerPoint** — 9 a.m. to noon, location to be announced
- ☐ **Stress management class** — 11 a.m. to noon; Community Center
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

FRIDAY, MARCH 11

- ☐ **FRG resource workshop** — 9 a.m. to noon; Family Readiness Center

MONDAY, MARCH 14

- ☐ **Treasurer training** — 9 to 10 a.m.; Family Readiness Center
- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Key caller training** — 10 to 11:30 a.m.; Family Readiness Center

TUESDAY, MARCH 15

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **ACS community resiliency EFMP awareness fair** — 10 a.m. to 2 p.m.; Solomon Center

WEDNESDAY, MARCH 16

- ☐ **Survivor Outreach Services grief and loss workshop** — 9 to 11 a.m.; Family Life and Resiliency Center; to RSVP, call 751-

4867

- ☐ **Personal financial readiness for first-term Soldiers** — 9 to 10:30 a.m.; Education Center, Room B208
- ☐ **Bright Honeybee Explorers** — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location
- ☐ **Phase II LEVY brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213
- ☐ **Monthly SOS support groups** — 5 to 7 p.m.; open to spouses and family members of fallen service members; for more information and to RSVP, call 751-4867

THURSDAY, MARCH 17

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Financial/relocation planning for initial PCS move** — 9 to 10:30 a.m.; Education Center, Room B208
- ☐ **Instructor-led computer training — introduction to MS Word** — 9 a.m. to noon, location to be announced
- ☐ **Anger management class** — 11 a.m. to noon; Community Center; call 751-6325 to register
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222
- ☐ **Sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

SATURDAY, MARCH 19

- ☐ **Teen job and education fair** — 10 a.m. to noon; Solomon Center

MONDAY, MARCH 21

- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **FRG basic training** — 9 a.m. to 4 p.m.; Family Readiness Center

TUESDAY, MARCH 22

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **1-2-3- Magic: Effective discipline for children 2-12 workshop** — 10 a.m. to 3 p.m.; call 751-6304/1071/6868 for more information
- ☐ **Resume writing/interviewing skills** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **EFMP bowling** — 3:30 to 5 p.m.; Century Lanes Bowling Center; participants must be enrolled in EFMP; call 751-5256 to register

WEDNESDAY, MARCH 23

- ☐ **Sponsor a spouse training** — 9 to 11:30 a.m.; Family Readiness Center
- ☐ **Bright Honeybee Explorers** — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location
- ☐ **Monthly SOS support groups** — 5 to 7 p.m.; open to spouses and family members

of fallen service members; for more information and to RSVP, call 751-4867

THURSDAY, MARCH 24

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Parent power: parenting children 13 to 18 years old** — 9 a.m. to 3 p.m.; for more information and to register, call 751-6325
- ☐ **Quick jobs seminar: scholarships for military spouses** — 11 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

FRIDAY, MARCH 25

- ☐ **Steps to federal employment** — 9 a.m. to noon; Strom Thurmond Building, Room 222

MONDAY, MARCH 28

- ☐ **Trauma in the unit** — 9 to 10 a.m.; Family Readiness Center
- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Evening breastfeeding support group** — 5:15 to 6:30 p.m.; for more information, call 751-6304/1071/6868

TUESDAY, MARCH 29

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ☐ **Helping hero: job skills training for military spouses** — 10 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Lunch and learn: careers in real estate** — noon to 1 p.m.; Strom Thurmond Building, Room 222, free lunch included

WEDNESDAY, MARCH 30

- ☐ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Bright Honeybee Explorers** — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location
- ☐ **Phase II LEVY brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, MARCH 31

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222
- ☐ **English as a second language conversational** — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.

The Family Readiness Center is located at 3499 Daniel Circle. The Community Center is located at 520 Brown Ave.

Calendar

Tuesday

AER Campaign kickoff

9 a.m., Joe E. Mann Center, ballroom

Thursday

Tobacco cessation orientation

3 to 4 p.m., Moncrief Army Community Hospital, third floor, staff conference room

Fort Jackson school board meeting

4 p.m., C.C. Pinckney Elementary School

Tuesday, March 8

Job fair

9 a.m. to noon, Solomon Center
More than 45 employers will be attending. For more information, call 751-6062/6974.

Wednesday, March 9

ADHD workshop

9 a.m. to noon, Joe E. Mann Center, ballroom
Topics discussed include understanding ADD/ADHD, functional behavior assessments, behavioral intervention plans and teaching strategies. For more information and to register, call 751-6150.

ROWC luncheon

11:30 a.m., Officers' Club
Reservations or cancellations are required by 3 p.m., March 4. For more information, call 788-1094 or 783-1220.

Saturday, March 12

West Point Society Founder's Day celebration brunch

9:30 a.m., Officers' Club
To register, visit <https://secure.west-point.org/wps-columbia-sc/foundersday>. For more information, e-mail sarah.s.noyes@conus.army.mil.

Monday, March 14

Sergeants Major Association spring golf tournament

9 a.m., registration; 10 a.m. tee off
For more information, e-mail Christopher.W.Chapman@us.army.mil or call 569-9493.

Housing events

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

Ongoing

Pals for Paws drive

Donate towels, newspapers, blankets and pet food for the Pals for Paws drive to benefit local animal shelters.

Friday

Crockpot Recipe Exchange

3 p.m.
A slow-cooker station will be set up and recipe cards will be available to take home. Residents are encouraged to bring their own creations and recipes to share with others.

Tuesday

St. Patrick's Day coloring contest starts

Coloring sheets are available at the Community Center. Each sheet will be entered into a raffle for a \$15 gift card.

Friday, March 11

Plastic bottle birdfeeders

3 p.m.
Assemble birdfeeders from plastic drink bottles. Materials will be supplied. RSVP to Alana by March 8.

Announcements

MILITARY SAVES WEEK SEMINARS

Army Community Services offers special financial seminars during Military Saves Week. The following classes are scheduled:

- Money management and everyday life, 11:30 a.m. to 1 p.m., today
- Cut your grocery bills in half, 9:30 to 11:30 a.m., Friday

All classes take place at the Family Readiness Center. For more information, call Christine Julius or Martha Phillips at 751-5256.

FLU VACCINATIONS SET

Seasonal flu shots are available to all eligible beneficiaries, 4 and older, 7 a.m. to 4 p.m., Tuesday through Friday, in Room 6-27, Moncrief Army Community Hospital.

Children, newborns to 36 months, can receive vaccinations on a walk-in or appointment basis at the Family Health Clinic. Call 751-2210 for more information.

Solomon Center: 8 a.m. to 3:30 p.m., Monday; 8 a.m. to 2 p.m., Saturday.

WIN IPOD WITH ACS GAME

Army Community Services has partnered with the Doorway to Dreams Fund in sponsoring an online financial game for the 2011 Military Saves campaign. Register to play Refund Rush at www.military.financialentertainment.org for a chance to win an Apple iPod Touch. Five Fort Jackson players will be announced March 4. Call 751-5256 or e-mail Christine.Julius@us.army.mil for more information.

DINNER MURDER MYSTERY SET

Enjoy dinner and a murder mystery during Murder 101, 5:30 p.m., March 5 at the

Officers' Club. This interactive comedy murder mystery is set at a reuniting of classmates of a closing high school. Cost is \$10.95 for club members and \$12.95 for others.

STRESS REDUCTION COURSE

Army Substance Abuse Program will offer a six-week stress and anxiety reduction course starting March 23. The group will meet 3 to 4:30 p.m. at the 7th floor group room at Moncrief Army Community Hospital. For more information and to register, call 751-6597.

BEWARE CAC PIN SCAM

The operational security team has identified an e-mail "phishing" scam asking CAC users to log onto a website and share their PINs. A CAC user will be never be asked to share his or her PIN. Also, be wary of opening or responding to unsolicited e-mails without verifying authenticity.

TAX CENTER HOURS

The Fort Jackson Tax Center is extending operating hours on Mondays and Wednesday to 9 a.m. to 9 p.m. The operating hours for Tuesday, Thursday and Friday will remain 9 a.m. to 4 p.m. The Tax Center is located at 4330 Magruder Ave. Call 751-JTAX (751-5829) for information.

FREE DENTAL SCREENING

A mobile dental clinic will be at the Commissary from 11 a.m. to 4 p.m., Saturday. DENTAC dentists will offer free screenings to eligible beneficiaries.

RECRUIT THE RECRUITER

The Recruit the Recruiter team will offer briefings to Soldiers in the rank of E5 through E7 about the benefits, challenges and qualifications for becoming a recruiter. The presentations are scheduled for 2 to 4 p.m., March 14 through 16, and 10 a.m. to noon, March 15 through 16. All presentations will be at the Education Center, Room B-200.

PALMETTO TRAIL CLOSURE

The Palmetto Trail is closed for timber harvesting between Heise's Pond and Division Road. The trail is expected to be closed until March 31.

MILITARY ONESOURCE TAX FILING

Military OneSource provides free tax consultation and online tax filing services to active duty, Reserve and National Guard service members and their families. Participants must register at www.militaryonesource.com.

RED CROSS SEEKS VOLUNTEERS

The Fort Jackson Red Cross is looking for leadership volunteers. Available

positions include hospital chair, youth chair and fundraising chair. For more information, call 751-4329 or e-mail jacksonredcross@yahoo.com.

MACH NUTRITION CLINIC

The following class is scheduled for February:

— Cholesterol and high blood pressure class, 2 to 3 p.m., today

All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

PHONE BOOK RECYCLING

The Fort Jackson Recycling Center, 5671 Lee Road, will accept telephone books for recycling through March 31.

MG JAMES URSANO SCHOLARSHIP

The MG James Ursano Scholarship program is now accepting applications. It provides children of active-duty, retired or deceased Soldiers with financial assistance to pursue a four-year college degree. Students must apply each year. For more information, visit www.aerhq.org or call 751-5256.

SCHOLARSHIPS FOR SPOUSES

The AER Stateside Spouse Education Assistance Program is accepting applications through April 1. The scholarships are available to Army spouses and are awarded based on financial need. For more information, visit www.aerhq.org or call 751-5256.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.

School news

KINDERGARTEN REGISTRATION

Kindergarten registration is open for children who live in the Richland One attendance zone and will be 5 before Sept. 1. Parents and legal guardians can register children at their zoned school by bringing the child's birth certificate, certificate of immunization and two bills showing proof of residence. For more information, call 231-6709.

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with Leader style and Public Affairs regulations.

Send all submissions to FJLeader@conus.army.mil. For more information, call 751-7045.



Follow the Leader on Twitter at
www.twitter.com/fortjacksonpao.

Fort Jackson event links employers, job seekers

By **BARBARA MARTIN**
Employment Readiness Program

Looking for a job can be a daunting and disappointing experience. Even after sending out numerous resumes, job seekers may not receive a single invitation for an interview.

Networking is one of the fastest ways to land a job. Seventy-five percent of jobs are found through personal contacts as opposed to responding to classified ads or posting resumes on the Internet.

Job fairs are excellent places to learn how to network and land a job. Start networking by attending the Fort Jackson Job Fair, 9 a.m. to 12 p.m., March 8, at the Solomon Center. This job fair is sponsored by the Army Career and Alumni Program and the Army Community Services Employment Readiness Office.

Applicants can meet more than 30 employers who are hiring in the South Carolina area. This event will provide a great opportunity for job hunters to talk face-to-face with potential employers. Those attending should be prepared and bring copies of their resumes. Re-

sumes should be limited to one to two pages. Resumes can even be targeted to a specific career field or a company.

Those seeking employment should create an "elevator speech" or an "infomercial" to use when introducing themselves to employers. An elevator speech tells the employer who the applicant is, what he or she has done, what the applicant wants to do and how he or she can be a valuable asset; in 30 seconds.

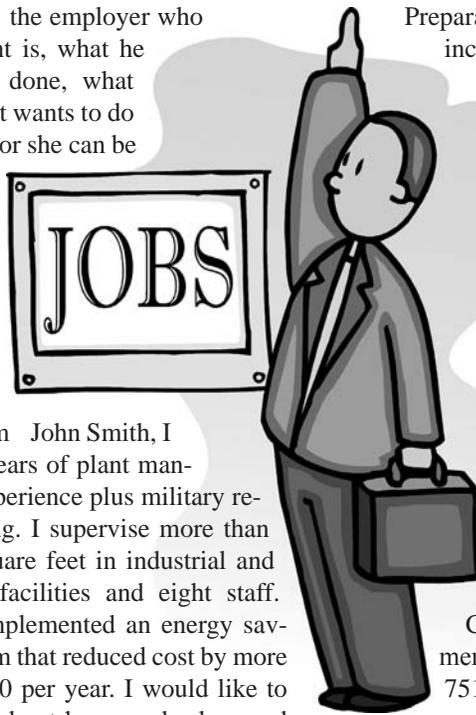
It's just like a commercial. Here is an example, "Hello, I am John Smith, I have four years of plant management experience plus military related training. I supervise more than 200,000 square feet in industrial and warehouse facilities and eight staff. I've also implemented an energy savings program that reduced cost by more than \$70,000 per year. I would like to talk to you about how my background

relates to the work that you do."

Collecting business cards or contact information and following up within 24-48 hours with a thank you letter to each of the representatives is another way of staying at the top of an employer's mind.

Preparation and practice can increase success at job fairs. A Job Fair Success Workshop will be offered 9-11 a.m., March 1, in the Strom Thurmond Bldg, Room 222. The Job Fair Success Workshop will give the applicant an opportunity to practice the 30-second commercial and learn many new ways to network into a new career.

Call the ACS Employment Readiness Office at 751-4862 or 751-5256 to register to attend.



FEBRUARY EDGE! CLASSES

☐ **Chocolate, Gummies and Other Yummies** — 3:30 to 5 p.m., Mondays and Fridays, 5955-D Parker Lane. For ages 9 to 15. Try candy sushi, chewing gum, gummies and rock candy.

☐ **Nailing it Together** — 3:30 to 5 p.m., Mondays, Balfour Beatty Community Center (for transportation to the FMWR Wood Shop). For ages 11 to 18. Learn to work with wood to create cool and usable stuff, learn the basics of hand and power tools and how to use them safely.

Lights! Camera! Action! — 4 to 6 p.m., Tuesdays and Wednesdays,

5955-D Parker Lane. For ages 11 to 18. Learn the tricks of the trade from a video expert.

☐ **Outdoor Gourmet** — 4 to 5:30 p.m., Tuesdays and Thursdays, Balfour Beatty Community Center (for transportation to Twin Lakes). For ages 9 to 16. Learn dishes you can cook over an open fire.

☐ **Arti Gras** — 3:30 to 5 p.m., Thursdays and Fridays, Balfour Beatty Community Center.

For ages 10 to 16. Have fun with printmaking, photography and other out-of-

the-ordinary arts materials.

☐ **Polar Bear Past Bedtime** — 3:30 to 5 p.m., Wednesdays, Post Library. For ages 6 to 12. Chill with cool critters as we explore the wintry land of the polar bear with the Magic Tree House bunch.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour. School-age children who register with Child, Youth and School Services qualify for four hours of open recreation, which can be used toward any EDGE! program.



Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 10 Leader must be submitted by today.

Announcement submissions are due one week before publication.



For example, an announcement for the March 10 Leader must be submitted by March 3.

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

For more information, call 751-7045.

FMWR calendar

THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.

FRIDAY

- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to permanent party service members.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

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

SUNDAY

- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for "Get a pie for your reservation" brunch. For more information, call 782-8761.

MONDAY

- ☐ **Travel Extravangza**, 11 a.m. to 2 p.m., at the Solomon Center.

WEDNESDAY

- ☐ Come to Morale Call starting at 8 p.m. in the NCO Club **Liberty Lounge** and pay no cover charge. Starting at 10 p.m., ladies specials begin in the ballroom during Working Women's Wednesdays.
- ☐ Get your party on at **Club NCO** starting at 8 p.m. Admission is \$5 for military, \$7 for civilians.
- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ☐ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ☐ The annual FMWR Fitness Challenge runs through April 4. Participants must be fitness members to compete in one of three categories; fitness, weight loss or total lifestyle change. Fitness memberships are \$30 a month. Call 751-5768 for more information.
- ☐ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.

Care, concern community 'thrusts'

By **CHAPLAIN (MAJ.) DANIEL FINKHOUSEN**
U.S. Army Chaplain Center and School

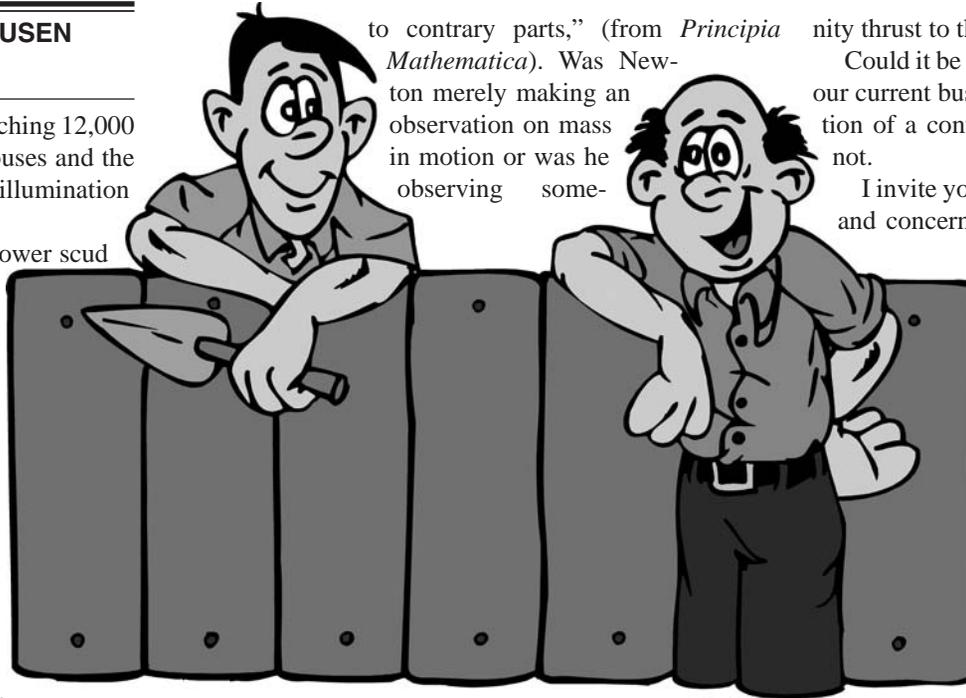
Descending through overcast skies approaching 12,000 feet at 500 mph, I could see the scattered houses and the early evening light from multiple sources of illumination below.

Upon descent, below the remnant of the lower scud clouds, I found myself looking at the countryside whisking by below and reminiscing on the people who lived there years ago. I wondered if a hunter 200 years ago ever stopped on that very ground and wondered what it would be like to fly like a bird through the skies above him.

I found myself thankful for the advancements that we have made in our generation; thankful for the electronics and communications that allow me to stay in contact with my family while accomplishing whatever task that has drawn me thousands of miles away.

My thankfulness made me wonder how the hunter in my mind some 10,000 feet below and 200 years behind would react if he were time warped into the seat beside me.

It was in the midst of the ensuing musings of a contemplative mind that I found myself reflecting on Sir Isaac Newton who said, "to every action there is always opposed an equal reaction: or, the mutual actions of two bodies upon each other are always equal, and directed



to contrary parts," (from *Principia Mathematica*). Was Newton merely making an observation on mass in motion or was he observing some-

nity thrust to the wayside by the engine of progress.

Could it be that the opposite and equal reaction to all of our current busyness of motion and action is the evaporation of a contemplative and caring community? I hope not.

I invite you to join me in creating a new thrust of care and concern for those around you. Have you thought about going to that new neighbor and introducing yourself? Why not begin a new thrust of building community by putting that thought into motion today?

Who knows, maybe the opposite reaction will be a reduction of the busyness that keeps us all at the point of exhaustion. Perhaps that is a great byproduct of the energy exerted in accomplishing the great commandment given to us by the Lord.

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

"The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

(Mark 12:28-31, NIV)

thing at the deeper philosophical level?

In combination of my thoughts and Newton's words I wondered what could be the opposite action to the massive move of energy thrusting our generation forward.

I turned to my time-warped, imagined neighbor who reminded me of the sense of satisfaction with the success of a hunt, the warmth of a fire and the sound of children playing outside and was saddened by the loss of commu-



PROTESTANT

- Sunday
- 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
- 9 a.m. Daniel Circle Chapel Gospel service, Post Theater
- 9:30 a.m. Hispanic, Solomon Center
- 9:30 a.m. Main Post Chapel
- 10:45 a.m. Sunday school, Main Post Chapel
- 11 a.m. Memorial Chapel
- 11 a.m. Chapel Next, Bayonet Chapel
- 6 p.m. Transitions Christian service, Anderson Street Chapel
- Wednesday
- 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
- 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
- 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
- 6 p.m. Gospel prayer service, Magruder

Chapel

- 7 p.m. Gospel Bible study, Magruder Chapel
- 7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
- 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
- 5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
- 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
- 11:30 a.m. Mass, Main Post Chapel
- Sunday
- 9:30 a.m. CCD (September through May), Education Center
- 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
- 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
- 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
- 11 a.m. Mass (Main Post Chapel)
- 12:30 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel
- 8 p.m. Mass, McCrady Chapel (SCARNG),

McCrady Training Center

- Wednesday
- 7 p.m. Rosary, Main Post Chapel
- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
- 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
- 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
- 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
- 1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
- 9:30 to 10:30 a.m. Worship service, Memorial Chapel
- 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

- Sunday
- 11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday

9:30 to 11 a.m. Anderson Street Chapel

- Thursday
- 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel

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

Bayonet Chapel

9476 Kemper St., 751-6322/4542

Daniel Circle Chapel

3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478

Education Center

4581 Scales Ave.

Family Life Chapel

4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780

Magruder Chapel

4360 Magruder Ave., 751-3883

Main Post Chapel

4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681

McCrady Chapel (SCARNG)

3820 McCrady Road (located at McCrady Training Center)

Memorial Chapel

4470 Jackson Blvd., 751-7324

Warrior Chapel (120th AG Bn.)

1895 Washington St., 751-5086/7427

Installation Chaplain's Office

4475 Gregg St., 751-3121/6318

187th takes FTX to next level

By **SUSANNE KAPPLER**
Fort Jackson Leader

For the first time, the five-day field training exercise that culminates 12 weeks of Advanced Individual Training for wheeled vehicle mechanics took place as a company-level, rather than a platoon-level event. The change allowed the Soldiers to train realistic scenarios instead of individual tasks.

"Instead of the Soldiers going out to the field and basically feeling like they're in a classroom environment but just in the field, we're putting them in the mindset that they are deploying," said Capt. LaToya Guest, commander of Company B, 187th Ordnance Battalion, which was the first company to execute the new training.

To start the exercise, Soldiers had to set up a forward operating base and control center. They were then issued orders that moved them from one event to the next, where

they had to react to a number of different scenarios.

"We're trying to make it as realistic as possible," Guest said.

For example, Soldiers embarked on a convoy and encountered unexploded ordnance, a simulated IED explosion and direct fire from Soldiers acting as enemy forces.

"We have the Soldiers-in-training loading up in humvees, keeping communications with everybody in the convoy to include the (operation center) when they reach checkpoints, just so they can just feel like this is like real life," Guest said.

Other training events included maintenance tasks, urban operations and warrior tasks and battle drills.

Lt. Col. Darrell Aubrey, 187th commander, said the new training concept prepares the Soldiers better for integration with the operational Army.

"If the Soldiers go to the field as a unit, operate under the same operations that they would have if they were in a

'normal' unit, which is what we're training them to go do, then they see how they interact with the platoon sergeant (and) squad leader," Aubrey said. "Before, it was just too disjointed. It reminded me of the old (common task) training, which I hated. You just go out to the field, do a task and walk away. This way, there's a reason behind what you're doing. The Soldier understands the importance of it. The squad leader understands how to lead Soldiers. And the company (leaders) understand how to lead units. So it's just better all the way around."

He explained that the training is also an opportunity to hone the skills of squad, platoon and company leaders in the 187th.

"I want to make all the training we do a leadership development opportunity as well as a training opportunity for the Soldiers," he said. "If we make the leaders better, the training for the Soldiers will become better."

Susanne.Kappler1@us.army.mil



Pvt. Andrew Kirby, Company B, 187th Ordnance Battalion, performs a maintenance check on a humvee during the company's field training exercise. Soldiers were given scenario-based orders that simulates situations Soldiers might encounter while deployed.



Photos by **SUSANNE KAPPLER**

Staff Sgt. Burley Kessler and Pfc. Robert Duley, Company B, 187th Ordnance Battalion, check the engine of a humvee before embarking on a convoy operations exercise Feb. 15 at the 187th Field Training Exercise site. The new scenario-based training is aimed at improving leadership and Soldier skills.



Pvt. Dakota Alley, left, and Pvt. Josef Myers, both with Co. B, 187th, practice a direct fire scenario while conducting convoy operations.



Staff Sgt. Jon Guzman, an instructor with the 187th, briefs Advanced Individual Training Soldiers on their first mission during a field training exercise.

CMYK

CMYK

27" WEB-100

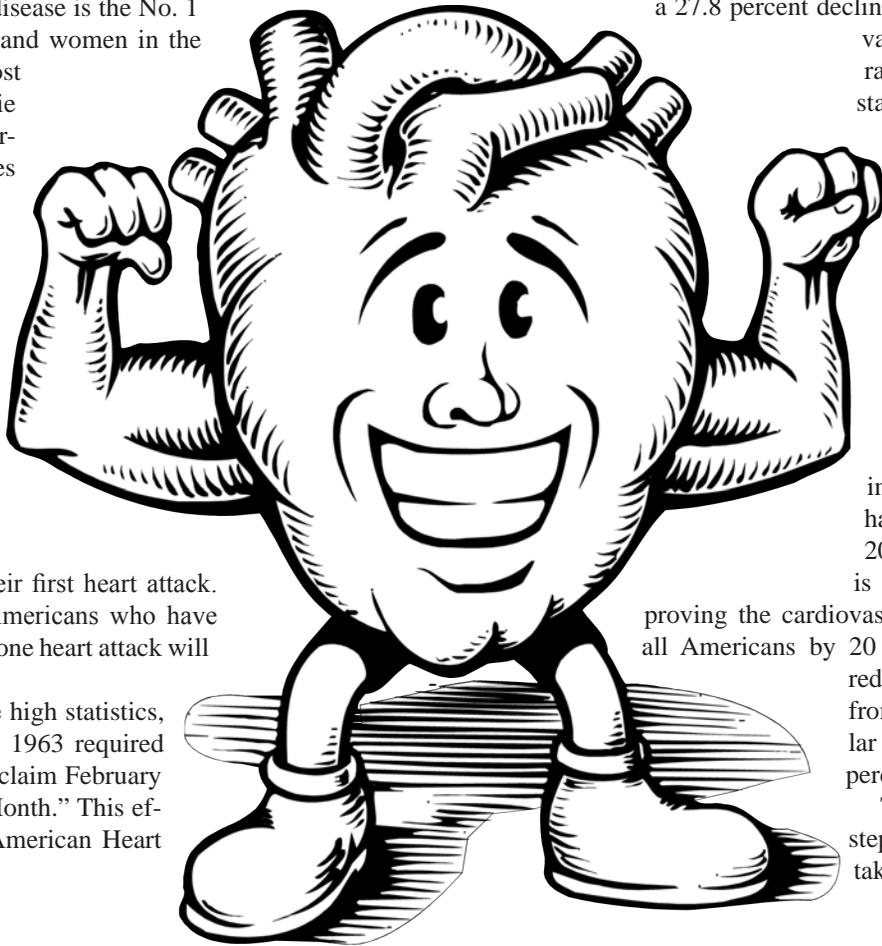
Know risks to ensure heart health

By **DANIELLE MARTIN**

U.S. Army Public Health Command (Provisional)

Cardiovascular disease is the No. 1 killer of both men and women in the United States. Almost 2,300 Americans die every day from cardiovascular diseases — that's one person every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined. Every year, approximately 785,000 Americans have their first heart attack. Another 470,000 Americans who have already had at least one heart attack will have another one.

Because of these high statistics, Congress has since 1963 required the president to proclaim February "American Heart Month." This effort is led by the American Heart Association.



In 1999, the AHA set impact goals to reduce cardiovascular disease and risk by 25 percent by 2010. Despite the above statistics, the impact goals for 2010 were met, with a 27.8 percent decline in the cardiovascular death rate. However, statistics have also shown an increase of 27 percent in the total number of inpatient cardiovascular operations and procedures.

A new impact goal has been set for 2020. This goal is aimed at improving the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular disease by 20 percent.

There are many steps that you can take to increase

your overall cardiovascular health. Know the risk factors for cardiovascular disease:

ON THE WEB

- American Heart Association, www.american-heart.org
- Centers for Disease Control and Prevention, www.cdc.gov/heartdisease

your overall cardiovascular health.

Know the risk factors for cardiovascular disease:

- High cholesterol
- High blood pressure
- Diabetes
- Tobacco use (within the past year)
- Diets high in saturated fats, cholesterol, high salt and high sodium

Physical inactivity

Obesity

Excessive alcohol use

Family history

Lower your risk of developing cardiovascular disease:

- Eat a healthy diet.
- Maintain a healthy weight.
- Exercise regularly.
- Don't smoke.
- Limit alcohol use.
- Have your cholesterol checked.
- Monitor your blood pressure.
- Manage your diabetes.
- Take your medicine.
- Talk with your health care provider.

Study explores Soldiers' behavioral health

By **JERRY HARBEN**

U.S. Army Medical Command

Identifying Soldiers for behavioral-health problems before they deploy to a combat zone, and then coordinating continuing care for those Soldiers while they are overseas, can reduce suicidal thoughts, psychiatric disorders and other problems, according to a study published in the *American Journal of Psychiatry*.

The study was conducted with more than 20,000 Soldiers assigned to Multinational Division-Center in Iraq during 2007 and 2008. Three brigade combat teams of the 3rd Infantry Division were screened for behavioral-health issues during pre-deployment processing at Fort Stewart, Ga. Three brigade combat teams from other installations did not receive the same screening and provided a comparison group.

Only 2.9 percent of the screened troops presented for psychiatric or behavioral-health disorders in the first six months of deployment, compared to 13.2 percent of the comparison group. These Soldiers also had lower rates of combat operational stress reactions (15.7 percent versus 22 percent), expressing thoughts of suicide (0.4 percent versus 0.9 percent) and gestures toward suicide (0.1 percent versus 0.2 percent). Only 0.6 percent received duty restrictions for be-

havioral health reasons, and 0.1 percent were evacuated from the theater for those reasons, compared to 1.8 percent and 0.3 percent, respectively, in the comparison group.

The co-primary investigators for the study were Col. George N. Appenzeller, then division surgeon of the 3rd Infantry Division and now commander of the Army hospital in Alaska, and Maj. Christopher H. Warner, then the division's staff psychiatrist and now a student in the Army Command and General Staff College.

Assisting with the study were Capt. Jessica R. Parker, chief of the Warrior Restoration Center at Fort Stewart; Dr.Carolynn M. Warner, then surgeon for Fort Stewart's Warrior Transition Unit; and retired Col. Charles W. Hoge, senior scientist at Walter Reed Army Institute of Research and the Army Surgeon General's consultant for neuropsychiatry.

Military behavioral-health screening in past wars focused on identifying Soldiers who should not deploy. This process differed in attempting to improve care for Soldiers during their deployments.

"This system shifted away from the traditional mental-health paradigm of attempting to predict future behavior or inability to cope. Rather, the purpose of this process was to ensure that we were not deploying unsafe Soldiers based on present conditions, and

ensuring that we were linking those who were deploying with the in-theater assets so that they could stay in the fight. The result is an effective process that enhances Soldier and unit safety," Warner said.

Soldiers in the 3rd Infantry Division who were preparing to deploy to Iraq were evaluated by primary-care health professionals and asked about behavioral-health treatment, use of medications and suicidal or homicidal thoughts. Those who were identified as needing more screening were interviewed by a psychiatrist, psychologist or licensed clinical social worker. They were evaluated using Department of Defense guidelines established in 2006 to ensure that Soldiers under treatment for behavioral-health conditions were stable for deployment, and to facilitate ongoing care for those who required further treatment in the deployed environment. All care was coordinated through the unit health care providers.

During the first six months of each brigade combat team's deployment, behavioral-health problems were monitored using a standard mandatory reporting and tracking system used throughout Iraq.

The most important component of this program, according to the investigators, was the coordination of care in theater.

"A unique aspect to this study was the requirement for BCT surgeons and the divi-

sion psychiatrist to track and monitor all of these Soldiers during their deployment and coordinate in-theater care for those on medications and those who received waivers," Appenzeller said. "This was accomplished through medical management by the unit-assigned primary-care providers who deployed with the Soldiers, to ensure ongoing Soldier confidentiality."

Of the 10,678 Soldiers who underwent the pre-deployment screening process, the screening process identified 819 (7.7 percent) who required an evaluation with a behavioral-health professional, including 347 (3.3 percent) who were taking a medication for a sleep or behavioral-health problem.

After evaluation, only 48 (less than half a percent) were unable to deploy because of a serious behavioral-health problem, 26 had their deployment delayed one to two months for behavioral-health treatment, and all of the remaining Soldiers with behavioral-health concerns deployed with ongoing support in theater. Soldiers who needed ongoing care were seen regularly by unit medical providers. The program assisted Soldiers to complete the deployment successfully.

"The study is informing ongoing revisions to pre-deployment processes and the response to new ... requirements for pre- and post-deployment mental-health assessments," Hoge said.

FIRST RESPONDER

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

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

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Bill Forrester

Fire Chief

CASES OF THE WEEK

□ A civilian was being sought in connection with an assault after he pushed and



drew a knife on another civilian and then fled the scene, Military Police said. The civilian originally confronted the other man and demanded a refund from a transaction. MPs issued a "be on the lookout" alert for the man. The investigation is ongoing.

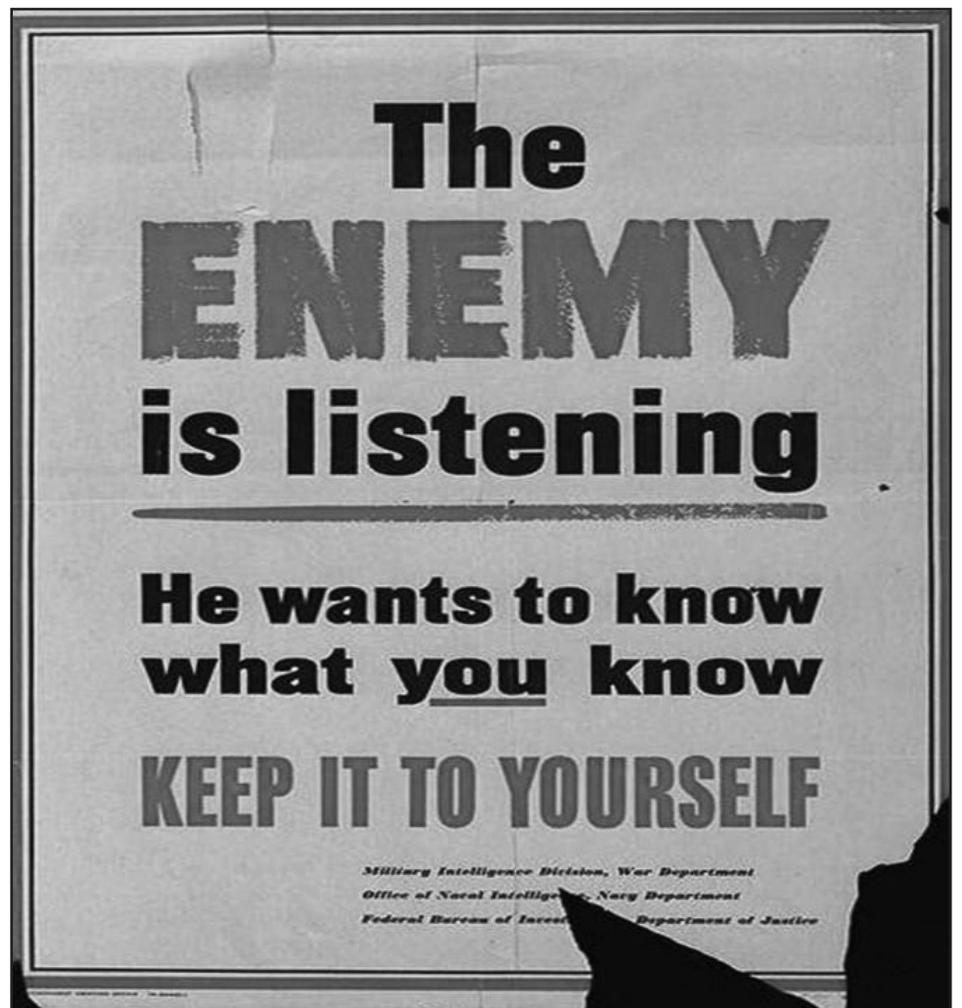
□ A civilian was issued a three-year bar letter after being charged with shoplifting in connection with the theft of three bottles of perfume from the Main Exchange, MPs said. The value of the items was approximately \$200.

crimestoppers

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



"Like" the Leader on Facebook by logging on and searching "Fort Jackson Leader"



"SITUATIONAL AWARENESS"
Report suspicious activity to the
Military Police (803) 751-3114/3115

Acai berry keeps radicals in check

Popular diets that meet the gold standards of healthy eating and living can be hard to come by. But the Brazil Fruit Diet seems to meet the mark.

The acai berry featured in the diet includes a natural appetite suppressant and touts increased metabolism. That's energy to help those struggling with weight loss hopefully find success. Curbing the appetite and additional energy are just two of the many benefits gained by following the Brazil Fruit Diet.

The diet involves regular servings of the acai berry fruit, which has high levels of naturally occurring nutrients such as fiber, protein and omega-3, -6 and -9 fats. This purple fruit grows on large palm trees in northern Brazil; it grows to about the size of a grape. The acai is harvested by the native people of the Amazon rain forest region and has become a staple export of the economy there.

The acai berry provides 10 times more antioxidants than red grapes. It is also traditionally used by Amazonian people to boost their stamina. The acai berry is rich in vitamins B and C, minerals and fiber. Remember, fiber is

The Weigh It Is
By Pamela Greene
*Fitness programmer,
 Family and Morale, Welfare
 and Recreation*



a natural appetite suppressant and blood sugar stabilizer; this helps you to eat less without spiking blood sugar levels.

Another benefit from the powerful level of antioxidants is the tremendous energy you gain without the sugar. There is also a healthy dose of amino acids; that's the building blocks for protein to help build lean muscle tissue.

Antioxidants provide a defense that kills free radicals; minimizing the daily damage that's done to our body's

cells. Free radicals are generated when we engage in such everyday activities as eating, breathing and even exercising. The antioxidant capacity value for a four-ounce portion of acai is 6,576. That is more than blueberries, strawberries and red wine combined. That makes the acai berry a leader in killing free radicals. That helps keep your body stronger and healthier.

You could really reach your diet goals by embracing the Brazil Fruit Diet and making the acai berry a key player. Many of the healthy nutrients that individuals are encouraged to include in their diet exist in the acai berry.

This makes it a more complete item to add to your healthy eating program. A 4-oz. serving of acai berry puree juice provides 100 calories roughly four grams of protein, 2.5 grams of fiber and six grams of omega-6 and -9 fats.

All of these nutrients come together helping you eat less which makes the scale go down. Remember to also eat sensibly and add a healthy dose of regular exercise to get the most success out of your diet.

Sports shorts

SHAMROCK SHUFFLE

Registration is open through 3 p.m., March 9 for the Shamrock Shuffle 5K walk and 10K run. The run is scheduled for 8 a.m., March 12. Race-day registration is open from 6:45 to 7:30 a.m. To register, submit your first and last name, age and unit to the Sports Office. The event is open to all authorized FMWR patrons. For more information, call the Sports Office at 751-3096.

GOLF LEAGUE

Registration is open through March 23 for intramural and recreational golf. League play begins April 5. Teams may consist of up to eight players. Matches are played 5 p.m., Tuesdays. To register, submit the players' names and team name to the Sports Office. A captains' meeting will be scheduled before league play begins. For more information, call the Sports Office at 751-3096.

Fort Jackson children offered free golf lessons

From The First Tee of Columbia

The First Tee of Columbia is offering free golf instruction combined with character education and life skills training to children of military personnel stationed at Fort Jackson.

This program is made possible through a two-year agreement with the Department of Defense and is part of an overall program that is being implemented at more than 120 bases throughout the country and overseas.

The First Tee is a non-profit youth outreach organization. Trained coaches and staff from The First Tee of Columbia are delivering the program to eligible youth ages 5-18. The goal is to create a fun and safe learning environments that fosters curiosity about the game of golf, as well as providing links between golf skills and how the positive values of the game can be used at home, in school and in other areas of everyday life.

Fifty U.S.-based military installations began offering the program last fall, with 50 more to begin this spring. The overseas plan will involve 10 installations located in

Cuba, Germany, Guam, Italy, Japan, Puerto Rico, South Korea and Spain.

"Youth are our future, through golf and The First Tee we want to prepare our youth for the challenges of the future," said Robert Parker, chapter board chairman. "The game of golf is all about making decisions and in everyday life as well as with golf; we will be faced with adversity daily. We have to make good decisions, through The First Tee program that becomes possible."

More than 7,800 volunteers, board members and coaches are engaged in teaching and mentoring participants of The First Tee. Independent research findings since 2003 outline longitudinal evidence of the effectiveness of The First Tee life skills programs and indicate that participants demonstrate desirable qualities such as confidence, character, judgment and perseverance over time.

The First Tee will begin offering free golf instruction March 1 on Fort Jackson through the SKIESUnlimited program.

For more information about the program, please contact Jeanette Dempsey at 751-6777.



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