

TRACKING ...

NEWS



Post volunteers honored at event

PAGE 3

LEISURE



Museum offers kids 'edutainment'

PAGE 11

FITNESS

Yoga provides complete workout

PAGE 33

INDEX

Commanders	2	FMWR	22
News	3-16	Health	23
Up Close	11	Chapel	24
Leisure	12	Legal	25
Around Post	17-18	Police	28
Happenings	19	Fitness	33

The Fort Jackson Leader



Thursday, April 21, 2011

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

www.jackson.army.mil

Professionals

Leaders discuss Armywide initiative

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Being a physician is a profession. So is law enforcement and theology. But what about being a Soldier?

That's what Chief of Staff of the Army Gen. Martin Dempsey, former TRADOC commanding general, asked Soldiers to discuss last year as part of an Armywide initiative on what is being called the Profession of Arms.

Professionals produce expert work that requires years of study and practice. Society is dependent on professionals for their

health, justice and security.

In an effort to reflect and improve the profession of being a Soldier, TRADOC has charged Army leaders with the task of conducting a comprehensive review this year on the state of the profession after nearly a decade of war. The study is intended to solicit recommendations for changes to Army policies and programs that will strengthen the Army as an institution.

"The last time something like this was done was in the 1970s, coming out of the Vietnam War," said Mike Ryan, Fort Jackson's strategic planner. "We have now been in persistent conflict with two wars,

and it is time for (Soldiers) to step back and take a reflective look at (themselves) no matter what ... level (they) are."

Fort Jackson has embraced the POA study by conducting quarterly luncheons for battalion commanders, during which they discuss such topics as the meaning of duty and civil-military relations. The POA campaign will last through calendar year 2011.

"We have tried to have a pretty aggressive program in accordance with the TRADOC program," Ryan said. "Maj. Gen. Milano has

See **BRYANT:** Page 8

Allstar event



Photo by **THERESA O'HAGAN**, Family and Morale, Welfare and Recreation
Cameron Quiseng, bass player with the band Allstar Weekend, shares a smile with the audience Saturday during the band's concert at the Youth Services Center. For more photos, see Page 11.

Acting against sexual assault our duty

April, as you may already know, is National Sexual Assault Awareness and Prevention Month. Army leaders recently converged in Arlington, Va., to discuss our strategy in the war against sexual violence and harassment.

We have had a number of activities on post promoting awareness of this very serious subject. In our post newspaper, the deputy commanding general of Initial Military Training, Maj. Gen. Richard Longo, made a strong call for action to eradicate sexual assaults from the Army. Let me remind you of what's at stake as we position ourselves further along in the fight.

The goal continues to be to rid our Army of sexual assault as well as harassment by 2014. The four-stage program to eliminate sexual violence recently launched its third phase, which will naturally build on the first two stages and expand outside the gates where our Soldiers are actively involved in communities and schools.

The first phase to eliminate sexual violence and harassment was introduced in 2008 and dealt with educating leaders about the issues and securing a commitment from those at the top. In the second phase, the rally was for an Army-wide commitment for each Soldier to fight the fight against sexual violence.

Meanwhile, the Army's law enforcement and judicial element began to increase penalties against sexual assault crimes to show that we mean business. For example, an act of touching is now classified as a felony — the most

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



serious of crimes. Prosecutors have received support as well. CID and JAG have added national experts to aid in the prosecution of sex crimes. At the Army Criminal Investigation Laboratory, there are now more examiners. Specialized training has been funded for our prosecutors, and a mobilized investigation team is in place to train all CID battalions.

A special victims unit handles sexual assault cases, reinforcing the Army's commitment to prosecute sex offenders. In general, there are a number of signs that the campaign is being effective. Sexual assault reports have leveled off in the past five years, following an initial sharp increase in reporting because of a corresponding emphasis on sexual assault awareness.

Make no mistake, the Army plans to continue taking aggressive action to create a culture of sexual violence awareness, with the cornerstone of our effort focusing on

prevention. Since the inception of the "I. A.M. Strong" (Intervene, Act, Motivate) campaign, we have been working diligently to establish a climate of confidence within our ranks.

We must always remember that it is our duty as Soldiers to "intervene" if we recognize a threat to another Soldier. It is also our duty to stand up to our battle buddies and act, as well as to motivate others to take action under similar circumstances. We must be able to watch out for one another. It is our responsibility to check the behavior of ourselves and others because the prevention of sexual harassment and sexual assault starts with you. We must show that we will not tolerate behaviors that could lead to sexual harassment and sexual assault.

Be sure to enforce the standards through your actions. This is all about good leadership and effective troop leading procedures. The prevention of sexual assault is not a female issue. We must promote how to speak in the workplace and know when and how to intervene. We must view the goal of preventing sexual assault as a lifestyle change and reward bystander intervention.

Each of you can be a change agent, so I am calling on you to take action. It is your duty as a Soldier to "intervene" if you recognize a threat to another Soldier. As we complete the final two phases of this program, I am confident that Fort Jackson will continue to stand tall and prevail.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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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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4-10th leads way in resiliency

How do you know that your resiliency program is dialed in and working? When Soldiers openly talk about having issues and escort others to programs where they can get treatment. You also know it's working when you spend \$350,000 less than before.

The 4th Battalion, 10th Infantry Regiment hosts such a program. It wasn't always that way. In early June 2009, while the Army was designing its program, the leadership of 4-10 and the 171st Infantry Brigade sat down to discuss the health of their Soldiers. Recent survey results clearly showed two things.

Forty percent were struggling with deployment-related issues and more than 20 percent clearly stated that they would not come forward and seek help because they were convinced that any reference to Behavioral Health issues was equivalent to the "Kiss of Death" for their careers. There was a "code of silence" surrounding emotional/mental issues and the risk indicators were off the charts.

There was certainty among many senior leaders that unless the status quo changed, it was not a question of "if" but only a matter of "when" we would lose a Soldier. We were also spending a lot of money. We spent more than \$400,000 sending Soldiers to outside treatment facilities as far away as Alabama, Virginia and Texas.

Almost two years later, we have a 12-month treatment cost of \$50,000 and now have Soldiers talking openly about treatment, both formal and informal support groups meeting and referring friends and an open partnership with Moncrief Army Community Hospital's Traumatic Brain Injury and Behavioral Health clinics.

Here is how it happened.

The program uses a "Cargo Net Effect" to communicate across several functional areas and between several levels of leadership. Spiritual, physical and mental experts are put together to provide training and treatment.

COMMENTARY

**By Sgt. 1st Class
Aljournal E. Franklin**
*Senior enlisted adviser,
behavioral health
171st Infantry Brigade*



As with many things in life, the key is teamwork. An established, functional team can accomplish just about anything. As resiliency NCO, I led the team. The battalion portion of the team included the chaplain, the chaplain assistant and the company commander. Outside the battalion were folks from the TBI clinic, Behavioral Health and Army Substance Abuse Program. This cooperative team engaged the Soldiers in activities and events designed to foster stronger bonds and more resilient Soldiers by providing information and ongoing education.

Our first resiliency gathering at Victory Ranch trained a small group of about 18 Soldiers and spouses on resources in the Fort Jackson community. This gathering was followed by a series of "Resiliency Days" and weekly outreach visitations to Training Ranges, Staff Offices, Company Headquarters, and other venues where the Soldiers and civilians of 4-10th Infantry serve.

The battalion commander and command sergeant major take an active role crushing the "code of silence" by personally interviewing Soldiers and setting a standard of open communication.

To date, we have held more than 40 hours of formal training events, brought in more than 30 subject matter experts to discuss their specialties and aided more than 120 high-risk Soldiers in their recovery.

Ceremony honors post volunteers

By **SUSANNE KAPPLER**
Fort Jackson Leader

Throughout the last year, Fort Jackson volunteers have given more than 35,000 hours of their time, not counting the numerous hours invested in family readiness groups. For their efforts, the volunteers were recognized in a ceremony Friday at the Solomon Center, which culminated with the naming of Fort Jackson's volunteers of the year and inductees into the Volunteer Hall of Fame.

"It is vitally important that we recognize all the people who contribute to make Fort Jackson the great place that it is," said Maj. Gen. James Milano, Fort Jackson's commanding general, during the ceremony. "I know time is the most precious resource in all of our lives. ... The fact that you volunteers whom we're going to recognize here give of your time — that means a lot to me; it means a lot to my wife; and it means a lot to all the leadership."

Volunteers are involved in many aspects of the Fort Jackson community — from mentoring school children to providing clerical services.

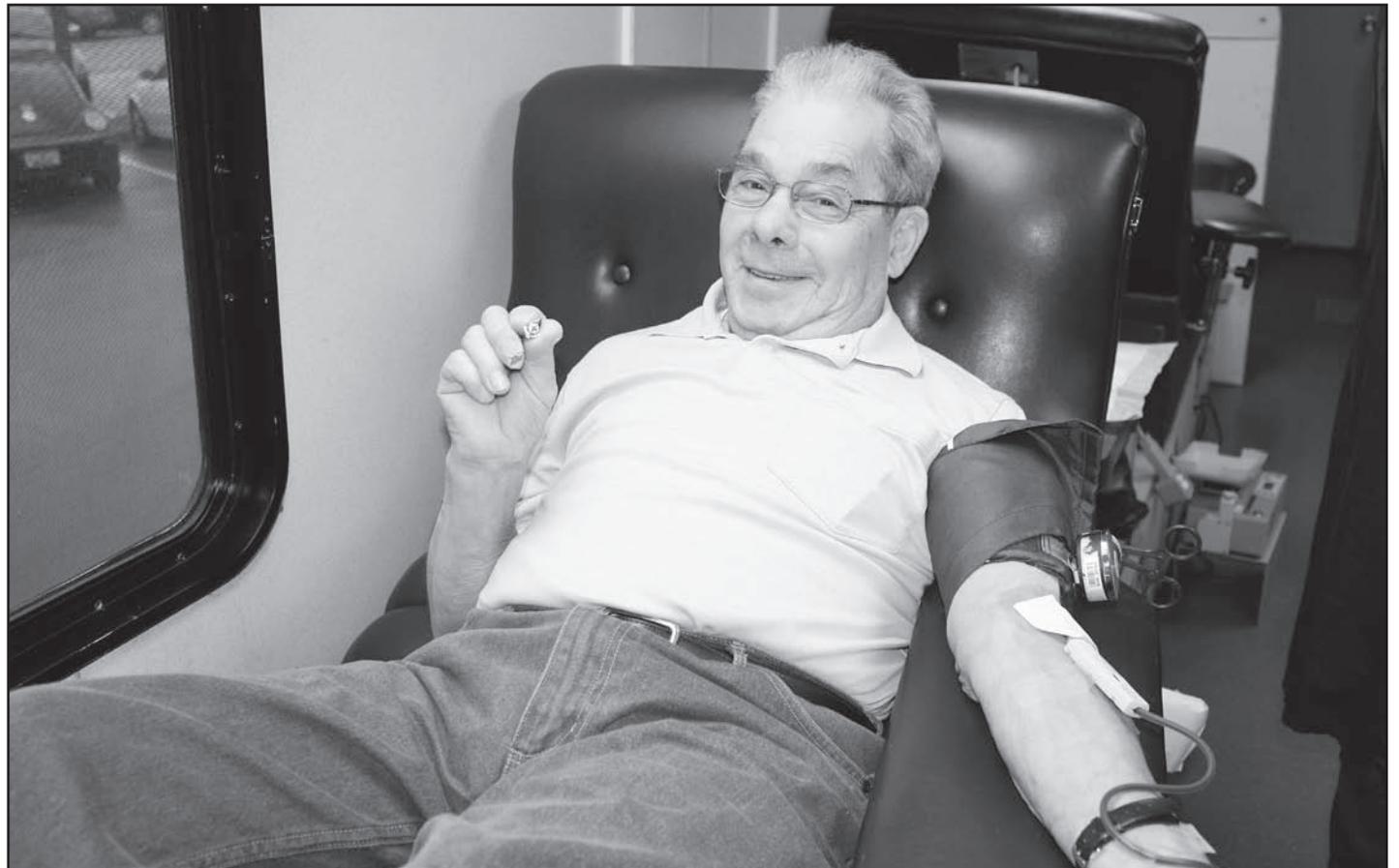
"We can't function without coaches in the youth sports program. We can't function without volunteers in the Thrift Shop. We can't function without mentors and school volunteers," Milano said. "All those things and countless other ones require volunteers, people who give of their time for which they're not getting paid."

Lauren Hearon, who was recognized as the youth volunteer of the year, said she volunteers because she feels the need to help others.

"I really enjoy helping a lot of people out and reaching out to people who may not have the ability to do what I do or to have what I have," Hearon said.

The 18-year-old Richland Northeast High School senior was nominated by the 2nd Battalion, 39th Infantry Regiment for her work as an Army Family Action Plan teen delegate, her work with wounded warriors and families of deployed Soldiers and her efforts in helping distribute 70,000 donated toys to families on Fort Jackson. In addition, Hearon volunteers with the student athletic department at her school.

Hearon said she feels proud and excited for being recognized by the Fort Jackson



Leader file photo

Jose Cordova, shown here participating in a recent blood drive on post, was named Fort Jackson volunteer of the year in the retiree category. Cordova, who volunteers with the American Red Cross, was one of dozens of volunteers honored at the annual Volunteer Recognition Ceremony Friday at the Solomon Center.

community.

"It's exciting that a lot of people notice (the) work that you've done," she said.

"I'm very glad to have this opportunity to receive this (award). I feel very thankful."

For Samantha Tello, this year's volunteer of the year in the family member/civilian category, the recognition came as a surprise.

"I had no idea," Tello said. "I was just excited to be nominated."

Tello, whose husband, Mahoma, is a drill sergeant with Company A, 2nd Battalion, 13th Infantry Regiment, was nominated for her efforts with the 2-13th FRG. Among other things, she serves as the battalion's FRG leader, developed a standard operating procedure for the FRG, recruited volunteers and planned events.

"I started volunteering a few years ago when I was at Fort Huachuca, (Az.); and I met a wonderful group of women there,"

VOLUNTEERS OF THE YEAR

❑ Active duty category: 1st Sgt. Arthur Burgoyne, Headquarters and Headquarters Company, 193rd Infantry Brigade; volunteers with the Boy Scouts, youth sports, the American Red Cross and the Fort Jackson School Board.

❑ Retiree category: Jose Cordova; volunteers with the American Red Cross, the Veterans of Foreign Wars Post 641 and the University of South Carolina Medical School. For more information, call 751-6325.

❑ Family member/civilian category: Samantha Tello; volunteers with the 2nd Battalion, 13th Infantry Regiment family readiness group.

❑ Youth category: Lauren Hearon; volunteers with the Army Family Action Plan and Richland Northeast High School athletic department.

VOLUNTEER HALL OF FAME INDUCTEES

❑ Master Sgt. Daniel Baxa, Recruiting and Retention School; volunteers with the RRS community outreach program, the USO, Harvest Hope and other off-post organizations.

❑ Kate Burgoyne; volunteers with C.C. Pinckney Elementary School, American Red Cross, AFAP and At E.A.S.E.

For all nominees' names and more photos, visit www.jackson.army.mil.

Tello said. "I thought, 'You know, we can do that here.' I'm just trying to pass it on."

Tello said the biggest reward for her is seeing family members enjoy coming to events.

"I volunteer for the families," she said.

"I volunteer because I want things to be better for them. I want (being stationed at Fort Jackson) to be a very smooth experience and something very positive for them."

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Housing Happenings

COMMUNITY UPDATES

- ❑ Parents and children should take special precautions around construction areas, particularly climbing on retaining walls. Those who observe such behavior should discourage it and report the incident to the Community Management Office at 738-8275. After normal duty hours, report incidents to the MP Desk at 751-3115.
- ❑ The RV lot roster is being updated. Those who have a vehicle stored in the lot should contact Tina Barnes at 751-9339. Vehicles that appear to be abandoned will be reported to the MPs for towing at the owner's expense.
- ❑ Balfour Beatty has scheduled a meet and greet at Riverbanks Zoo for family housing retiree residents. Call 738-8275 for details and to reserve a free ticket.
- ❑ The Yard of the Month program will return May 1. To nominate a yard, email ayoungblood@bbcgrp.com or call 738-8275. Nominations for May must be submitted by April 30. Winners will receive recognition from the garrison command team, a Yard of the Month sign and other prizes.
- ❑ Geographical bachelors may now apply for on-post housing. Call 738-8275 for more information.
- ❑ Pet owners should be sure to properly dispose of pet waste. Violators will be issued citations.
- ❑ The RCI Housing Office is now located at 2441 Essayons Way (next to the RV lot).

CONSTRUCTION UPDATES

- ❑ To date, 323 homes have been completed.
- ❑ There are a total of 728 homes demolished to date.
- ❑ Families are currently relocating into homes along Baker Court and Mills Road.



April 22 — 4 p.m.
Earth PG

April 22 — 6 p.m.
Red Riding Hood PG-13

April 23 — 1 p.m.
Gnomeo & Juliet PG

April 24 — 2 p.m.
Rango PG

April 27 — 1 p.m.
Red Riding Hood PG-13

April 27 — 4 p.m.
Mars Needs Moms PG

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

Visit www.aafes.com for listings.



Photo by CHRIS RASMUSSEN

A worker slices through the post's old water tank with a blow torch last week. The landmark tank, which sat at the top of "Tank Hill, at the intersection of Lee Road and Hampton Parkway, was torn down.

Post loses Tank Hill landmark

By CHRIS RASMUSSEN
Fort Jackson Leader

A 70-year-old Fort Jackson landmark was torn down last week, marking the end of an era and evoking memories of the countless Soldiers who trained and lived on Tank Hill.

The old water tank, which was painted with the image of Andrew Jackson and the installation's motto "Victory Starts Here," was torn down April 13 due to its decrepit condition.

"It was built to supply water for the whole fort," said Carlos Alexander, who was the water plant operator 20 years ago. "But it was made obsolete in 1991 when the existing tank was constructed. It was used for a few more years as backup, but it has fallen into a state of disrepair. Structurally it was beyond its lifespan."

The old water tank, which held 1.8 million gallons, was installed in March 1941 at a cost of \$400,000. It was 90-feet high and 60-feet in diameter.

"The condition was pretty poor," said David Wiman, utility manager for Palmetto State Utility Services, the company that maintains utilities on the installation. "You could stick your head in, look up and it looked like a starry night."

The "Victory Starts Here" logo and

image of Andrew Jackson was painted on the water tank in the 1990s. Before that, the tank was painted a plain beige. There has been a water tank in that location since World War I when the installation was known as Camp Jackson.

"When I used to work in the field on the tank, families of graduating Soldiers would stop by and take pictures," Alexander said. "A lot of the family members trained at Fort Jackson and stayed in the wooden World War II barracks that used to be lined up below the tank. These folks had a lot of fond memories of Tank Hill." Most Soldiers who did their Basic Combat Training at Fort Jackson throughout the years remember Tank Hill most as a landmark that signaled the end of a long run up the installation's highest point.

"It was at the water tank after running up Tank Hill that I always hit a brick wall and felt like I couldn't run another yard," said Dan Robbins, who was assigned to Company E, 1st Battalion, 5th Infantry Regiment during the summer of 1986. "A major milestone was the agony passing and feeling like I could run for miles more."

But it was the wooden WWII barracks just below the water tank that Robbins remembers the most.

"Unlike the newer barracks, the charming two-story World War II barracks had no air conditioning. They only had exhaust fans," he said. "I remember sneaking a smoke by the exhaust fan by my bunk late at night."

The last of the World War II barracks were demolished around 2006 and replaced with portable barracks. The portable buildings will eventually be replaced by new barracks.

For Walter Lester, who completed BCT at Fort Jackson in 1969, Tank Hill was an ominous landmark that marked the end of a long day.

"If we had just marched out from a training area or the ranges, getting up Tank Hill was the last thing you accomplished," Lester said. "That was the worst thing you could do when you had to run up the hill. It was nothing but sand."

Metal from the old tank will be recycled and components of the tank, such as the ladder, will be reused.

"There is an array of feelings out there that a landmark is gone," Wiman said. "We are looking into painting a similar (Andrew Jackson and Victory Starts Here) on the existing water tank. It is something the Fort Jackson population would appreciate. ..."

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News and Notes

MACH RECEIVES AWARD

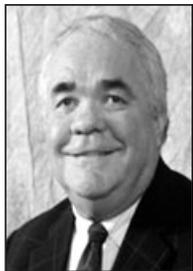
Moncrief Army Community Hospital received the "Partner for Change" award from Practice Greenhealth, a non-profit organization consisting of hospitals and other health care organizations committed to sustainable and eco-friendly practices.

MACH was awarded for practices that include a 25 percent reduction in regulated medical waste and recycling or reusing more than 30 percent of the hospital's total waste stream. MACH is a repeat winner of a Practice Greenhealth award, having received a Parnter Recognition Award last year.

1-34TH GETS NEW CSM

Command Sgt. Maj. Ronald Davis joined the 1st Battalion, 34th Infantry Regiment during an assumption of responsibility ceremony April 8. Davis, who was previously assigned to Fort Hood, replaced Command Sgt. Maj. Michael McIntosh, who went on to Fort Bragg, N.C.

SSI HOSTS LOCAL LEADERS



MCLEESE

Ike McLeese, civilian aide to the secretary of the Army and President of the Greater Columbia Chamber of Commerce, and retired Maj. Gen. George Goldsmith, chairman of the Military Affairs Committee, visited the Soldier Support Institute Tuesday

to learn more about the SSI's missions and capabilities. The visit was part of SSI's outreach program to gain more community involvement and awareness.

MILITARY CHILD EVENTS CONTINUE

Fort Jackson is hosting a variety of events during the Month of the Military Child. Remaining events are:

□ Family child care/CD home picnic, 9:30 a.m. to 11:30 a.m., Friday, Youth Sports Complex

□ Spring Jamboree and Easter Egg Hunt, 10 a.m. to noon, Saturday, Youth Sports Complex

□ Flashlight Easter Egg Hunt, 8 p.m., Saturday, Youth Services Center, for middle school students and teenagers

□ Military Child Appreciation Day, 2:30 to 6:30 p.m., April 27, Youth Services Center

□ Hood Street parade, 9 to 9:30 a.m., April 29, Hood Street CDC

□ CYSS Month of the Military Child Fun Fair, 10 a.m. to 3 p.m., April 30, Hilton Field

All events are free. For more information, call 751-4869.

ROAD CLOSURE

Sumter Avenue and Gregg Street will be closed for construction from 6 a.m., through Friday. Call 931-627-4109 with any concerns.

Lynch speaks at AUSA event

From IMCOM Public Affairs

Lt. Gen. Rick Lynch brought a message of confidence in the face of a new fiscal reality as he addressed Soldiers, Army civilians, family members and contractors assembled for the Association of the United States Army Institute of Land Warfare Army Installations Symposium and Exhibition in San Antonio April 19.

"We are in a fundamentally different fiscal environment, but the mission remains," said Lynch, commanding general IMCOM and assistant chief of staff for Installation Management.

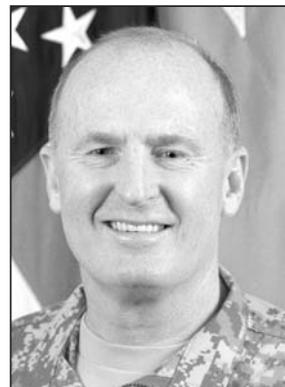
IMCOM provides the facilities, programs and services required to support Army readiness, sustain the all-volunteer force, and provide the infrastructure for current and future mission requirements.

"I've had the opportunity to do many jobs in the Army ... but they all pale in importance compared to what we do as the Installation Management Command," Lynch said. The command, like the rest of the Army, must live with new realities, according to Lynch. "I believe we have a 'spend' culture. We need to have a cost culture," he said.

Just as a family would manage its budget, "we need to ask three questions: 'Do we really need it?' 'Is it worth the cost?' 'What are we willing to do without?'" Lynch described how he called for similar creativity as the co-chair of the Services and Infrastructure Core Enterprise. SICE integrates six direct reporting units, including IMCOM, providing essential services, infrastructure and operational support to the Army. The key stakeholders of SICE need to approach issues in collaboration as the Army takes an enterprise approach to running installations, he said.

In many areas, the new reality shows a healthy future for the Army. The service exceeded its recruitment goals, and a strong majority of spouses react positively to the idea of their Soldiers making a career of the military.

"As the IMCOM commander I am surrounded by civilians," Lynch said. "I don't think they are sufficiently recognized for



LYNCH

how important and dedicated they are.

"You are nothing short of amazing," he said to civilians in the audience.

Lynch reiterated his message about the urgency of IMCOM's mission: "The Army won't break because of the strain on its Soldiers fighting and winning wars. But it might break because of the stress and strain on the family after a decade at war."

As ACSIM, Lynch says he spends most of his time focused on the 2005 round of Base Realignment and Closure. Fort Bliss, Texas, is the Army base facing the greatest growth in the number of Soldiers under this transformation. "It really is an amazing feat that only the Army could accomplish," he said. "There are a lot of moving parts, but we're able to stay focused on the mission."

It is a focus the Army needs to bring to bear on changing the way it does business, according to Lynch. The era of fiscal restraint is not going to go away, according to Lynch. "What are you going to do about it within your sphere of influence?"

Tunnel vision



Photo by SUSANNE KAPPLER

Staff Sgt. John Stephens, Company F, 3rd Battalion, 34th Infantry Regiment, emerges from a tunnel during his battalion's Best Drill Sergeant event Tuesday. The competition served as preparation for the post's Drill Sergeant of the Year competition, which is slated to begin Monday.

Bryant: Profession of Arms truly a calling

Continued from Page 1

engaged the brigade commanders, but more importantly, battalion commanders, to work with them on the Profession of Arms campaign.”

The POA campaign and its three lines of operation — assess, dialogue, review/revise — will involve officers, warrant officers, NCOs, Soldiers and civilians.

“The Army is a way of life and must be approached with discipline, passion and cohesion,” said Col.



Drew Meyerowich, commander of the 193rd Infantry Brigade. “It is understandable that Soldiers can enter service and not see this as a profession, but they will quickly learn that regardless of their beliefs, they are expected to have the discipline to perform in a professional manner.

“It is during this apprenticeship that the true professional is born and the passion to serve begins,” he said. “Discipline and passion drives Soldiers to strive for excellence in everything they do.”

Lt. Col. Joel Bryant, Task Force Marshall commander, said entering the profession is something a person is “called” to do.

“The Profession of Arms is truly a calling, which means we must collectively embark upon this journey with an inherent understanding of what the American people trust us to do and provide,” Bryant said. “We must diligently assess where we are on the continuum of development, and pursue ways and opportunities to develop ourselves and others in preparation for what the future may hold. The lethal and dangerous nature that will likely transpire in the future should compel us to prepare accordingly.”

In addition to POA luncheons, a focus group of 11 different demographic groups has been set up to gain input from battalion commanders to junior enlisted and civilians.

“At the end of the day, the greatest thing this will do is start a healthy dialogue among leaders,” Ryan said. “It is a time for introspection and to step back and look at yourself.”



Photo by KAREN SOULE, Public Affairs Officer

From left, Lieutenant Colonels John Allen, 3rd Battalion, 60th Infantry Regiment commander, Matthew Zimmerman, 1st Battalion, 13th Infantry Regiment commander, Benjamin Higginbotham, 3rd Battalion, 13th Infantry Regiment commander, and Richard MacDermott, 4th Battalion, 10th Infantry Regiment commander, discuss the Profession of Arms concept during a March 30 luncheon. The luncheons are scheduled quarterly.

The timing of the study is critical for the Army. After nine years of combat, the Army is exploring strengths that have sustained Soldiers and challenges they face as a profession.

“When I hear the phrase Profession of Arms, I think of the long line of Soldiers who joined an idea that was larger than themselves and gave a full measure of devotion to their brothers and sisters who served so that others may enjoy the fruits of freedom,” said Lt. Col. Richard MacDermott, 4th Battalion, 10th Infantry Regiment commander. “We will only exist as a profession as long as we take the time to reflect, reinforce and evolve. We will only remain the home of the free as long as we are protected in the home of the brave.”

A past POA luncheon focused on whether there is an anti-intellectual

“We have now been in persistent conflict with two wars, and it is time for (Soldiers) to step back and take a reflective look at (themselves) no matter what ... level (they) are.”

— Mike Ryan
Strategic planner

culture at Fort Jackson.

“To a degree I think anti-intellectualism does exist in the Army today,” Bryant said. “The tendency to categorize a Soldier, and create a narrow career path can be detrimental to not only the Soldier, but the Army in general. We should develop, retain and provide suitable opportunities to our best and brightest.”

MacDermott said he believes there is a limited anti-intellectualism culture in

today’s Army.

“Yes, I believe we have a bias toward action and feign anti-intellectualism. However, I believe we have what I would call a limited anti-intellectual bias,” he said. “We as an institution love schools and education. We are consistently sending Soldiers to school to increase their knowledge and capabilities.

“Given that we are clearly not anti-learning, we stop short at taking the time to analyze and we don’t make the time necessary for philosophic or deep thought,” he said.

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Editor’s note: The quarterly luncheons to discuss the Profession of Arms concept falls within objective 2.3 of the Campaign Plan, which is to implement professional and ethical development programs.

Article submissions are due two weeks before publication.

For example, an article for the May 5 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the May 5 Leader must be submitted by April 28.

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

For more information, call 751-7045.





Soldier shows ‘duty’ through volunteerism

Name
Staff Sgt. Antonio Rosales

Unit
Company B, 187th Ordnance Battalion

Military occupational specialty
91B/wheeled vehicle mechanic

Years in Service
10

Hobbies
Fishing, basketball and baseball

If Staff Sgt. Antonio Rosales had one skill he most wanted to impart on his Soldiers, it would be the ability to think on their feet.

Rosales, an instructor and squad leader for Company B, 187th Ordnance Battalion, learned this lesson from three deployments downrange.

“I feel like being downrange has allowed me to think a lot faster on my feet and has also given me the ability to give Soldiers some insight on what is going to be expected from them,” said Rosales, who deployed to Iraq in 2003 and 2006; Afghanistan in 2009.

“Today’s Army is a thinking Army and your leadership is not always going to be there with you,” he said. “I like to sit back and watch my Soldiers and let them think for themselves and grow as individuals.”

When asked which of the Army Values he cherishes most, Rosales said without a doubt, duty.

“Duty to me means setting an example, even when no one is looking,” he said. “It is about doing what is right when no one is around.”

Rosales, who instructs Soldiers at the Wheeled Vehicle Mechanic School, said he joined the Army to continue a family tradition of selfless service.

“My grandfather and my father served, and it seemed like the best route



Photo by JAMES ARROWOOD, command photographer

Staff Sgt. Antonio Rosales, who was recently recognized as an active-duty volunteer, said that his most cherished Army Value is duty.

for me to take. Serving the country is a strong tradition in my family.”

Rosales is not only willing to sacrifice himself for his Soldiers, but the community as well. For the past year, he has been volunteering his time at Forest Lake Elementary School where he has mentored five students identified by

school faculty as needing motivation and encouragement.

“I try to figure out what issues they are going through and then try to get them to open up,” he said. “If a student doesn’t have any pressing issues, I just try to get to know them.”

— Reporting by Chris Rasmussen

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 tactically and technically 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!

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the May 5 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the May 5 Leader must be submitted by April

28. Send your submissions to FJLeader@conus.army.mil or call 751-7045.



Allstar Weekend rocks Fort Jackson



Photos by THERESA O'HAGAN, Family and Welfare, Morale and Recreation

Allstar Weekend band members Zachary Porter, left, and Cameron Quiseng perform during a free concert Saturday at the Youth Services Center. The band, which gained popularity on the Disney Channel's show "Disney's N.B.T.," wrapped up a five-installation tour with the concert on Fort Jackson.



Above, more than 250 fans attended the free concert, which was part of the installation's Month of the Military Child celebration. Left, Nathan Darmody, performs as lead guitarist and background singer for Allstar Weekend. The band was founded in 2008.

Local museum makes learning fun for kids

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

Spring is the perfect time to schedule family outings that had been put on hold all winter. But as temperatures climb into 90s, many of us are looking to get out of the sun, even for just a while. Edventure Children's Museum in downtown Columbia offers the perfect respite from the heat, while providing an educational outing for children that doesn't leave parents bored.

Another mom and I took our combined three children, two 2-year-olds and a 4-year-old, and headed out to the museum during its Farmville event. The event featured all the trappings of a farm, complete with farm animals, tractors and a station where children could plant their own flower.

After we'd had enough sun, we headed inside to visit the usual museum offerings. Though my friend's children had been to the museum before, they explored each area as if it were their first time.

Our first visit was to the World of Works section, a child-sized city aimed at showing kids a diverse group of jobs, from farmers to firefighters.

While on the "farm" (separate from the outdoor Farmville event) they "milked" a cow and counted the eggs underneath a mother chicken. They then put on fire

protection gear before loading up in the fire truck. They even had a chance to go through the motions of changing a car's tire and filling up the museum's life-size Volkswagen Beetle with gas.

Each section had a theme: Kangaroo Crossing — which was all about the Australian Outback; Attack of the Bloodsuckers — a room filled with bloodsucking critters like ticks and mosquitoes; the Music Room — which boasted a mini keyboard and hop-scotch board of musical notes; and The Great Outdoors — which allowed the kids the opportunity to play in water while learning about how water currents work.

Each section of the museum is aimed at teaching the children, as well as entertaining them. For our age group, there was more entertaining than education, but with toddlers, it is important to make every moment a teaching moment. Plus, our 4-year-old big sister was sure to help make sure the younger kids were learning.

Although we opted to eat lunch after leaving the museum, food is available in the onsite Clubhouse Café.

Tickets to Edventure are \$9.50 for children and adults, and free for children younger than 1. Tickets are \$8.50 with a military ID. Memberships are available. Check the Edventure website at www.edventure.org for other prices, hours and a list of upcoming exhibits.



Photos by **CRYSTAL LEWIS BROWN**



Isaiah Lunderman, 2, picks stuffed broccoli in the museum's "World of Work" exhibit.



EDDIE, who at 40 feet is called the world's largest child, greets visitors as they enter the museum.

Sydnee Lunderman, 4, pets a tub full of chicks during the Farmville event at the Edventure Children's Museum April 9. The Farmville event was one of many scheduled events or exhibits planned throughout the spring and summer.

FOR THE RECORD

The Extreme Couponing workshop mentioned in last week's column was hosted by the Moncrief Army Community Hospital Family Readiness Group. The workshop was paid for through the FRG's fundraising, led by Jennifer Stedt, FRG leader.

Soldiers soon to retake GAT survey

By J.D. LEIPOLD
Army News Service

WASHINGTON — Within the next couple of weeks, Soldiers will begin to see reminders that they must re-measure their resiliency and psychological health by taking the Global Assessment Tool survey again.

One reminder will be seen on the Army Knowledge Online portal. Splash screens will show an additional button under “my professional data” that will be glowing red if Soldiers have not taken the GAT a second time.

As the front-line tool for Comprehensive Soldier Fitness, the GAT allows Soldiers to assess their inner strengths in the emotional, social, spiritual and familial. After completing the 105-question online survey, those elements are quickly evaluated from scientifically validated scales and displayed in a graph of four bars showing weakest and strongest areas.

Soldiers can then immediately look through a variety of comprehensive resilience modules or CRMs and decide the areas they need to work on, and what skills they need to become more flexible in dealing with the challenges of daily life in and

outside the Army.

“More so than anything else, the skills that can be learned from the modules can be applied in almost every aspect of your life, be it on deployment, in combat, back at the garrison, in your family life and civilian community,” said Capt. Paul B. Lester, a psychologist with CSF. “We’re not trying to teach what to think, but how to think and approach challenges, then how to negotiate those challenges.”

The Army kicked off the GAT survey about 18 months ago, making it mandatory for all non-deployed Soldiers to complete on an annual basis. In February 2011, the number of Soldiers who had been assessed through the GAT reached 1 million.

Lester, who oversees CSF program evaluation, said his team is working through the many statistics involved in determining the successes of the GAT and the modules and much of what they are seeing has indicated a wide distribution of resilience already.

“We’re not seeing a major difference in resilience between genders, so we know men and women are equally resilient,” he said. “We’re not seeing major differences between ranks, so there’s a wide disper-

sion of psychological resilience across the force, specifically along demographic lines.”

Recently, the evaluation team received data from the 2nd Infantry Division in Korea on the results of their aggressive CSF training during in-processing. Lester said the division has trained 85 percent of their force in less than a year.

“We know, based on what they’re telling us, 78 percent of the suicidal gestures, ideations or attempts have come from the 15 percent of the Soldiers who for whatever reason were unable to go through the training during the initial in-processing,” he said. “Those statistics are fairly strong, but we’ll continue to analyze the data over time.”

Initially the feedback given to Soldiers was just basic, but that has been evolved as the number of modules also increases every few months. About six months ago, the evaluation team talked with Soldiers from the bottom rung up to mid-level and strategic leaders who said they wanted help in understanding the scores. Feedback is now “light-years ahead” of where it was a year ago, Lester noted.

Instead of receiving just a general narrative and overview of the scores, Soldiers

now taking the GAT will see a tailored narrative that tells them what areas they are strong in, as well as weak in, and it will identify some potential areas where they could improve, Lester said.

Soldiers are also able to compare their scores to their peers based on age, military occupational skill, marital status, times deployed, rank and other criteria that provide a better perspective of where they stand relative to others.

“For example, I get compared to thousands of other captains, and it shows me how well my scores are compared to everyone else who’s a captain, so it just helps you keep your scores in perspective,” Lester noted. “If you score pretty low on something, it doesn’t mean you’re failing, it just shows where you need to improve within your demographic lines.”

The CSF folks realize psychological resilience isn’t a one-size-fits-all program, so they’re also working on tailoring the training specifically to the individual, he said, but that will take another year or two of development. In the next couple of years, he expects to see modules become more focused on specific issues, such as how to lose weight properly in order to make tape.

Protecting identity key to protecting financial future

Many of us can testify that part of being in the military requires service members and their families to disclose all or a portion of their Social Security numbers on a daily basis.

As a result of this, thousands serving in the military and their family members are victims of identity theft each year. While protecting and serving our nation, how do service members shield their identities and safeguard personal information from criminals who are in the business of stealing and selling that information as a part of a criminal enterprise?

No one can be 100 percent sheltered from having their identity stolen; however, there are things that can be done to protect your identity.

□ Visit www.annualcreditreport.com to pull and review your credit reports. Verify the credit items listed.

□ Verify websites are secure before you process a credit card transaction. There are many “phishing” websites that are set up to deceive consumers. If at all possible, never use your debit card to process online transactions.

□ While reading your mail or online accounts, review each transaction closely; look for suspicious activity on your bank, credit and debit card statements.

□ Shred documents that contain personal information instead of throwing them away in the trash. Identity thieves often



search through trash looking for personal information.

□ Initiate an Active Duty alert: For service members who will be away from their duty station due to deployment or special assignments, there is an “active duty” alert that is available. The alert will prompt businesses to contact you or your designated authorized personal representative to verify your identity before issuing credit. The Active Duty alert is available for one year. If you would like to place an active duty alert on your credit file, contact one of the three

credit reporting agencies: Equifax: 1-800-525-6285; www.equifax.com, Experian:

1-888-EXPERIAN (397-3742); www.experian.com, or TransUnion: 1-800-680-7289; www.transunion.com.

What to do if your identity is stolen:

Write down everything, who you spoke with, the date and time of your conversation, the phone number you called. It is important that as you go through the process to be as detailed as possible.

Step 1: Place a “fraud alert” on your credit report. You can contact one of the

following credit reporting agencies to initiate the fraud alert.

TransUnion: 1-800-680-7289; www.transunion.com; Fraud Victim Assistance Division,

P.O. Box 6790, Fullerton, CA 92834-6790

Equifax: 1-800-525-6285; www.equifax.com; P.O. Box 740241, Atlanta, GA 30374-0241

Experian: 1-888-EXPERIAN (397-3742); www.experian.com; P.O. Box 9554, Allen, TX 75013

Step 2: Close the account(s) that you know, or believe, have been tampered with or opened fraudulently.

Step 3: File a complaint with the Federal Trade Commission. You can file a complaint with the FTC online at www.ftc-complaintassistant.gov; or call the FTC’s Identity Theft Hotline, toll-free: 1-877-ID-THEFT (438-4338); TTY: 1-866-653-4261; or write Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Ave., NW, Washington, DC 20580.

Step 4: File a report with your local police or the police in the community where the identity theft took place.

The Financial Readiness Program is available to assist service members and their families to guard against identity theft. Call 751-5256 to schedule a session with a financial readiness specialist.

FINANCIAL ADVICE

By CHRISTINE JULIUS
Army Community Services

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Photos by OITHIP PICKERT, Public Affairs Office

**Sgt. 1st Class
Jonathan Saunders**
Company A
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Jacob Mocabee

SOLDIER OF THE CYCLE
Spc. Lisa Wei

HIGH APFT SCORE
Spc. Fiodor Strikovski

HIGH BRM
Pvt. Kenneth Zook

**Staff Sgt.
Christie England**
Company B
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. John Hubbell

SOLDIER OF THE CYCLE
Pfc. Jantzen Taylor

HIGH APFT SCORE
Spc. Katrina Lane

HIGH BRM
Spc. John Hubbell

**Staff Sgt.
Vontrice Smith**
Company C
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Clayton Jones

SOLDIER OF THE CYCLE
Spc. Theodore Inman

HIGH APFT SCORE
Pvt. Brennon Pond

HIGH BRM
Pvt. Ramiro Carranza Gomez

**Sgt. 1st Class
Bobbie Sparrow**
Company D
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. John Edress

SOLDIER OF THE CYCLE
Pfc. Ulian Heng

HIGH APFT SCORE
Pfc. Ulian Heng

HIGH BRM
Pfc. Benjamin Lindow

**Sgt.
Robert White Jr.**
Company E
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Eric Estrada

SOLDIER OF THE CYCLE
Spc. Jacob Conger

HIGH APFT SCORE
Pvt. Muguel Torres

HIGH BRM
Pvt. Sean Scheller

**Staff Sgt.
Felicia Elmore**
Company F
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Matthew Ruping

SOLDIER OF THE CYCLE
Pvt. James Richardson

HIGH APFT SCORE
Pfc. Cesar Alviter

HIGH BRM
Pvt. James Richardson
Pfc. Zebulun Berg

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sgt. 1st Class Guillermo Gonzalez

TRAINING SUPPORT
Michelle Wells

SERVICE SUPPORT
Jerry Butler

DFAC SUPPORT
Nancy Young

Training honors



**Chief Warrant Officer 3
Richard Niehe**
SSI Instructor of the Quarter
Warrant officer category
Adjutant General School



Timothy McKinzie
SSI Instructor of the Quarter
Civilian category
369th Adjutant
General Battalion



**Capt.
Chris Brown**
SSI Instructor of the Quarter
Officer category
Adjutant General School

Not pictured: Gunnery Sgt. Charles Merriweather, SSI Instructor of the Quarter, Noncommissioned officer category, 369th Adjutant General Battalion, Postal School

Photos by PHILIPS JOHNSON, Soldier Support Institute



Follow the Leader on Twitter at
www.twitter.com/fortjacksonpao.
Like us on Facebook.
Log on to your account and search
for "Fort Jackson Leader."



At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
Officers' Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 2 p.m.
Palmetto Falls Water Park	751-3381	**Closed for season**
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; 4:30 to 7 p.m.
Pools, Legion	751-4796	**Closed for season**
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday-Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at fjleader@conus.army.mil.

Calendar

Thursday, April 21

Fort Jackson School Board meeting
4 p.m., C.C. Pinckney Elementary School

Saturday,

Spring jamboree and Easter egg hunt
10 a.m. to 2 p.m., Youth Sports Complex
For more information, call 751-4869.

Flashlight egg hunt

8 p.m., Youth Services Center
For middle school students and teenagers.
For more information, call 751-4869.

Monday through Friday, April 29

MACH laboratory tour
2 p.m., Moncrief Army Community Hospital Department of Pathology
The tour offers a behind-the-scenes look at MACH's laboratory. It is open to military ID card holders.

Wednesday

Shred Day
9 a.m. to 1 p.m., Recycling Center
For more information, call 751-4208.

March for change

11 a.m. to 1 p.m., Semmes Lake
The Family Advocacy Program will host a march against sexual assault and child abuse. For more information, call 751-6325.

Military child appreciation day

2:30 to 6:30 p.m., Youth Services Center
For more information, call 751-4869.

Thursday, April 28

Tobacco cessation orientation
3 to 4 p.m., Moncrief Army Community Hospital, third floor staff conference room
For more information, call 751-5035.

Saturday, April 30

Reserve Officers Association convention
Officers' Club
The registration fee is \$40. For more information, email Jeff.Vaughan@us.army.mil.

Month of the Military Child family fun fair

10 a.m. to 3 p.m., Hilton Field
For more information, call 751-4869.

Saturday, May 7

AG car wash
8 a.m. to 4 p.m., Strom Thurmond Boulevard
Proceeds will help support the Adjutant General Ball. For more information, call 751-3034.

Tuesday, May 10 through Wednesday, May 11

AFTB "Learn Army" course
8:30 a.m. to 3 p.m., Family Readiness Center
Registration is required by May 5. For more information and to register, call 751-6315.

Wednesday, May 11

ROWC luncheon
11:30 a.m., Officers' Club
Registration is required by May 6. For more information and to register, call 788-5084 or 783-1220.

Housing events

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

Tuesday

Spring Egg-stravaganza
2:30 p.m.
The spring festival includes an Easter egg hunt, bounce houses and various children's activities.

Wednesday, May 4

Star Wars Day
3 p.m.
The Star Wars social features movie showings, Star Wars goodies and refreshments. To RSVP, call Alana at 738-8275.

Tuesdays and Thursdays

Walking Club
10 a.m.
For more information, call Alana at 738-8275.

Announcements

ESL SUMMER CLASS

English as a Second Language summer classes, levels 1 through 3, are scheduled for 12:30 to 2 p.m., May 5 through July 21. Participants will receive a certificate upon completion. The class is designed for foreign-born spouses, but is open to anyone who needs English instruction. For more information, call 751-1124 or email Miranda.Broadus@us.army.mil.

BALFOUR BEATTY SCHOLARSHIP

The Balfour Beatty Communities Foundation offers a scholarship to high school and undergraduate students living in any of its communities. The deadline to apply is April 30. For more information, visit www.bbcommunitiesfoundation.org.

RECLAMATION SALE

A military clothing reclamation sale is scheduled from 8 a.m. to 3 p.m., May 2 through 3 at 2570 Warehouse Road. The sale is cash only. For more information, call 751-7213 or email Thomas.W.Jones1@conus.army.mil.

DHR CLOSURE

The Directorate of Human Resources, including the ID card offices, will be closed from 11 a.m. to 1 p.m., April 29. In the event of an ID card emergency, contact the Soldier Family Assistance Center at 751-1198; Shaw Air Force Base at 895-1596; or the South Carolina National Guard Center at 806-2078.

SSN REMOVAL

Beginning in June, Social Security Numbers will no longer be printed on DoD ID cards. The new ID card will have a DoD ID number in place of the Social Security Number. Current ID cards should not be replaced until the card is within 30 days of its expiration date. For more information, visit www.dmdc.osd.mil/smartcard.

FCC PROVIDERS NEEDED

Military spouses who are interested in becoming family child care providers may apply to become certified to provide child care to military families in their homes. FCC orientation training is scheduled from 8 a.m. to 4 p.m., May 2 through 6 at the Joe E. Mann Center. Applications are accepted through April 27. For more information, call 751-6234.

CYSS SUMMER PROGRAMS

Registration is now open for Child, Youth and School Services summer programs. Summer programs are open to CYSS-eligible children in grades K-12. To register, visit Parent Central in the Joe E. Mann Center. For more information, call 751-4865/4824.

FATHER OF THE YEAR

The Family Advocacy Fatherhood Program is seeking nominations for the Fort Jackson Father of the Year.

Nominations are open to all Fort Jackson-affiliated active-duty service members, retirees and civilian employees. Nominations will be accepted through Friday. For more information on how to nominate, email Charles.Gregory.Lewis@us.army.mil.

THRIFT SHOP NEWS

The Thrift Shop has started "The Golden Carriage Project," which is aimed at girls attending a junior or senior prom. The Thrift Shop offers prom dresses to students with military and school ID cards. The Thrift Shop also accepts gown donations for the program. So far, the Thrift Shop has donated more than \$2,500 to various organizations in 2011.

SKIES LOCATIONS

Bright SKIES Academy and other SKIES Unlimited life skills classes now take place in the Hood Street SAS building at 5614 Hood St. (rear building). The SKIES Unlimited Family Center is located at 6514 Chesnut Road. Note that the building number has changed, but not the physical location.

MACH NUTRITION CLINIC

The nutrition clinic has scheduled a cholesterol and high blood pressure class from 2 to 3 p.m., today at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

NFFE UNION

The National Federation of Federal Employees represents most white col-

lar government workers on Fort Jackson. Its mission is to advance the social and economic welfare and education of federal workers. To contact the NFFE, call Edward Doyle, president at 751-2622; Eric Milner, vice president at 751-2395; Stanley Mitchell, trustee, at 751-5742; or Katina Davis, treasurer, at 751-5178.

FLTCIP OPEN SEASON

Open season for the Federal Long Term Care Insurance Program will run through June 24. For more information on the program, visit www.ltcfeds.com or call 1-800-582-3337.

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.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

4TH ID MEETING

The 4th Infantry Division Carolina Chapter will meet April 29 through May 1. Anyone who has served with the division is welcome. For more information, call 419-9247 or email vikings36@yahoo.com.

CAR AND BIKE SHOW

The Fort Jackson chapter of the Sergeant Audie Murphy Club will host its inaugural car and bike show 2 p.m., April 23 at Hooters on 7711 Two Notch Road. The trophy presentation is scheduled for 5 p.m. For more information, call 751-6454.

OPERATION PURPLE CAMP

The National Military Family Association is now accepting applications for Operation Purple summer camps. The free summer camp program supports military children 7 to 17 years old. For more information and to apply, visit www.militaryfamily.org.

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions will 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.

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

For information about display advertising, contact Kathy at 786-5681.

Portable careers provide options to military spouses

By **THERESA O'HAGAN**

Family and Morale, Welfare and Education

One thing that is for certain about military life is that it involves frequent relocations. While this can be interesting and exciting, it's a little hard for the military spouse to build a career. For some military spouses the solution may be "portable" careers.

Portable careers are those that allow individuals to work from home, be their own bosses and take it to new locations.

The Army Community Services Employment Readiness Program is offering four free seminars in May for military spouses interested in portable careers.

"Portable jobs are jobs that go with the military spouse no matter where they are assigned," said Barbara Martin, Employment Readiness Program manager. "Jobs range from direct selling opportunities to teleworking for major companies. Being a military spouse, it was very frustrating to have to look for a new job every time my spouse had a permanent change of station. I hear this a lot from spouses that we assist on a daily basis. Some spouses have given up on traditional types of jobs and focused their efforts on working at home and being their own boss. With today's economy, you don't know if and how long your job with a company will last. At least you have a say so in the amount of money you want to earn, the hours you work and the type of work you choose to do."

Pam Heller started her 18-year career with Avon, when she was an Army spouse.

"Transferring around, it is hard for spouses to build a career; with Avon I was able to keep my business. I now have customers all over the world," Heller said.

When Heller started out, there was no Internet, web chat or Facebook. The new technology makes it even easier to keep customers from far-flung areas around the world. Everything can be done over the Internet and shipped directly to the customer.

"It's not get rich quick," Heller said. "It's work, like any other job. You are constantly working to build new clientele. It doesn't matter if you are in a permanent location or mobile, you still have to find new clients."

These types of jobs aren't just limited to military spouses; they are also flexible enough for stay-at-home parents, Soldiers looking to make extra income, and college students.

"Spouses who are also enrolled in school may find it challenging to work outside the home and take care of the family. Some spouses continue to work a 40-hour (a week) job and work part-time at home to bring in some extra income," Martin said.

Portable careers are not for everyone, and that is why at each workshop, a self-employment assessment is given to help the prospective entrepreneur decide whether self-employment is the right choice.

Some people are more suited for telework jobs, such as

IF YOU GO

❑ "Careers-on-the-Go! Portable Jobs," 9 a.m. to noon, May 4, Main Post Chapel.

❑ "Portable Jobs Training Seminar," 9 to 10:30 a.m., May 5, Education Center Room B-110, offered by New Horizons Computer Learning Center.

❑ "Quick Jobs Seminar: Portable Careers," 11 a.m. to noon, May 19, Strom Thurmond Building, Room 222, hosted by Midlands Technical College, which will provide two scholarships to military spouses.

❑ "Lunch and Learn: Work-at-Home Scams/Schemes," noon to 1 p.m., May 24, Strom Thurmond Building, Room 222, hosted by the South Carolina Department of Consumer Affairs.

❑ The USC Small Business Develop Center will offer a quarterly small business seminar, scheduled for July 19 and Oct. 18.

administrative services, computer programming, medical transcribing, writing and proofreading, translation services and call center services.

Traditional direct selling jobs have been a popular means of income for many years with companies such as Mary Kay, Avon, Pampered Chef and Tupperware. Other traditional services that can be performed from home include child care, catering, dog grooming, photography, tailoring, instructional lessons and home improvement.

"Depending on what area the individual selects, he or she needs to understand what is involved in starting and running a small business such as if he or she needs a license/permit, tax liabilities, zoning, military housing regulations, types of business ownerships and how to develop a business plan and marketing campaign. ACS has partnered with the USC Small Business Development Center to instruct a small business seminar quarterly," Martin said.

Through the Military Spouse Career Advancement Account, or MyCAA, program, money for military spouses is available for training for portable careers. In order to apply for MYCAA, spouses must meet the following criteria:

❑ Be the spouse of an active duty service member in pay grades E1-E5,

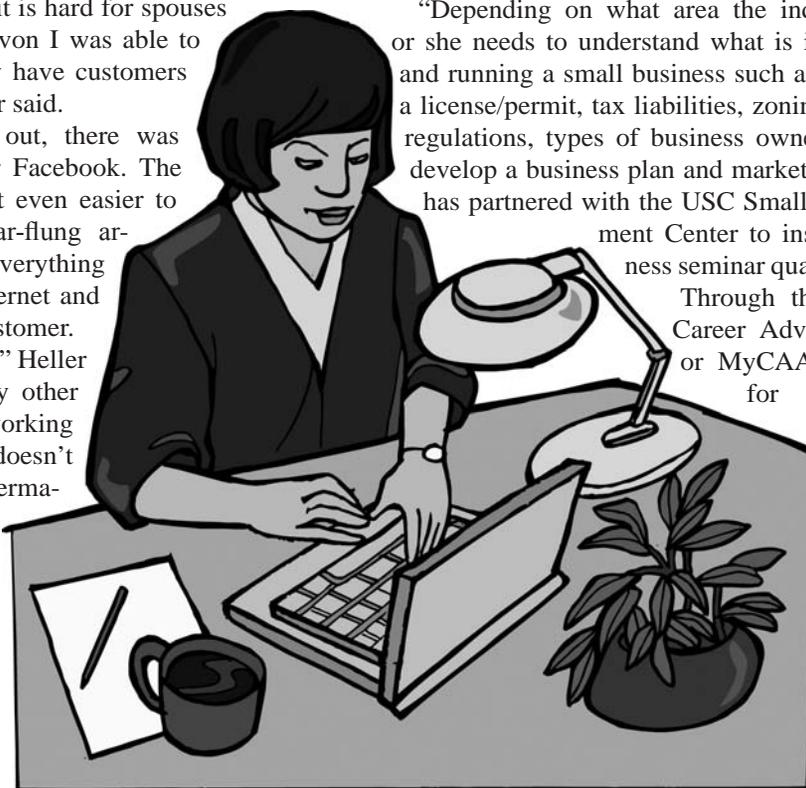
W1-W2, and O1-O2

❑ Finish the program of study within three years from the start date of the first course.

MyCAA offers a maximum financial benefit of \$4,000 with a fiscal year cap of \$2,000. Waivers will be available for spouses pursuing licensure or certification up to the total maximum assistance of \$4,000.

MyCAA funds are limited to associate degrees, certifications and licensures.

For more information or to register for the workshops, call the ACS Employment Readiness Office at 751-4862.



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 6:30 p.m. Appetizers are available, while they last.
- ❑ Teen advisory board, 5:30 p.m., **Post Library**. For more information, call 751-5589.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ❑ **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 all 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. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ CYSS Spring Jamboree and Egg Hunt, 10 a.m., **Youth Sports Complex**.
- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Middle School and Teen Flashlight Egg Hunt, 7 p.m., **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excilibur 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**.
- ❑ Month of the Military Child: Take yoga, zumba or both free with your child 10 and older at Andy's Fitness Center.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Easter brunch, 10:30 a.m. to 2 p.m., **NCO Club**. The brunch includes a full breakfast and lunch buffet, face painting, piano music and a visit from the Easter Bunny. The brunch costs \$12.95 for adults and \$6 for children 4 to 11.
- ❑ Traditional Easter buffet, 11 a.m. to 2 p.m., **Officers' Club**. The cost is \$15.95 for adults and \$5.95 for children 5 to 12.

WEDNESDAY

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ❑ 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 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.

Alcohol: How much is too much?

By **STEVEN A. CARRERAS**

U.S. Army Public Health Command (Provisional)

Statistics on too much alcohol consumption usually are reported in the media in terms of the effects on the person (impaired driving) or the body (health problems). Ad campaigns and public service announcements remind consumers to drink responsibly. But just how much alcohol is too much?

According to the Centers for Disease Control and Prevention, heavy drinking is defined as consuming more than “two drinks per day on average for men and one drink per day for women.” Binge drinking is defined as consuming “five or more drinks in a single occasion for men and four or more drinks for women.”

In 2008, the CDC estimates 5 percent of the U.S. adult population (age 21 and older) drank heavily, while 15 percent binge drank. Between the years 2001 and 2005, the CDC attributed 79,000 deaths to excessive alcohol use — the third leading lifestyle-related cause of death in the United States.



In 2005, there were more than 1.6 million hospitalizations and more than 4 million emergency room visits for alcohol-related conditions.

Underage consumption of alcohol (below age 21) is also problematic in the United States. For example, the CDC estimates underage drinking (age 12-20) accounts for 11 percent of all alcohol consumed in the United States; 90 percent of underage drinking is done in the form of binge drinking and is highest in the 18- to 20-year-old group (51 percent). In 2005, 145,000 emergency room visits were due to underage consumption of alcohol.

Rates of alcohol consumption for Department of Defense personnel are measured by the Alcohol Use Disorders Identification Test. Overall binge drinking rates increased between 1998 and 2008. Heavy drinking rates in the military for people aged 18-25 are 26 percent, compared to 16 percent for civilians in the same age group. Heavy drinking across all age groups is higher for military personnel

(20 percent) as compared to civilians (14 percent). For the Army, heavy drinking was 22 percent.

According to the DoD, “nearly one-quarter of all heavy drinkers had one or more serious consequences (23 percent), a rate that was three to six times as high as that for any other group of drinkers.” Serious consequences include, “time away from work due to alcohol use; arrest for driving under the influence of alcohol; getting into fights; causing an accident or illness and receiving a low performance rating.

For the Army, among heavy drinkers, the rate of serious consequences was 25 percent.

Here are some suggestions from the National Institute on Alcohol Abuse and Alcoholism to reduce excessive alcohol consumption:

- 1) Pace yourself-sip slowly.
- 2) Consume non-alcoholic drinks when drinking alcohol as well.
- 3) Don't drink on an empty stomach.
- 4) Know your triggers and avoid them.
- 5) Reach out to friends or family if feeling overwhelmed (triggered) or seek professional help.

For more information on reducing alcohol consumption: Centers for Disease Control and Prevention, <http://www.cdc.gov/alcohol/index.htm> and http://www.cdc.gov/alcohol/quickstats/underage_drinking.htm

National Institute on Alcohol Abuse and Alcoholism, <http://pubs.niaaa.nih.gov/publications/Tips/tips.htm>

MACH UPDATES

HEALTH CONSUMER COMMITTEE MEETING

The Health Consumer Committee will meet 1 p.m., May 19, Aug. 18 and Nov. 17 in the MACH Commander's Conference Room on the third floor. The committee meets quarterly.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga.

To be eligible, Soldiers must have 18 months left of active duty service. For more information, call 751-5406 or visit the front desk in the EENT Clinic on the third floor of MACH.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members.

Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

TEXT REMINDERS

Moncrief Army Community Hospital now offers appointment reminders by text message. To sign up, complete an opt-in form, which is available in the clinics and at the information desk. Completed forms may be left in those locations, as well. Reminders will arrive two to three hours before an appointment.

CATARACT EVALUATIONS

All military retirees and dependents with TRICARE benefits are eligible for a cataract surgery evaluation. Those selected for surgery at MACH may be considered for a premium lens implant. Call 751-5406 for more information.

Immunizations not just for children

By **BETHANN A. CAMERON**

U.S. Army Public Health Command (Provisional)

Children are not the only people who need immunizations — young adults to senior citizens can benefit from immunizations, too. Many adults become ill, disabled or die each year from diseases that could easily have been prevented by being immunized.

Immunizations also benefit people in the community where immunized persons live or work, putting fewer numbers of people at risk by preventing the spread of diseases. Diseases like influenza (flu), tetanus and measles can cost Soldiers, families and civilian personnel time and money because of doctor visits, lost duty and work time, and hospitalizations.

Some adults assume that the immunizations they received as children will protect them for the rest of their lives. Usually this is true, except that

- Some adults were never immunized as children,
- Newer vaccines were not available when some adults were children,
- Immunity can begin to fade over time, and
- As we age, we become more susceptible to serious diseases caused by common infections (for example, flu and pneumococcus).

These circumstances require that adults make sure their immunizations are up to date. The recommended ones are: influenza, pneumococcal polysaccharide, Td/Tdap (Tetanus, diphtheria, pertussis), MMR (measles, mumps, rubella), varicella (chickenpox) and hepatitis B. People who travel overseas, college students and young women may require additional immunizations. Healthcare providers also recommend immunizations for adults who have chronic illness such as heart disease, lung disease and liver disease, or other risk factors such as alcoholism or cigarette smoking.

How do immunizations work? They prevent disease

in the people who receive them. A weakened form of the disease is injected into the body. The body produces antibodies to fight the invader. If the actual disease ever attacks the body in the future, the antibodies will still be there to destroy it.

Immunizations protect the personal health of military personnel, help maintain mission readiness and are required. An immunized Soldier is less likely to become seriously ill from a disease that threatens his or her unit's mission. By staying healthy, the immunized Soldier helps other Soldiers accomplish their mission. Even though immunizations have reduced diseases to low levels in the U.S., many diseases are still common in other parts of the world. Soldiers, civilians and contractors getting ready to deploy may require specific, additional immunizations depending on the health risks where they are deploying.

Military personnel, their family members, and civilian personnel should work closely with their healthcare providers to schedule immunizations and make sure that immunizations are up to date.

The U.S. Centers for Disease Control and Prevention has the 2009 Adult Immunization Schedule recommended for anyone over age 18. It is available in English and Spanish and may be downloaded. To see the complete list of immunizations recommended by the CDC for adults (as well as recommendations and schedules for adolescents and children), go to <http://www.cdc.gov/vaccines/recs/schedules>.

The Military Vaccine Agency has immunization charts for U.S. military personnel in any of the Department of Defense services including the Coast Guard. MilVax also provides lists of vaccines by type of military population — Soldiers-in-training, active-duty and reservists, as well as for deployments. Recommended guidelines and charts are on the Web at <http://www.vaccines.mil/default.aspx?cnt=resource/servicesHome>.

Passion of Jesus comes to life in play

By **CHAPLAIN (COL.) BART PHYSIOC**
Installation Chaplain

Have you ever wondered what it would be like to step into the shoes and take on the life of someone really famous?

How might such an experience affect what you believe or how you behave?

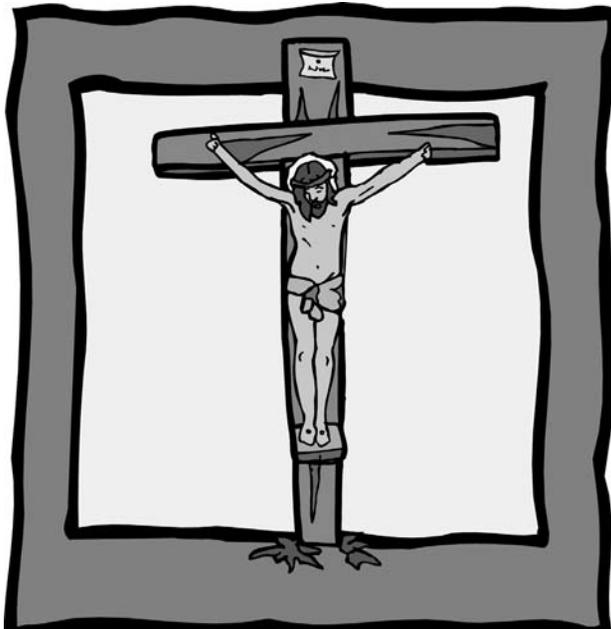
On Good Friday, 1996, I "became" Simon Peter for the first time and have never been the same since. My interest, however, was not as much in the character of Peter, as in the star of the show.

Jesus of Nazareth is the most inspirational and most controversial person who has ever lived. Many people say he was a good man and a great teacher. Others say that Jesus was a prophet who spoke the words of God. Still others believe he was God incarnate.

Who was he? Who is he?

The Biblical accounts of the life of Jesus Christ are the primary sources that reveal the story of Jesus.

What you will hear in this dramatic presentation is scripted directly from the Gospel stories. It is a harmony



of separate accounts written by four authors, an original story of the most important time in the life of Christ, what

we call, "The Passion of Jesus."

In Act 1, presented on Good Friday evening, you will experience the sufferings of Christ from the Last Supper to the Crucifixion. In Act 2, presented on Easter morning, you witness his Resurrection up close and personal.

Jesus had 12 apostles. Most were fishermen, one was a tax collector, and a few were revolutionary radicals. Of these men one is more intimately involved in the life and ministry of Christ; his name is Simon Peter. The story this man has to tell is powerful and personal; it may even change your life.

Additionally, on Easter morning, the 282nd Army Band will provide music along with great singing by the Fort Jackson Daniel Circle Chapel Gospel Choir. Refreshments will be served immediately following the morning service.

This promises to be a wonderful experience for all who attend. Come join the thousands of Soldiers who will celebrate the Life of Christ at this year's Easter morning service.

All are invited to attend; there is no charge (the price has already been paid).

LENT AND EASTER WORSHIP SERVICE SCHEDULE

STATIONS OF THE CROSS (CATHOLIC)

■ April 30
5 p.m. Main Post Chapel

MAUNDY THURSDAY (CATHOLIC)

■ April 21
7:30 p.m. Main Post Chapel, Mass of the Last Supper and washing of the feet

GOOD FRIDAY

■ April 22
7 p.m. Catholic, Main Post Chapel, no Mass, but liturgy of the Passion, distribution of Eucharist
7 p.m. Protestant, Solomon Center, The Passion of Jesus presented by Chaplain (Col.) Bart Physioc, installation chaplain. The event is free and open to the public. For more information, call 751-3121.

7 p.m. Gospel Protestant, Magruder Chapel

HOLY SATURDAY

■ April 23
9:30 p.m. Catholic service of light, Main Post Chapel, vigil of Easter. The service will end at midnight.

EASTER SUNDAY

■ April 24
8 a.m. Easter sunrise service, Solomon Center
8 a.m. Anglican, Anderson Chapel
9:30 a.m. Latter Day Saints, Anderson Chapel
9:30 a.m. Protestant, Main Post Chapel
10 a.m. Catholic, Solomon Center, Easter commemoration of the Lord's resurrection troop service, Catholic Eucharist
10 a.m. Easter egg hunt, Solomon Center
11 a.m. Catholic, Main Post Chapel, Mass of

the Resurrection
11 a.m. ChapelNEXT (contemporary), Bayonet Chapel; through April 24, ChapelNEXT is presenting a sermon series titled, "Journey to the cross."
11 a.m. Protestant, Memorial Chapel
11 a.m. Daniel Circle Chapel, Post Theater
11:30 a.m. Church of Christ, Anderson Chapel

SPECIAL SERVICES

■ April 28
7 p.m. Catholic confirmation, Main Post Chapel, for Fort Jackson and Shaw Air Force Base

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
McCrary Chapel (SCARNG)
3820 McCrary Road (located at McCrary Training Center)
Memorial Chapel
4470 Jackson Blvd., 751-7324
Warrior Chapel (120th AG Bn.)
1895 Washington St., 751-5086/7427
Installation's Chaplain's Office
4475 Gregg St., 751-3121/6318

Internet presents opportunities, risks

By 1ST LT. ADAM WOLRICH
Legal Assistance Office

Many people use the Internet every day to search for information, go shopping or keep in touch with their family and friends. Although the Internet is convenient and easy to use, it is not without risks. There are people who use the Internet to take advantage of innocent users.

Some common Internet schemes include online auctions, work-at-home businesses, investment opportunities, quick divorces and charitable giving schemes. It is often difficult for the average Internet user to know which online offers are legitimate and which ones are not. In order to identify and avoid these schemes, consider the following tips:

- ❑ Conduct business with companies you know and trust.

- ❑ Check out the company with state or local consumer protection agencies including the Better Business Bureau. But keep in mind that because fraudulent companies appear and disappear quickly, just because a company does not have a complaint record is not a guarantee that the company is legitimate.

- ❑ Understand the offer. The federal telephone and mail order rule, which also covers orders by computer, requires goods or services to be delivered by the promised time or, if none was stated, within 30 days. Print out the information so that you have documentation if you need it.

- ❑ Be careful to whom you give your financial or other personal information. Do not provide bank account numbers, credit card numbers, Social Security number or other personal information unless you know the company

is legitimate and the information is necessary for the transaction. Even with partial information, con artists can make unauthorized charges, deduct money from your account, and impersonate you to get credit in your name.

- ❑ Take your time to decide. While there may be time limits for special offers, high-pressure sales tactics are often signs of fraud.

- ❑ Keep in mind that your legal rights against a private seller may not be the same as with a business. This means that in transactions with private sellers, it may be more challenging to pursue your complaint if the merchandise is misrepresented, defective or never delivered. This is often a problem with Internet auction sites.

- ❑ You may be better off paying by credit card than with a check, cash or money order, as long as you know with whom you're doing business. When you use your credit card for a purchase and there is a problem, you have the right to notify your card issuer that you are disputing the charge, and you don't have to pay it while your dispute is being investigated. It's easier to resolve a

problem if you haven't already paid.

- ❑ Don't judge reliability by how nice or flashy a website may seem. Anyone can create, register and promote a website. As with any other forms of advertising, you can't assume that someone has screened and approved it.

- ❑ Know that people in cyberspace may not always be what they seem. Someone who is sharing a "friendly" tip about a money-making scheme or great bargain in a chat room or on a bulletin board may have an ulterior motive:

to make money.

- ❑ Know that unsolicited email violates computer etiquette and is often used by con artists. It also violates most agreements for Internet service. Report this spamming to your online or Internet service provider.

- ❑ Don't download programs to see pictures, hear music, or get other features from websites you're not familiar with. You could unintentionally download a virus that wipes out your computer files or even hijacks your Internet service; reconnecting you to the Internet through an international phone number, resulting in enormous phone charges.

- ❑ If you are giving to charity, do a background check. Many states require that charities register with them and file annual reports showing how much of their donations go to actual charity work (as opposed to administrative and fundraising costs). Ask your state or local consumer protection agency how to get this information.

Combining these tips with your own common sense should help you avoid Internet fraud.

If you have questions about Internet fraud, or any legal issue which may be troubling you, please contact the Legal Assistance Office at 751-4287 to set up an appointment.

Fort Jackson Legal Office

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

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

Walk-ins for living wills, health care powers of attorney and durable powers of attorney are accepted 1:30 to 3:30 p.m., Tuesdays and Thursdays. Appointments are required for wills. The office is closed on federal and training holidays. The office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.



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 Soldier was transported to the Alvin S. Glen Detention Center in connection with a criminal domestic violence charge, Military Police said. The Soldier, who was



attempting to enter the installation, had an active warrant for his arrest.

□ A civilian was issued a post bar letter after being stopped for suspected drunken driving, MPs said. Sobriety tests were inconclusive because the civilian was uncooperative, MPs said. The civilian was charged with DUI and received a notice of driver's license suspension, MPs said. The motorist was escorted to the gate and released; the vehicle was towed from the installation.

□ A civilian was charged with driving with no license in possession after attempting to enter the post, MPs said.

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

Court-martial

□ A military judge convened a special court-martial for Staff Sgt. David A. Dewalt on Fort Jackson April 12-13.

Dewalt was a drill sergeant with Company E, 1st Battalion, 34th Infantry Regiment with more than seven years of military service.

He was convicted of one specification of adultery and two specifications of

violating the command policy prohibiting illegal associations between permanent party Soldiers and Soldiers-in-training. He was found not guilty of one specification of adultery and one specification of illegal association.

Dewalt was sentenced to be reduced in rank from E6 to E4 and will return to his unit.

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



5. Repeated expression of hatred and intolerance of American society, culture, government, or principles of the U.S. Constitution.

facebook

“Like” the Leader on Facebook
by logging on and searching
“Fort Jackson Leader”

Yoga an excellent all-body workout

One of the main things you will recognize as you embark on getting your health under control is the abundance of choices that exist in exercise. Like most things, when there are so many choices, it is hard to decide what would be best for you. My mission has always been to provide workout programs that target the entire body. That way, if you only have an hour to spare, you can rest assured that your total body is taken care of.

Yoga is an excellent workout practice that will provide for your total body. Beginning with the obvious, yoga is great at increasing your flexibility and range of motion. Do not let the stiffness of your first couple of practices turn you off. With every practice you will become more limber. Tight joints create aches and pains in our bodies. For example, if hamstrings are too tight, they flatten the lumbar spine, which can cause back pain. Tight hips put strain on the knees because of the improper alignment of the thigh and shinbone. Yoga rescues tight joints and muscles, leaving the body better aligned and flexed.

Yoga will not only make you more flexible, but it is strength training too. Most exercises use weights to add resistance. In yoga, you are the weight. Picking yourself up or holding yourself in a certain posture involves many muscle groups to come together. The posture balanc-

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



ing tightens and tones the body. Also, these moves are considered weight bearing so they help strengthen your bones as well. With continued practice you can expect a more sculpted and toned body.

Speaking of yoga as a weight-bearing exercise program, each time you do yoga you increase your range of motion. This helps prevent degenerative arthritis. Yoga nourishes cartilage because during practice the fluid found in cartilage is squeezed out (released) and a new supply can be soaked up.

It is amazing how many knee injuries get relief from regular practice. Also needing release is the spine. The shock absorbers between the vertebrae that can herniate and compress nerves crave movement. A yoga practice

complete with backbends, twist and forward bends is how the spine gets nourishment which keeps the back healthy.

Depending on the style you choose, yoga can be aerobic. Many gyms offer Hatha Yoga, which tends to be a more physical type of yoga. Flowing from posture to posture raises the heart rate. Your practice then becomes more calorie burning and weight managing in nature. A person can use yoga to lose weight just like any other workout program. Just remember that healthy eating must be a part of the program too.

Finally, yoga gives your body so much physically that you would call this a complete workout. It is, but yoga also calms the mind and nervous system. The relaxation you gain from each practice can be quite serene. As you practice yoga, it calms and restores you.

This is something you will notice after a yoga session. Your approach to your stressful world is more at ease. You begin to naturally handle things in your life more calmly. It is a serene gift that is hard to describe but if you practice yoga or decide to practice you will instantly understand and embrace that gift of calm.

The FMWR Fitness Department offers yoga on Saturdays at 8:15 a.m. Please visit us online at www.fortjacksonmwr.com/fitness for calendars and additional class programs.

Golf league standings

Intramural		Recreational	
120th	1190.5	187th	520.0
War Horse 1 (TFM1)	935.5	1-34th	513.0
3-34th	910.0	165th	448.5
3-60th	840.5	1-13th	453.5
4-10th	807.5	Standings as of Wednesday morning	
War Horse 2 (TFM2)	789.5	Heavy Hitters	323.0
MEDDAC	789.0	Old School	299.0
Marines	675.5	That's Good	295.0
2-60th	614.0	369th	294.0
1-61st	577.0	USASSI	266.0
USADSS	572.0	Standings as of Tuesday morning	
2-39th	559.0		

LEADER INFORMATION

To contact the Leader about story ideas or announcements, e-mail FJLeader@conus.army.mil or call 751-7045.

Sports shorts

BASKETBALL PLAYOFFS

Winter basketball playoffs will begin today and run through May 4. Games will take place at Coleman and Vanguard gyms.

DUATHLON

A duathlon — swim and run — is scheduled for April 30 at Knight Pool. The event is for active duty only and includes a 200-meter swim and 3.5-mile run. Participants may compete as individuals or a team. Names and ages are due to the Sports Office by 3 p.m., Tuesday.

STRONGMAN COMPETITION

Registration for the Strongman Competition is open through May 12. Events include the Hummer pull, stone carry and tire flip. This active duty-only event is scheduled for May 18.

BODYBUILDING COMPETITION

A natural fitness/bodybuilding competition is scheduled for June 25 on post. Competition includes men's bodybuilding, women's bodybuilding and figure. Registration is open to all military, civilian employees and family members. Visit www.fortjacksonmwr.com/fitness for more information. Call 751-5768 for more information.

LUNCH BUNCH BOWLING LEAGUE

Sign up through May 10 for the Lunch Bunch Bowling League. The league is open to DoD ID card holders 18 and older. Commander's Cup points are available for active-duty Soldiers. A team consists of up to four people, but only two bowl each week. For more information, call Century Lanes at 751-6138.