

TRACKING ...

NEWS



Spouses take on basic training

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IN FOCUS



Spring Jamboree attracts post kids

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SPORTS

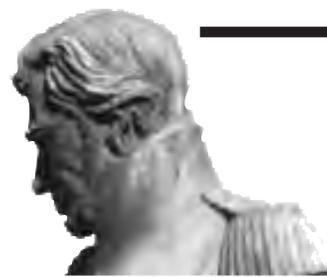
Strong B.A.N.D.S. promotes fitness

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The Fort Jackson Leader



Thursday, April 28, 2011

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

www.jackson.army.mil

Skillful drills



Photo by CHRIS RASMUSSEN

Staff Sgt. David Schible, a drill sergeant with Company D, 1st Battalion, 13th Infantry Regiment, instructs a Soldier in training where to point his weapon as part of a four-man stack during the MOUT testing portion of the Fort Jackson Drill Sergeant of the Year competition Tuesday. The winner will be announced Saturday.

Drill sergeants compete for DSOY title

By CHRIS RASMUSSEN
Fort Jackson Leader

Nineteen of Fort Jackson's top drill sergeants went head-to-head this week in a grueling competition to determine the installation's Drill Sergeant of the Year.

The winner, who will be announced Saturday, will go on to represent Fort Jackson in the TRADOC DSOY competition this summer.

"I want to win DSOY, but more so, I want to see where I stand among my peers," said Staff Sgt. Christopher Roach, Company A, 120th Adjutant General Battalion

(Reception). "I expect to come out of this with more experience and knowledge."

Sgt. 1st Class Edwin Hernandez, current post DSOY, said he designed this year's competition to focus on teaching Soldiers-in-training rather than the drill sergeant completing tasks themselves.

"There is a big difference between teaching the task and doing the task," Hernandez said. "My mission is to find the drill sergeant who is teaching by doctrine and covers every task that drill sergeants are teaching in Basic Combat Training."

The five-day competition began with an Army Physical Fitness Test and a foot march

out to Range 3 for group and zero fire. The competitors then marched to Range 20 to qualify with their weapons. The second day was devoted to navigating an urban orientation course with testing stations at each stop.

"You had to get your mind cranking with all of the physical aspects," said Staff Sgt. David Schible, Company D, 1st Battalion, 13th Infantry Regiment. "The toughest part was the road marches and going into the shooting. You had to do it in a timely manner. Being worn out and then putting your mind to work after being exhausted is

See **DSOY**: Page 8

NCOs represent standard, discipline

Have you read the recent story about the off-duty NCO who jumped into action at the scene of an accident to assist an injured motorcyclist and remained by the rider until emergency responders arrived?

Have you seen the article about another NCO who has long, busy days as an instructor, but still finds the time and energy to volunteer for community causes and funeral details when he is not on duty?

Or did you catch the report about the NCO instructor who in his spare time mentors five elementary school students who are having difficulties with motivation?

Unfortunately, sometimes good deeds and actions such as these don't get the attention they rightly deserve. We sometimes only hear about the negative things that Soldiers do.

That's changing. We realize that Soldiers like these make for good news stories — and sometimes great news stories. For example, the first NCO that I mentioned shows a Soldier extending a principle of the Soldier's Creed to a fellow citizen. The second is an example of an NCO extending selfless service through volunteerism. The same goes for the third NCO.

All three of these stories are about Fort Jackson Soldiers, and the articles recently ran in *The Fort Jackson Leader*. The *Leader* has begun to publish a weekly feature about inspiring NCOs around post. There are many

MAJ. GEN. JAMES M. MILANO

Fort Jackson Commanding General



of these fine examples of leadership among you.

Two years ago, there was an Armywide NCO public recognition campaign, The Year of the NCO, which incorporated a number of other initiatives as well.

One of the main goals was to acknowledge the value of the NCO Corps to the Army and the public, as well as show appreciation toward our noncommissioned officers for their commendable actions and efforts.

I know that all of you have heard, at one time or another in your careers, that NCOs are the "Backbone of the Army." There is no fact more important than that today. In a time of a persistent conflict, such as the one we are in, NCOs step forward with an adhesive strength to keep our Army on track and rolling along.

The same holds true here on Fort Jackson, where our

bread-and-butter mission is turning civilians into Soldiers. On Fort Jackson, we assign a tremendous amount of responsibilities to our drill sergeants and platoon sergeants.

They receive an appropriate amount of respect because they assume the most critical roles in the successful development of our new Soldiers.

We leaders realize the importance of noncommissioned officers in the execution of our mission, and we realize as well that there are tremendous demands placed on them. Most important, we also realize that they are up to the task. They are highly motivated, physically and mentally fit and well disciplined.

I am sure that you will be reading about many of them here as the NCO of the Week feature continues to take shape. In short, I am very proud of our NCOs on Fort Jackson. It's clear to me that they are the driving force that carries us through each and every working day.

We all have role models who have helped to guide us and to provide the pick-me-up when we needed it most. I am confident that there are many elite NCOs on Fort Jackson whose stories will help give us an introspective look at how we measure up. Subsequently, their stories will strengthen the standards and disciplines in all of us.

Army Strong and Victory Starts Here!

Fort Jackson talks back:

Staff writer Susanne Kappler asks noncommissioned officers: 'What makes a good NCO?'



Staff Sgt. Raymond Agan
Company C, 1st Battalion,
13th Infantry Regiment

"A good NCO is made up by his ability to manage not only his time, but his Soldiers' time and by making sure (the Soldiers) are always on task."



Sgt. Tina Smith
Company B, 218th Brigade
Support Battalion

"(Good NCOs) care for the Soldiers under them and have respect for them. If (the Soldiers) are not respected, they're not going to listen to (the NCOs)."



Cpl. Steven Ogles
Company C, 2nd Battalion,
39th Infantry Regiment

"You have to be competent, and you definitely have to care about the job and the Soldiers."



Sgt. Ed Gerriff
Recruiting and Retention
School student

"You have to have good leadership qualities and other intangibles, like interpersonal skills. You have to be flexible and sensitive to your Soldiers' issues."



Staff Sgt. William Gray
Company F, 3rd Battalion,
13th Infantry Regiment

"It's more than one thing, for sure. The biggest things are caring about Soldiers and their duties and never compromising the standard."



Sgt. 1st Class Jeff Astorino
Drill Sergeant School

"Someone who lives the NCO Creed."

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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edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson.

The civilian printer is responsible for commercial advertising. For display advertising rates and information: call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail skaress@camden.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157.

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Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

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Soldier spouses

Events offer family members glimpse of basic training

By CHRIS RASMUSSEN
Fort Jackson Leader

Brooke Miller felt a little out of place holding a weapon. But once she fired the first round, it felt like second nature.

Miller was one of 12 drill sergeant and cadre spouses who were given the opportunity to get a little taste of Basic Combat Training during the 2nd Battalion, 13th Infantry Regiment's John and Jane Wayne Day event April 22.

"I couldn't imagine doing this for 10 weeks. It was so intense," said Miller, who is the wife of Chaplain (Capt.) Matt Miller. "I think it takes a very special person to be able to endure even a little bit of what we endured."

The event began with a "reception" during which participants were told what they would be doing for rest of the day. After a briefing on Army Values and reciting the Soldier's Creed, the spouses were given a tour of the battalion's barracks and drilled on how to properly make a bed.

Next, the spouses were taken to EST2000 where they were given a chance to develop their basic rifle marksmanship skills and fire at electronic targets. Following BRM, the women were taken to the Fit to Win course, despite heavy rain.

"My wife really hadn't had any experience with the military. Everything she knew was what she had seen in movies," said Sgt. Brandon Spivey, with the battalion personnel office, of his wife Alex. "I had a lot of fun watching her suck it up for the day and see what a Soldier goes through in training."

After completing an exercise at the Teamwork Development Course, the spouses participated in a buddy team blank fire movement. The day ended with a Rites of Passage ceremony and graduation.

"It was tough. The obstacle course, the mental games, the rainy weather and the precision you had to have when making the beds in the barracks," Miller said. "Holding the weapon near the end was very tiresome after a long day of everything we went through."

The battalion's John and Jane Wayne Day is just one of many scheduled by the post's various units throughout the year.

"We introduce some of the elements of Basic Combat Training to cadre spouses in order to provide the spouse greater knowl-



Photo by CHRIS RASMUSSEN

Sgt. 1st Class Mahoma Tello shows his wife, Samantha, how to throw a hand grenade during the 2nd Battalion, 13th Infantry Regiment's John and Jane Wayne Day last week.



Brooke Miller, whose husband Matt is the battalion's chaplain, aims her weapon during the basic rifle marksmanship training portion at EST2000 as part of the 2-13th John and Jane Wayne Day event.

edge of what their cadre member goes through in a given phase of their 10-week cycle," said Lt. Col. Michael Peters, 2-13th commander. "Family members enjoy the

day with their spouses and leave with a better understanding of their spouses' work."

The 165th Infantry Brigade will host a John and Jane Wayne Day event 8:30 a.m.

to 4:30 p.m., Saturday. More than 50 drill sergeant and cadre spouses are expected to participate.

"We want to show the spouses what their Soldiers do on a daily basis, from reception to the time they get ready to graduate," said 1st Lt. Angela Gilbert, personnel office officer-in-charge for the 165th. "We will put them through reception and physical readiness training. Take them to victory tower and Range 4 for basic marksmanship and Fit to Win."

The John and Jane Wayne Day is aimed at providing spouses a better understanding of the Army and what their spouses do each day.

Gilbert said that the event is also one way the brigade is reaching out to family members whose Soldiers often work 12-14 hour days, and sometimes longer.

Having the chance to experience BCT firsthand allows the spouses to really understand the long days spent training Soldiers, Gilbert said.

"It goes hand-in-hand with the resiliency program," she said, referring to the programs at teaching Soldiers and family members how to be more resilient in order to better deal with stress. "It helps the families ... cope with the military (and) to better identify with the stressors their Soldiers encounter on the trail."

Chris.Rasmussen@conus.army.mil



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

Housing Happenings

COMMUNITY UPDATES

❑ A community yard sale is scheduled for May 14. On-post residents can register by calling Alana at 738-8275. Registration is required by Wednesday. A map of participating homes will be available at 7:30 a.m., May 14 at the Community Center.

❑ A neighborhood huddle for residents in junior and senior enlisted housing is scheduled for noon, Friday outside the Community Center. Please bring a chair. Lunch will be provided.

❑ The Mayoral Council is looking for volunteers to serve as mayors. Mayors receive credit for volunteer hours and serve as the voice of the community. Child care is provided while serving mayoral duties. Interested residents should call Vickie Grier at 751-7567.

❑ 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.

❑ The Yard of the Month program has started for the season. To nominate a yard, email ayoungblood@bbcgrp.com or call 738-8275. Nominations for May must be submitted by Saturday. Winners will receive recognition from the garrison command team, a Yard of the Month sign and other prizes.

❑ Pet owners should be sure to properly dispose of pet waste. Violators will be issued citations.

CONSTRUCTION UPDATES

❑ To date, 339 homes have been completed.

❑ There are a total of 744 homes demolished to date.

❑ Families residing in the vicinity of Legge Court are asked to enter and exit via Lee Road. Portions of Furman Smith Road are inaccessible because of Phase II construction.



April 29 — 4 p.m.
Astroboy PG

April 29 — 6 p.m.
Battle: Los Angeles PG-13

April 30 — 3 p.m.
Thor (free screening) PG-13

May 1 — 6 p.m.
Paul R

May 4 — 1 p.m.
Battle: Los Angeles PG-13

May 4 — 4 p.m.
Paul R

Adults: \$4.50
Children (12 and younger): \$2.25
Visit www.aafes.com for listings.

Shoplifting incidents down, tab of stolen items up at PX

From the Exchange

Shoplifting at the Fort Jackson Exchange was a good news, bad news story in 2010 as the number of incidents decreased from the previous year's but the cumulative cost of products that were stolen went up.

Thanks to an abundance of shoplifting prevention measures, such as eagle-eyed closed circuit televisions with DVR technology, expanded use of high-tech electronic article surveillance and an aggressive youth awareness campaign, theft at the Fort Jackson Exchange decreased 40 percent last year, from 130 incidents in 2009 to 78.

Thieves were more brazen, however, as the total cost of merchandise involved in shoplifting at Fort Jackson increased from \$5352 to \$9510 in 2010.

AAFES, which has contributed more than \$2.4 billion to Air Force Services



and Army Family and Morale, Welfare and Recreation Command programs in the past 10 years, continues to focus its efforts on reducing theft.

"Shoplifting at the Exchange results in a reduced return on investment to our primary shareholders — the military community," said Nancy Kessler, Main Exchange manager. "Because the Exchange is a command with a mission to return earnings to quality of life programs, people who steal from the Exchange don't only harm themselves, but directly impact FMWR's ability to com-

plete its mission."

If shoplifting is suspected, the Fort Jackson Exchange's Loss Prevention office turns the issue over to local law enforcement.

In addition to possible disciplinary action and/or criminal prosecution, the Federal Claims Collection Act allows the Exchange to enact a flat, administrative fine (civil recovery) of \$200.

There may be further fees, in addition to the Civil Recovery Program, depending on the condition of the stolen merchandise.

Farewell letter



Photo by SUSANNE KAPPLER

Harriette Dreher, who has worked as a sales and service associate at the Fort Jackson Post Office since 2004, will retire Friday after 33 years with the U.S. Postal Service. Dreher, a familiar face for Fort Jackson Post Office customers, plans to spend her time fishing and is considering becoming a minister.

News and Notes

MAUDE LECTURES RESUME

The Lt. Gen. Timothy J. Maude Leadership Lecture Series resumes at 2 p.m., Wednesday at the 81st Regional Support Command building. Maj. Gen. Gina Farrissee, commanding general of Human Resources Command.

THRIFT SHOP PROVIDES DRESSES

The Fort Jackson Thrift Shop is providing formal dresses at no cost for spouses of Soldiers E5 and below as part of its Golden Carriage Project. Spouses must have a valid military ID and must call the shop to set up an appointment. The shop is also still providing prom dresses for junior and senior high school family members. Dress donations are also being accepted. Call 787-2153 or 391-7755 for more information.

MILITARY SPOUSE EVENT SET

Military Spouse Appreciation Day is scheduled from 11 a.m. to 7 p.m., May 9 at the Joe E. Mann Center. The day's events are as follows:

- ☐ Decorating on a Dime, noon
- ☐ Dressing on a Dime fashion show, 1, 3:30 and 6 p.m.
- ☐ Cooking on a budget, 2 and 5 p.m.

There will also be wellness checks, refreshments and door prize drawings held throughout the day. Spouses will also receive free gifts and discount coupons while supplies last.

COME SEE YOUR ARMY TOUR

A "Come see your Army" tour is scheduled for May 19. Participants will attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch in a military dining facility; and shop for souvenirs. RSVP by May 12. Call 751-1474/5327 to participate.

DAYS OF REMEMBRANCE

The 2011 Holocaust Days of Remembrance observance is scheduled for 9:30 a.m., May 8 at Memorial Chapel. A reception at the Joe E. Mann Center will follow. The event is free and open to the entire Fort Jackson community. The guest speaker is T. Moffatt Burriss. Call 751-7163/2990 for more information.

PLAY GOLF AMERICA EVENT

The Fort Jackson Golf Club will host a Play Golf America Day event 9 a.m. to 3 p.m., Saturday. More than 20 PGA professionals will provide free swing instruction. Sales representatives from various brands will also be on hand to assist with fitting clubs and testing equipment. Goodie bags with gifts and coupons are available to the first 500 attendees. The event is open to the public.

SIDEWALK CLOSURE

Starting May 2, the sidewalk along Semmes Road will be closed for six weeks from Marion Avenue to Lee Road for construction. Traffic delays are also expected. Call 790-7288 for questions or concerns.

Families focus of conference

By **ELAINE SANCHEZ**
American Forces Press Service

WASHINGTON — Nearly 2,000 helping professionals from around the world are gathering in Chicago this week to share the latest family-related information and research and to hear from some of the nation's renowned military family experts.

The 2011 Family Resilience Conference, which began Wednesday, will offer participants access to more than 200 workshops, computer labs and roundtables on everything from psychological health and well-being to education and spouse employment.

The Defense and Agriculture departments are hosting this family-focused conference together for the first time. Officials hope the joint effort will build on a working relationship that spans 25 years and encompasses numerous partnerships, said Barbara Thompson, director of the Pentagon's office of family policy, children and youth.

This joint effort "really synergizes our efforts for all families and helps our non-DOD partners understand the issues facing military families," Thompson said.

The goal, she said, is to take the big-picture partnership between the DOD and USDA and "filter it down to the front lines of family support services."

"It's so important for DOD family support personnel to reach out to their communities and know what their communities offer and know how to tap into the wealth of resources," she said.

About half of the attendees are from the Agriculture Department, and the other half are members of the military helping professional community, Thompson said. The conference brings together experts from the Agriculture Department's Children, Youth and Families at Risk program, the Cooperative Extension Service and DOD's community and family support program.

Jeanette Betancourt, senior vice president for outreach and educational practices at Sesame Workshop, will be the keynote speaker at the opening ceremony. Also at the opening, officials will sign a proclamation formalizing the partnership between the Defense and Agriculture departments to better families' lives, Thompson said.

Other conference highlights include town hall meetings with senior enlisted advisers and their wives and with the ser-

vice chaplains, she added.

Several initiatives also will be unveiled over the course of the week, Thompson said, citing the Clearinghouse for Military Family Readiness as an example. The clearinghouse, she explained, will serve as a repository of information, research and studies, as well as an avenue to assess the effectiveness of programs.

While the week will be packed with sessions, Thompson said, she hopes the caregivers attending will benefit from the brief respite from their daily tasks.

"This is a way for them to re-energize, find new resources to make their jobs easier and new colleagues they can draw on," she said. "We hope they come back renewed and re-energized to continue their best."

People who are unable to attend can follow the conference online. The keynote addresses and the town hall session with senior enlisted leaders will be streamed live at <http://www.cyfernet.org/partnership2011>, and people are invited to follow the conference or submit questions via Twitter at <http://www.twitter.com/FRConf>.

Interested people also can watch conference highlights throughout the week on *Defense.gov* and on American Forces Press Service's Family Matters Blog.

ROK visit



Courtesy photo

Col. Pat Devine, Soldier Support Institute deputy commander, speaks to Capt. Ted Lee, a student in the Adjutant General School Captain's Career Course, and Brig. Gen. Ki-Choon Kim, adjutant general of the Republic of Korea, during a walking tour Thursday. Kim's visit included a discussion of human resources practices and challenges common to both the U.S. and ROK armies.

DSOY winner to compete for TRADOC title

Continued from Page 1
a challenge.”

Competitors were awakened at 2:30 a.m. on the third day to conduct land navigation, followed by a written exam and an orientation course.

“I am giving it my all,” said Sgt. Angel Smith, Company C, 3rd Battalion, 34th Infantry Regiment. “I know what my weaknesses are, and I know what my strengths are. So I am just playing on my strengths. The most challenging so far has been the little tests they give us. They are so simple, yet when you are tired you struggle. The marches have also been tough, especially with a bus following us around that we couldn’t get on.”

The fourth day began with another orientation course at the 165th Infantry Brigade Forward Operating Base and concluded with the Fit to Win course. The competition will conclude Friday with a board of command sergeants major.

All in all, Hernandez said, the competitors marched between 35 and 40 miles dressed in full battle gear.

“It is a gut check, both physically and

mentally,” he said. “Everyone was very motivated the first day or two, but by the third day you begin to see which drill sergeant really wants it.”

A ceremony to recognize Fort Jackson’s DSOY and runner-up is scheduled 1 p.m. June 10 in front of Post Headquarters.

The winner of the competition will serve as a liaison between drill sergeants and the installation’s command group. DSOY will also advise post commanders and command sergeants major on all areas pertaining to drill sergeants and Basic Combat Training Soldiers. DSOY also communicates with TRADOC on BCT policy issues that affect Fort Jackson and serves as a mentor to the more than 800 drill sergeants on the installations.

This year’s DSOY will also go on to compete in the TRADOC DSOY competition June 11 at Fort Jackson. If a Fort Jackson drill sergeant wins the TRADOC event, he or she will have a permanent change of station to TRADOC Headquarters, and the runner-up will serve as the Fort Jackson DSOY.

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Sgt. 1st Class James Davis, left, Company B, 120th Adjutant General Battalion (Reception), and Staff Sgt. Christopher Roach, Company A, 120th, plot points on a map before starting an urban orientation course during the Fort Jackson Drill Sergeant of the Year competition.



Photos by CHRIS RASMUSSEN

Staff Sgt. Christopher Roach, Co. A, 120th, assembles a weapon at a testing station during the urban operations course event. The winner of the Drill Sergeant of the Year competition will represent the installation in the TRADOC competition, which will take place on Fort Jackson in June.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the May 12 Leader must be submitted by today.

Announcements submissions are due one week before publication.

For example, an announcement for the May 12 Leader must be submitted by May 5.

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

For more information, call 751-7045.



CHANGE OF COMMAND/ RESPONSIBILITY REQUESTS

Please send all battalion level and above changes of command and responsibility and assumptions of command and responsibility to the *Leader* at FJLeader@conus.army.mil at least six weeks prior to the event.

Those ceremonies not submitted may not be published in the newspaper.

DeCA asks customers to go green

By **COURTNEY ROGERS**
Defense Commissary Agency

FORT LEE, Va. — Being earth-friendly is an ongoing priority for the Defense Commissary Agency. That's why DeCA is asking its customers to do their part in helping commissaries be environmentally responsible and save on operating costs by reducing the use of paper and plastic bags.

"Operating in an environmentally responsible manner is an important part of delivering a premier commissary benefit to our military customers," said Joseph H. Jeu DeCA director and CEO. "We are committed to minimizing our operational impact on the environment to help preserve it for both our current and future customers."

Commissary store directors were recently asked to enlist the support of head baggers to reduce their use of paper and plastic bags by not double-bagging or bagging large items with handles unless a customer specifically requests it.

They were also asked to give each bag a "boost" by placing just one more item in each bag. Not only will these practices serve to reduce each commissary's impact on the environment, they could also save the agency more than \$2 million per year in supply costs if commissaries reduce bag use by just one bag per transaction.

The reduction of paper and plastic bag use is part of DeCA's environmental management program to reduce operational costs while building eco-friendly stores, monitoring and reducing energy consumption, reducing solid waste through recycling and reuse, conserving water and purchasing green-related materials.

DeCA is also seeking to reduce depen-

dency on paper and plastic bags by encouraging customers to purchase and use reusable bags. The reusable bag program

has been very popular with commissary customers, who have purchased more than 4.1 million of the bags since fiscal 2008.

But the effort doesn't stop there: Customers must actually use the reusable bags in order to reduce the amount of paper and plastic bags used in the commissary. Unlike retail stores and military exchanges, which make a profit that can be used to fund marketing programs like discounts for using reusable bags, commissaries cannot offer such incentives.

Because their operating budget comes

from appropriated funds, and they sell groceries at cost, they make no profit to pay for such programs. However, commissaries do work to make it easier for their customers to use their own bags.

To help accomplish this, DeCA recently added a reusable bag button to its self-checkouts in commissaries around the world that allows customers to reset the scales without cashier intervention. This allows customers with reusable bags to check themselves out more quickly and easily. Customers can also reuse paper and plastic bags on their own groceries, provided that the bags are clean and will safely hold their groceries.

"We are working every day to operate in an environmentally and fiscally conscious manner," Jeu said. "But the way to achieve the most substantial results for our future is to partner with our customers to create a culture shift in daily shopping habits. Over time, a small change — just one fewer paper or plastic bag used per transaction — can lead to big results."



Holiday blessings



Courtesy photo

Chaplains and Soldiers prepare to celebrate Palm Sunday with members of the Fort Jackson community at Anderson Chapel. The Palm Sunday service recounts the arrest, trial and conviction of Jesus. The Palm Sunday Anglican/Liturgical worship service was one of many services held across Fort Jackson.



Courtesy photo

Jewish Chaplain (Maj.) Henry Soussan shares a traditional Seder meal with Basic Combat Training and Advanced Individual Training Soldiers to mark the beginning of Passover. The weeklong holiday started April 18. Twenty-three Soldiers and four Sailors participated in the festivities.

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."



NCO: Being a Soldier not a 9-to-5 job

Name
Sgt. Andrew LaFramboise

Unit
17th Military Police Detachment

MOS
31B / Military policeman

Years in service
Almost 6 years

Hobbies
Golf, hiking

Sgt. Andrew LaFramboise comes from a family in which almost everyone is either in law enforcement or in the military, he said. For LaFramboise to combine the two professions into a career as a military policeman seemed to be a logical progression.

“I hate office jobs. I can’t sit behind a desk,” he said. “In this (field), you get involved with your community. ... You don’t know what you’re going to get every single day.”

As the noncommissioned officer-in-charge of the traffic section, he oversees a team of three junior enlisted Soldiers. Developing these Soldiers into future leaders is important to him, he said.

“I like to make sure all my guys understand what they need to do,” he said. “If they have any problems, personal or professional, they know I’m here for them. I like to guide and mentor Soldiers so they know they can rely on me and I can rely on them as well.”

Being a Soldier, and especially an NCO, is not a 9-to-5 job, he said, which is why he often spends time at work in his off time to develop his Soldiers.

“If you’re an NCO, you can’t just go from A to B. You need to go from A to Z — go above and beyond what (others) expect of you.”

LaFramboise said the Army values



Photo by JAMES ARROWOOD, command photographer

Sgt. Andrew LaFramboise’s position as a military policeman combines a long line of family who entered law enforcement or military service.

are important to him, but that he is reluctant to choose one above the others.

“You can’t take one without the others,” he said. “You have to apply all of them. They all tie in together.”

One quality he likes to instill in his Soldiers is to act professional at all

times. He said that MPs are often the first Soldiers family members come in contact with during family days and graduations and that leaving a professional first impression of the Army is imperative.

— Reporting by Susanne Kappler

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 12 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the May 12 Leader must be submitted by

May 5.

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



Calendar

Today and Saturday

National Prescription Drug Take Back Day

10 a.m. to 2 p.m., Main Exchange
Dispose of unused or expired prescription drugs.

Today

Tobacco cessation orientation

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

Today and Friday

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.

Saturday

Free movie screening: Thor (PG-13)

3 p.m., Movie Theater
Tickets are available at the Main Exchange Food Court. Seating is limited and unreserved.

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.

Wednesday

Post newcomers orientation

9 a.m., Post Conference Room
The orientation will be followed by a tour of Fort Jackson. Spouses are encouraged to attend. For more information, call 751-1124/5256.

Thursday, May 5

Fort Jackson School Board meeting

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

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, 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.

Tuesday, May 17

Asian Pacific Heritage Month luncheon

11:30 a.m., Solomon Center

Thursday, May 19

through Saturday, May 21

Case lot sale

8 a.m. to 6 p.m., Commissary

Housing events

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

Wednesday

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.

Thursday, May 5

Cinco de Mayo celebration

3 p.m.
Celebrate Cinco de Mayo with Mexican food and children's craft. To RSVP, call Alana at 738-8275.

Tuesdays and Thursdays

Walking Club

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

Announcements

SPECIAL OLYMPICS VOLUNTEERS

Volunteers are needed for the Special Olympics Summer Games, scheduled for May 6 through 8 at Fort Jackson. To volunteer, visit www.so-sc.org or call 772-1555 ext. 305.

RECLAMATION SALE

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

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 Saturday. For more information, visit www.bbcommunitiesfoundation.org.

DHR CLOSURE

The Directorate of Human Resources, including the ID card offices, will be closed from 11 a.m. to 1 p.m., Friday. 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.

SUMMER TEEN VOLUNTEERS

The Red Cross is accepting applications for its Summer Teen Volunteer Program. The deadline to apply is May 20. Candidates must submit a one-page essay addressing their interest in the medical field and experience with patient care. The program will run from June 13 through July 29. For more information, call 751-4329 or email jacksonredcross@yahoo.com.

DLA DONATION EVENT

Defense Logistics Agency Disposition Services (formerly DRMO) has scheduled a donation event from 8 a.m. to 1 p.m., May 21 at 1902 Ewell Road. Available items include desks, tables, wall lockers and bunk beds. All items are free. The event is open to DoD ID card holders. For more information, call 751-1875.

MACH NUTRITION CLINIC

The following classes are scheduled for May:

- Diabetes class, 8 a.m. to noon, May 12
- Cholesterol and high blood pressure class, 2 to 3 p.m., May 5 and 26
- Army Move!, 2 to 4 p.m., May 9 and 23
- Victory weight loss class, 2 to 3 p.m., May 19.

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

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.

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.

NFFE UNION

The National Federation of Federal Employees represents most white collar 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 Friday through Sunday. Anyone who has served with the division is welcome. For more information, call 419-9247 or email vikingls36@yahoo.com.

MILITARY PRAYER SERVICE

Bible Way Church of Atlas Road is hosting a prayer service for the military at 6 p.m., May 5 in the church's main sanctuary. Call 776-1238 for more information.

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.



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."



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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Photos by OITHIP PICKERT, Public Affairs Office

Staff Sgt. Christine Roy
Company A
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Marcus Dunn

SOLDIER OF THE CYCLE
Pvt. Joseph Schaeffer

HIGH APFT SCORE
Pvt. Joseph Schaeffer

HIGH BRM
Pvt. Steven Neas

Sgt. 1st Class Robert Evans
Company B
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Benjamin Rachel

SOLDIER OF THE CYCLE
Pvt. Casey Ritch

HIGH APFT SCORE
Pvt. Iel Yosiah Freeman

HIGH BRM
Spc. Christopher Archer

Staff Sgt. Jeffrey Dawson
Company C
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Jeremiah Henaifesh

SOLDIER OF THE CYCLE
Pfc. Damon Lappe

HIGH APFT SCORE
Pfc. Matthew Golden

HIGH BRM
Pfc. Darrick Peacock

Staff Sgt. Antwann Mackall
Company D
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Jeremy Redic

SOLDIER OF THE CYCLE
Pvt. Edwin Black

HIGH APFT SCORE
Pvt. Seifu Tuffa

HIGH BRM
Pvt. Alan Darger
Pvt. Ethan Craig

Sgt. Jamar Mabry
Company E
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Jeremy Day

SOLDIER OF THE CYCLE
Pfc. Daniel Arvay

HIGH APFT SCORE
Pvt. Joshua Mattson

HIGH BRM
Pvt. Stephen Iwasko

Sgt. 1st Class Adrian Alvarado
Company F
2nd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Edward Crisler

SOLDIER OF THE CYCLE
Pfc. Travis Gere

HIGH APFT SCORE
Pvt. Aaron Angulo

HIGH BRM
Pvt. Orlando Ynclan

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sgt. 1st Class Corey Stephens

TRAINING SUPPORT
Mary Miller

SERVICE SUPPORT
Morris Colby

FAMILY SUPPORT
Lin Robertson

Training honors



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

Staff Sgt. Eva Bolton
Cadre of the cycle
Company D
369th Adjutant
General Battalion

Sgt. Shaunda Zachery
Drill sergeant of the cycle
Company C
Task Force Marshall



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."



ACS Calendar of Events — May

MONDAY, MAY 2

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

TUESDAY, MAY 3

☐ **Resiliency training for families** — 9 a.m. to 2 p.m.; Family Readiness Center

☐ **Managing FRG funds: treasurer training** — 9:30 to 10:30 a.m.; Family Readiness Center

☐ **How to communicate with families: key caller training** — 10:30 to 11:30 a.m.; Family Readiness Center

☐ **EFMP family night out** — 5 p.m.; Chick-fil-A, Decker Boulevard

☐ **English as a second language summer class** — 5:30 to 7 p.m.; location to be determined

WEDNESDAY, MAY 4

☐ **Post newcomer orientation/tour** — 9 to 11:30 a.m.; Post Conference Room

☐ **Careers on the go: work from home opportunities** — 9 a.m. to noon; Main Post Chapel, activity room

☐ **Bright Honeybee Explorers** — 10 to 11:30 a.m.; call 751-6304/1071/6868 for location

☐ **Child safety class** — noon to 2 p.m.; Main Post Chapel; to register, call 751-6325.

THURSDAY, MAY 5

☐ **AER commander's referral training** — 9 to 10:30 a.m.; Education Center, Room B206

☐ **Portable job training** — 9 to 10:30 a.m.; Education Center, Room B110

☐ **English as a second language summer class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

☐ **Special Olympics opening ceremony** — 7 p.m.; Solomon Center

MONDAY, MAY 9

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

☐ **Military Spouse Appreciation Day celebration** — 11 a.m. to 7 p.m.; Joe E. Mann Center, ballroom

TUESDAY, MAY 10

☐ **AFTB Level I (Day 1)** — 8:30 a.m. to 3 p.m.; Family Readiness Center

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

☐ **Baby basics workshop** — 10 a.m. to 3 p.m.; call 751-6304/1071/6868 for location

☐ **EFMP EdVenture outing** — 5 p.m.; 211 Gervais St.; cost is \$1 per person

☐ **Child safety class** — 5 to 7 p.m.; 5614 Hood St., Classroom 10; to register, call 751-6325.

☐ **English as a second language summer class** — 5:30 to 7 p.m.; location to be determined

WEDNESDAY, MAY 11

☐ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222

☐ **AFTB Level I (Day 2)** — 8:30 a.m. to 3 p.m.; Family Readiness Center

☐ **Fort Jackson spouses forum: "Spouses united in Victory"** — 9 to 11:30 a.m.; Bayonet Chapel, for more information, call 751-5458.

☐ **Bright Honeybee Explorers** — 10 to 11:30 a.m.; call 751-6304/1071/6868 for location

THURSDAY, MAY 12

☐ **Business writing techniques** — 9 to 10:30 a.m.; Education Center, Room B110

☐ **Women's empowerment group** — 11 a.m. to noon; call 751-6325 for location

☐ **Stress management class** — 11 a.m. to noon; 5614 Hood St., Classroom 10; call 751-6325 to register; a class certificate is provided

☐ **English as a second language summer class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

SATURDAY, MAY 14

☐ **Teen career assessment** — 10 a.m. to noon; location to be determined

MONDAY, MAY 16

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

TUESDAY, MAY 17

☐ **Resume writing/interviewing skills** — 8:30 a.m. to noon; Strom Thurmond

Building, Room 222

☐ **EFMP bowling** — 3:30 to 5 p.m.; Century Lanes Bowling Center; RSVP required

☐ **English as a second language summer class** — 5:30 to 7 p.m.; location to be determined

WEDNESDAY, MAY 18

☐ **Financial readiness for first term junior enlisted Soldiers** — 9 to 10:30 a.m.; Education Center, Room B208

☐ **Bright Honeybee Explorers** — 10 to 11:30 a.m.; call 751-6304/1071/6868 for location

☐ **Child safety class** — noon to 2 p.m.; 5614 Hood St., Classroom 10; to register, call 751-6325.

☐ **Levy "overseas move" brief** — 2:30 to 3:30 p.m.; location to be determined

☐ **Monthly SOS support groups** — 5 to 7 p.m.; open to spouses of fallen service members; for more information and to RSVP, call 751-4871

THURSDAY, MAY 19

☐ **Financial/relocation planning for initial PCS move** — 9 to 10:30 a.m.; Education Center, Room B208

☐ **Anger management class** — 11 a.m. to noon; 5614 Hood St., Classroom 10; call 751-6325 to register; a class certificate is provided

☐ **Quick jobs seminar: portable jobs** — 11 a.m. to noon; Strom Thurmond Building, Room 222

☐ **English as a second language summer class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

☐ **How the Family Assistance Center can assist families during emergencies** — 1:30 to 3:30 p.m.; Family Readiness Center

☐ **EFMP support group** — 5 p.m.; Family Readiness Center

MONDAY, MAY 23

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

☐ **Evening breastfeeding support group** — 5:15 to 6:30 p.m.; for more information, call 751-6304/1071/6868

TUESDAY, MAY 24

☐ **FRG basic training** — 8:30 a.m. to

4 p.m.; Family Readiness Center

☐ **Customer service skills training** — 9 to 11:30 a.m. to; Strom Thurmond Building, Room 222

☐ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213

☐ **1-2-3- Magic: Effective discipline for children 2-12 workshop** — 10 a.m. to 3 p.m.; call 751-6304/1071/6868 for more information

☐ **Lunch and learn: work at home scams/schemes** — noon to 1 p.m.; location to be determined

☐ **English as a second language summer class** — 5:30 to 7 p.m.; location to be determined

WEDNESDAY, MAY 25

☐ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222

☐ **Bright Honeybee Explorers** — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location

☐ **Levy "overseas move" brief** — 2:30 to 3:30 p.m.; location to be determined

THURSDAY, MAY 26

☐ **Parent power: parenting children 13 to 18 years old** — 9 a.m. to 3 p.m.; 5614 Hood St., Classroom 10; to register, call 751-6325.

☐ **English as a second language summer class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

☐ **Hearts Apart support group** — 6 to 7:30 p.m.; location to be determined

TUESDAY, MAY 31

☐ **English as a second language summer class** — 5:30 to 7 p.m.; location to be determined

☐ **EFMP outing Teddy Mountain** — 4:30 to 6 p.m.; Village at Sandhills; must be enrolled in EFMP; RSVP required

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

The Family Readiness Center is located at 3499 Daniel Circle.

The Community Center is located at 520 Brown Ave.

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For more information, call 751-7045.





Courtesy photo

An American Girl enjoys a pimiento cheese sandwich and iced tea during last year's tea.

Dining with dolls: FMWR hosts American Girl Tea

By **BEVERLY METCALFE**,
Family and Morale, Welfare and Education

Flashback: You are 5 years old and it's Christmas morning. You run out in wild anticipation to see what Santa Claus has left for you under the tree.

You catch your breath when your eyes rest on her — the doll — the one you circled in the Sears catalog, dog-eared the page and unendingly begged your parents for, even if she was just a little too expensive. And there she is, under the tree. You picked her up and smell — ahhhh, that new baby doll smell. She becomes your constant companion, the one with whom you share your deepest secrets and endless tea parties.

Relive the excitement of childhood make-believe and pretend with your child at the American Girl Tea, 2- 4 p.m., May 25, at the Joe E. Mann Center ballroom. This Army Family Covenant event is free to the community, and is sponsored by Child, Youth and School Services and the Main Post Library.

The tea party will include games, crafts and prize drawings. Participants are encouraged to bring their favorite dolls or stuffed animals to the party. There will be

an owner and doll look-a-like contest with an American Girl Doll as the grand prize.

American Girl Dolls characters lived during significant time periods in American history and are from several different cultural backgrounds. Created in 1986 by Pleasant Rowland, the company has expanded to include books, magazines a website and movie production.

Through May 13, Army library patrons between the ages of 6-14 will receive an American Girl reading log.

Each time the child checks out a book, she will get a stamp on the log (limit of one stamp per day). Once the log is filled, the child may submit it to be entered to win an American Girl Doll.

The child must submit the entry form in person.

The grand prize winner will be awarded an American Girl doll at the American Girl Tea.

This year, CYSS has extended the contest for those 3-5, who may be read to by an adult. The winner of the younger age category will receive an American Girl Bitty Baby.

For more information about the American Girl Tea, please call Beverly Metcalfe, FMWR partnerships specialist, at 751-3053. RSVP by May 11.

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Announcement submissions are due one week

before publication.

For example, an announcement for the May 12 Leader must be submitted by May 5.



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

- ☐ Dia de Los Ninos/Children's Day at the **Post Library**.
- ☐ Month of the Military Child Family Fun Fair, 10 a.m. at the **Solomon Center**. Call 751-3053 for more information.
- ☐ Myrtle Beach day trip, 8 a.m. to 10 p.m. \$10 per person. Call **Marion Street Station** at 751-3484 for more information.
- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excaltibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ☐ **Victory Bingo**, starts at 10 a.m.

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.

EDGE! CLASSES

Call 751-3053 for ages and costs.

- ☐ **Don't Sit on the Babies:** babysitting class, 3:30-5:30 p.m., Mondays, Community Center.
- ☐ **Sand Volleyball:** 4-5:30 p.m., Mondays and Wednesdays. Community Center volleyball court.
- ☐ **Let 'er Roll Bowling:** 3:30-5 p.m., Tuesdays, Century Bowling Lanes
- ☐ **Reel in the Fun:** 4-5 p.m., Tuesdays and Thursdays, meet at Community Center for transportation.
- ☐ **Eat Right Cooking School:** 3:30-5 p.m., Thursdays, 5955-D Parker Lane.
- ☐ **Monday with a Mad Genius:** 3:30-5 p.m., Wednesdays, Post Library.
- ☐ **A Month of Cinco de Mayo:** 3:30-5 p.m., 5955-D Parker Lane.
- ☐ Balloon Critters: 4-5 p.m., Fridays, Youth Services Center.

Computer users at risk for eye disorder

By MAJ. ANTHONY J. JARECKE
U.S. Army Public Health Command (Provisional)

According to the American Optometric Association, Computer Vision Syndrome is now considered the No. 1 occupational hazard of the 21st Century. If you are surprised, you should not be.

Today, there are more than 264 million personal computers in the United States alone and more than 98 million American workers use a computer on a daily basis. This widespread computer use has fueled growing complaints of eye strain and fatigue.

The AOA reports that 14 percent of all optometric patients report computer-related symptoms and more than 10 million eye examinations are done annually in response to these complaints. With the range and scope of computer use increasing annually, it is important to understand the causes of CVS and how it can be managed.

The AOA defines CVS as the complex of eye and vision problems related to near work that people experience during or related to computer use. CVS is characterized by a wide variety of visual symptoms that result from the user's interaction with the computer display and/or its environment.

Not surprisingly, studies have shown that 50 to 90 percent of computer users will experience visual symptoms while working on a computer. Users experience these visual symptoms because the visual demand of the task exceeds the abilities of the user.

Research also shows that the visual demands of computer work are much more challenging for the eye than the visual demands required to read the printed page. This is mostly due to the differences in contrast between the letters and the backgrounds on which they are placed. Even though computer screens have improved drastically over the last decade, they

are still unable to provide a contrast comparable to the printed page. Until this is possible, computer users will experience CVS symptoms.

What are other visual symptoms and causes of CVS? Reduced blink rates are another common cause of CVS symptoms. Computer users often experience red, irritated or dry eyes due to evaporation of the tear film. Studies have shown that blink rates under normal circumstances measure about 22 blinks per minute, while computer users' blink rates measure less than seven blinks per minute. These drastically reduced blink rates allow the tear film to degrade and evaporate—resulting in a dry eye.

Uncorrected refractive error can also contribute to CVS symptoms. When the eyes are not corrected with the proper prescription, it puts undue stress on the visual system. The eyes try to compensate for this deficiency by using the accommodative or focusing system. This often results in complaints of blur and headaches depending on the individual's age and focusing ability.

Lighting has been identified as the most significant environmental factor contributing to CVS symptoms. Light from windows, overhead and supplemental lighting can cause glare and reflection problems that result in complaints of eye strain and headaches.

Most offices and workstation lighting are designed for

desktop use, not computer use. According to the Occupational Safety and Health Administration, lighting should only be as bright as necessary to complete the task. OSHA claims that most office lighting is at least twice as bright as it needs to be and recommends 20 to 50 foot-candles for CRT use and up to 73 foot-candles for LCD use.

CVS isn't just a vision-related syndrome; it also has musculoskeletal symptoms. According to the National Institute of Occupational Safety and Health, 22 percent of computer users experience disorders. These disorders range from neck, shoulder and backache to wrist and hand pain. Proper ergonomics plays a large role in alleviating these symptoms.

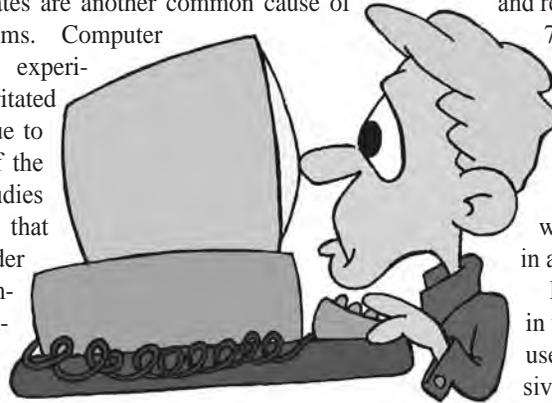
How do you combat CVS? Prevention plays a large role in treating CVS symptoms. First and foremost, a computer user experiencing symptoms should obtain a comprehensive eye examination. Be sure to mention how often you use a computer and what symptoms you are experiencing. A new or updated prescription will often reduce or even eliminate CVS symptoms.

Another step you can take to help alleviate CVS symptoms is taking breaks during computer work. NIOSH, among others, recommends taking a 10 to 15 minute break every hour. Another recommended practice is to follow the 20-20-20 rule. This entails looking away from the computer every 20 minutes to something that is at least 20 feet away for 20 seconds.

In addition to the items listed above computer users can also increase their blink rates, upgrade to an LCD flat screen monitor and adjust the brightness and contrast of their computer screen.

For more information on CVS visit:

All About Vision, www.allaboutvision.com/cvs or American Optometric Association, www.aoa.org



Testing key to sexual health

By WAYNE COMBS
U.S. Army Public Health Command

Approximately 19 million sexually transmitted diseases occur each year in the United States, according to the Centers for Disease Control and Prevention. Almost half infect young people, ages 15 to 24. One in two young people will get a sexually transmitted disease by age 25, and many won't know it.

Untreated STDs can cause serious medical complications like chronic pelvic pain, infertility or passing an infection to an infant during child birth. Individuals infected with STDs are at a much greater risk for HIV infection.

The only way to "know for sure" if you or anyone else has an STD is to get tested. Testing is faster and easier than ever before. You can't assume that your healthcare provider will bring it up. You might feel embarrassed to bring it up, but it's absolutely essential.

You and your health care provider

will decide what STD tests make the most sense for you. If you do have an STD, it's important to get treated as soon as possible. Here are some tips for having a talk with your healthcare provider:

BEFORE YOUR APPOINTMENT

Think of problems or questions you have. Even if you only have one or two, write them down.

When you make your appointment, tell the receptionist that you would like to be tested for sexually transmitted diseases.

THE APPOINTMENT

It's the day of your appointment. Take a deep breath. Be prepared to ask a lot of questions, be honest, and, if you do not understand a question or answer, ask for an explanation.

THE TALK

A good sexual health exam begins with a good sexual health history. Here are some common questions that healthcare providers need to ask

in order to help you:

- How many sexual partners have you had recently?
- How many sexual partners have you had in your lifetime?
- Do you use condoms?
- Do you have symptoms now?
- Have you ever had a sexually transmitted disease?
- Have you used over-the-counter medications to treat your symptoms?
- Do your partner(s) have any STDs or symptoms of STDs?

These questions might seem really personal, but it's important to be honest with your healthcare provider. Your provider will help you make important decisions about what test(s) and treatment you may need. Finally, be sure to ask about when you will get the results.

For more information on preventing sexually transmitted diseases:

It's Your Sex Life, <http://www.itsyoursexlife.com/>

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.

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.

Kids catch spring fever at jamboree



Photos by CRYSTAL LEWIS BROWN

Hordes of children rush onto a field at the Youth Sports Complex during one of several egg hunts at the Spring Jamboree Saturday. Several post organizations, including the Post Library, Recycle Center, Fort Jackson Fire Department and more. Hundreds of children attended the event, which featured several Earth Day events. The Easter Bunny even made an appearance.



Connor Geise, 7, jumps toward the finish during a sack race at Saturday's Spring Jamboree hosted by Child, Youth and School Services.



Landin Langridge, 7, fills a plastic jug with water during a water conservation game.



Nyla Hopkins, 2, places an Easter egg in a basket during an egg hunt for children 2 and younger with the help of her mother, Capt. Marla Washington, with Moncrief Army Community Hospital.

CMYK

CMYK

27" WEB-100

God stays with us during tribulations

By **CHAPLAIN (CAPT.) JERRY WAGNER**
187th Ordnance Battalion

Author Marshall Shelley, who dealt with the deaths of two of his children, writes in *Leadership Journal*:

"Even as I child, I loved to read, and I quickly learned that I would most likely be confused during the opening chapters of a novel. New characters were introduced. Disparate, seemingly random events took place. Subplots were complicated and didn't seem to make any sense in relation to the main plot.

"But I learned to keep reading. Why? Because you know that the author, if he or she is good, will weave them all together by the end of the book. Eventually, each element will be meaningful. At times, such faith has to be a conscious choice.

"Even when I can't explain why a chromosomal abnormality develops in my son, which prevents him from living on earth more than two minutes...even when I can't fathom why our daughter has to endure two years of severe and profound retardation and continual seizures...I choose to trust that before the book closes, the author will make things clear."

In I Kings, we read the story of Elijah. Elijah witnessed the tremendous power of God working all around him during 3 1/2 years of drought with absolutely no rain.

First, ravens provided bread and meat to sustain his life. Next, a widow sheltered him and miraculously was able to provide food during an extreme famine from jars that never ran out of grain or oil.

Next, after the widow's child died, Elijah's prayer was answered that the boy's soul would be restored.

Further, God sent down fire on Mount Carmel that devoured the altar, sacrifice and stones. Finally, God answered his prayer that rain would return to the land. At this point, Elijah ran somewhere between 12 to 25 miles from Mount Carmel back to Jezreel to share the magnificent news.

Jezebel did not think the good news outweighed the bad, especially as it pertained to her prophets having been killed. Her response was to declare that Elijah would be killed within 24 hours.

Despite the numerous victories accomplished by the Lord God and witnessed by Elijah, he opted to flee into

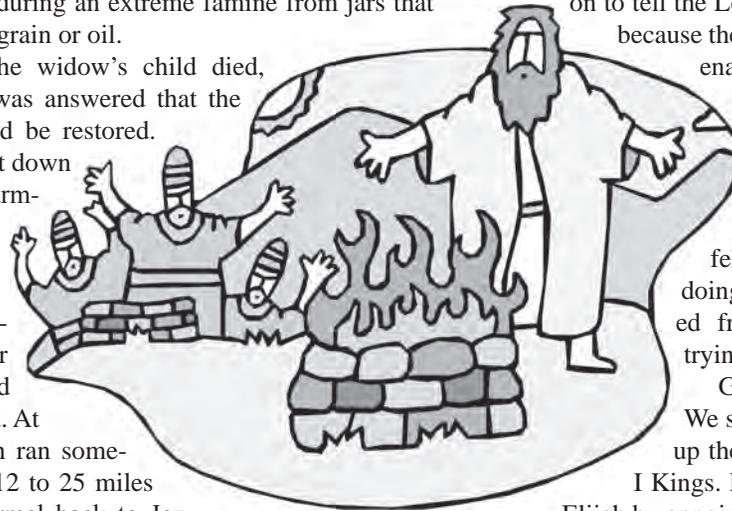
the remote desert in solitude. By I Kings 19, he is exhausted, depressed and even asked for death. He went on to tell the Lord that he was the only one left because the others had forsaken God's covenant, thrown down his altars and killed his prophets.

You may have heard it said that often, after life's greatest victories, we face life's greatest challenges. Have you ever felt like you are the only one left doing well? Perhaps you are exhausted from serving faithfully through trying times?

God gives strength to the weary. We see the author of this story clears up the plot by the end of the book of I Kings. First, the Lord granted relief for

Elijah by appointing Elisha to take his place and likewise directed two new kings to be appointed. Next, he told Elijah that there were 7,000 others in Israel who were faithful and set apart to God.

It seems like the enemy often uses discouragement and fear against God's people. Know that the Lord God is with us in our times of tribulation, and that the author and finisher of our faith will make all things clear in time.



PROTESTANT

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

Protestant Bible Study

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

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

Protestant Youth of the Chapel

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

CATHOLIC

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

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

ANGLICAN/LITURGICAL

- Sunday
- 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

- Sunday
- 9:30 to 11 a.m. Anderson Street Chapel
- Thursday

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

SPECIAL SERVICE

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

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Like us on Facebook.

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



Proper planning makes moving easy

By **1ST LT. ADAM WOLRICH**
Legal Assistance Office

There are several matters with legal consequences to consider with any permanent change of station.

Are you going to lease a house or apartment at your next duty station? Are you considering buying or selling a house? Can moving expenses be deducted from your income taxes? What about changing your driver license or car registration? Are spouses eligible for unemployment compensation if they leave a job because of a military reassignment?

Below are some frequently encountered legal situations and how they can affect you:

MILITARY TERMINATION CLAUSE FOR LEASES

Before signing a lease at the new duty station, check the lease for a military "termination" clause suitable for the military community in case you need to end the lease before the full term. Among other things to review:

- Does it anticipate PCS situations?
- Does it incorporate any state law provisions?

You should also consider how military community members have found out about the property. For example, is it part of the welcome packet? If possible, speak to members of the military community about their experience there. Also, check with the local housing or legal assistance office before signing a lease and have a trained professional review the lease to ensure you are covered.

TIPS FOR BUYING A HOME

If you are buying a home, you might find these websites useful:

<http://kiplinger.com/tools/housing.html> — If you are wondering how much you can (or should) spend on a house, Kiplinger offers help.

<http://www.hsh.com/calc-incomequal.html> — provides a calculator to help you estimate how much a lender might let you borrow.

<http://www.hsh.com/calc-howmuch.html> — offers a calculator to help you determine what you can afford to spend on a house.

TAX PLANNING AND MOVING EXPENSES

You can generally deduct the reasonable unreimbursed expenses incurred for:

Moving household goods and personal effects, including expenses for hauling a trailer, packing, crating, in-transit storage and insurance.

Travel and lodging expenses from the old home to the new home, including automobile expenses and airfare.

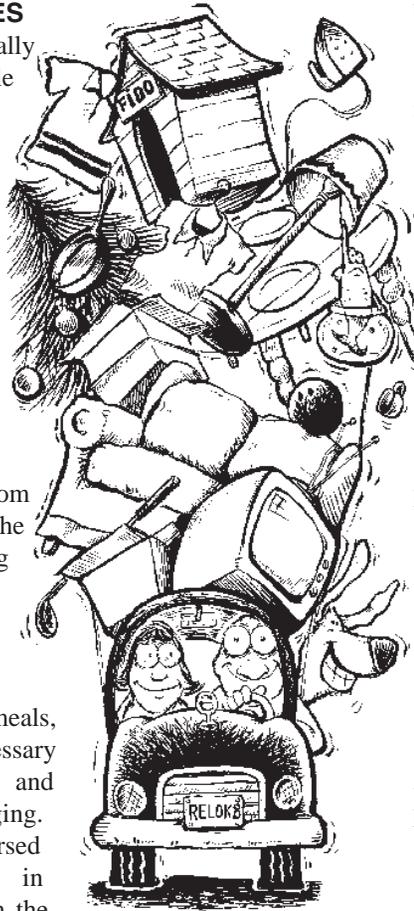
No deductions are available for any expenses for meals, the cost of unnecessary side trips or lavish and extravagant lodging. Only unreimbursed expenses incurred in actually moving from the former home to the new assignment are deductible.

The expense of pre-move house-hunting trips are not deductible, nor is there a deduction for any expenses for moving services provided by the government, or for those which were reimbursed and not included as income. For more information, visit the IRS website at www.irs.gov.

DRIVER'S LICENSING/VEHICLE REGISTRATION

Check the Department of Motor Vehicles in the new state to find out what you need to do in order to register your vehicle and obtain a driver's license.

Some states allow you to keep renewing your vehicle



registration while away from the state on military orders; but others require you to register a vehicle in the state in which you live. Some states have property tax on vehicles and some will waive the taxes if you are in the state on military orders.

SPOUSE UNEMPLOYMENT BENEFITS

Refer to Unemployment Compensation: A State-by-State Guide to the Laws as they Affect Military Spouses' Eligibility for Benefits Upon PCS-Related Job Loss (<http://www.mscn.org/download/uc50guide.pdf>) from the Military Spouses' Career Network.

AUTO LEASE

There are several Internet resources that may help you decide whether a lease is a good idea for you. Military personnel who lease a car should consider whether they will deploy or PCS during the lease period and plan accordingly. Check the lease terms to see what happens if you move out of state or out of the country.

Consider these items while planning your move either to or from Fort Jackson. If you have any questions about a contract and/or lease agreement, have it reviewed by a legal assistance attorney before signing. If you are moving from Fort Jackson, contact the Legal Assistance Office where you will be stationed for state and post-specific information.

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

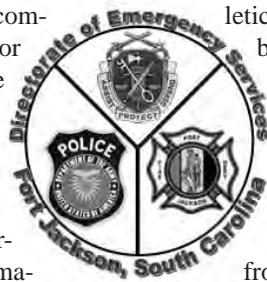
Provost Sergeant Major

Bill Forrester

Fire Chief

CASES OF THE WEEK

❑ A civilian was issued a one-year limited post bar letter after being charged with shoplifting from the Main PX, Military Police said. The civilian put on a pair of ath-



letic shoes, put the old shoes in the box and left the store wearing the new shoes, MPs said. The value of the shoes was \$72. The civilian was released to his sponsor.

❑ A civilian was escorted from the post after being detained for soliciting, MPs said. The civilian was asking customers at an AAFES facility for pizza, MPs said.

❑ MPs locked down the entrance gates during a search for a missing child, MPs said. A child who was last seen at Vanguard Gym could not be located. The child was later located asleep and uninjured behind the gym mats, MPs said.

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

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



6. Repeated browsing or visiting internet websites that promote or advocate violence directed against the United States or U.S. Force, or that promote international terrorism or terrorist themes without official sanction in the performance of duties.

Court-martial

❑ A military judge convened a general court-martial for Sgt. Mohammed Hajoui on Fort Jackson, April 18-20.

Hajoui was a cadre member in Company D, 120th Adjutant General Battalion (Reception).

A panel of officers convicted Hajoui of rape, violation of the command policy prohibiting illegal associations between permanent-party Soldiers and Soldiers-in-training and adultery.

Hajoui was sentenced to 10 years con-

finement, reduction of rank to E1, forfeiture of all pay and allowances and a dishonorable discharge from the Army.

MESSAGE FROM SJA

On behalf of the commanding general, the Office of the Staff Judge Advocate publishes the results of the courts-martial involving Soldiers assigned to, stationed at, or training at Fort Jackson. The primary purpose of announcing the results is to deter similar misconduct by other Soldiers and to

educate our community on the potential consequences of criminal misconduct.

Good order and discipline require exemplary conduct. Necessary and proper measures are routinely taken in order to correct conduct that falls short of what is expected and required of our Soldiers. Unfortunately, these measures occasionally include trial by court-martial.

Criminal acts, and the resulting administration of military justice, always have a direct impact on unit morale, good order and

discipline.

The SJA staff encourages all civilian and military personnel associated with Fort Jackson to read the results of courts-martial. However, those who are disinterested in (or offended by) the publication of the results can delete the emails upon receipt.

The messages will continue to be published on this page on the First Responder page in the *Leader* and will be emailed by Victory Distro with the subject line: "Court-martial results."

FMWR program promotes fitness month

By WILLIAM BRADNER
FMWR Command

Fifty-nine garrisons worldwide will participate in the "Strong B.A.N.D.S." promotion in support of National Sports and Fitness Month in May.

B.A.N.D.S. stands for balanced lifestyle, actively motivated, nutritional health, determined to excel, strength and conditioning. The FMWR promotion is designed to energize and inspire community members to live a healthy lifestyle.

"Resiliency is about more than just emotional, family, social or spiritual fitness," said Amy Leon, the FMWR Marketing specialist overseeing the promotion. "It all starts with a healthy body. We want to inspire our Soldiers and families to make nutrition and physical fitness a priority."

Each participating garrisons will host a minimum of three fitness- or health- related



FMWRC graphic

Family and Morale, Welfare and Recreation's "Strong B.A.N.D.S." program begins next month. The promotion is designed to inspire community members to live healthier lifestyles.

events throughout the month. Participants will be given silicone wristbands that symbolize the community's commitment to a

healthier lifestyle.

Soldiers involved in the Army's World Class Athlete Program and All-Army

Athletes Program will wear the Strong B.A.N.D.S. when they compete to generate awareness and show support for the program.

FMWR customers — regardless of whether their garrison is participating — have a chance to win fitness- and health-related prizes through the online "Strong B.A.N.D.S. Every Day in May Prize Giveaway."

A fitness or health question will be posted on the All Army Sports Facebook page (www.facebook.com/TheAllArmySports) each day in May. Those who answer the question correctly will be entered into a random drawing for prizes ranging in value from \$15 to \$300.

"The real goal is to get people to commit to a healthy lifestyle, and get out and exercise," Leon explained. "But with the online contest, if we can get folks to start thinking about health and fitness, we're headed in the right direction."

Sports shorts

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.

The cost for two games and shoes is \$6. League play lasts for 10 weeks and begins 11:45 a.m., May 10 at Century Lanes. A captain's meeting is scheduled for 11:30 a.m., May 10.

For more information, call Century Lanes at 751-6138 or the Sports Office at 751-3096.

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. Register online at <https://webtrac.mwr.army.mil/webtrac/jacksonretrac.html>. Call 751-5768 for more information.

SOFTBALL COACH MEETING

A softball coaches' meeting is scheduled for 5 p.m., Wednesday at the Softball Complex.

STRONGMAN COMPETITION

The Strongman Competition is scheduled for May 18. Competitors must weigh in by 5 p.m., May 17. Contact the Sports Office for more information.

SWIM LESSONS

Adult swim lessons are being offered at Knight Pool. Each two-week session consists of eight classes and costs \$40. Beginner classes are 4:30 to 5:30 p.m., May 16-26. Call 751-4796 for information.

Golf league standings

Intramural

	USADSS	286.0
	1-34th	282.0
	1-61st	215.5
	Standings as of Wednesday morning	
120th	765.0	
3-34th	734.5	
War Horse 1 (TFM1)	624.5	
War Horse 2 (TFM2)	614.5	
2-60th	614.0	
Marines	580.5	
187th	520.0	
MEDDAC	482.0	
3-60th	481.5	
4-10th	476.0	
2-39th	412.0	
165th	304.5	
1-13th	293.5	

Recreational

That's Good	211.0
Old School	210.5
Heavy Hitters	200.0
369th	194.5
USASSI	186.0

Standings as of Tuesday morning

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