

TRACKING ...

NEWS

Infantryman takes
2011 DSOY title

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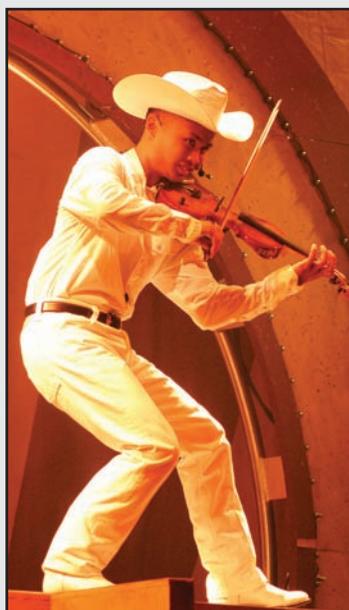
UP CLOSE



Post chief of staff
to retire next week

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IN FOCUS



Soldier Show
rocks the house

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The Fort Jackson *Leader*



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Bye-bye, beret

Switch to patrol cap brings mixed feelings

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Last week, after 10 years of the beret, the patrol cap became the official headgear of the Army Combat Uniform again. But, Fort Jackson Soldiers should not pack away their berets so quickly.

The beret will be required headgear for the Army Service Uniform and worn with ACUs at the discretion of unit commanders.

"This is not the end of the beret," said Post Command Sgt Maj. Brian Stall. "Installation-hosted events like retirement ceremonies and graduations will still require berets as part of the uniform."

In Fort Jackson's case, Stall said, the post command has issued guidance Thursday that the patrol cap would now be Soldiers' official headgear.

Fort Jackson Soldiers have mixed opinions on the beret transition. Some Basic Combat Training Soldiers are happy that the berets will continue to be worn.

"I'm excited to wear the beret," said Pvt. Anthony Sanchez of Company A, 2nd Battalion, 60th Infantry Regiment. "It looks much better than the patrol cap and makes you look like a professional Soldier."

One noncommissioned officer had a different opinion.

"The patrol cap is a natural extension of the ACU pattern," said Staff Sgt. Emmett Jarvis of Headquarters and Headquarters Company, 2nd Battalion, 13th Infantry Regiment. "The beret just sticks out with the ACUs. I am not a fan of it, but if we have to wear berets at all, then it should be with a dress uniform."

A few employees at the Clothing Initial Issue Point welcome the change in headgear.

"I try to have my Soldiers looking perfect when they leave here, but these berets make my job tough sometimes," said Jean Talford. Talford and other fitters at the CIIP are responsible for issuing clothing to every training Soldier at Fort Jackson. The staff clothes an average of 1,000 Soldiers each week. Essie Smith, CIIP manager, said that this change in headgear will not affect their



Photo by CURSHA PIERCE-LUNDERMAN

Sherreese McQueen fits Pvt. Luz Ramirez, Company A, 2nd Battalion, 60th Infantry Regiment, for a beret at Fort Jackson's Clothing Initial Issue Point Monday. Despite the Army's recently released guidance making patrol caps the official headgear for the Army Combat Uniform, troops will still wear berets for installation-hosted events such as graduation and ceremonies.

See **NEW GUIDANCE:** Page 18

Competition showcases dedicated NCOs

Let me start out by stating how proud I am that Fort Jackson last week had the opportunity to host the U.S. Army Drill Sergeant of the Year competition.

This marked the first time that the event was held here; and rightfully so, considering that Fort Jackson is the home of the drill sergeant in that drill sergeant training is located here.

Of all the competitions that the Army schedules each year, Drill Sergeant of the Year is one of the most grueling. It's a four-day grind and gut-check that tests the mettle of the best-of-the-best NCOs that our Army has to showcase. No flash-in-the-pan or one-trick-pony NCO is going to walk away with this title, rest assured.

Staff Sgt. John Heslin of Fort Benning, Ga., was awarded the active duty title, while Staff Sgt. Andrew Palmer with North Carolina's 3rd Battalion, 518th Regiment, took home the Reserve title.

Even so, I would be remiss if I did not mention the great effort put forth by Fort Jackson's competitor, Staff Sgt. Samantha Goscinski, with Company E, 3rd Battalion, 34th Infantry Regiment.

As you know, drill sergeants are a very prestigious group. They are a special breed of NCOs who have been entrusted with the critical mission of training more than 90,000 Soldiers each year. They turn civilians into Soldiers, which in my book, is the most important thing that we do.

MAJ. GEN. JAMES M. MILANO

Fort Jackson
Commanding
General



Drill sergeants come from virtually all parts of the Army. Currently, there are roughly 2,300 drill sergeants in the Army's active component and 3,000 in our Reserve component. In addition to being located here on Fort Jackson, active duty drill sergeants can be found at three other TRADOC installations: Fort Benning, Ga.; Fort Sill, Okla.; and Fort Leonard Wood, Mo.

Drill sergeants personify what we are all about here. They set the tone in training by personally demonstrating their own strength, stamina, determination and resilience in all that they teach. Their days are long, their weekends short — and almost non-existent. Their requirements are rigid and demanding. They know all this, accept it and actually feed off it. They realize that the lives and welfare of young Soldiers, as well as the success of the mission, hinge heavily on how well they execute.

Those are just of the first thoughts that come to my

mind when I think of these distinguished NCOs. It's no wonder that these men and women take such pride in competitions such as Drill Sergeant of the Year.

During last week's competition, the candidates were tested on their knowledge of Soldier tasks and how they teach those tasks to new trainees, and Warrior Tasks and Battle Drills that all Soldiers must master. They were also graded on the newly proposed Army Physical Readiness Test and Army Combat Readiness Test that will test each candidate's level of physical fitness. The selection process culminated with each candidate appearing before a board of command sergeants major to answer questions on leadership and training.

It takes a tremendous amount of stamina and determination to prevail in a competition such as this. But for drill sergeants, it's all part of their makeup. In essence, it's all in a day's work.

They demand the most and the best from the Soldier-in-training, so it is only natural that they demand the most and the best from themselves. In an Army that is constantly evolving, the challenges that our drill sergeants face continue to increase. Whether they are instructing warrior tasks and battle drills, basic rifle marksmanship, or first aid, all of our drill sergeants are called upon to master these subject areas and the combat importance of each.

Again, congratulations to all the competitors.
Army Strong and Victory Starts Here!

Outgoing chief a mentor, friend

At one point in our lives or careers, each of us have benefited by having someone serve as a mentor. Mentors influence our views and subsequently shape our lives.

Perhaps you are familiar with the story of Fox Conner and his influence on storied leaders such as George Patton, George Marshall or Dwight Eisenhower. Maybe you are more in tune with NFL coaches, such as Bill Parcells, whose assistants have gone on to tremendous success. Men like Bill Belichick, Tom Coughlin, Sean Payton, each highly successful NFL coaches and Super Bowl winners.

This article is a tribute to a mentor and a very special farewell to a man who has served his nation and others well in that capacity for close to 30 years.

Mentors use a variety of techniques to influence others. Here are a few:

Accompanying: Making a commitment in a caring way, which involves taking part in the learning process side by side.

Sowing: Sowing is necessary when you know that what you say may not be understood or even acceptable to learners at first, but will make sense and have value to the mentee when the situation requires it.

Showing: This is making something understandable by showing what you are talking about; you show by your own behavior.

Harvesting: Used to create awareness of what was learned by experience and to draw conclusions.

Catalyzing: Catalyzing is when the mentor plunges the learner right into change, provoking a different way of thinking, a change in identity or a reordering of values.

For the past three years, we have been blessed with a mentor who has employed those techniques and several more with a skill and care that will create a difference

COMMENTARY

GERALD HENDERSON
Deputy chief of staff,
Army Training Center &
Fort Jackson



in the way we live, work and view our world.

Generally our staff updates to our chief of staff, Col. J.R. Sanderson, ended each morning with his closing words, "Go out and do something nice for someone today and expect nothing in return."

After hearing those words repeated every day, after about a month, I found myself doing just that. I think that is what being a mentor is all about. You are changed for the better without realizing that the change is taking place, and while you may not notice it, others do.

So three years serving with him, I'm going on 50. What is it that I could have possibly learned from this relationship?

I'll highlight three from the chief's standard guidance, dated July 18, 2008:

No. 1: "We have a choice in how we respond to a situation: We roll up our sleeves or we wring our hands. You can't do both at the same time, only one or the other." It's true, you can't. I never saw the man wring his hands, not once.

No. 2: "Nothing in our Army is self synchronizing. If we do not coordinate, do not be surprised by the

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Drill sergeants take skills to TRADOC

DSOYs will serve yearlong stint at headquarters

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Staff Sgt. John Heslin of Fort Benning, Ga. was awarded the title of 2011 Active Duty Drill Sergeant of the Year at a Solomon Center ceremony Friday.

The ceremony culminated a week-long competition of skill, knowledge and strength for the distinction of Drill Sergeant of the Year.

Staff Sgt. Andrew Palmer was awarded the Reserve component title at the same ceremony. Both drill sergeants will move to TRADOC headquarters in Virginia and serve as advisers on drill sergeant issues.

This year's was the first competition held at Fort Jackson and the competitors said they felt the events were rigorous.

"I learned a lot about myself. I didn't think that I could ruck that far with that much weight," Heslin said. "The marching was the hardest part because we were out there in the heat of the day. You had to keep pushing yourself to the next station."

The competitors supported each other through each of the challenging events.

"It was mentally and physically tough, definitely a good competition," Palmer said. "The competitive spirit always kicks in, but we're all battle buddies and we cheered each other on."

The competition tested drill sergeants on every aspect of soldiering and leadership. Drill sergeants were required to execute the same training as their Soldiers, such as weapons qualification, land navigation, and obstacles courses.

There were also events during which they demonstrated professional skills by interacting with news media, instructing Soldiers on combatives and completing a board.

It is important for drill sergeants to be experts and professionals so they can prepare Soldiers for the challenges of modern warfare, said TRADOC's Initial Military Training Command Sgt. Maj. John Calpena.

"Soldiers used to just do what they were told and we could win our Army's wars," he said. "Today, things are a bit different. There are Soldiers operating in marketplaces, in neighborhoods, near schools and those Soldiers under fire have to be taught discipline first to make the right decisions while under stress. Drill sergeants help make that happen."

“Soldiers under fire have to be taught discipline first to make the right decisions ... drills sergeants help make that happen.”

— Command Sgt. Maj.
John Calpena
TRADOC

Heslin said he loved his time training Soldiers and was hesitant to move away from his principle duties in order to compete at the post and Armywide competitions.

"I would have rather stayed on the line training my Soldiers," Heslin said. "But my leadership

picked me and I wanted to do a good job. I wanted to win every time and that's what happened."

Heslin said leadership and moral support were key to his success.

"My command kept telling me that I could go to the top and that I could do it. Then in my downtime, I would go home and unwind with my girlfriend and two dogs. It really is important to take advantage of any time off."

After months of hard work, Heslin says he is ready to fulfill the duties of his new position.

"This is a big responsibility, but I am definitely ready for the challenge."

Cursha.Pierce@us.army.mil

Editor's note: See what the drill sergeants went through to become Drill Sergeants of the Year at www.imeo.com/25403999.



Photo by JAMES ARROWOOD, command photographer

Staff Sgt. John Heslin, with 2nd Battalion, 47th Infantry Regiment at Fort Benning, Ga., stands alongside Maj. Gen. Richard Longo, deputy commander for Initial Military Training, far left, and IMT Command Sgt. Maj. John Calpena after being named the active duty Drill Sergeant of the Year Friday at the Solomon Center.



Photo by CURSHA PIERCE-LUNDERMAN

Staff Sgt. Andrew Palmer, who serves with the 3rd Battalion, 518th Regiment at Hickory, N.C., plants a kiss on 2-year-old son Oliver after being named the Reserve Drill Sergeant of the Year Friday. His son and wife, Jessica, traveled to Fort Jackson to attend the ceremony.

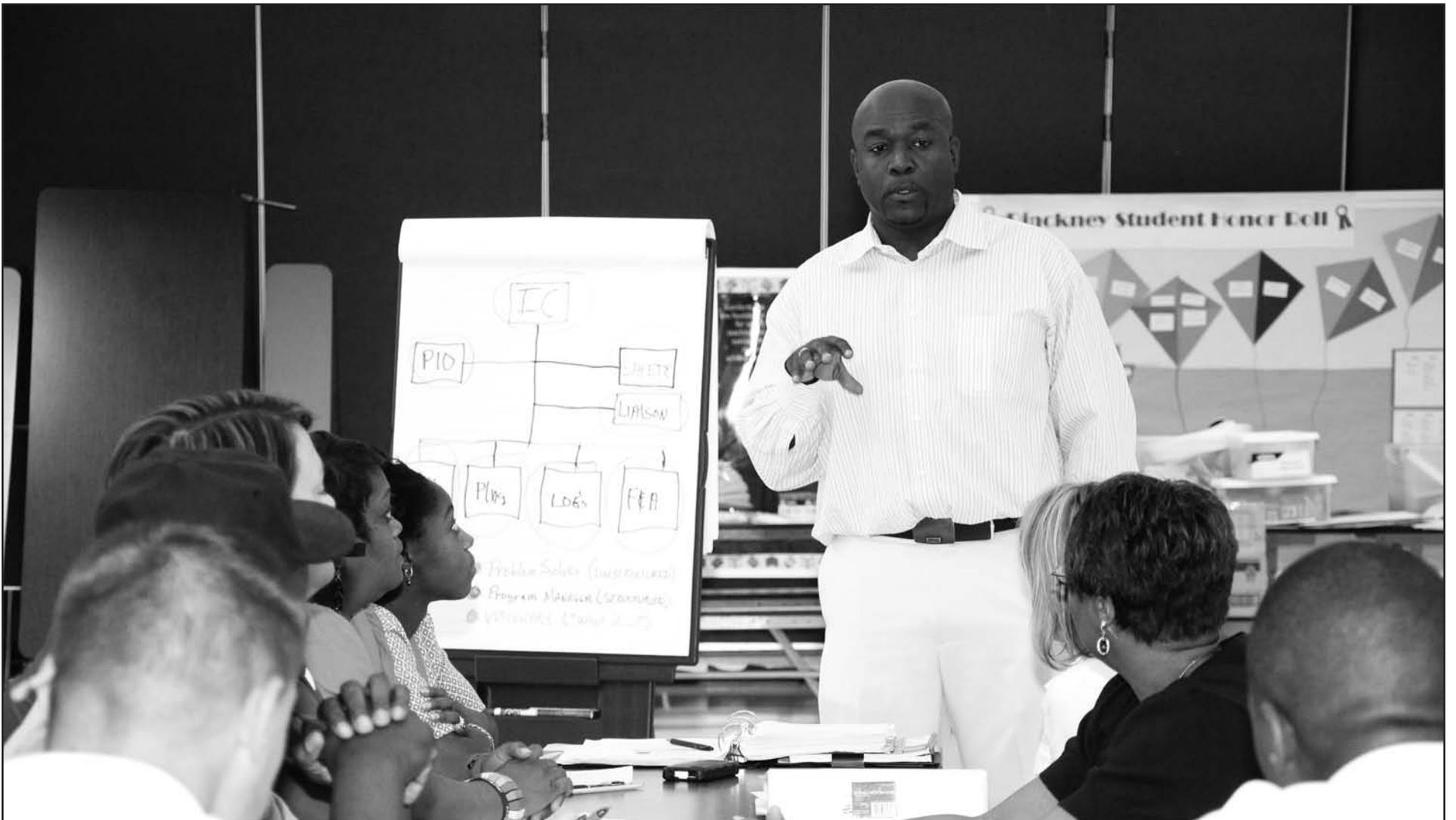


Photo by SUSANNE KAPPLER

R.J. Frazier, all-hazards emergency manager with Fort Jackson's Directorate of Emergency Services, speaks to a group of on- and off-post school, youth services and law enforcement officials during a training session aimed at coordinating emergency services systems among the agencies.

School officials get lesson in emergencies

By **SUSANNE KAPPLER**
Fort Jackson Leader

When school officials from Fort Jackson, Richland 1 and Richland 2 school districts and Shaw Air Force Base came together last week at C.C. Pinckney Elementary School, they did not discuss questions of academics or extracurricular school programs.

The emphasis of the four-day meeting instead centered around questions like, "If Fort Jackson gates were locked down, how would we reunite on-post parents with their children going to school off post?" or "If a hurricane caused severe devastation in the Midlands, how would we supply food to schools and daycare centers?"

The training, which emphasized emergency planning for schools, was initiated by R.J. Frazier, Fort Jackson's all-hazards emergency manager with the Directorate of Emergency Services.

"(The participants) all bring their emergency operations plan in, and we tear it apart," Frazier said. "We find areas where they feel they need help or areas where we see there are holes that need to be plugged. We help them rebuild their program while simultaneously educating them on what's called the National Incident Management System."

The National Incident Management System, or NIMS, facilitates communication and cooperation among numerous agencies in case of an emergency.

"NIMS really took off after 9/11. And what NIMS does is, it brings all your agencies together with the same language, and it helps to coordinate resources," said Dawn Warehime, program manager with FEMA's Emergency

Management Institute Program in Emmitsburg, Md.

Frazier said that one of the advantages of NIMS is that it specifies emergency requirements in a common language.

"Let's say the City of Columbia needs a bulldozer. Well, instead of just calling in and sending in a bulldozer, when using the NIMS system, it gives me specifics on what kind of a bulldozer," Frazier said. "What we learned after 9/11 (was) we're all not talking the same language. I might get a bulldozer, but it may not be the bulldozer that I expect."

Warehime said that the training is typically offered for school district officials and this was the first time the course was offered as a partnership effort between military and public schools.

"That coordination is very important between the base and the surrounding community," Warehime said. "That's why planning is crucial. You have your everyday environment where, yes, there are many resources. But if something happens and it's a community or wide-scale (event), you're going to go through those resources. So, (whereas) normally you would have resources at your fingertips, you may not have that (during an emergency)."

Throughout the training course, which also included first responders from Fort Jackson and school law enforcement officers from off post, participants learned how to develop and synchronize plans for manmade and natural disasters.

"Some of the scenarios that we've designed, particularly for this training, we've focused on things that are, I guess you could say, systemic to this area (like) earthquakes, because we pretty much sit close to an earthquake fault coming from Charleston, (or) hurricanes," Frazier

said. "One of the scenarios used was a tornado. We also used a pandemic outbreak for one of our scenarios."

Madge McNaboe, food program director with Fort Jackson's Child, Youth and School Services, said the training exercise helped get to know counterparts from off post and to improve communication.

"It gave us a lot of opportunity to see the other agencies and meet some of the people who would be involved in ... our plans," McNaboe said. "We have plans in place for most of these scenarios, but there are people with different expertise in different areas who we were able to interface with."

Warehime offered an example of why that type of communication is important.

"If you have two facilities with schools (on post), normally they may use the other facility to evacuate to," Warehime said. "However, if the incident affects a large area, if they don't communicate, you will have each one evacuating to the other site. Well, that's not going to work, because now you have an incident that's affecting a wider range. So they have to not only look at the other school site, but perhaps at a non-school site to make sure that they have evacuation points."

Frazier said he thinks the training has paid tenfold dividends in improving the emergency readiness of Fort Jackson schools and youth facilities and he hopes that other installations will follow suit.

"There'll be many lessons learned from what we did here, and, hopefully, in some way, shape or form we'll help the Army be a little bit better (prepared)," he said.

Susanne.Kappler1@us.army.mil

News and Notes

MACH EMPLOYEE HONORED

Chuck Hightower, Moncrief chief of operations, was selected as the Webster University professor of the year, his second time receiving the award. Hightower was nominated by his students. He has been with Webster University since 2007.



HIGHTOWER

SHOPPETTE HOURS CHANGE

The Gate 1 Shoppette's operating hours are now 7 a.m. to 6 p.m., Monday through Friday; and 10 a.m. to 6 p.m., Saturday and Sunday.

FREE MOVIE SCREENING ANNOUNCED

A free movie screening is scheduled for 3 p.m., July 9 at the post theater. Tickets are available at the AAFES Foodcourt. The movie name will be announced one week prior to the showing. Seating is open to non-ticket holders 30 minutes prior to showtime.

KNIGHT POOL CLOSED

Knight Pool is closed until further notice while it is repaired. All services and programs scheduled at Knight Pool will be offered at Legion Pool. Entry into the pool is free to all eligible ID card holders. The pool is open 7 a.m. to 2 p.m. and 4:30 to 6 p.m., Monday through Friday; 11 a.m. to 6 p.m., Saturday, and 1 p.m. to 6 p.m., Sunday.

SUMMER LUNCH OFFERED

The Seamless Summer Food Program offers free breakfast and lunch for children 18 and younger at C.C. Pinckney Elementary School. The program begins Monday and runs through July 15. Breakfast will be served from 8:30 to 9 a.m. Lunch will be available from noon to 1 p.m. For more information, call David Foppe at (843) 846-4933.

BODYBUILDING COMPETITION SET

The Fort Jackson Natural Bodybuilding and Figure Competition is scheduled for 6 p.m., Saturday, at Andy's Fitness Center. Andy's will close for general use at 5 p.m. Call 751-5768 or visit www.fortjacksonmwr.com/fitness for more information.

SCHOOL TEMPORARILY RELOCATES

Pierce Terrace Elementary School staff will temporarily relocate to C.C. Pinckney Elementary School until Aug. 1 as the school undergoes asbestos abatement. Anyone needing to contact school staff or register a student can call 782-1772 or 787-6815 to do so. Office staff can also assist parents in person at Pinckney, which is located at 5900 Chesnut Road.

SCHOOL REGISTRATION BEGINS

Summer registration for the 2011-2012 school year begins June 21. Registration is 8 a.m. to noon, Tuesday through Thursday from June 21 to July 14; and July 26 to Aug. 10. There will be no registration from July 18 to July 22. Registration will resume 9 a.m., Aug. 16. Students registering that day will begin school the following day. For more information, call 787-6815 or 782-1772.

Torchlight Tattoo set for July 1

Leader staff report

Fort Jackson's annual Torchlight Tattoo event is scheduled for July 1 at Hilton Field. The Independence Day celebration will feature a concert by the 282nd Army Band, beginning at 8 p.m. The Salute to the Nation ceremony is scheduled to start at 9 p.m., followed by a 30-minute fireworks display.

Parking areas will open at 3:30 p.m. Concession stands and a children's play area are scheduled to open at 4 p.m. Vehicles that are not registered with DoD can enter the post through Gates 2, 4 or 5. Gate 1 is open for DoD-decal vehicles only. Traffic control points will be set up throughout the installation to ease the traffic flow.



Leader file photo

Fireworks are just a portion of the numerous events set for this year's Torchlight Tattoo event at Hilton Field.

Tips get recent graduates ready for the 'real world'

Millions of young Americans are starting a life of their own, earning their own salaries and paying their own bills (a good thing, right!).

This transition is not always an easy process and may require young adult graduates to have a reality course in money management for financial independence and stability.

Unfortunately, many college graduates are weighed down in debt before they graduate and are struggling before they begin their career.

A good starting point for these young adults is to develop a budget. Many graduates may spend a lifetime reducing debts incurred in college. Setting and maintaining good spending habits early are vital in developing a financial foundation.

Parents can start early to prepare their students for financial independence by putting their college-bound young adult on a budget. Give them just enough money to cover their basic living expenses each month, teaching them early to control their spending.

Parents who educate their children to remain responsible for their finances and avoid late payments can prevent possible financial damages that can place a young graduate further behind.

Here are some financial tips to get off to a good start:

❑ Learn to budget everything and account for every dollar. Start with the net income; the money you are paid after taxes are deducted. This is the realistic amount of money you have to work with, not the gross income.

FINANCIAL ADVICE

By SHERRY L. WRIGHT
Army Community Services
Financial Readiness

Track your spending for a few months to gain understanding of what you spend your money on. This will help you see where your money goes and where your money slips away.

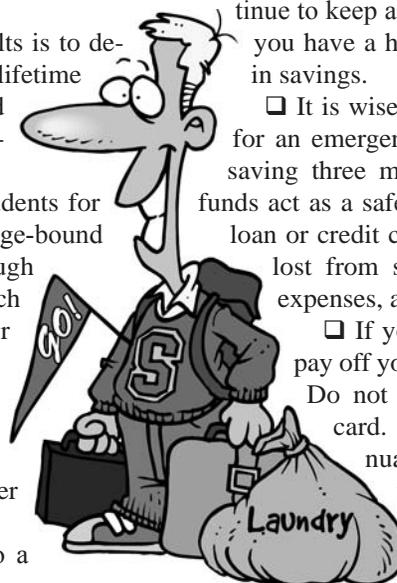
❑ Immediately start saving money from the first paycheck, even if it is a small

amount. People often find a good reason to put off saving money, but saving is a habit, the sooner the better. If you are a graduate who has been living on a tight budget, continue to keep a tight hold on your finances. Even if you have a hefty salary, put as much as you can in savings.

❑ It is wise to open a separate savings account for an emergency fund. Financial experts suggest saving three months of income. These stored up funds act as a safety net to prevent you from using a loan or credit cards to replace income that may be lost from sudden unemployment, unexpected expenses, and so forth.

❑ If you carry a balance on a credit card, pay off your credit card debt sooner than later. Do not put new purchases on your credit card. Monitor your credit history with annual credit reports that can be obtained for free at www.AnnualCreditReport.com.

❑ Accept that you will not always be able to afford what you want when you want it. But you can save up to have a little more than you expected. The golden rule is to spend a little, save a little, share a little so you can live a little more — financially independent.



Potty training leaves mom pooped

Monday morning, I had my son's bag packed to the brim: five pairs of shorts, five T-shirts and an extra pair of shoes.

No, we weren't packing for his first weeklong trip to Grandma's; this was an even bigger milestone: his first time wearing underwear to the day care. And I would be pleasantly surprised if that stack of clothes lasted past the first few days.

Months ago, we started the process of potty training. And the progress has been frustratingly slow. So you can imagine my pleasure when one morning, my son decided enough was enough.

"I don't want to wear pull-ups," he said. "I want to wear underwear."

Actually, the entire scenario was accompanied by a tantrum during which he threw the disposable underwear to the floor and parked himself in front of his underwear drawer, refusing to budge. But, I suppose, I digress.

My initial thought was that he didn't really know what he wanted. After all, he is just 2 1/2. But the definitive way in which he said it, as if asking for applesauce or identifying an animal as a bird, made me think he might be on to something.

I decided to test the waters by bringing it up to the staff

CRYSTAL CLEAR

By Crystal Lewis Brown

Fort Jackson Leader



in his day care room as a cute little anecdote.

"Let's do it," they exclaimed. "He's ready."

I wasn't so sure.

It's not that I didn't trust him or that I doubted the day care providers. It's just that I'd been down that road before. Months ago, I bypassed the diapers section of the store and found cute packs of underwear bearing Mickey Mouse and Yo Gabba Gabba characters on their bottoms. A week later, I was \$6 poorer and was up to my knees in laundry. I was also getting very familiar with my foam carpet cleaner.

I was especially hesitant after his first half-hour — on his first day — in underwear resulted in a soaked cartoon character and wet carpet.

So needless to say, while I was ecstatic that this might finally be "it," I didn't want to get my hopes up.

Planning for the first day a toddler wears underwear out in public is akin to venturing out of the house toward the end of a bad stomach bug; you're pretty sure everything will be OK, but if it's not, things can go very, very bad. I was told to bring several pairs of clothes — shirts and shorts — along with an extra pair of shoes, just in case. I also threw in a new pack of underwear, including some plastic ones.

At the end of the first day, I rushed to the day care, not knowing what to expect. And there he was, wearing the same clothes he had on when we left the house. The second day was the same; perfect.

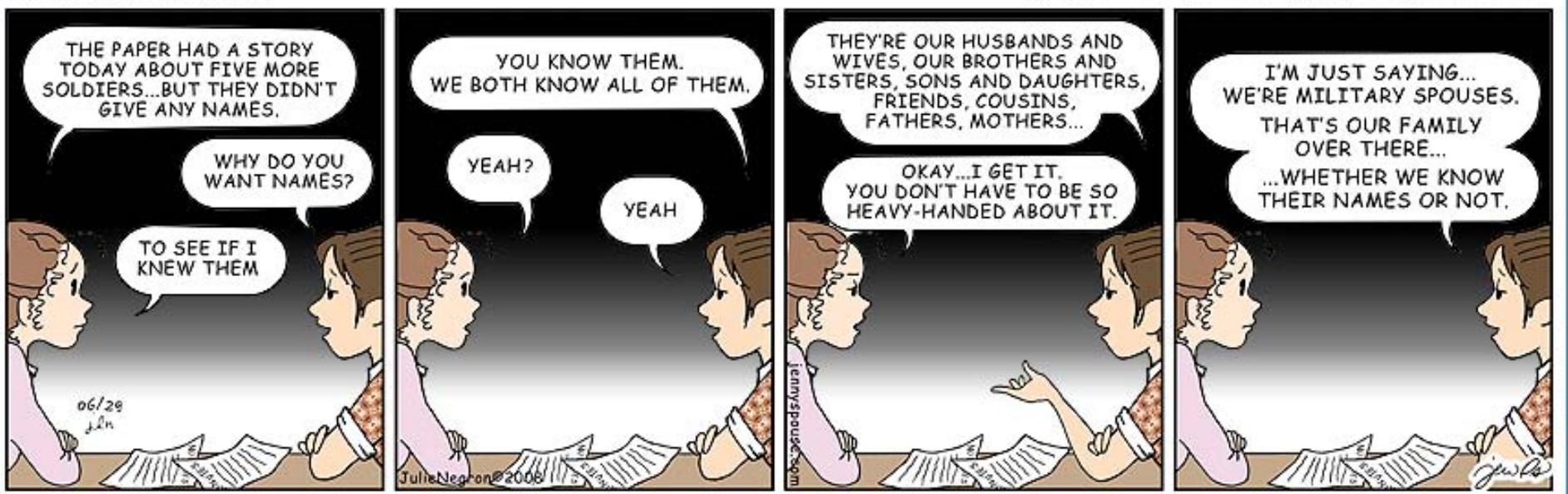
I'm constantly amazed how toddlers seem to know definitely sometimes when they are ready to move on to the next stages of development, and this time, it seems my little one finally decided that enough was enough.

Now that we seem to be on the right track with potty training, it is time to move on to the next battle; yesterday, he decided that he was done with the Mickey Mouse underwear. I guess my little boy really is growing up.

Editor's note: Crystal Lewis Brown is an Army spouse of six years and is editor of the Leader.

No Names Needed

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Family Happenings

PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an orientation.

JUMPING JACKS

Jumping Jacks child care is available in the Solomon Center's Marion Room for parents to use while they work out at Andy's Fitness Center. For more information, call the Child, Youth and School Services Parent Central Services at 751-4865/4824.

MOBILE REC 2011

Child, Youth and School Services is

hosting Mobile Rec 2011 every Monday through Thursday through August 5. Mobile Rec provides free games and arts and crafts for school-age children. Children younger than 6 must be accompanied by a parent or care provider.

Mobile Rec will be at C.C. Pinckney from 9 to 11 a.m., Monday through Wednesday and at the Balfour Beatty Community House 9 to 11 a.m., Thursdays. Free lunch will be provided by the post schools from 11 a.m. to 12:30 p.m. There will be no Mobile Rec July 4. Call 751-4869 f or visit www.fortjacksonmwr.com/cyss or more information.

BRIGHT HONEYBEE EXPLORERS

The Bright Honeybee Explorers play-group meets 10 to 11:30 a.m., Wednesdays. Call 751-6304/1071/6868 for location.



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Sanderson says final good-bye

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

By this time next week, for the first time in nearly three decades, Col. Jeffrey Sanderson, Fort Jackson's chief of staff, will wake up and not know what to wear.

The career Soldier, most often simply referred to as "the chief," will officially retire this fall after nearly a lifetime of service that began when he was just a teen.

"I've been doing this since I was 17," said Sanderson, who joined the North Carolina National Guard in 1979 and entered active duty upon his graduation from Western Carolina University in 1984.

For three of those years, Sanderson has sat in the southeast corner of the "White House," as Post Headquarters is often called, his window giving him a daily view of our nation's colors.

"Every day for three years, I have turned and faced that window to retreat," he said. "I'll miss that. I'll miss hearing a good cadence (but) more than anything, I'll miss the people."

He will also miss putting on that uniform each day.

"One of the most stressful days of the week for me is Sunday," he said jokingly, explaining how his 16-year-old son, Jake, a budding clotheshorse, sometimes helps him pick out the right tie for church.

The chief of staff in any organization generally serves as a senior aide to the leader of that organization, in this case the commanding general. That person is most often responsible for the organization's day-to-day operations, meaning his or her hands are in several pots. And Sanderson freely admits that he tended to "micromanage" some projects, keeping his hands in pots throughout post to ensure that he accomplished his task of carrying out the commanding general's mission.

Some of those pots include First Lady Michelle Obama's visit to Fort Jackson, as does his assembling of the "G-staff."

But Sanderson's Top 3, those things in which he takes much pride, are: the Medical Simulation Training Facility, the Family Life and Resiliency Center and the Basic Combat Training Museum, which is scheduled to open July 1.

As if underscoring his want for perfection and passion for those projects, he mentions that the last time he passed by the FLRC, the grass was a bit too high for his taste.

"I'll go out there and mow it myself if I have to," he said.

That's typical for the chief; not just over-seeing a standard, but living it. But growing up in Waynesville, N.C., with a father and



Leader file photo

Sanderson's regular pose at his computer, taken here during a "photoshoot" early in this reporter's career at Fort Jackson, belies the hard work and dedication he gave as Fort Jackson's chief of staff.



Photo by JAMES ARROWOOD, command photographer

First Lady Michelle Obama takes time to pose for a photo with Sanderson and his wife, Teresa, during her visit to the installation in January.

numerous uncles who served their country in the military, it is hard not to develop a tough work ethic.

When Sanderson's father came to Fort Jackson in 1942, the World War II tank-er's training in the hot South Carolina sun consisted of carrying a 4x4 piece of wood (there was no rifle to give him) as he and his fellow troops marched to Camden.

That was innovation; a lack of which is something that Sanderson says troubles him.

"I'm (afraid) that we are becoming a spoiled Army," he said. "We are going to have to get our mission done, whether the resources are there or not. That's our ethos. As an Army, sometimes we need to focus on our needs, not our wants."

Despite that, there are many things in which Sanderson takes great pride.

"I'm proud of the outright dedication of our noncommissioned officers. There's no quit in them. They're not afraid of hard work. They are the hallmark of the Army."

He also thinks the way Fort Jackson is turning civilians into Soldiers is right on the money.

The training is to make sure "that Soldiers have the technical skill set to fight and win. Not just fight; fight and win. These battalion commanders have a laser focus on the right things: basic rifle marksmanship, physical training, medical training and values."

That proper training comes from one thing, Sanderson said.

"There's no substitute, absolutely no substitute, for strong, positive leadership," he said, quickly offering a correction when the quote repeated back to him is missing the word "positive."

That word, he said, makes all the difference.

"Negative leadership doesn't get you anywhere," he said.

Though retiring from the Army, Sanderson isn't going far; he and his family have a 6-acre farm in Hopkins that will give him plenty to work on.

"I enjoy manual labor, I enjoy working with my hands."

The house is also his chance to give his wife the house she's wanted since he told her nearly three decades ago they would be living on the beaches of Savannah, Ga.. Sanderson and his wife, Teresa, will celebrate a quarter of a century of marriage in December.

"I have drug her all over the nation. I have put her through two wars," he said. "The true, great strength of our Army, I think, is our spouses."

Besides working on his house, Sanderson will go to work with the S.C. Department of Motor Vehicles.

"I have just had a tremendously blessed career," he said. "While I love the Army, there's just a calling in me (that) it's time to do something different."

As he prepares to trade his "green" suit for a white collar and watch the flag go down for the last time outside his window, the one thing he won't leave behind are the friendships he has made and the pride he has in those hardworking civilians and Soldiers who work day-to-day to keep this post running.

Crystal.Y.Brown@us.army.mil



NCO started military career in Navy

Name
Staff Sgt. Wesley Bevel

Unit
Company B, 4th Battalion, 10th Infantry Regiment

Hobbies
Golfing

MOS
11B, Infantryman

Hometown
Fort Payne, Ala.

Staff Sgt. Wesley Bevel began his career in the Navy, and then found that life as a Sailor was not right for him.

“It was a fun job, but infantry is what I really wanted to do,” Bevel said.

After taking a few years to attend college, Bevel enlisted as an infantryman and set off on his life in the Army. Throughout the past six years, he has deployed twice with the 1st Battalion, 504th Parachutist Regiment of Fort Bragg, N.C. As a paratrooper, Bevel said he was able to find what he was looking for in the Army.



Photo by JAMES ARROWOOD, command photographer

Staff Sgt. Wesley Bevel counts loyalty as one of the most important Army Values for an NCO to possess.

“I had missed the camaraderie of being in a unit and all of the good stuff that comes with it,” Bevel said.

Now Bevel is a member of the 4th Bat-

talion, 10th Infantry Regiment where he ensures that Soldiers are prepared to train and travel when attending various Army training schools.

“I always do the job to the best of my abilities and I always put my Soldiers first,” Bevel said. “I’m just proactive.”

Bevel said he gives so much of himself to Soldiers out of loyalty.

“Without loyalty, you never know who will be there for you when you need them. I always want my Soldiers to know they will be squared away,” he said.

Bevel is also a father attempting to juggle his career and family demands.

“I have a 4-year-old daughter and she pretty much drives the career decisions that I make at this time,” he said. “My work schedule makes it virtually impossible for me to see her every day. I’m looking into becoming a recruiter in the future so I can be closer to my daughter in Alabama and spend more time with her.”

In the meantime, Bevel is completing his degree in general studies to aid in achieving his career goals.

— Reporting by Cursha Pierce-Lunderman

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

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For example, an article for the July 7 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the July 7 Leader must be submitted by June 30.

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

For information about classified advertising, call 432-6157 or e-mail skaress@ci-camden.com.

Classifieds can also be faxed to 432-7609 or mailed to P.O. Box 1137, Camden, S.C. 29020..

For display ads, call

Kathy at 786-5681.



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

New guidance also to allow sew-on badges

Continued from Page 1

operations at the clothing facility.

"This is a minor issue and will not change how we operate at all," Smith said. "We give every Soldier two berets and two patrol caps anyway. They did have better berets back in my day, though." Smith served in the Army from 1973-1980 and has worked with clothing issue for 30 years.

Another ACU change offers Soldiers the option to sew on name tapes and badges. When the Army switched to the ACU, name tapes and badges were affixed with Velcro instead of being sewn on. Badges such as those for Airborne and combat action, will also be authorized to sew on. However, combat and unit patches and the U.S. flag will continue to be affixed with velcro.

These uniform changes stem from the groans of many Soldiers over the years.

"I think the Soldiers have screamed, 'This is what we want,' and now the Army is making it happen for them," Stall said. "Now we will enforce proper wear of the patrol cap, but I'm sure the Soldiers will meet the standards."

Cursha.Pierce@us.army.mil



Photo by CURSHA PIERCE-LUNDERMAN

Cassandra Hammonds, with CIIP, fits Pvt. John Halbert, Company A, 1st Battalion, 61st Infantry Regiment, with a patrol cap. The cap became the official headgear for the Army Combat Uniform last week.

Sanderson retires after nearly 30 years in Army

Continued from Page 2

results." No matter how big or how small, important or insignificant, things are done routinely because they are coordinated routinely.

No. 3: "Seek to influence as opposed to control. Provide calm and positive leadership." Most people want to control, but fail to realize that in order to make a lasting impression, they are much better served by influencing.

Those sound like some pretty simple, basic principles, and maybe they are, but watch them applied every day, watch them applied to some pretty complex situations and watch the results and they take on new meaning.

This man built a staff, trained a staff

and then repeated the steps as new members arrived. He shaped the direction of this command through the focused application of this staff.

He stomped out drama, kicked away crutches, had tests of wills with attitudes, myths, long standing perceptions and won, did what he said he would do, treated people with respect and put his God and his family foremost.

He leaves a legacy, not in facilities, programs or policies, but in mindset. He leaves a legacy to those who now know what right looks like, what it sounds like and what it acts like; he leaves us having been a mentor and for that we are extremely grateful.

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Family Life & Resiliency Center

"Help for your journey"

Family Life & Resiliency Center staff members provide counseling for individuals, couples, families and groups.

Counseling is open to Soldiers, family members, children, civilians and retirees and is 100% confidential.

To schedule an appointment, call 751-4961/4966.

Business hours are 9 a.m. to 5 p.m., Monday through Friday. The center is located at 5460 Jackson Blvd., (behind the Strom Thurmond Building).



Home, sweet, home



Photos by MATT BRODIE, www.brodiefoto.com

Left, Retired Staff Sgt. Ronell Bradley, who lost both his legs and suffered severe hand injuries while on his third deployment in Iraq, scopes the inside of his new home in Lake Carolina after its unveiling Friday. Hundreds of volunteers came out to help build the home, which was a project by Homes for Our Troops, a non-profit organization that provides homes to service members who have been seriously disabled or injured. Above, The outside of the ranch-style home sports an American flag, which symbolizes the patriotism of its residents. Fort Jackson volunteers, including service members, family members and civilians, came out in full force to participate in building the house. Bradley, his wife, Cynthia, and their children will live in the 2,600-square-foot home, which includes modifications that make it wheelchair accessible.

BCT museum set to reopen

Fort Jackson Public Affairs Office

After two years, the Fort Jackson Museum is reopening its doors July 1, as the newly renovated U.S. Army Basic Combat Training Museum.

The grand opening event, which is scheduled from noon to 4 p.m., will feature special interactive displays for visitors to experience hands-on some of the training exercises that Soldiers practice today.

Additionally, living historians on the museum's grounds will be displaying military gear, uniforms and vehicles used by the U.S. Army for the past 90 years, and they will be available to answer questions throughout the day. This event is free and open to the public.

The Basic Combat Training Museum was originally known as the Fort Jackson Museum when it opened its doors in

1974. It had a collection of 20 artifacts and was located in the old Post Exchange building on Jackson Boulevard, across the street from Post Headquarters. From 1974 to 1985, the Fort Jackson Museum served as a history warehouse of sorts, and it collected and displayed all types of weapons, uniforms and militaria.

In 1985, the museum focused the scope of its collections, and its mission became the history of Fort Jackson.

The museum collections and gallery space were reorganized at that time, and new exhibits were developed to tell the history of Fort Jackson. From 1985 to 2008, the museum quietly existed on the corner of Forney Street and Jackson Boulevard telling the story of how Fort Jackson opened its doors in WWI as Camp Jackson and quickly evolved into the largest Army training installation in the world.

In 2008, the museum rewrote its

mission statement. The museum's focus changed from the history of Fort Jackson to the history of Basic Combat Training, and the name of the museum changed from the Fort Jackson Museum to the U.S. Army Basic Combat Training Museum. Between 2009 and 2011, the museum went through a complete transformation: the museum collections were relocated, the museum was fully renovated, and a new storyline was developed in the museum's galleries.

Today, the museum walks visitors through the experience of BCT, showing how the individual elements of training have evolved in the past century. While displaying the updates in equipment and training techniques that have transpired in the past 100 years, the museum simultaneously shows how the principles of basic combat training have remained the same from the turn of the 20th century to today.



June 23 — 5 p.m.
Water for Elephants PG-13

June 24 — 7 p.m.
Jumping the Broom PG-13

June 25 — 5 p.m.
Priest PG-13

June 27 — 2 p.m.
Rango PG

June 29 — 1 p.m.
Jumping the Broom PG-13

June 29 — 4 p.m.
Priest PG-13

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



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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Jose Cobian
Company A
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Dillon Matthew

SOLDIER OF THE CYCLE
Pfc. Paul Jones III

HIGH APFT SCORE
Pvt. Dexter Reeves

HIGH BRM
Pvt. Tyrell Jones



Staff Sgt. David German
Company B
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Laronn Horton

SOLDIER OF THE CYCLE
Pfc. Jared Brown

HIGH APFT SCORE
Pfc. Terrell Olden

HIGH BRM
Pvt. Nicholas Sautter



Staff Sgt. Daniel Modesitt
Company C
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Kenneth Otis

SOLDIER OF THE CYCLE
Pvt. Trevor Hayden

HIGH APFT SCORE
Pvt. Jerrica Glover

HIGH BRM
Pfc. Joshua Hinton



Staff Sgt. Kamilo Lara
Company D
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Shawn Anderson

SOLDIER OF THE CYCLE
Pfc. Carolina Monteiro

HIGH APFT SCORE
Pfc. Sam Graymontain

HIGH BRM
Pvt. Jennifer Gillett



Sgt. 1st Class Tony Edwards
Company E
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Michael Kreis

SOLDIER OF THE CYCLE
Pvt. Rachelle Kelley

HIGH APFT SCORE
Spc. Jonathan Suchecki

HIGH BRM
Pvt. Timothy Matyas

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sgt. 1st Class
Everett Richardson

TRAINING SUPPORT
Sgt. 1st Class
Michael Lee

SERVICE SUPPORT
Elizabeth Matt
Denise Parker

FAMILY SUPPORT
Becky Krumwiede

DFAC SUPPORT
Lameeka Robinson

Training honors



Staff Sgt. Rick Blair
Drill Sergeant of the Cycle
Company E,
Task Force Marshall



Staff Sgt. Aaron Huston
Drill Sergeant of the Cycle
Company B,
Task Force Marshall



Staff Sgt. Brian Kirby
Drill Sergeant of the Cycle
Company C,
Task Force Marshall

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

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FJLeader@conus.army.mil.

For more information, call 751-7045.



Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel

Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

American Red Cross

Volunteer orientation is every Wednesday, 1 to 4 p.m., and every Thursday, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

MONTHLY

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Woodrow Wilson Unit 4

Second Monday of the month, 6:30 p.m., 511 Violet St., West Columbia, 788-1836 or 791-4422.

Weight Loss Surgery Support Group

— Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.

— Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

New Parent Support breastfeeding support group

Fourth Monday of the month, 5:15-6:30 p.m., Room 8, 5615 Hood St., 751-6868/6304/1071.

Sergeant Audie Murphy Club

First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

Adjutant General Corps Regimental Association

Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4

Second Monday of the month, 6 p.m., 511 Violet St., West Columbia, 467-8355 or gblake12@sc.rr.com. The groups do not meet in July and August.

Fleet Reserve Association Unit 202

Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail sec@fjvictoryriders.com.

The Rocks Inc., James Webster Smith Chapter

Third Thursday of the month, 5:30 p.m., Post Conference Room.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Ladies Auxiliary VFW Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Ladies Auxiliary VFW Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguilar@yahoo.com or visit www.combatvet.org.

Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail William.huffin@us.army.mil.

SUBMISSIONS

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.



Above, from left, Staff Sgt. Joshua Davis, Spc. Joseph Coine, Pfc. Chance McCree and Spc. Daniella Beard perform the Black Eyed Peas song, "Imma be," during the Soldier Show Saturday at the Solomon Center. The Soldier Show stopped on Fort Jackson for four performances last weekend.

Photos by SUSANNE KAPPLER

Soldier Show rocks troops

Leader staff report

The traveling troupe of the 2011 U.S. Army Soldier Show made a stop on Fort Jackson last weekend, bringing its carnival-themed show to Soldiers, civilians and family members.

To give the show the appropriate flair, the stage at the Solomon Center was transformed into a circus tent, and the circus theme, "Entrance of the Gladiators," played during the transitions between musical numbers.

The performers presented an eclectic musical mix of different styles and eras. A time machine transformed the stage into the legendary 1940s jazz clubs, "Copacabana," and "Cotton Club," while singers and dancers performed modernized versions of classics like Duke Ellington's, "Caravan," and Glenn Miller's,

"In the Mood."

Throughout the show, the performing Soldiers showed their variety by seamlessly transitioning between Top 40 material such as Lady Gaga's, "Bad Romance," country music like Toby Keith's, "Courtesy of the Red, White and Blue," and multi-cultural offerings like a Samoan dance.

The show also highlighted the instrumental talents of the Soldiers, most notably the fiddle playing of Sgt. Nesstor Delica, who received a huge ovation for Charlie Daniels' "The Devil Went Down to Georgia" and Sgt. Jeremy Wesby, whose drum solos were featured several times throughout the concert.

The grand finale was a medley of patriotic songs, capped by an ensemble rendition of "America, the Beautiful."



Sgt. Emily McAleese Jergins performs Lady Gaga's hit "Bad Romance." The show included songs by various Top 40 artists, including Justin Bieber, Willow Smith and Katy Perry.



Members of the Soldier Show cast perform Britney Spears' "Circus." The 90-minute show had a carnival theme woven throughout, which included the stage layout and a ringmaster who emceed the event. The Soldier Show tour started in April and will run through December.

CMYK

CMYK

27" WEB-100

Calendar

Today

Nutrition class: Cholesterol and high blood pressure

2 to 3 p.m., Room 8-85, MACH
Call 751-2115/2363 for information.

Wednesday

Retirement review

9 a.m., Post Headquarters

Friday, July 1

BCT Museum ribbon cutting

7:30 p.m., BCT Museum

Torchlight Tattoo: Salute to the Nation

9 p.m., Hilton Field

Thursday, July 7

Victory Weight Loss class

2 to 3 p.m., Room 8-85, MACH
Call 751-2115/2363 for information.

Housing events

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

Throughout June

Biggest loser contest

The weight-loss competition is open to all adult residents. The participant who loses the highest percentage of weight by the end of June will win a \$50 gift card. To register, contact Alana at ayoungblood@bbcgrp.com or by calling 738-8275. Participants must be available to weigh in every Friday during regular business hours.

Wednesdays

Kids craft corner

3 p.m.
RSVP by email to ayoungblood@bbcgrp.com or by calling 738-8275.

Friday

Red Cross blood drive

9 a.m. to 2 p.m.
To sign up, call Alana at 738-8275.

Friday, July 1

Edible American flags

1 p.m.
Celebrate Independence Day by making an American flag cake and by playing flag trivia. To RSVP, call Alana at 738-8275 or email ayoungblood@bbcgrp.com.

Announcements

DENTAL CLINIC CLOSURE

Hagen Dental Clinic will close at 12:30 p.m., today. Sick call for permanent party Soldiers will be at Caldwell Dental Clinic, 4590 Strom Thurmond Blvd. For more information, call Staff Sgt. Cheryl Brown 751-6221.

JAG CLOSURE

The Office of the Staff Judge Advocate, including legal assistance and claims, will close at noon, Friday. Normal hours will resume Monday.

ASP CLOSURE

The Ammunition Supply Point will be closed through Friday for its quarterly inventory. The ASP will reopen Monday. For more information, call 751-4017/6586.

KNIGHT POOL CLOSURE

Knight Pool will be closed until further notice for repair. All services and programs previously conducted at Knight Pool are now offered at Legion Pool.

RED CROSS VOLUNTEERS

American Red Cross new volunteer orientation is 1 to 4 p.m., every Wednesday and 9 a.m. to noon, every Thursday. Only one session is needed to become a volunteer. Additional hospital-specific

training is required for those volunteers working in a clinical setting. Call 751-4329 to register or for more information. The office is located at 9810 Lee Road.

THRIFT SHOP NEWS

The Thrift Shop is looking for a cashier. Contact the store to apply.

The Thrift Shop will be closed July 4-15. Normal hours will resume July 19.

FLTCIP OPEN SEASON

Open season for the Federal Long Term Care Insurance Program will run through Friday. 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. For more information, call 751-7045.

Changes of command

RECRUITING BATTALION

Lt. Col. Charlester White will relinquish command of the U.S. Army Recruiting Battalion Columbia to Lt. Col. Chris Forsythe in a ceremony at 9 a.m., Friday at the Officers' Club.

165th INFANTRY BRIGADE

Col. Bryan Rudacille will relinquish command of the 165th Infantry Brigade to Col. Gary Sheffield in a ceremony at 9 a.m., Monday at the Officers' Club.

3-13th INFANTRY REGIMENT

Lt. Col. Benjamin Higginbotham will relinquish command of the 3rd Battalion, 13th Infantry Regiment to Lt. Col. Steven Delvaux in a ceremony at 9 a.m., Tuesday at the Officers' Club.

1-61ST INFANTRY REGIMENT

Lt. Col. Charles Krumwiede will relinquish command of the 1st Battalion, 61st Infantry Regiment to Lt. Col. Anthony Gianopoulos in a ceremony at 9 a.m., Wednesday at the Officers' Club.

2-13th INFANTRY REGIMENT

Lt. Col. Michael Peters will relinquish command of the 2nd Battalion, 13th Infantry Regiment to Lt. Col. Patrick Crosby in a ceremony at 9 a.m., July 1 at the Officers' Club.

4-10th INFANTRY REGIMENT

Lt. Col. Richard MacDermott will relinquish command of the 4th Battalion, 10th Infantry Regiment to Lt. Col. Robert Fouche in a ceremony at 9 a.m., July 6 at the Officers' Club.

DENTAC

Col. Michael Cuenin will relinquish command of the Fort Jackson DENTAC to Col. Jamie Houston in a ceremony at 9 a.m., July 15 at Oliver Dental Clinic (4323 Hill St.).

SUBMISSION GUIDELINES

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.

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

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



Leader file photo

A teen practices a trick at the Wildcat Skate Park. The free skate park is among the many projects Family and Morale, Welfare and Recreation has funded with the money from its on-post facilities.

FMWR has storied history

From Family, Morale and Welfare Command

In 2007, the Army signed the Army Family Covenant, a promise to Soldiers and their families that the Army's support would be commensurate to the sacrifices Soldiers and their families make in their service to the nation. Much of that promise is delivered through quality of life programs from Family and Morale, Welfare and Recreation.

Long before the Army Family Covenant, and long before "Family" was added to Morale, Welfare and Recreation, FMWR, as it is now known, has always been committed to improving the quality of life for Soldiers and their family members.

FMWR history started on the battlefields of World War I, where behind the lines, Salvation Army sisters and Red Cross volunteers ministered to the needs of Soldiers as the forerunners of today's morale, welfare and recreation specialists. After the war, funding stopped and morale programs were mothballed. It wasn't until July 1940 that the Morale Division — later named Special Services — was established within the Adjutant General's Office.

Between 1946 and 1955, the core recreation programs were established and staffed by a combination of active duty military and civilians. Until the mid-80s, MWR was made up of active duty enlisted Soldiers and officers who held military occupational specialties in Special Services.

As those occupational specialties were discontinued, civilians continued to operate FMWR programs with military oversight. Special Services underwent much reorganization and had many names before coming to its present configuration.

In November 1984, the U.S. Army Community and Family Support Center was established as the headquarters for MWR operations, providing oversight and policy support and also running certain specialty programs such as contracting, financial management and other services, as well as operating management of the Armed Forces Recreation Centers and other special projects.

The Family and Morale, Welfare and Recreation Com-

mand was established by the Department of the Army Oct. 24, 2006 and has evolved from these early beginnings

The FMWR philosophy is as follows: Soldiers are entitled to the same quality of life as is afforded the society they are pledged to defend. Keeping an Army ready to fight and win takes more than hard work and training. Soldiers need a balance of work and play. The FMWR mission is to create and maintain "First Choice" Family and MWR products and services for America's Army, essential to a ready, self-reliant force.

FMWR means full-service military clubs, championship golf courses, up-to-date and well-equipped bowling centers, varied outdoor recreation programs, professional billeting operations, and exciting special events. FMWR hosts Family Day activities for Basic Combat Training Soldiers during graduation week, purchases fitness and recreational equipment for unit day rooms, lends support to Soldier award programs, and makes continuous financial contributions to soldier unit funds.

FMWR receives little appropriated fund support, or "taxpayer dollars."

"We pay our bills — salaries, upgrades, construction, utilities — with the money collected as fees and charges. This is why continued patronage of FMWR facilities is so important," said John Keegan, chief of the Fort Jackson MWR Marketing Division.

"Without our community purchasing lunches at the clubs, registering for fitness classes at Andy's Fitness Center, taking their families bowling at Century Lanes, and all the other visits made to FMWR facilities, there would be no FMWR. And without FMWR, many of the Soldier programs upon which we depend might not be possible."

Throughout the past few years, the dollars spent on leisure inside the gates of Fort Jackson has allowed FMWR to reopen Vanguard Gym, drop membership fees for Andy's Fitness Center, build the Spray Park additions to Palmetto Falls Water Park and convert the old Wildcat Pool to Wildcat Skate Park. Improvements at all the fitness centers, tennis courts and the ongoing upgrades at FMWR facilities were also made possible by customer support of FMWR activities.

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.

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

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

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.

UPCOMING

- ☐ Deep sea fishing trip, 2:30 a.m. to 10 p.m., July 9. Leaves from **Marion Street Station**. Cost is \$99 per person, which includes transportation and boat ticket.

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.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m. For a full calendar of events, visit www.fortjacksonwr.com.

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

Going 'Greek' offers dietary benefits

By MAJ. BETHANY DESCHAMPS
Moncrief Army Community Hospital

America is filled with options — we have choices galore, including our choice of many types of diets to follow. Many patients who come into my office are confused and completely baffled about the type of diet they should follow to reach their goals, especially if one of their goals is weight loss.

One type of diet says not to eat fruit and another does. One diet allows unlimited meat and another restricts excessive animal products. One diet pushes low-fat and another low-carbohydrate. No wonder many people simply give up when it comes to achieving a healthy diet.

Diets are simply a way of eating. There are many diet plans out there to help people change or improve their way of eating. There are many healthy diets available and equally as many unhealthy diets available to follow.

A safe and healthy diet is one that has been backed by solid research, does not cut out major food groups or nutrients, encourages exercise and promotes eating behaviors that can be maintained long term.

The Mediterranean-type diet is derived from the eating and lifestyle behaviors of the ancient Greeks. This diet promotes an abundance of fruits and vegetables, whole grains, healthy fats such as olive oil, fish, low-fat dairy, beans and legumes and red wine. A lot of research has been done on

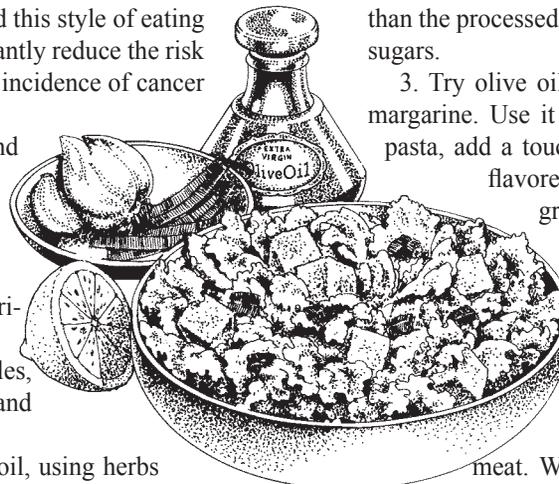
the Mediterranean diet, and this style of eating has been shown to significantly reduce the risk of heart disease, lower the incidence of cancer and cancer mortality, is effective for weight loss, and decreases the risk for type II diabetes.

The Mediterranean diet emphasizes getting plenty of exercise, eating primarily plant-based foods such as fruits, vegetables, whole grains, legumes and nuts, replacing butter with healthy fats such as olive oil, using herbs and spices instead of salt to flavor foods, limiting red meat to no more than a few times a month, eating fish and poultry at least twice a week and drinking red wine in moderation. The diet also recognizes the importance of enjoying meals with friends and family.

Thinking of going Greek? Here are a few tips to get started:

1. Eat plenty of fruits and vegetables and switch to whole grains. Strive to consume 10 servings of fruits and vegetables daily. Fruit and vegetables make great snacks. Fill half your plate at meals with fruits and/or vegetables.

2. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter rather



than the processed kind that contains hydrogenated fats and sugars.

3. Try olive oil as a healthy replacement for butter or margarine. Use it in cooking. After cooking whole grain pasta, add a touch of olive oil and spices. Dip bread in flavored olive oil or lightly spread it on whole grain bread for a tasty alternative to butter.

4. Spice it up. Season your meals with herbs and spices rather than salt.

5. Eat fish twice weekly. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Avoid fried fish.

6. Substitute poultry and fish for red meat. When eating red meat, keep portion size small, about the size of deck of card and eat only one to two times a month. Avoid sausage, bacon and other high fat meats.

7. Choose low-fat dairy and limit higher fat dairy products such as whole or 2-percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.

8. If it is OK with your doctor, have a glass of wine at dinner. Or if you don't drink, have a small glass of purple grape juice each day as a healthy alternative to wine.

For more questions about the Mediterranean diet or other diets, please contact the Nutrition Care Department at Moncrief Army Community Hospital at 751-2115 or email Bethany.Deschamps@us.army.mil.

Have a fun, safe July 4 with fireworks safety tips

By CHRIS AYRES
U.S. Army Public Health Command

Although fireworks are a fun and exciting way to celebrate our nation's freedom, they can also be harmful or even deadly if not used properly. According to Fireworksafety.com, malfunction and careless use of fireworks result in nearly 10,000 injuries every year.

More than 65 percent of all fireworks-related injuries occur in July. Of those, more than half are to the hands, fingers, and eyes. The most common fireworks that cause injury are firecrackers, bottle rockets, Roman candles, fountains, and sparklers that are legal in many states.

This year, let's reduce that number of injuries by following these safety tips:

1. Never use fireworks in your home. Always set them off outside on a driveway or sidewalk.

2. Obey local laws. If fireworks are not legal where you live, do not use them.

3. Always have water handy. (A hose or bucket).

4. Be aware of other people around you and make sure they are out of range of the firework you are using.

5. Never point or shoot fireworks at another person.



er person.

6. Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.

7. Do not try to re-ignite a "dud" as it could explode near your hands or face.

8. Only light one at a time.

9. Do not try to make your own fireworks.

10. Never drink and use fireworks at the same time.

Remember to make smart decisions when using fireworks and to take proper precautions as indicated on the labels. If you or someone with you is injured due to fireworks, seek immediate help or dial 911.

Fireworks safety is in your hands, and it is your responsibility as a Soldier not to risk injury. Let us make it through this Independence Day weekend with no injuries to our Soldiers.

MACH UPDATES

BEHAVIORAL HEALTH

Active duty family members at Fort Jackson may request a referral through their primary care manager or self-refer for a Behavioral Health service by calling the clinic directly to make an appointment. The services offered are:

Social Work Services — Providing individual, marriage, family, grief/bereavement and Post Traumatic Stress Disorder therapy and counseling. 751-2235

Family Advocacy Program — Providing 24-hour/7 days a week crisis intervention services for all victims of child abuse/neglect, elderly abuse/neglect, and spousal abuse. 751-2235

Child Psychiatry Services — Providing individual counseling and medication management for children and adolescents. 751-5911.

Adult Psychiatry Services — Providing psychiatric medication management, individual counseling and psychiatric evaluations. 751-5911.

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.

CATARACT EVALUATIONS

All military retirees and dependents with TRICARE benefits are eligible for a cataract surgery evaluation. Some patients may be eligible for premium implants. Call 751-5406 for more information.

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. Reminders will arrive two to three hours before an appointment.

RADIOLOGY SERVICES

The Moncrief Army Community Hospital Department of Radiology provides a wide range of imaging services for Soldier, family member and retiree beneficiaries. MACH can also provide imaging studies for off-post beneficiaries with orders from network TRICARE providers. Please visit or call the department to schedule your appointment.

Obedience to God has great benefits

By **CHAPLAIN (CAPT.) RANDY PERRY**
2nd Battalion, 39th Infantry Regiment

God tells us in Isaiah 48:17 that he will teach us to do what is best for us. The question is whether we are willing to be obedient and submit to God's will in our lives. God is committed to teaching his children the way they should go. Meditate on this great passage:

"This is what the Lord says — Your Redeemer, the Holy One of Israel: 'I am the Lord your God, who teaches you what is best for you, who directs you in the way you should go.'"

So what is the real benefit of his teaching? The answer is in the next verse (v. 18), "If only you had paid attention to my commands, your peace would have been like a river, your righteousness like the waves of the sea."

The Lord tells us that the benefit of allowing God to teach us and lead us in the way is peace and righteousness. That is a guaranteed promise from God!

The word of God also says that God disciplines those whom he loves; just as parents discipline their children. We all know the familiar verse in Proverbs 13:24 that says,

"He who spares the rod hates his son, but he who loves him is careful to discipline him."

The concept and application of discipline (from God's perspective) is an outpouring of his love for all of us. In fact, God the father made such a provision of his love for

us that he gave his only begotten son, (the Lord, Jesus Christ) to die for all the sins of mankind, and that act of unconditional love and sacrifice provides the way for all to enjoy salvation and eternal life (John 3:16).

We have to be careful to appreciate the wisdom of God's unconditional love toward us.

Hebrews 12:5-6 says, "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes those he accepts as a son."

I often share from the pulpit with our Basic Combat Training Soldiers about the promises of God. I remind our Soldiers that God's promises are not unconditional, but rather conditional. In order to receive and benefit from God's promises, one should be honest before God and seek to humbly walk and serve him in his truth and ways.

Bottom line: We need to walk in the ways of God (purposely) in order to expect for the promises of God to

apply to our lives. There are great benefits for walking righteously in his ways.

God's incredibly awesome and immutable guarantee is that we will have peace like a river and righteousness like the waves of the sea. Amen? What a great promise! Praise the Lord!

I don't know about you, but I want God's peace in my life. Amen? I humbly seek everything

that God has for me. All blessings from God are good. If we actively and intentionally seek to walk in his ways and seek his face, we can be assured that God will be pleased with us and his abundant blessings will follow.

Are you trusting God with every detail in your life so that he can lead you in the way you should go? Are you allowing him to discipline and teach you? Seek the Lord today for what he wants to teach you and allow him to lead, guide and direct you in the power and anointing of the Holy Spirit, and peace and righteousness will spring forth into your life.

Glory to God in the highest!



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

- Wednesday

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

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

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

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the July 7 Leader must be submitted by today.

Announcement submis-

sions are due one week before publication.

For example, an announcement



for the July 7 Leader must be submitted by June 30.

The Leader welcomes timely submissions.

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

Want more Fort Jackson news? Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>



FIRST RESPONDER/LEGAL

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.

Sgt. Maj. Glen W. Wellman III
Provost Sergeant Major

Bill Forrester
Fire Chief

CASES OF THE WEEK

❑ A civilian was denied access to the post after attempting to enter the installation with a non-registered weapon, Military Police said. Any weapons brought onto the post must be registered with the Directorate of Emergency Services.

❑ Fort Jackson Fire Department personnel were called to the Solomon Center parking lot to extinguish a small brush fire, MPs said. There were no injuries or property damage.

❑ A civilian was charged for unlawful parking in a handicapped zone after park-



ing in the spot without the proper decal, MPs said.

TIP OF THE WEEK

Personally owned weapons are prohibited on federal installations and the regulation is strictly enforced with the following exceptions:

❑ State and federal law enforcement officers in the performance of their official duties;

❑ A person actively engaging in an FMWR hunting activity (weapon must be properly registered on the installation);

❑ People actively engaged in practice shooting at an authorized FMWR range (weapon must be properly registered on the installation);

❑ People who reside on the installation traveling from off post directly to an on-post home or unit arms room; carrying in accordance with South Carolina law (weapon must be properly registered on the installation);

❑ People who reside on the installation and traveling from his or her on post residence or unit arms room directly off the installation; carrying in accordance with South Carolina law (weapon must be properly registered on the installation).

FORCE PROTECTION THOUGHT OF THE WEEK TARGET AMERICA



Please contact the MP Desk to report any suspicious at 751-3113/3114

The possession of a concealed weapons permit does not authorize a person to carry a weapon on a federal installation.

A person encountering any circumstance outside these rules should contact the Provost Marshal's Office for clarification before bringing a weapon onto the installation.

In addition, all state gun laws apply but

do not supersede federal law or post policies.

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

ADOPTION REIMBURSEMENT POLICY

Members of the armed forces interested in adoption may grapple with the means of how to afford it. Unknown to some, federal law authorizes reimbursement for certain expenses relating to adoption. The DoD Adoption Reimbursement Policy gives many prospective parents the ability to afford adoption.

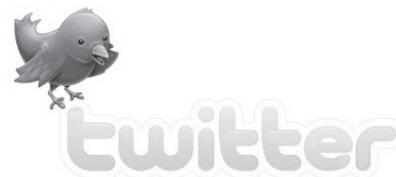
According to the DoD Adoption Reimbursement Policy, a service member who adopts someone younger than 18 may be reimbursed up to \$2,000 per child, but no more than \$5,000 per year if more than one child is adopted. To receive these benefits, service members should apply for them no later than one year after the completion of the adoption.

Service members eligible for these adoption benefits must serve on continuous active duty for at least 180 days. Single or married service members may be eligible for this program.

Adoptions qualifying under this program include infant adoptions, inter-country adoptions, adoptions of children with special needs, and for stepchildren adopted by the service member. Adoptions must be arranged by a qualified adoption agency according to state or local law.

Service members interested in learning more about these benefits should visit: <http://www.dfas.mil/dfas/militarymembers/payentitlements/adoptionreimbursement.html>.

Will provide additional information concerning Legal Assistance Office hours and (new) location once that becomes available.



Follow the Fort Jackson Leader on Twitter at
[http://twitter.com/
FortJacksonPAO](http://twitter.com/FortJacksonPAO)

facebook

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



Follow the Leader on Twitter at [www.twitter.com/
fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.

Sports Office keeps Soldiers in game

By **SUSANNE KAPPLER**
Fort Jackson Leader

Tucked away in a little office at the Hilton Field Softball Complex, away from the hustle and bustle of the cantonment area, the two-woman staff of the Fort Jackson Sports Office plans and coordinates the installation's intramural sports events. In addition to offering familiar sports staples like flag football, basketball and softball, the Sports Office puts on events like the strongman competition or the darts league.

"We try to do new things each year," said Cindi Keene, who has served as the installation's intramural sports coordinator for eight years.

One of this year's new entries will be a mud volleyball tournament, which is on tap for later this year.

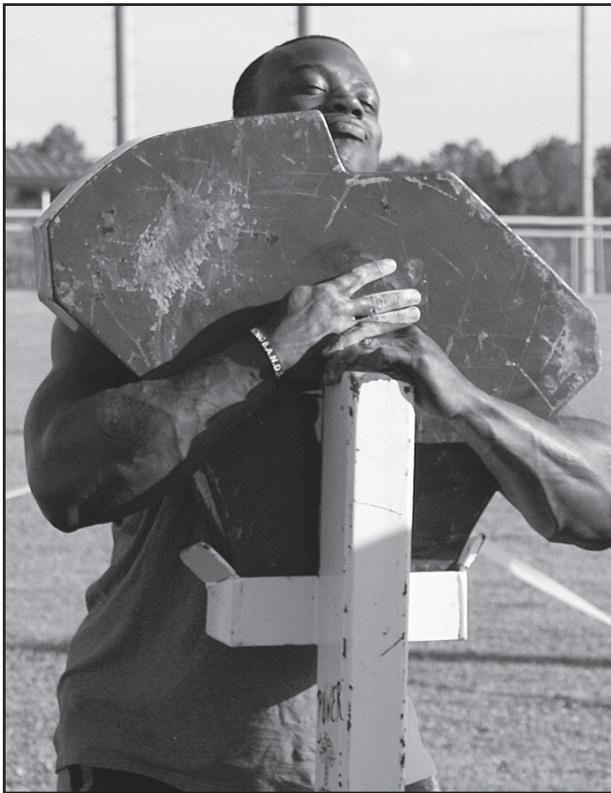
"It'll be a one-day tournament," Keene said. Though the date has yet to be set, Keene expects even the planning for it to be fun.

"We have to dig out a hole and put water in it and make mud, which is a lot of fun."

Keene said a sand volleyball league is also in the works. A sand volleyball court is currently under construction next to Palmetto Falls Water Park and is expected to be completed in the summer, Keene said.

Keene is assisted by LaToya Sebree, who has been working at the Sports Office since October. Sebree, who grew up in a military family, said one of the most rewarding experiences so far was being involved in organizing activities for the holdover Soldiers, who had no chance to travel home during Victory Block Leave.

"To be able to have something for them to do while they're pretty much stuck, ... it made (the Soldiers) smile,



Leader file photo

This year's strongman competition drew more than 250 spectators. It is one of many events planned and executed by the Sports Office.

so it made me smile," Sebree said.

But the job also has its challenges, Keene said. She said one of the biggest challenges is to have Soldiers and teams

stick with the schedule, which is especially hard because of the demands of the training mission on Soldiers. She said she tries to prevent people and teams from dropping out of events by always being accessible and by trying to accommodate the units with manageable schedules.

Command Sgt. Maj. Mark Phillips, 120th Adjutant General Battalion (Reception), said that he believes that active approach by the Sports Office makes the Fort Jackson intramural sports program the best he has been involved with.

"As long as I've been in the military, I've never received emails about events from the program director," said Phillips, who is a 21-year veteran.

Phillips said Soldiers from his battalion compete in every sporting event on post and that he encourages their participation.

"One, it shows camaraderie. Two, you get to meet different people," Phillips said. "I think it does a lot (for morale). You get to see people in an atmosphere where they're not stressed. They're doing something they want to do and they have fun."

Phillips added that his battalion is also eager to rack up as many Commander's Cup points as possible. The Commander's Cup is awarded at the end of each year to the unit with the most points accumulated during sporting events all year.

"It's a pretty big thing to win the Commander's Cup," Keene said. "It's a nice cup; and if you win it three years in a row, you get to keep it."

Even though winning is important, Phillips said, participating is fun either way.

"I always tell people, 'The best thing about sports, win or lose, is you can always do it again tomorrow,'"

Susanne.Kappler1@us.army.mil

Sports shorts

BOSS BASKETBALL GAME

Fort Jackson's Better Opportunities for Single Soldiers will host a basketball game at 6 p.m., Friday at Vanguard Gym. The Augusta Team Power basketball squad will take on Team Jackson.

ANDY'S FITNESS CENTER HOURS

Andy's Fitness Center will be open from 11 a.m. to 5 p.m., Saturday because of the bodybuilding competition.

GOLF LETTERS OF INTENT

Letters of intent for the summer/fall golf league are due to the Sports Office by 10 a.m., Tuesday. The league begins July 12 and is open to all ID card holders 18 and older. Teams consist of eight players. Each team must have four players each Tuesday.

BODYBUILDING COMPETITION

A natural fitness/bodybuilding competition is scheduled for 6 p.m., Saturday at the Solomon Center. Competition includes men's bodybuilding, women's bodybuilding and figure. Registration is open to military, civilian

employees and family members. Visit www.fortjacksonmwr.com/fitness for more information. Register online at <https://webtrac.mwr.army.mil/webtrac/jacksonrecreac.html>. Call 751-5768 for more information.

POST 10-MILER QUALIFIER

Fort Jackson's Army 10-Miler qualifier is scheduled for 5:30 a.m., July 16, beginning at Patton Stadium (Kershaw Street side). Active duty only. Call 751-3096 for more information.

CYSS BASKETBALL CLINIC

The next session runs July 12-14 and July 19-21. Little dribblers (those who have completed kindergarten and through second grade) play 6:15 to 7:15 p.m.

Beginner basketball (those who have completed third grade and up to fifth grade) play 7:15 to 8:15 p.m. Register at Parent Central Services. Call 751-4865 for more information or to register.

SKIES SPORTS CLASSES

SKIESUnlimited is now offering beginner tennis lessons for children 5 to 18 years old. The classes are

scheduled for Tuesdays and cost \$40 per month.

SKIESUnlimited will also offer Start Smart enrichment classes through Aug. 5. Classes will be offered in baseball, football, soccer, basketball and golf. For more information, call 751-6777.

ARMY SEEKS ELITE ATHLETES

Active duty, Reserve and National Guard Soldiers who are competitive on the national and international levels in any Olympic sport can apply for the Army World Class Athlete Program.

The program allows Soldiers to train full time for a shot at the Olympics and World Championships. All applicants must be eligible to represent the United States in international competitions. Officers must be branch-qualified and enlisted Soldiers must be military occupational specialty-qualified.

They must also demonstrate the potential to qualify for the U.S. Olympic Team or U.S. Paralympic Team.

Selection standards for each sport are listed at www.armymwr.com under Sports and World Class Athlete Program.



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