

TRACKING ...

NEWS



BCT museum marks reopening

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Post prepares for email migration

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FMWR



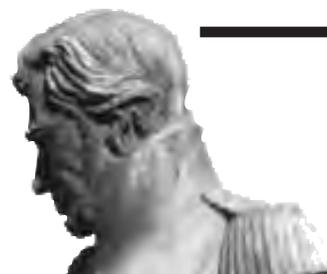
Summer activities offered on post

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The Fort Jackson Leader



Thursday, July 7, 2011

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

www.jackson.army.mil

One-stop shop

Citizenship services center opens on post

By **CURSHA PIERCE-LUNDERMAN**
Fort Jackson Leader

U.S. Citizenship and Immigration Services has a new home on Fort Jackson dedicated to helping service members and their family members become U.S. citizens. The opening was celebrated with a Naturalization Ceremony and Open House Wednesday at its office at 4204 Sumter Ave.

The new building will house all services needed for citizenship in one location.

"The old program took up to six months for completion," said Jerry Adair, CIS

““ This is a great, new step in my life. I would tell anyone who needs help with becoming a citizen to just go to the center. They will take care of you. ””

— **Erika McKinnie**
Retiree spouse

field office director. "Soldiers had to mail applications to Nebraska, find somewhere to get photos taken, go to Charleston for fingerprints, wait for all paperwork to be

processed, and then back to Charleston for interviews and ceremonies. Now we do all of that here."

Erika McKinnie, a retiree spouse, was naturalized in the ceremony Wednesday and said the new center made obtaining citizenship a simple process.

"The process was easy because I did everything right there on post," McKinnie said. "I've heard of people who went to Charleston and all over the place and still didn't know when it would all get done. If I ever had questions, I just called the ladies

See **CIS:** Page 6

Celebrating independence



Photo by **CURSHA PIERCE-LUNDERMAN**

Pfc. Jordon Nichols, who attends Advanced Individual Training as a financial management technician, holds one of the torches during Fort Jackson's annual Torchlight Tattoo celebration Friday at Hilton Field. Thousands of people attended the post's Independence Day event. For more, see Pages 16-17.

Museum provides fun way to relive BCT

The Fort Jackson community is in for a real treat. The Basic Combat Training museum has re-opened and is something to behold. The official ribbon cutting was held last Friday, and I was proud to be able to show off our new museum to some of our community leaders.

What really impresses me is that the museum comes alive with its various exhibits and visuals.

When the museum first opened its doors 37 years ago, it began as a mere collection of 20 artifacts and just a general focus on Fort Jackson.

Today, the museum boasts a number of high-speed exhibits that zoom in directly on how civilians are turned into Soldiers, interwoven with Fort Jackson's past. It allows the visitor not only to see the various aspects and phases of Basic Combat Training, but lets the visitor live them, so to speak, with realistic, high-tech displays that make the visitor feel as if he or she has enlisted in the Army and is standing there in ACUs.

Now, that's my kind of entertainment, because it's something that enhances the way that our Soldiers can connect with their families. And, it's a lot of fun.

When Soldiers and families connect in a manner such as this, only positive things can happen. One thing for certain is that families will have an enriched view of what BCT is all about. BCT is a very important time for Soldiers. It's a defining point in their young adult lives in most cases.

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



It's the beginning of their Army careers, a starting point in their Army days that they will likely remember for as long as they stay in uniform and, in many cases, a whole lot longer.

Some of our Soldiers' fondest memories of the Army are molded during the time they spend here. Their personal experiences and friendships from Fort Jackson will always be part of them.

In that sense, that's how older Soldiers are always able to relate to basic training. Older Soldiers know how basic was then and see how it is now, which gives them a deeper understanding of the direction today's Army is taking.

New Soldiers will really get a kick out of sharing BCT experiences with their family members on Family Day. And their families will get the feeling that they are actually taking part in several facets of BCT themselves.

Holograms of drill sergeants are carefully placed to

make the museum experience very realistic. I don't want to say too much and spoil any surprises. There is no doubt in my mind that the museum will be a popular attraction each week.

The museum features hands-on exhibits for visitors, such as gas masks and other gear, as it depicts the three phases of BCT. As you know, BCT is a 10-week cycle that is broken down into three phases — Red, White and Blue.

Current BCT culminates with a four-day field training exercise — Victory Forge — in which a team of Soldiers must accomplish a given mission.

But BCT wasn't always like this, and that's what an older Soldier might recognize when touring the museum.

As far as training is concerned, the museum traces the development of training since World War I due to the changing nature and demands of combat.

As I said, the BCT Museum has a history itself that is worth noting. In 1974, when it first opened its doors, it was more or less like a historical warehouse. It continued to operate that way — collecting and displaying all types of weapons — until 1985, when it narrowed its focus to the history of Fort Jackson.

In the months to come, I expect that our museum will be a must-see, as it should be. The bottom line: Basic Combat Training is what we always have been all about. The museum puts that all into historical perspective.

Hooah!

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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EFMP process streamlined

Starting this month, the Exceptional Family Member Program is standardizing and streamlining the process for delivering respite care to eligible families in need of support.

The EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive, coordinated community support, housing, educational, medical and personnel services to families with special needs. It is focused on helping these families find the support and care needed to ensure all their members can thrive.

Respite care is one way EFMP helps to provide support for all family members — in this case, the caregivers. Caring for a family member with special needs, especially severe chronic medical conditions, is an around-the-clock job. There may be no end to a caregiver's love, but everyone who shoulders such responsibilities needs a break to rest and recharge. EFMP respite care provides that break. Qualifying families are eligible for up to 40 hours of respite care a month for each certified family member.

In an effort to enhance service delivery to EFMP-enrolled families, IMCOM has revised EFMP respite care policies and procedures. The revision is effective this month. It includes changes in eligibility criteria and the family services needs matrix, and online training for EFMP managers and physicians. An EFMP respite care panel will be established at each garrison to review and recommend approval or disapproval of all respite care submissions to the garrison commander, who is the decision authority.

Garrison EFMP managers are available to provide more detailed information to Families currently receiving respite care. Soldiers or family members who have questions about it or other EFMP-related services can also visit the EFMP web page at Army OneSource (<http://www.myarmyonesource.com/>).

This revision to policy and procedures is part of the

LT. GEN. RICK LYNCH
IMCOM
Commanding
General



Army EFMP Strategic Action Plan to improve services and support for families with special needs. Also as part of the strategic action plan, at the beginning of this fiscal year EFMP added 43 systems navigators, or non-clinical case managers, at 26 garrisons stateside and overseas to connect families with required systems of care.

The focus on enhancing the effectiveness of EFMP could not be more important or timely. Important, because the EFMP is one way the Army keeps key promises it made in the Army Family Covenant; providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

Timely, because while the Army's commitment remains as strong as when the covenant was signed in 2007, we are operating in a different fiscal reality in 2011. Just as any Soldier or family member asks, "Is it worth it?" before opening his or her wallet, we are doing the same, making sure we are using resources as efficiently as possible to provide quality services to families. Army life poses challenges for any family, but especially for families with special needs. It is part of our job, our commitment, to make sure we are delivering the right services in the right way to support the health and well-being of all family members.

Support and Defend!

Renovated BCT museum reopens

Updated exhibit shows progression of basic training

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

After two years of renovations, the Fort Jackson Basic Combat Training Museum reopened Friday. The museum chronicles the history of the post and BCT from June 1917 to present day. The museum's curator, Julie Fishel, said she hopes that Soldiers will use the museum as a backdrop for their personal experience in training.

"We set the museum up the way that it is so Soldiers can be their own (tour guide) as they go through the museum and share their experience with their families and the community," she said.

One veteran relived his own BCT experience while using the M16 firing simulator during the museum's opening day.

"Oh, I love this museum. I knew I would love it," said Gene Smith of Edgefield. "I went through basic here back in 1955 and could not wait to get over here and see the new museum."

The museum first opened in 1974 and housed historical artifacts relating to Fort Jackson history until 2009 when it closed for renovation.

"We moved the collections into the World War II barracks and did a complete overhaul in here," Fishel said. "There are all new bathrooms, electric wiring, carpet and sheet rock. The gallery area was completely redone."



Photos by CURSHA PIERCE-LUNDERMAN

Anton Hornung and his wife, Shana, both with Military Timeline Impressions, explain the Vietnam-era artifacts on display to Air Force Master Sgt. Rock Sjodin during the reopening of the Basic Combat Training Museum Friday. The museum reopened after being closed for two years for renovations and redesigning of the gallery.

completely redone."

The updated gallery features a mix of historical artifacts and current technology.

"We show a historical progression of

basic training. So people will see the current red, white, and blue phase along with some items used for training in 1917," Fishel said.

There are interactive elements, as well as static displays in the museum. Holograms of drill sergeants yell at museum patrons in the similar style that Soldiers hear upon arriving at Jackson.

"We had actual drill sergeants come down to the museum and get videotaped so that we could use those images in the museum," Fishel said. On special occasions, visitors can use the laser firing simulator to imagine time out on the firing range or speak with military enthusiasts about life in different military time periods.

On opening day, the Military Vehicle Collectors of South Carolina and Military

Timeline Impressions were in attendance to showcase uniforms and military equipment from the various eras represented within the museum.

"We are here for love of the history and love of the veterans," said Kip Fordham of Military Vehicle Collectors of South Carolina. "We do this in our spare time, and we just love to get together and share what we know."

The museum staff plans to offer tours and increase the items on display so the community can experience more of the post's history.

"Before, everything was in storage cabinets and now we have about 12 percent of our collection on display," Fishel said. "We have room to grow and definitely plan to take advantage of that."

Cursha.Pierce@us.army.mil



Left, Joel Lambert of Military Timeline Impressions explains one of the artifacts on display to Marcia Fishel. Volunteers from two organizations were present for the museum's opening day to display uniforms and equipment from the time periods featured in the gallery.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the July 21 Leader must be submitted by today.

Announcement and photo submissions are due one week before publication.

For example, an announcement or photo for the July 21 Leader must be sub-

mitted by July 14.

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

Housing Happenings

COMMUNITY UPDATES

❑ Nominate any well-kept yards for Yard of the Month. Send nominations to Alana at 738-8275 or email ayoungblood@bbcgrp.com. Self-nominations are also welcome.

❑ Pets are permitted to be outside unattended for short periods of time and in fenced areas only. They must have proper, food, water and shelter. If you see a pet outside for long periods of time, report it to the Community Management Office immediately.

❑ Residents who would like to have a satellite installed must obtain an alterations request form from the Community Management Office and dig permit from the Directorate of Public Works in advance. Upon filling out the alterations request, the CMO will provide instructions where the satellite dish can be installed.

❑ Residents should take special care to monitor children and ensure they do not play in the yards of vacant houses or use outdoor water faucets of vacant houses. A new home recently received flood damage after a water faucet was left on.

❑ A portion of Imboden Street will be closed Monday through July 15. All work will be done 7 a.m. to 7 p.m., with lane restrictions only during those hours. Flagmen will direct traffic during that time.

CONSTRUCTION UPDATES

❑ To date, 405 homes have been completed.

❑ A total of 864 homes have been demolished to date.

❑ Families living in the senior noncommissioned officer housing area are asked to enter and exit via Capers and/or Owens roads. Mills Road to Brown Avenue is now accessible.



July 8 — 7 p.m.

The Hangover 2 R

July 9 — 3 p.m.

Free Screening TBA

Tickets available at the Foodcourt

July 10 — 2 p.m.

Pirates of the Caribbean: PG-13
On Stranger Tides

July 11 — 2 p.m.

The Karate Kid PG

July 13 — 1 p.m.

Pirates of the Caribbean: PG-13
On Stranger Tides

July 13 — 4 p.m.

The Hangover 2 R

July 14 — 5 p.m.

The Conspirator PG-13

Adults: \$4.50

Children (12 and younger): \$2.25

Email migration set for August

By **SUSANNE KAPPLER**
Fort Jackson Leader

As part of a DoD-wide effort to consolidate email services for all users, Fort Jackson is scheduled to migrate its users' email accounts starting in August. More than 5,000 email accounts that currently reside on the Fort Jackson servers will be migrated to servers hosted centrally by the Defense Information Systems Agency.

"One of the best things about this is that if you leave from here and you go to another post, you still have your account, regardless," said Michele Harris, system administrator with Fort Jackson's Network Enterprise Center. "There's not going to be a new setup. You don't have to ... get a new account and wait for that to be processed. It will constantly be with you."

Although the users' mailbox size will increase from 100 megabytes to four gigabytes after the move is completed, users should decrease their mailbox sizes to 50MB or fewer than 2,000 items in preparation for the migration, said Teresa White, system administrator with the NEC.

"That's primarily because when you start talking about transferring data ..., the less you have to transfer, the easier it

will be for everything to move from one location to the other successfully," White explained. "The intent is for (all users) to minimize and scale down their mailbox as much as possible to ensure that all the stuff that they have will successfully migrate over."

Harris said she recommends users should move items from their mailbox to a Personal Storage Table file starting immediately to get familiar with the process.

"That includes not just your inbox (items). That includes your deleted items, your calendar items — anything that is on the server," White said. "If it is sitting on the server and not in a PST, it's counted against your mailbox size."

White said she also recommends saving backups of distribution lists and recurring calendar events.

"There should not be an issue with everything migrating over, but just in case, make sure that if you have created personal distribution lists that you know who those members are, because you may have to recreate them," White said.

One of the biggest changes for users will be getting a new email address. The new email addresses will end with @mail.mil and will include an extension after the account holder's name — "mil" for service members, "civ" for DoD civilians and "ctr" for contractors. (For example, john.doe.mil@mail.mil; john.doe.civ@mail.mil; john.doe.ctr@mail.mil)

civ@mail.mil; john.doe.ctr@mail.mil)

Harris said that users who have two roles, for example a Reservist who is also a DoD civilian, will receive two email accounts, one each with the appropriate extension. She said account holders who forward their Army Knowledge Online email (@us.army.mil) to their current email addresses, will have to change the forwarding address in AKO once their accounts are migrated.

Public email folders will also be affected by the migration. White said that organizations that use public folders should contact the NEC to validate that the folder is in use and in what capacity it is used. She said the folders will not be migrated to the DISA servers, but that individual solutions can be worked out with the organizations.

In preparation for the migration, the NEC has been disseminating information to Fort Jackson information management officers and other information technology specialists in quarterly meetings and via email, White said. She emphasized that users should contact their IMOs or the NEC with any questions or issues that arise before or after the migration.

"We will be available for hands-on (help)," she said. "We're hoping that everything is seamless and (the customers) don't have very much to worry about."

Susanne.Kappler1@us.army.mil

Gamecocks coming to post



Photo by KAREN SOULE, Public Affairs Office

Darrin Horn, University of South Carolina's men's basketball coach, stands in front of the Solomon Center during a video shoot for the Gamecock Basketball Ultimate Fan Experience exclusively for the Fort Jackson community from 6 to 8 p.m., July 18. The event will include interactive contests and an autograph and photo session with Horn and the players.

News and Notes

2-13TH, 4-10TH CHANGE COMMANDERS



CROSBY

Lt. Col. Michael Peters relinquished command of the 2nd Battalion, 13th Infantry Regiment to Lt. Col. Patrick Crosby during a ceremony Friday at the Officers' Club. Crosby's last assignment was as commander of the 1st Battalion, 196th Infantry Regiment at Fort Shafter, Hawaii.

Peters' next assignment is as the deputy commander for the 3rd U.S. Infantry Regiment (the Old Guard) in Washington.

Lt. Col. Richard MacDermott relinquished command of 4th Battalion, 10th Infantry Regiment to Lt. Col. Robert Fouche during a ceremony Wednesday at the Officers' Club. Fouche's last assignment was as executive officer of the 4th Brigade Combat Team, 101st Airborne Division (Air Assault) during its deployment to Afghanistan. MacDermott's next assignment is as the executive officer of the 171st Infantry Brigade.



FOUCHE

FREE MOVIE SCREENING ANNOUNCED

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

POST BIRTHDAY CELEBRATION SET

The Fort Jackson community is invited to celebrate the post's 94th birthday from 11:30 a.m. to 1 p.m., July 15 at the Solomon Center.

SCHOOL REGISTRATION BEGINS

Summer registration for the 2011-2012 school year is 8 a.m. to noon, Tuesday through Thursday through Thursday; 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.

Documents required for new registration include:

- Copy of certified birth certificate
- Current orders and military sponsor ID card
- Proof of immunizations
- Housing lease agreement or letter from housing verifying family is on waiting list
- If sponsor is a step-parent, marriage license, spouse's ID card or verified DEERS form is required.

Age requirements are as follows:

- Pre-K: must be 4 on or before Sept. 1
- Kindergarten: must be 5 on or before Sept. 1
- 1st grade: must be 6 on or before Sept. 1

Registration packets may be picked up any day during office hours, 8 a.m. to 4 p.m.

For more information, call C.C. Pinckney Elementary School at 787-6815 or Pierce Terrace Elementary School at 782-1772.



Photo by KAREN SOULE, Public Affairs Officer

Maj. Gen. James Milano congratulates Erika McKinnie during a naturalization ceremony at the grand opening of the new on-post U.S. Citizenship and Immigration Services center. The new location provides citizenship service to all service members and family members in the Fort Jackson area.

CIS center streamlines process

Continued from Page 1

on post and they helped me.”

The German-born McKinnie, who became a citizen after more than two decades living in the U.S., said it was always something she wanted to do.

Soldiers graduating Basic Combat Training with the 2nd Battalion, 13th Infantry Regiment were also sworn in that day during the battalion's Family Day festivities.

CIS personnel are available at the

center each weekday to help service members and family members with their citizenship process on a walk-in basis.

This center staff also helps CIS with properly serving the Soldiers during their time in basic training. “Within the second week of training, we identify those who need to become citizens and get them started,” Adair said. “We have turned a once six-month process into six weeks. Now we don't have to track them down at their next duty station and they don't have to worry about their

citizenship.”

Once the citizenship process is complete, ceremonies will be conducted at the center or as part of Family Day activities. McKinnie said that working with the CIS staff has helped her achieve a life goal. “My ceremony was very touching. This is a great, new step in my life,” McKinnie said. “I would tell anyone who needs help with becoming a citizen to just go to the center. They will definitely take care of you.”

Cursha.Pierce@us.army.mil



Native Spanish-speaker refused to quit

Name
Staff Sgt. Jose Pacheco

Unit
Company A, 120th Adjutant General Battalion (Reception)

Hobbies
Playing basketball

Military occupational specialty
42A, human resources specialist

Hometown
Salinas, Puerto Rico

As a drill sergeant with the 120th Adjutant General Battalion (Reception), Staff Sgt. Jose Pacheco's job is to introduce new Soldiers to life in the Army. Eight years ago, Pacheco was one of those Soldiers, going through inprocessing at Fort Sill, Okla. Unlike most of his peers, though, the Puerto Rico native spoke only Spanish.

"It was a challenge," Pacheco said. "It was hard, but I said, 'I'm never going to quit.'"

The Army sent Pacheco to Lackland Air Force Base in Texas to attend the Defense Language Institute English Language Center, where he spent six months learning English.

Pacheco said he worked hard to overcome the language barrier and spent a lot of his free time using online tools to improve his English. While he was stationed in Hawaii, he met a young Soldier who was in a similar situation.

"He came straight from AIT to Hawaii," Pacheco said. "He said, 'I think I'm not going to make it. It's too hard.' So I explained to him that it was the same way for me, (and told him), 'You have to work hard.'"



Photo by SUSANNE KAPPLER

When Staff Sgt. Jose Pacheco, a Puerto Rico native, first joined the Army eight years ago, he said he did not speak any English.

Pacheco said that he regards helping Soldiers as an important part of his duty. He said he always makes sure his Soldiers have everything they need.

"I put the Soldiers before myself," he said. "I never go home until I check on every single (Soldier)."

His desire to help people also plays a big role in his personal life. During his time off, he goes on "patrols" with a friend to help stranded motorists.

"It happened to me before," he said. "You're (stranded) on the road, and people just go by and don't stop. I almost got hit by a car trying to change my tire."

Pacheco said he enjoys being in the Army and hopes to stay in for at least 20 years.

"You always meet new people," he said. "You have the opportunity to teach them or learn from them."

— Reporting by Susanne Kappler

The NCO Creed



No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer, I realize that I am a member

of a time honored corps, which is known as "The Backbone of the Army."

I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role.

All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!



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



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

Mom, son take reading staycation

I knew we were watching too much television when my son grabbed the remote control, handed it to me and shouted, "Woohoo! TV!"

Every afternoon, we would get home and I would immediately turn on the tube, leaving him to watch his shows as I cleaned up or cooked dinner. And while I would turn it off during dinner, afterward, Nick Jr. would be on again, and I'd be having "mommy" time, reading a magazine or doing something equally unimportant.

So as the on-post and local libraries began their summer reading campaigns, I decided that we would take this time to ramp up our reading and cut down on our TV time.

That first weekend, we headed to the library with an empty bag and I walked him down the aisles of the children's section, allowing him to pick out the books that looked interesting to him and adding a few of my own. We left the library with a full bag, about 10 or so books; enough to last us the week. Well, that's what I thought, anyway.

Since then, he has been hooked. Just the other night, as I tried to finish eating dinner, he grabbed my hand. "Come on, Ma," he said, pulling me toward his stack of books. In the mornings, I ask him if he wants to go to "school" and he sometimes says no, but offers his own alternative. "I want to go to the library."

CRYSTAL CLEAR By Crystal Lewis Brown

Fort Jackson Leader



While my initial goal was to just get us to turn off the television for a while, our weekly trips have taught me that reading to — and with — our children is a crucial part of their development.

According to the Children's Reading Foundation, 20 minutes of reading aloud to a child strengthens relationships, encourages listening and language skills, promotes attention and curiosity and establishes a strong reading foundation.

At first, finding those 20 minutes was tough. But soon, I developed a system that allowed me to wind down and still find time to read to him. Don't get me wrong; there are times when I'm just not in the mood to read a book. But it's

hard to say no when he climbs into the rocker wearing his monkey pajamas and holds out a book.

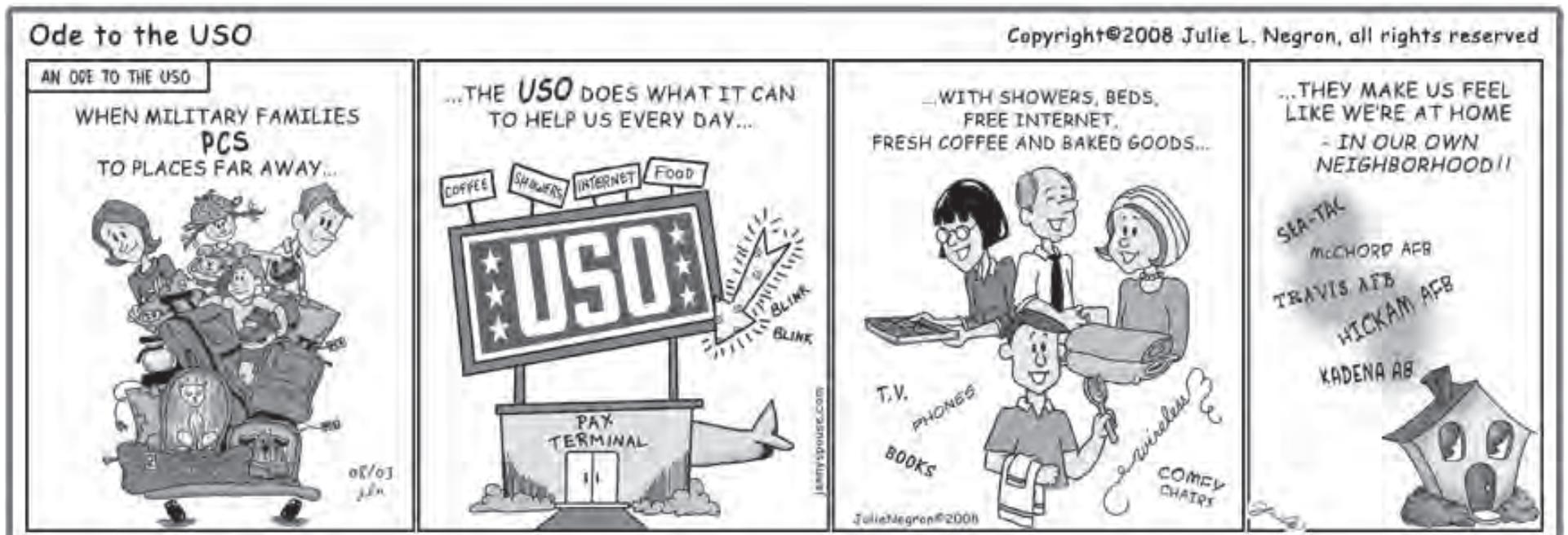
The Post Library also makes reading time easy with its "A Midsummer Knight's Read" program, which runs through July 23. The summer reading calendar includes story time activities for family members of all ages. Specific activities are available by age group, which is broken into newborn to 3-year-olds; pre-schoolers and 6 to 12-year-olds.

My own journey to make my son a reader has not been without its missteps; I have had to walk into the library shame-faced to explain that my son has ripped a page from a book. And since I let him pick out his own books, we have come home with books about adoption, coping with the death of a pet and the intricate stages of the development of the lady bug.

Even when I feel too tired to read, my own childhood reading memories spur me to continue.

I remember spending each summer devouring books as my cousins urged me to come outside and play. Those books took me to magical forests, historic moments and overseas trips. And now, it's my son's turn to travel.

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



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.

MOBILE REC 2011

Child, Youth and School Services is hosting Mobile Rec 2011 every Monday through Thursday through Aug. 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. Pinck-

ney 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. Call 751-4869 or visit www.fortjacksonmwr.com/cyss or more information.

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.

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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DoD launches spouse partnership

By **ELAINE SANCHEZ**
Fort Jackson Leader

In an effort to address military spouses' employment challenges, the Defense Department last week launched a program to expand career opportunities for military spouses worldwide, and to recognize the skills and talents they bring to the employment table.

Flanked by military spouses and corporate leaders, top government and military officials unveiled the Military Spouse Employment Partnership during a ceremony at the U.S. Chamber of Commerce here. The partnership encompasses more than 70 employers who have committed to opening their doors to spouse employment.

In remarks at the event, Jill Biden, wife of Vice President Joe Biden, lauded military spouses for their service and sacrifice as they juggle households, children, volunteer work and jobs — many times in the midst of deployments.

Because of their ability to thrive despite multiple challenges and demands, she noted, military spouses possess the qualities highly sought after by employers, such as dedication, flexibility, a strong work ethic and “endless energy.”

“If you're looking for hard-working, highly skilled and educated, dedicated employees,” Biden said, “our military spouses are precisely the employees you need.”

“Every day our military spouses are giving back to our country,” she added. “While their loved ones are called to serve, they serve right alongside them. Now we must serve them as well as they serve us.”

Deborah Mullen, who was accompanied to the event by her husband, Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen, acknowledged the difficulties military spouses face in finding jobs.

Many spouses, she noted, are turned away for jobs, not due to their qualifications or training, but due to the frequent moves their service member spouse is required to make.

“More than one spouse has told me, ‘All I wanted was to get in the door to be able to be judged on my merits, my qualifications and my strengths,’” she said. But in many cases, she noted, they are unable to even score an interview.

“They aren't asking of rules to be broken or regulations to be cast aside,” she said. “They know the economy is tough out there ... This isn't about entitlement for them; this is about opportunity.”

“Military spouses just want the same shot as everyone else,” she added.

Only 1 percent of the nation serves, comprising about 2.2 million service members, Mullen said, and about half of them are married to someone seeking a job. And most of those job seekers are women, she noted, “educated resilient, serious women who possess strong values and even stronger work ethic.”



DoD photo by NAVY PETTY OFFICER 1ST CLASS CHAD J. MCNEELEY

Jill Biden greets audience members at the Military Spouse Employment Partnership kick-off at the U.S. Chamber of Commerce in Washington, D.C., June 29. The partnership promotes meaningful, long-term employment opportunities between America's employers and military spouses.

IN THE KNOW

Fort Jackson spouses who want employment or education assistance can contact Fort Jackson Employment Readiness at 751-4862.

The partnership launched today signifies a positive step toward employing these highly skilled spouses, Biden said. “We're making it a little easier for them to find work, and perhaps a little less frightening for new employers to take that gamble and find the talent so resident in our ranks,” she said.

But the work is just beginning, Biden noted. Today, the Defense Department launches the partnership, she said, and “tomorrow, we must make that partnership work.”

Clifford L. Stanley, undersecretary of defense for personnel and readiness, lauded the partnership, noting that programs like this didn't exist when he joined the Marine Corps in the 1960s. He recalled a time when he and his wife had to watch their spending, unsure of whether or not she'd have a job at the next duty station.

Today, there's an abundance of programs aimed at supporting military families, and their welfare is taken into consideration at every level of command, Stanley said. The partnership is a significant commitment toward that military family care and, he added, “a big deal” for spouses and employers.

The event also marked the inclusion of 15 new employers who signed onto the partnership today.

Leaders from each company stepped forward to sign a statement of support, signifying a pledge to:

- ☐ Increase employment opportunities for military spouses, while maintaining employment for relocating spouses;
- ☐ Provide career promotion opportunities for military spouses who are excelling at their jobs;
- ☐ Ensure pay equity for military spouses commensurate with their level of training, work experience, accomplishments and credentials; and
- ☐ Spread the word about spousal support throughout the military and corporate America.

Partners also are pledging to post job opportunities on the Military Spouse Employment Partnership Web portal located on *OurMilitary.mil* at <http://www.ourmilitary.mil>.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the July 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the July 21 Leader must be submitted by July 14.

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



New SecDef pledges 'no hollow force'

By **JIM GARAMORE**

American Forces Press Service

New Defense Secretary Leon E. Panetta pledged there will be no hollow force on his watch.

The secretary made the commitment in a message to the Defense Department released after he took the oath of office Friday. DoD General Counsel Jeh Johnson administered the oath in the secretary's office. Taking the oath transferred responsibility for the department from Robert M. Gates.

Panetta also pledged to be a tireless advocate for service members and their families. "You and your families will always be foremost on my mind and at the top of my agenda," he said.

The secretary said he will not hesitate to do what needs to be done to defend America. He also will fight for the needs "of the men and women who serve in harm's way, and the families who support them," he said. "Even as the United States addresses fiscal challenges at home, there will be no hollow force on my watch. That will require us all to be disciplined in how we manage taxpayer resources."

The secretary, who served as the director of the CIA, has been intimately involved with operations around the world



DoD photo by AIR FORCE TECH SGT. JACOB N. BAILEY

Leon Panetta takes the oath of office as the 23rd U.S. secretary of defense during a Pentagon ceremony July 1.

since the beginning of the Obama administration. The nation is at war, he said, and must prevail against its enemies.

"We will persist in our efforts to dis-

rupt, dismantle and ultimately defeat al-Qaida," he said. "The successful operation that killed Osama bin Laden — a mission that showcased American military strength and precision — is a major step toward that goal."

In Afghanistan, the secretary said service members must continue to work with Afghan security forces and coalition partners to transition security responsibility to the Afghans by 2014. The goal must be an Afghanistan that never again becomes a safe haven for terrorists, he said.

The transition of American troops in Iraq is well under way with more than 100,000 U.S. service members out of the nation, and 48,000 due to leave by the end of the year.

"As we continue our transition out of Iraq, we must cement a strategic relationship with the Iraqi government, one based not solely on our military footprint there

but on a real and lasting partnership," Panetta said. "It is in America's interests to help Iraq realize its potential to become a stable democracy in a vitally important region in the world and to reinforce that responsibility, for the future security of Iraq must belong to the Iraqis themselves."

The secretary has a long public service career that began as an Army intelligence officer in 1964. He also served in the House of Representatives from California, director of the Office of Management and Budget and White House chief of staff in President Clinton's administration. Throughout his career, he said, he has focused on being disciplined with the taxpayers' money, but not short-changing security.

"We must preserve the excellence and superiority of our military while looking for ways to identify savings," he said. "While tough budget choices will need to be made, I do not believe in the false choice between fiscal discipline and a strong national defense. We will all work together to achieve both."

The secretary noted he is taking office just before Independence Day. He said his parents — who immigrated to California from Italy — believed it was important to give something back to their adopted country. "I will never forget my father's words: 'to be free, we must also be secure,'" Panetta said. "As Americans come together to commemorate what we and those before us have accomplished, and as I take on my new role, my thoughts are with you and your families."

"You are making personal sacrifices to preserve our liberty, serving on front lines around the world," he continued. "You are fighting to keep America safe. Rest assured that I will fight with you and for you."

As he was sworn in, Panetta noted there's "no higher responsibility for a secretary of defense than to protect those who are protecting America."

Panetta said that in the days and weeks ahead he will meet with all levels of military personnel and DOD civilians.

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).



Watch Fort Jackson video news stories and Victory Updates

at <http://www.vimeo.com/user3022628>

Follow the Fort Jackson Leader on Twitter

at <http://twitter.com/FortJacksonPAO>

Calendar

Thursday

Victory Weight Loss class

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

Monday

Army Move! class

2 to 4 p.m., Room 8-85, MACH
Call 751-2115/2363 for information.

Thursday, July 14

Diabetes class

8 a.m. to noon, Room 8-85, MACH
Call 751-2115/2363 for information.

Cholesterol, high blood pressure class

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

Monday, July 25

Army Move! class

2 to 4 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.

Wednesdays

Kids craft corner

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

Friday

Ladies' night

6:30 p.m.
Learn how to hand paint your own wine glass. Food and drinks will be provided and "chick flicks" will be playing.

Wednesday

Cooking basics

2 p.m.
Learn how to make 181-calorie brownie muffins.

Announcements

FOUND PROPERTY

The following items are available for pick up by their owners at the Directorate of Emergency Services' found property room. For more information, call the Military Police desk at 751-3115.

- red bike and black helmet
- set of keys, including Ford key and Saks Fifth Avenue key chain
- set of keys, including two John Deere keys and one CAT key
- tennis bracelet (gold)
- Motorola Talkabout radio (yellow and black)

FCC PROVIDERS NEEDED

The next Family Child Care orientation training is scheduled from 8 a.m. to 4 p.m., Aug. 1-5 at the Joe E. Mann Center. Applications will be accepted through July 22. For more information, call 751-6234.

COMMISSARY GIFT CARDS

The Commissary offers \$25 and \$50 gift cards, which can be purchased at the store or online at www.commissaries.com.

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.

SEAMLESS SUMMER LUNCH

The Seamless Summer Food Program offers free breakfast and lunch for children 18 and younger at C.C. Pinckney Elementary School. The program 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.

AFAP COLLECTS ISSUES

Quality of life issues are being collected for consideration in the Army Family Action Plan issue resolution process. To submit an issue, call 751-6315, visit the Family Readiness Center or visit www.myarmyonesource.com/AFAPIssueManagement.

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 through July 15. Normal hours will resume July 19.

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

187TH ORDNANCE BATTALION

Lt. Col. Darrell Aubrey will relinquish command of the 187th Ordnance Battalion to Lt. Col. Michael Daniels in a ceremony at 9 a.m., Friday at Darby Field.

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.

July Promotions

| Name | Rank | Name | Rank | Name | Rank |
|-------------------------|------|-----------------------|------|----------------------|------|
| AHEARNE, Patrick J. | COL | HUDAK, Rachel M. | CPT | YOUNG, Gabriel R. | CPT |
| WINKLBAUER, William T. | COL | HUGES, Timothy S. | CPT | LEWIS, Christy E. | 1LT |
| JENKINS, Glenn E. | LTC | JACKSON, Tania D. | CPT | TORRES, Maria I. | 1LT |
| ALEXANDER, Elizabeth L. | MAJ | KEY, Latrice S. | CPT | WASHINGTON, Nina L. | 1LT |
| BEMIS, Bret M. | MAJ | LEE, Jessica R. | CPT | WILLIAMS, Carl W. | 1LT |
| BUTLER, Timothy L. | MAJ | LOPEZ, Jose A. | CPT | CHILDS, William W. | MSG |
| DAVIS, Joseph H. | MAJ | LOVETT, Michael P. | CPT | GRIM, Luke A. | MSG |
| JENNINGS, Kimberley M. | MAJ | McPHAUL, Madonna S. | CPT | COLVIN, Parrish J. | SFC |
| KILLALY, Michael S. | MAJ | McSHERRY, Sean M. | CPT | CROSLAND, Sherman G. | SFC |
| LIKINS, Robert A. | MAJ | MELTON, Talena | CPT | DUNN, Kevin | SFC |
| MASOTTI, Edward M. | MAJ | NIX, Ashley P. | CPT | HARRIS, Michael J. | SFC |
| METZ, James A. | MAJ | OLSEN, Bennie E. | CPT | HARRIS, Stacy P. | SFC |
| RAPP, Christopher L. | MAJ | PENNINGTON, Anshwa L. | CPT | JOHNSON, Aaron E. | SFC |
| SNOW, Daniel P. | MAJ | PHILLIPS, Richardo | CPT | RAY, Tarras J. | SFC |
| WHITE, Robb W. | MAJ | PLOUFFE, Michael H. | CPT | BAHLEY, Troy A. | SSG |
| BAKER, Ronald C. | CPT | RAMSEY, Charles A. | CPT | MABRY, Jamar R. | SSG |
| BORMAN, John R. | CPT | RODRIGUEZ, Jose L. | CPT | THOMPSON, Joey B. | SSG |
| CRUCETA, Rafael Jr. | CPT | SHEN, Victor | CPT | WILLIAMS, Daralyn | SSG |
| DIXION, Jeremy R. | CPT | SHIPMON, Susanna L. | CPT | MORRISON, Vernon R. | SGT |
| GILLEN, Stanley J. | CPT | SMITH, Sean D. | CPT | ROBINSON, Jereld C. | SGT |
| GILROY, Matthew C. | CPT | TILLMAN, Latesha M. | CPT | THORNTON, Matthew T. | SGT |
| GOMEZ, David G. | CPT | WHITE, Ji | CPT | | |



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Staff Sgt. Steven Johnson, guitarist with the 282nd Army Rock Band, showcases his skills during the band's performance at Friday's Torchlight Tattoo on Hilton Field. The band played a variety of hits for all ages and demographics.

Photos by CURSHA PIERCE-LUNDERMAN

Happy birthday, USA

Fort Jackson celebrates Independence Day

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Thousands of Soldiers and families came together to celebrate America's birthday at Fort Jackson's annual Torchlight Tattoo event Friday at Hilton Field hosted by the Soldier Support Institute.

The 282nd Army Band was the main attraction throughout the evening as the band members entertained the crowd with rock and classical favorites. The Columbia Hoop Hounds encouraged exercise while entertaining crowds with their hula hooping skills. The volunteer organization brought hula hoops for youngsters to play with during their demonstrations.

There were also various children's activities for hosted by the Fort Jackson's Family and Morale, Welfare and Recreation, such as games, bounce house and

crafts.

When the sun set, the Torchlight Tattoo ceremony began. This 16th century ceremony incorporated the flags of the 50 states, five territories and the District of Columbia with torches to symbolize torch-lit walks of Soldiers returning to their barracks at the end of a day. Current Basic Combat Training Soldiers were at the festivities to experience the old tradition as they begin their Army service.

The ceremony was completed with the 282nd Army Band's performance of "1812 Overture" and "Star-Spangled Banner" accompanied by a cannon salute.

A 30-minute fireworks display lit up the sky and served as the colorful ending to the Independence Day celebration.

Cursha.Pierce@us.army.mil



From left, Camryn Curtis, 9, Sydney Curtis, 13, and Amy Newton, 10, display their patriotic outfits as they enjoy the music of the 282nd Army Rock Band.



Fireworks light up the sky over Hilton Field Friday in culmination of Fort Jackson's Torchlight Tattoo celebration. The 30-minute fireworks display drew "oohs" and "aahs" from the crowd.

CMYK

27" WEB-100

CMYK

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Joshua Kaplan
Company A
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Roger Hopper

SOLDIER OF THE CYCLE
Spc. Adam Lynnes

HIGH APFT SCORE
Pfc. Cooper Boice

HIGH BRM
Pvt. Jason Hodges



Staff Sgt. Jeffrey Heilman
Company B
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Dallas Kendrick

SOLDIER OF THE CYCLE
Pvt. Jason Miller

HIGH APFT SCORE
Pvt. Cindy Guadalupe

HIGH BRM
Pvt. Trinlay Norbu



Staff Sgt. John Johnson
Company C
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Carl Stowe II

SOLDIER OF THE CYCLE
Pvt. Raenell Clagett

HIGH APFT SCORE
Pvt. Jonathan Rouse

HIGH BRM
Spc. Stephen Jackson



Sgt. Deandria Rogers
Company D
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Michael Wellman

SOLDIER OF THE CYCLE
Pvt. Mitchell Wells

HIGH APFT SCORE
Pvt. Bryson Cirvello

HIGH BRM
Pvt. Brandon Johnson



Sgt. Randall Vela
Company E
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Adam Kocher

SOLDIER OF THE CYCLE
Spc. Julie Enomoto

HIGH APFT SCORE
Pfc. Fernando Heredia

HIGH BRM
Pvt. Samuel Scheffer



Sgt. 1st Class Willette Gittens
Company F
3rd Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Benjamin Macintyre

SOLDIER OF THE CYCLE
Pvt. Jennifer James

HIGH APFT SCORE
Pfc. Franklyn Restituyo

HIGH BRM
Pfc. Celeste McKenry

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Spc. Loretta Turner

TRAINING SUPPORT
Sgt. Jenriss Pleitez

SERVICE SUPPORT
Linda Lloyd

DFAC SUPPORT
Maiesha Selder

FAMILY SUPPORT
Tori Pless

Training honors



Sgt. Shanika Adams
Cadre of the cycle
369th Adjutant General
Battalion



Sgt. 1st Class Francine Chapman
Platoon sergeant of the cycle
369th Adjutant General
Battalion



Staff Sgt. Alexander Brown
Instructor of the cycle
369th Adjutant General
Battalion

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





Photo by CURSHA PIERCE-LUNDERMAN

Elizabeth Weitzel, 5, and Norris Cantrell, 3, decorate flower pots during the Mobile Rec "What's in a Seed?" activity at C.C. Pickney Elementary School Wednesday. Mobile Rec is one of several summer activities.

Post's summer fun under way

By THERESA O'HAGAN

Family and Morale, Welfare and Recreation

Summer is in full swing on Fort Jackson. Get out and enjoy everything Family and Morale, Welfare and Recreation has to offer. From good summer splashing fun at the water park, to fishing in Family and MWR lakes and ponds, to summer camps, and outdoor adventures, there is something for everyone.

FOR THE WHOLE FAMILY:

Enjoy hours of fun at **Palmetto Falls Water Park**. The park is open 11 a.m.-7 p.m. Tuesday-Sunday.

Enjoy the large loopy-loop slide, two speed slides, two gang slides, an 800-meter lazy river, family activity pool featuring dumping buckets, a lap pool a children's pool with a frog slide, 16-feature spray park and Snack Bar featuring fresh-made food and icy cold beverages.

Prefer a smaller venue? **Legion Pool** is open Thursday-Sunday.

If you prefer a nature setting, the swimming beach at **Weston Lake** is open Thursday to Sunday and federal holidays.

Palmetto Greens Miniature Golf is 18 holes of golf on the small scale. Admission is only \$4.50 and at that rate, the whole family can play.

Beat the heat and enjoy family bowling at **Century Lanes Bowling Center**. Bowling at Century Lanes is family

fun at its best. There's something for everyone — bowling, electronic bingo, video games. It's a great way to get out, cut loose and grab some smiles.

Get out and into adventure with **Marion Street Station**. Sign up for one of Outdoor Recreation's adventure trips. Upcoming trips include a High Seas Casino Cruise on July 23 and something for the whole family, a trip to Folly Beach, on Aug. 6. For more information or to register, go to <http://fortjacksonmwr.com/outdoor/> and click the calendar link.

The **Thomas Lee Hall Library** encourages families to read together this summer with a Midsummer Knight's Read. The library offers reading programs for all ages, including adults. Library programs include the Teen Fabulous Frugality Series, All about baby!, Look What I can Do!, Young Readers, Teen Book Discussion, Victory Readers Book Club; and Family Story Time. Registration continues through July 23. To learn more about the Summer Reading Program, please call the Fort Jackson Post Library at 751-5589.

JUST FOR KIDS

Mobile Rec takes the fun to the streets. Mondays, Wednesdays and Fridays at C.C. Pinckney Elementary School lunch room from 9 to 11 a.m. Thursdays, Mobile Rec is at Balfour Beatty Community House from 9 to 11 a.m. There will be free lunch provided by post schools from 11 a.m. to 12:30 p.m. There will be fun, games and arts & crafts. Children 6 and younger must be accompanied by a parent or care provider.

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

- ❑ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ❑ 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 6:30 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.
- ❑ 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.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Every Sunday is Family Day at the **Youth Center**, 2-6 p.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.

ONGOING OFFERS

- ❑ The NCO Club breakfast buffet is served 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m and is \$8 for adults.
- ❑ 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.fortjacksonmwr.com.



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



Stay lean, healthy with grilled food

By MAJ. BETHANY DESCHAMPS, R.D.
Moncrief Army Community Hospital

Nothing's better than chicken or burgers on the grill, the mesquite smell filling the air, causing your mouth to water and stomach to growl. Grilling is easy; it tastes great and is one of the healthiest methods of cooking.

Why is grilling so healthy compared to other methods, such as frying? Frying food submerges or partially submerges food in a medium, which is usually some form of fat. Most of the time frying is done in a pan or fryer and there is no place for the fat to escape. Therefore, during the cooking process, all the fat that can possibly be absorbed by the food is.

Fat is a very concentrated source of calories and a mere tablespoon of fat (any type) contains a whopping 120 calories and 14 grams of fat. Yikes! Any food, once it has been fried, contains a significantly higher amount of calories than it did before it was fried.

Grilling, on the other hand, is not cooked in any type of medium and is cooked over open heat. Therefore, excess fat, grease and other liquids from food (especially meats) drip off the food and are not absorbed during the cooking process.

There are two pitfalls to grilling. First, grilling does not eliminate all of the fat and grease that meat contains. If you are always grilling high-fat meats such as sausages, hot dogs, prime rib, turkey legs, bratwurst or other high fat meats, they will still be high in fat and calories after you grill them.

Second, grilling meat can also release a couple of cancer-forming compounds, polycyclic aromatic hydrocarbons and heterocyclic amines. PAHs form when fat from the meat drips onto the hot coals or grill element. They are then deposited on the food courtesy of flame-ups and rising

smoke. HCAs are produced when red meat, poultry and fish are cooked in high heat, like grilling or broiling.

Our bodies can tolerate a certain amount of cancer-forming compounds, especially if you lead a healthy lifestyle and eat lots of fruits and veggies, but consuming grilled meats in moderation will help reduce the amount of compounds you consume and still allow you to enjoy grilling.

Here are some tips to incorporate healthy grilling into your lifestyle.

❑ Grill fruits and vegetables. PAHs and HCAs do not form on grilled fruits and vegetables. Plus, if you are having grilled meat (which will contain PAHs and HCAs) having the antioxidant-rich fruits and vegetables in the same meal will keep the damage from those cancer-forming compounds to a minimum.

❑ Marinate. Marinating is a very healthy way to add flavors to the foods you are grilling.

Be sure to use fat-free or low-fat marinades on your grilled meats, fish and poultry to limit the fat that drips on the coals, reducing the production of

PAHs. Also, some studies show that using marinades before grilling has been shown to reduce formation of HCAs by as much as 92 percent.

❑ Decrease grilling time. Grill smaller portions of meat, poultry and fish so they cook faster and spend less time on the grill. You can also precook meats prior to grilling and finish the cooking process on the grill.

❑ Be a frequent flipper. Flipping food frequently on the grill may help prevent the formation of HCAs. Flip meat using a tong or spatula to prevent piercing the meat, which will release juice that drip on the coals.

❑ Choose foods in restaurants that have been grilled in-

CAJUN SIRLOIN BURGERS

Serve these spicy ground sirloin or turkey burgers on a whole-grain bun dressed with lettuce, tomato, and red onion and the barbecue sauce of your choice.

1 pound ground sirloin (extra-lean ground beef); or substitute ground turkey with about 6 percent fat
3 tablespoons dry Italian breadcrumbs
3-4 tablespoons egg substitute
3 green onions, chopped
1 tablespoon Cajun seasoning
1 tablespoon prepared mustard
4 slices (4 ounces) reduced-fat Jack or mozzarella cheese

4 whole-grain buns
1/4 cup barbecue sauce of your choice
4 lettuce leaves
4 large tomato slices
About 12 rings of red onion

Preheat grill to high. In an 8-cup measure, blend the ground meat, breadcrumbs, egg substitute, green onions, Cajun seasoning, and mustard by mixing with your hands. Form into 4 patties, by hand or with a patty press. Lightly coat the grill grate with canola cooking spray. Cook the patties 5 minutes per side, or until well done. Place a slice of the cheese on each burger, and allow it to melt. Serve the burgers on whole-grain buns dressed with barbecue sauce, lettuce, tomato, and onion.

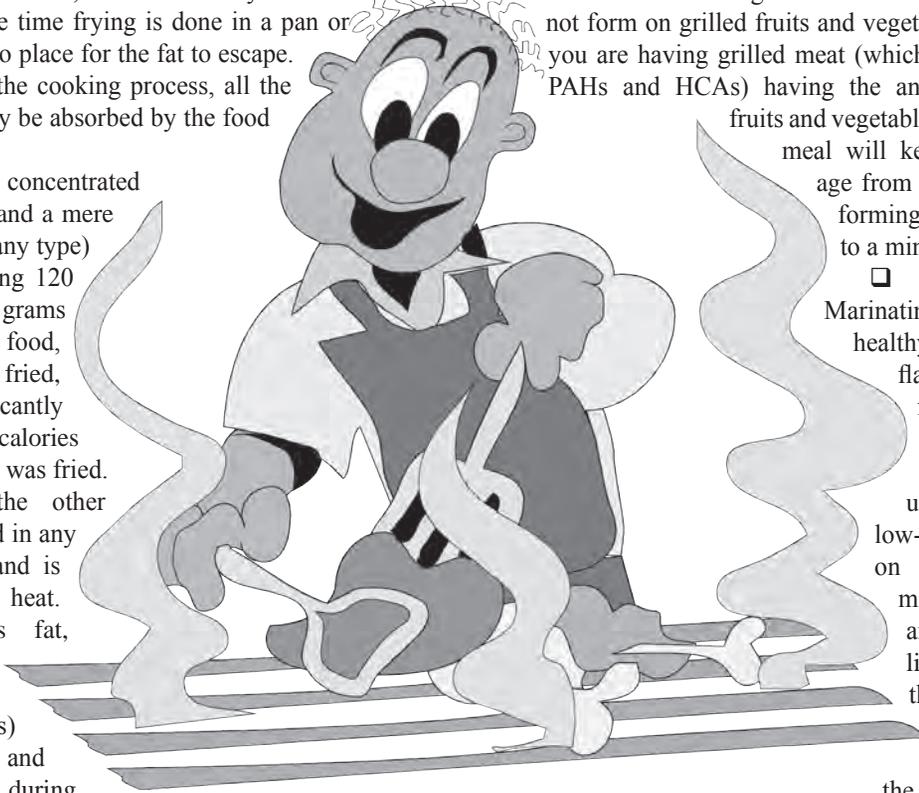
Makes 4 servings.

Per serving: 420 calories, 35 g protein, 39 g carbohydrate, 14 g fat (6 g saturated fat, 6.3 g monounsaturated fat, 1.4 g polyunsaturated fat), 46 mg cholesterol, 5 g fiber, 800 mg sodium. Calories from fat: 30 percent.

stead of fried.

❑ Invest in an indoor grill (George Foreman or equivalent) so that you can continue to enjoy tasty and healthy cooking methods during those months when starting the outdoor grill is not ideal.

For more grilling or other nutrition-related questions, please contact the Moncrief Army Community Hospital Nutrition Care Division at 751-2115 or Bethany.Deschamps@us.army.mil.



Living under God a reality for Christians

By **CHAPLAIN (MAJ.) TOM McCORT**
Soldier Support Institute

Recently, many Americans were upset because a group of children said the pledge of allegiance with the words, "under God," omitted. The network responsible issued an apology, saying it was a mistake to leave out the words "under God."

Curiously, the network has not clarified whether the mistake happened on purpose ("We left it out for this reason and now we know we were wrong to do it") or by accident ("We didn't mean to leave the phrase out, it just kind of happened").

Regardless, it clearly touched a nerve with many Americans who feel saying the phrase, "under God," is an important part of American civic life.

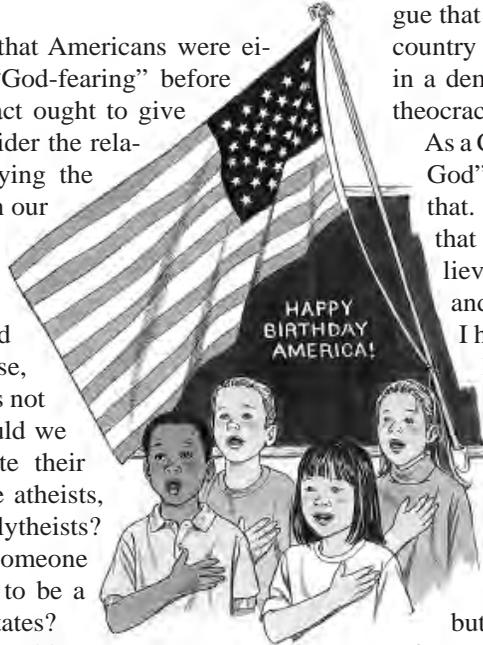
An interesting fact about the phrase, "under God," in the pledge is that it was not added until 1954, although the pledge was adopted in 1892. So, for the first 62 years during which Americans said the pledge of allegiance, nobody said the phrase, "under God," and nobody was

really bothered by it.

Unless we assume that Americans were either less "godly" or "God-fearing" before 1954, this historical fact ought to give us some pause to consider the relative importance of saying the words, "under God," in our pledge of allegiance.

From a religious liberties perspective, nobody ever should have to say the phrase, "under God," who does not believe that. Why should we force people to violate their consciences if they are atheists, agnostics, or even polytheists? Are we saying that someone has to believe in God to be a citizen of the United States?

On the contrary, I would ar-



gue that someone can be a perfectly good citizen of this country and not believe in God at all. After all, we live in a democracy (government by the people) and not a theocracy (government by God).

As a Christian, I do believe that we are a nation "under God" (as are all nations) and I am happy to confess that. The fact that somebody else does not believe that and does not say that does not bother me. I believe that person has the right to religious freedom and the right to speak his or her conscience, just as I hope to have the right to my own freedoms of religion and conscience. These are precious rights we grant one another as Americans, regardless of our particular religious outlooks.

For those concerned about saying or not saying the words, "under God," in the pledge, there is a deeper concern. From a religious perspective, the real issue here is not whether we omit the phrase, "under God," from a pledge, but whether we omit the reality of those words from our very lives.



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 21 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an an-

nouncement for the July 21 Leader must be submitted by July 14.

The Leader welcomes timely submissions.

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

For more information, call 751-7045.



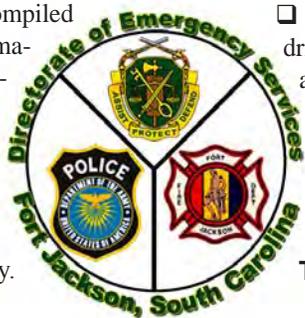
Want more Fort Jackson news? Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>



FIRST RESPONDER

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

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



□ A civilian was charged with driving with an electronic device after she was seen talking on a cell phone while driving, MPs said. It is against Fort Jackson regulation to use a cell phone while driving.

TIP OF THE WEEK

Barbecue grills should be kept clean. Built-up grease can cause fires that are difficult to extinguish. Fort Jackson Regulation 420-90 requires that barbecue grills only be used outdoors at least 10 feet away from any building or structure. Furthermore, grills should not be used under shelters or on wood porches.

Propane gas grills may be stored in garages after the grill has sufficiently cooled and the propane gas tank has been removed from the grill. Propane gas tanks must be stored outdoors away from any heat source. Do not light a gas grill with the top closed, and do not allow gas to accumulate in the grill before actuating the igniter.

These actions could cause an explosion. Charcoal grills should never be left unattended. Do not use any other flammable liquid other than charcoal lighter fluid to light charcoals. Do not apply lighter fluid to charcoal that has already been lit.

Finally, when grilling is complete thoroughly soak coals with water until they have been completely cooled.

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

Bill Forrester
Fire Chief

CASES OF THE WEEK

□ The Fort Jackson Criminal Investigation Division is investigating after marijuana was found during a vehicle check, Military Police said. Security smelled marijuana in the car, which was occupied by a Soldier and civilian, MPs said. MPs found two plastic bags containing marijuana, MPs said. The investigation is ongoing.

□ A civilian was charged with petit larceny and entering/refusing to leave on request in connection with the attempted theft of a TV from an on-post home, MPs said. The civilian was allowed to briefly live in the home, but refused to vacate the premises when asked, MPs said. He was issued a three-year post bar letter and escorted from the installation.

Indicators of Potential Terrorist Associated Insider Threat

- 
- Advocating support for terrorist organizations or objectives.
 - Expressing hatred of American society, culture or government, or principles of the U.S. Constitution.
 - Advocating the use of violence to achieve political, religious, or ideological goals.
 - Sending large amounts of money to persons or financial institutions in foreign countries.
 - Expressing a duty to engage in violence against DoD or the United States.
 - Purchasing bomb-making materials.
 - Inquiry or obtaining information about the construction and use of explosive devices.
 - Expressing support for persons or organizations that promote or threaten the unlawful use of violence.
 - Advocating loyalty to a foreign interest over loyalty to the United States.
 - Financial contribution to a foreign charity or cause linked to an international terrorist organization.
 - Evidence of terrorist training or attendance at terrorist training facilities.
 - Repeated viewing of Internet Web sites, without official sanction, that promote or support international terrorist themes.

LEGAL

Simple tips help thwart ID thieves

Compiled by **AARON MATTHES**
Fort Jackson Legal Office

Identity theft can happen to anyone. Criminals can easily assume an identity by obtaining credit card numbers, driver's license numbers, Social Security numbers, ATM cards, telephone calling cards or other pieces of a person's identity. The following is a list of measures to employ to protect personal information from identity thieves.

PERSONAL CHECKS

1. The next time you order checks, have only your first initial (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your first initial or with your full first name, but your bank will know how you sign your checks.

2. Put your work phone number on your checks instead of your home phone number. If you have a P.O. Box, use it instead of a home address. If you do not have a P.O. Box, use a work address. Never have a Social Security number or a driver's license number printed on checks. You can add them if it is necessary. But if they are printed, anyone can get them.

3. Do not have new checks sent to your home mailbox. Pick them up at your bank instead.

CREDIT CARDS AND ATM CARDS

1. Instead of signing the back of credit cards, print

"PHOTO ID REQUIRED" in the signature block.

2. When creating passwords and personal identification numbers, do not use the last four digits of your Social Security number, your birth date, middle name, pet's name, consecutive numbers or anything else that could easily be discovered by identity thieves.

WALLET

1. Photocopy both sides of all items in your wallet — license, credit cards, etc. This way, you will know what is in your wallet and have access to all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place.

2. Do not carry extra credit cards, Social Security card, birth certificate or passport in your wallet or purse, except when absolutely needed.

3. Memorize all passwords. Do not record them on anything in your wallet or purse.

WHAT TO DO IF YOU ARE A VICTIM

Unfortunately, there is no way to guarantee you will not be a victim of identity theft. If you are a victim of identity theft, or if someone breaks into your car or home, immediately take the following three steps to stop further use of your identity:

1. Contact the fraud departments of each of the three major credit bureaus: Equifax, (800) 525-6285; Experian, (888) 397-3742; and TransUnion, (800) 680-7289. Tell them to flag your file with a "Fraud Alert/Victim Impact," a victim's statement asking creditors call before opening any new accounts or changing existing accounts. ("My ID has been used to apply for credit fraudulently. Contact me at [phone number] to verify all applications.") Ask each credit bureau for a copy of your credit report. Request a copy of your credit report every few months to monitor any new fraudulent activity.

2. After receiving credit reports, contact the credi-

tors by phone and in writing for any accounts that have been tampered with or opened fraudulently. Ask to speak to someone in the security or fraud department of each creditor, and follow up with a letter. The Fair Credit Billing Act requires a written letter for resolving errors on credit billing statements, including charges or electronic fund transfers you have not made.

The written letter must be received by the creditor within 60 days of the statement date on the account statement that contained the error. Immediately close accounts that have been tampered with and open new ones with new PINs and passwords. In addition, if checks have been stolen or misused, stop payment. You can also contact the major check verification companies to request that they notify retailers using their databases not to accept their checks. Three of the check verification companies that accept reports of check fraud directly from consumers are Telecheck: (800) 710-9898; International Check Services: (800) 631-9656; and Equifax: (800) 437-5120.

3. File a report with local police or the police in the community where the identity theft took place. It is a violation of federal law and the laws of many states to assume someone's identity for fraudulent purposes. If the police refuse to write a report, be persistent. It is important to request copies of the police report in case the bank, credit card company or others need proof of the crime. Even if the police cannot catch the identity thief in your case, having a copy of the police report will help when dealing with creditors.

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

The Legal Assistance Office is located at 2600 Lee Road. For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.