

TRACKING ...

NEWS



BCT units employ physical therapy

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UP CLOSE



Old School music rocks Hilton Field

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The Fort Jackson *Leader*



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Leader file photo

Retired Col. Charles Murray, who received the Medal of Honor for his actions in World War II, died Friday in his home in Columbia. He is pictured at last year's Veterans' Day parade in Columbia, for which he served as grand marshal.

Community mourns World War II hero

By **SUSANNE KAPPLER**
Fort Jackson Leader

A memorial service was held Wednesday for Medal of Honor recipient Charles Murray, who died of congestive heart failure at his home in Columbia Friday, just weeks shy of his 90th birthday. Murray, who retired from the Army as a colonel, received the highest honor presented to members of the armed forces for his actions during World War II.

"Col. Charles Murray was a true hero in every sense of the word. His receiving the Medal of Honor is certainly testament to his

dedication to duty, extraordinary personal courage and commitment to mission and his fellow Soldiers," said Maj. Gen. James Milano, Fort Jackson's commanding general. "He was an inspiration and sterling role model for all people, Soldiers and civilians alike — we should all strive to live our lives in such an honorable, fulfilling manner. His leadership, character and generosity were unmatched, and he will be sorely missed by the entire Fort Jackson community."

Murray joined the Army in 1943 and was commissioned as a second lieutenant. He deployed to England the following year and was assigned to Company C, 30th Infantry

Regiment, 3rd Infantry Division.

In December 1944, the unit was involved in heavy fighting near Kayserberg, France. During that time, Murray rose through the ranks to become company commander after many of the unit's leaders were either wounded or killed in action.

On Dec. 16, 1944 Murray was leading a platoon of about 35 Soldiers, when the men encountered nearly 200 heavily-armed German soldiers. He ordered his platoon to take cover and moved on by himself to locate the enemy's position and call for

See **MEDAL:** Pages 20-21

Women play important role in Army

Every Aug. 26, the Nation celebrates Women's Equality Day to commemorate the passage of the 19th Amendment which gave women full voting rights in 1920.

The 19th Amendment seems like ancient history, when one considers the amount of progress U.S. women have made since the amendment became part of our Constitution.

It's hard to believe that a little more than 90 years ago, our nation held the position that women were not informed or knowledgeable enough to vote. Today, not only are some of our sharpest political thinkers women, but there is a growing number of women who have a chance of becoming president of this great country.

In the first few years following World War I, the passage of the Women's Suffrage Amendment was viewed as monumental, as you might imagine. It was a major victory in reshaping America's mindset in regard to women and the political process.

None of us, male or female should ever forget the struggle women have endured in gaining the equality that they should have been afforded all along.

We celebrate Women's Equality Day on August 23 from 11 a.m. to 1:30 p.m. with a luncheon at the Officer's Club. During the luncheon, we will highlight the

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



positive impact women have had on the U.S. military, as well as, American society.

There are numerous examples of women serving throughout our history. During World War I, there were roughly 35,000 women serving both stateside and overseas in nursing and clinical roles, tending to the medical needs of our doughboys and assisting the Red Cross.

Fast forward to the present day and women are serving in the military in increasing capacity. Female Soldiers continue to make up a larger percentage of our Army every year. If you go back to 1983, women accounted for 9.8 percent of the total Army, in 1993, the number had grown to 12.5 percent, and in 2009,

women accounted for 15.5 percent of the total Army. Women make up approximately 13.4 percent of the active Army, 23.7 percent of the Reserve and 14 percent of the Guard. Many of the senior level active duty slots are also being filled by women.

Opportunities for women in the military have grown as well. Currently, women serve in 93 percent of all Army occupations (active duty and reserve components). In the Department of the Army Civilians, we also see a significant increase in the number of senior positions being held by females. In the last five-year period, in the grades GS-13 through senior executive service, the percentage of female civilian Army employees increased from 18.9 percent to 30 percent.

These statistics bear out just how far women have come and how much our military relies upon them. Soldiers come from all walks of life. They are diverse in experiences and they bring a vast number of talents and abilities to the United States Army.

Women play an extremely important role in our operations at home and abroad. They are essential to the success of our mission. The United States Army is better because of the contributions of women that chose to serve.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Army finds use for QR codes

From Facebook, Twitter and Flickr to downloading Apps on smart-phones via a local wireless network, the technology and terms we use on a daily basis continue to evolve. While some people prefer to bury their head in the sand of the pre-tech era, others try to keep up with every new tech tool and toy.

To remain on the cutting edge and stay relevant to today's youth (and tech-minded grown-ups, too), the U.S. Army has kept pace with the tech surge. A quick scroll through the www.goarmy.com website reveals that the Army has a presence on YouTube, Flickr, MySpace, Facebook and Twitter.

So what's the next step in the effort to keep current and provide information at the speed of a click? QR codes. Short for "quick response code," the modern-art-looking little boxes are actually codes that can be scanned with an iPhone, BlackBerry or Android device.

This brings us back to the word, "app" — or application. In order to scan one of these funky little code boxes, a person must download an App that can read them. No worries — there are several scanning apps to choose from such as ScanLife, ShopSavvy, RedLaser and Jump Scan, and they're free. Once a tech savvy reader has downloaded a scanning app, he or she can simply use that App to scan the QR code. And by the way, these apps also can scan those standard bar codes found on everything from potato chips to magazines.

So what's the point of using these codes? Scanning a QR code allows people to obtain instant information, follow links and download coupons. And there are many more uses for QR codes as well. By scanning a QR code, a person can be quickly directed to the specific information you are seeking.

For instance, all of the Army Career Centers in the

COMMENTARY

By J. PAUL BRUNTON
Sacramento Recruiting Battalion

Sacramento Recruiting Battalion are creating QR codes to place in their windows. If the Soldiers happen to be out of the center on an appointment, or if the center is closed for the weekend, a prospective applicant can simply scan the QR code and find the information they need about that particular Army Career Center. Prospective applicants will even be directed to the Facebook page of the Career Center, should they want to view it.

As more and more people continue to discover the innovative ways in which QR codes can be used, people will no doubt see these quirky boxes popping up — not only where they expect them — but also where they least expect to find them.

Here are a few examples of how QR codes are being used in innovative ways:

❑ Trail markers — Scanning a QR code trail marker provides information about the area plant and animal life.

❑ Business cards — Rather than gather and file hard copies of colleagues' business cards, just scan their QR code and get all of their info instantly.

❑ Nutrition information — A quick scan of QR codes (or bar codes) on food products can provide everything from calories per serving, to coupons, to where to buy it.

❑ Reducing the load — Someone browsing through a large catalog who is about to board a plane can scan the QR code and get hooked up to the digital version of the catalog.



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

Units, MACH team up to lower injuries

BCT brigades use physical therapists, athletic trainers

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Fort Jackson trains thousands of Soldiers each year and for many, basic training is the hardest physical training their bodies have ever endured. As a result, this post is home to a flagship program that places athletic trainers and physical therapists in the units with Soldiers and cadre to respond to injuries and quickly return Soldiers to training events.

“This is a developing program that is demonstrating the benefits of having athletic trainers at the training brigades by finding new ways to utilize their unique skill set in injury prevention strategies, cadre education, and emergency management of sports related injuries,” said Maj. Derek George, Chief of Physical Therapy at Moncrief Army Community Hospital. “Having additional medical providers, such as athletic trainers, at high risk training events enhances the safety of the Soldiers in training and gives rapid access to medical care.”

Units in the 193rd Infantry Brigade have immediately noticed the positive effects of this program in terms of Soldier fitness and meeting training goals.

“When I was a commander, our athletic trainer was at events with us and took care of Soldiers on the spot. It was great,” said Capt. Consuela Beverly, executive officer of 2nd Battalion 13th Infantry Regiment. “He would also send Soldiers to see the physical therapist who would treat the Soldiers and then order equipment or meds at the hospital. We just had to go pick it up. It definitely minimized time spent away from training.”

Capt. Travis Robbins serves as the 193rd physical therapist and said the program has saved thousands of training hours.

“We keep track of the progress we make with Soldiers and cadre and we have saved about 3000-4000 training hours by seeing Soldiers here,” Robbins said. “It’s also not just about the Soldiers (in training), we also take care of the cadre members who take their bodies through this training cycle after cycle and we teach them about taking care of themselves.”

Robbins is a physical therapist who completed the Army’s doctorate level physical therapy program at Baylor University. All unit physical therapists are certified and can incorporate manual therapy methods similar to chiropractic care to at-



Photos by CURSHA PIERCE-LUNDERMAN

Capt. Shannon Foo of the 165th Infantry Brigade examines the knee of Capt. Desiree Higgs at the 193rd Infantry Brigade physical therapy office. Brigade physical therapists use rehabilitative techniques and treatments, which decrease the amount of time Soldiers could spend waiting for care at the Troop Medical Clinic.

tend to Soldiers’ injuries.

Capt. Shannon Foo, the 165th Infantry Brigade physical therapist, enjoys treating Soldiers, but also sharing her knowledge with cadre members.

“I like the educational aspects of this job where I can talk to cadre about proper stretching techniques and the difference between types of injuries so maybe we can prevent them,” Foo said.

Athletic trainers and physical therapists also advise commanders on a Soldier’s ability to participate in certain training events so that injuries do not become more severe.

“Our trainer helped us figure out what our Soldiers’ profiles really meant and what types of training they would be able to do as a substitute, if needed. It was helpful to have someone there to explain the details,” Beverly said.

Unit commanders, trainers, and MACH personnel meet consistently to discuss the progress of this program and figure out the direction for the future of this health service, George said.

“We try to keep the Soldier in the unit and training as long as possible,” Foo said. “The ideal would be to prevent the injuries and just have the Soldiers get through to graduation. We want to help them get there.”

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Capt. Travis Robbins performs a shoulder evaluation on Capt. Desiree Higgs. Headquarters and Headquarters Company, 193rd Infantry Brigade. The physical therapist forward program attends to the needs of cadre members and Soldiers as they progress through strenuous basic training cycles.



Housing Happenings

COMMUNITY UPDATES

□ Catherine Jordan, the barracks manager at 2463 Bragg St., will be out of the office until Oct. 30. Anyone who needs to in-/outprocess, submit a maintenance concern or has other questions regarding the barracks should contact Lincoln Thurman at 2447 Bragg St. or by calling 751-5446 or 315-6118.

□ A Single Soldier town hall meeting is scheduled for 5:30 p.m., Sept. 20 at the Single Soldiers Complex Community Center at 2447 Bragg St. Installation representatives will be present to disseminate information, answer questions and resolve issues. Soldiers who would like to have specific topics addressed should contact the barracks manager at 751-5446 or the RCI housing office at 751-9339.

□ The comment card winners for June are Sgt. Carlos Pagan and family. Residents who fill out a comment card have a chance to win \$100.

□ Residents are urged to refrain from using trash cans that belong to vacant homes.

□ Recreational vehicles (boats, jet skis, campers, etc.) must be stored in the RV storage lot on Essayons Way. To reserve a space, call 751-7567/9339. Residents whose RV is parked in the housing area and causes damage to grass or the sprinkler system are subject to incurring a penalty.

□ The sprinkler systems in housing are on timers and are monitored by the landscaping company. Please do not alter the times on sprinklers. If you have questions or concerns about the system, please contact the work order desk at 787-6416.

CONSTRUCTION UPDATES

□ To date, 442 homes have been completed.

□ A total of 916 homes have been demolished to date.

□ Families residing in the vicinity of Legge Court and Mcleod Court may now enter and exit via Lee Road.



Aug. 19 — 7 p.m.

Transformers: Dark of the Moon PG-13

Aug. 20 — 4 p.m.

Transformers: Dark of the Moon PG-13

Aug. 21 — 4 p.m.

Horrible Bosses R

Aug. 24 — 1 p.m.

Horrible Bosses R

Aug. 24 — 4 p.m.

Transformers: Dark of the Moon PG-13

Adults: \$4.50

Children (12 and younger): \$2.25

Visit www.aafes.com for listings.

ICE aims for quick response

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Smart phones give users the capabilities to do anything from video chats to voting for the next American Idol. Now your phone can serve as a direct line to the Fort Jackson garrison commander.

The Interactive Customer Evaluation program has been used by customers to tell managers great and not so great things about service provided for the past 10 years. ICE personnel have recently developed a Quick Response code that lets customers submit ICE comments electronically through their iPhone, BlackBerry or Android with a scan of the code instead of using cards that could take up to a month for feedback.

The new system is a product of an objective established by the garrison commander one year ago.

“The commander wanted us to look at ways to integrate smart phone technology into our ICE process,” said Jim Olsen of Plans, Analysis, and Integration Office, who manages the program now. “Since we have lost our staff that was dedicated to the ICE cards, it makes it much faster for the customer to just submit the cards online and within three days they will get a response from the management of the facility.”

When customers use the popular yellow ICE cards and boxes in facilities on post, there is quite a significant lag time between when a card is submitted and when it is entered into the system for action.

“I go out and collect all of the cards from the boxes, that alone usually takes all day,” said Alma Durant at PAIO. “Then on another day we will begin entering the cards into the system with the help of office members and our volunteer, Leigh Williams. With all of the cards we deal with, that could be a few weeks later when a card finally gets added.”

According to Olsen, the ICE personnel see more than 25,000 yellow cards each year.

“It’s a great program and we enjoy the response. At the end of the day, to make this program sustainable, we really need to move away from the hard copy cards to the electronic ICE comments,” Olsen said.

The changes in staff have also led the development of the “Tell the Commander” program.

“This is for people who have brought an issue to their chain of command or management of a facility and still have not received an answer or resolution they are satisfied with,” Olsen said. “They can submit the issue directly to the garrison commander and he can work those issues out.”

The new sounding board for Fort Jackson customers has been effective in its early months of existence.

“We’ve seen some great comments come through that really show critical thinking and suggestions on how things can change for



Illustration courtesy PAIO

New ICE posters have been placed at various locations on post. The posters feature a QR code, which can be scanned by a smart phone and leads the customer directly to the ICE website.

the better,” Olsen said. “It’s good to get the positive comments, but we really look for those with suggestions for change because that’s when things happen.”

New ICE posters featuring Uncle Sam are posted in various locations on Fort Jackson with the QR code displayed and ready for scanning. To make sure that your voice is heard, be sure to answer all the questions in the survey.

“All of the answers in the ICE submissions are important, but what we really want to know is if you were satisfied with your experience,” Olsen said. “If not, we want to move toward fixing it and really listening to the voice of the customer to make this post a better place.”

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Rules change for weapons on post

From the Directorate
of Emergency Services

The Department of the Army updated Army Regulation 190-11 on June 28. The regulation governs personally owned weapons and how they are to be handled on Army installations.

The major change in the regulation is that any privately owned weapon carried on the installation, which otherwise complies with the other requirements, will be secured in the trunk of the vehicle.

In vehicles without a trunk, the weapon will be encased in a container other than the glove compartment and carried in such a manner that the weapon will not be

readily available to the driver or passengers. Ammunition must also be separated from the weapon and stored in a separate container.

Personally owned weapons are prohibited on federal installations and are 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 and the weapon is properly registered on the installation

□ A person actively engaged in practice shooting at an authorized FMWR range and the weapon is properly registered on the installation

□ A person who resides on the installation traveling from off post directly to his or her on post home or unit arms room; carrying in accordance with Army regulations and the weapon is properly registered on the installation.

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 attempting to bring a weapon onto the installation.

In addition to these rules, all South Carolina gun laws apply but do not supersede federal law or post policies.

News and Notes

WOMEN'S EQUALITY DAY SET



HAMILTON

A luncheon to celebrate Women's Equality Day is scheduled for 11:30 a.m., Tuesday at the Officers' Club. The guest speaker will be Col. Priscilla Hamilton, commander of U.S. Army Dental Command and the first woman to hold that position.

RUN FOR THE FALLEN ON TAP

Survivor Outreach Services will host a Run for the Fallen 5k run/walk at 8 a.m., Saturday at Hilton Field Softball Complex.

AFAP FOCUS GROUP SCHEDULED

An Army Family Action Plan focus group is scheduled from 8 a.m. to noon, Sept. 1. The group allows community members to share their ideas, concerns and suggestions about Army programs and services. The group is open to Soldiers, civilian employees, retirees and family members. For more information and to register, call 751-6315.

RELINQUISHMENT OF COMMAND

The 81st Regional Support Command Relinquishment of Command ceremony is scheduled for 1 p.m., Friday at the Specialist Thomas D. Caughman U.S. Army Reserve Center. Maj. Gen. William Gerty will relinquish command. The incoming commander is yet to be determined.

CONSTRUCTION ONGOING

The installation of a new storm drain is causing road closures in the vicinity of Moncrief Army Community Hospital. The closures affect parts of Stuart and Hill streets. Access to the lower level parking area will be limited. Employees should use the overflow parking area along Stuart Street.

9/11 MEMORIAL DINNER

Members of the Fort Jackson community are invited to participate in a 9/11 memorial dinner, Aug. 25 at the Columbia Metropolitan Convention Center. The guest speaker is University of South Carolina baseball coach Ray Tanner. For more information, visit www.scremembers911.com.

SCHOOL BOARD SEEKS MEMBERS

The Fort Jackson School Board has openings. Any parent of students enrolled in the Fort Jackson schools are eligible to run. Nomination forms are available at the schools and should be turned into the school secretary. Applications will be accepted until noon Friday. The school board election is scheduled from 8 a.m. to 3 p.m., Aug. 29 through Sept. 2 at each school.

School notes



Photo by SUSANNE KAPPLER

Parents and students are greeted to music performed by members of the 282nd Army Band at Pierce Terrace Elementary School Monday. The band also played at C.C. Pinckney Elementary School to start the school year.

Making money with credit cards

Is it possible to make money with credit cards? Sounds rhetorical, right? Maybe, there's a bit of truth in what I would like to share.

If you are reading this article, perhaps you have a credit card or are considering obtaining one. For the sake of time, let's say you already have a credit card with debt.

If you are on this boat with me, you are not making any money. Many Americans are paying the bank hundreds, if not thousands of dollars in interest a year. This solidifies why it is important to get the balance paid off.

OK, let's get to the point. If you don't carry a balance and pay off your card each month, you can actually make some money using a credit card.

Most credit cards have a rewards program of some sorts. Some are called points programs, others earn you frequent flyer miles, while still others earn you cash back. Truth be told, there is no correct answer as to which credit card you should use. So don't waste your time playing the game, "Which credit card should I use?"

Choose one credit card that has decent rewards and stick with it. Use one credit card the majority of the time so that rewards or points build up faster and earn you more throughout the year. It also makes life a lot easier — tracking and paying one

FINANCIAL ADVICE

By SHERRY L. WRIGHT
Army Community Services
Financial Readiness

credit card bill as opposed to three or four (or more).

Here is how this works according to an article published by Social Education, 2010. Every month when you receive your credit card statement, there should be a section that outlines how many points you earned in the previous billing statement.

Your statement should show a percentage breakdown of what you have earned and how much you have spent.

AER RELEASES NUMBERS

Officials with the Fort Jackson Army Emergency Relief campaign have announced that this year more than \$270,000 were raised in support of Soldiers and family members in need. More than 16,000 Soldiers were contacted about the campaign.

For instance, when you use your credit card at the gas pump, your credit card can earn you 4 percent cash back. If you visit the movies frequently, you could earn a percentage toward cash back on those purchases.

Depending on your credit card, where you shop and use your credit card will determine how much you get back in rewards or points. If you are not sure, call your credit card provider, customer service who should be able to tell you how rewards or points work for your card.

According to researchers at www.getrichslowly.com, if the rewards on your credit card are only 1 percent on everything, you may want to consider switching cards. There are definitely much better rewards programs out there than a measly 1 percent. The problem is there is no way to know every single credit card and the advantages of each.

There are other specific reasons for using a credit card, such as earning airline miles, cash back, or a specific charity donation. But for most people, credit cards are used for reward points or cash back. What's wrong with getting paid to spend money?

If you have questions about credit cards, contact Army Community Services at 751-5256 and ask to talk to a financial counselor.

Fort Jackson's finest



TRADOC photo

Sgt. Angel Smith, right, a drill sergeant with Company C, 3rd Battalion, 34th Infantry Brigade, receives ammunition before an exercise as part of the TRADOC Noncommissioned Officer of the Year competition at Fort Monroe, Va. The winner will be announced today.

McHugh announces Army transformation

U.S. Army release

WASHINGTON — During a Monday town hall forum with members of the Army's Senior Executive Service, Secretary of the Army John McHugh announced the creation of the Institutional Army Transformation Commission, a panel charged with finding new ways to make the Army a more "agile, cost-effective organization."

"We're not just asking people to change the way they budget," McHugh said. "We're asking them to change the way they think."

Earlier this year, McHugh created a short-term task force to examine the Army's organizations and business practices to identify both short-term improvements and long-term structural changes within the institutional Army — the so-called generating force.

To date, that task force has launched efforts to root out overlap and redundancies in research and development, review temporary organizations and task forces to see if they are still needed, consolidate and streamline the requirements process, reform installations management, optimize Army acquisitions, and make changes in human capital management.

"While I've been encouraged by the task force's early work, the simple fact is that large-scale institutional transformation takes years to mature before agile, cost-effective organizations emerge — with a culture of continuous improvement incorpo-

rated in all activities," McHugh said. "This commission will implement changes already identified through the short-term task force, assess and identify new opportunities, and continue to function for the next three years. This longer term, more enduring approach is historically and practically necessary and will help make continuous transformation a part of Army culture."

McHugh explained his focus on restructuring the institutional Army by noting that the Army is loosely divided into two separate organizations — the operational Army, which are deployed forces, currently in the fight in Afghanistan and Iraq; and the institutional Army, or generating force, which prepares, trains, educates and supports those troops.

"To an outsider, there are no visible differences between these two parts of the Army," McHugh said. "In one assignment, they might be driving an MRAP (mine-resistant, ambush-protective vehicle) through Afghanistan, and in the next, providing stateside training to other Soldiers in how to use the vehicle. In the first, he or she is part of the operational Army; in the second, the institutional Army."

Since the wars in Afghanistan and Iraq began, the operational Army — the sharp tip of the spear — has experienced dramatic and continuous change, quickly adapting to changes in terrain, mission and the enemy it faces. But the institutional Army looks much the same, structurally, as it has since the early to mid-70s.

Old School Concert draws music fans



Photo by DAVID SHOEMAKER, FMWR

Shannon, best known for her 1983 hit, “Let the music play,” invites Soldiers on stage during her part of Saturday’s Old School Concert at Hilton Field. The singer, whose father served in the Navy, has previously performed on U.S. installations in Kuwait and Iraq.



Photo by EARL JONES, FMWR

Capt. Maxine Reyes, Company B, Training Support Battalion, gets to showcase her singing talents during the concert.



Photo by DAVID SHOEMAKER, FMWR

Headliner CeCe Peniston performs for the crowd of approximately 5,000 who came to the concert. Peniston’s signature song “Finally” was a Top 10 hit in 1992.



Photo by EARL JONES, FMWR

Hip-hop artist Special Ed reacts to the crowd of Soldiers and civilians who packed Hilton Field Saturday.



NCO makes most of Fort Jackson time

Name
Staff Sgt. Ashten Richardson

Unit
Company C, 1st Battalion,
61st Infantry Regiment

Military occupational specialty
11C, Indirect fire infantryman

Hometown
Iowa City, Iowa

Hobbies
Combatives, wrestling

Staff Sgt. Ashten Richardson joined the Army looking for some college money, but he found a career instead. After serving in Iraq with the 25th Infantry Division's Stryker Brigade, Richardson decided to stay in the Army and explore the opportunities available to him in uniform.

He set his sights on attending Ranger School.

"Once I decided that this is what I wanted to do, I wanted to be competitive with all of my peers," Richardson said. "My job assignments at Fort Wainwright, Alaska, never allowed me the time to leave my Soldiers long enough to attend Ranger School, so I just didn't know when it was going to happen for me."

Moving to Fort Jackson gave Richardson the opportunity to grow professionally while pursuing his career goals.

"I was really worried about being assigned here, but not (as) a drill sergeant," Richardson said. "In the end, working as a training NCO has helped with my admin skills and given me the time to go to Ranger School so I will really be prepared to be a platoon sergeant when my time comes."

Ranger School was more than Richardson expected, but he discovered that skills he developed as a wrestler earlier in life helped him deal with some of the rigors of the training environment.

"I've been wrestling since I was four and the food deprivation part of Ranger school was familiar to me," Richardson said. "When you prepare for a meet at a certain weight class, you may have to



Staff Sgt. Ashten Richardson, 1st Battalion, 61st Infantry Regiment, credits his wrestling experience with helping him through Ranger School.

go without meals for a specific amount of time. It was similar to going without food during Ranger school, except we never knew when the meal was coming at Ranger school."

Richardson also said that a positive peer group was helpful in dealing with the other hurdles at the competitive school.

"I was fortunate to go through with a good group of guys. Everyone had a positive mindset," Richardson said.

In the near future, Richardson will be

Photo by CURSHA PIERCE-LUNDERMAN

moving on to Camp Casey, Korea. He would like to serve as a platoon sergeant and finish his bachelor's in liberal arts. These accomplishments will help him work toward his next goal of becoming a sergeant major one day.

"I would tell younger Soldiers to make sure that they love what they do because being an NCO is a demanding job. You just have to love it, I know that I do."

— 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!

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

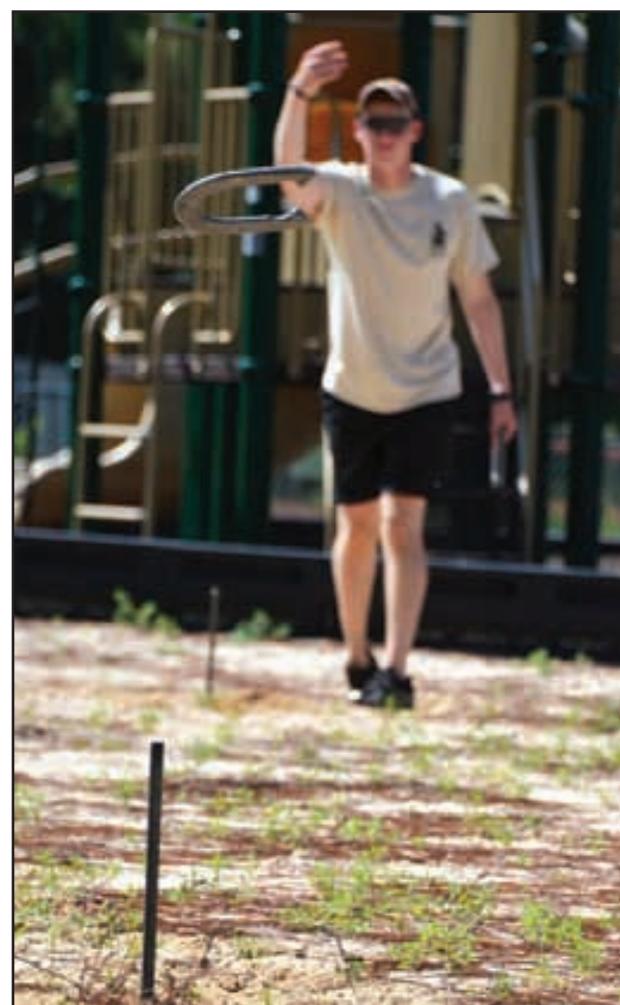


2-39th hosts Ultimate Falcon Challenge



Photos by JAMES ARROWOOD, command photographer

Soldiers of the 2nd Battalion, 39th Infantry Regiment challenge each other to a match of beach volleyball Tuesday at Weston Lake. The battalion held its Ultimate Falcon Challenge, which pitted companies against each other in an effort to win the unit's commander's cup.



Above, Soldiers compete in a canoe race at Weston Lake. Right, Horseshoes was one of the events throughout the day. Soldiers also competed in a Skedco race, which simulated casualty evacuation.

Time apart validates time together

It didn't really hit me until Friday night. Nearly two weeks ago, I headed to Fort Meade, Md. to attend the tail end of a 5 1/2 month course.

The entire past week has been a blur of coffee, obscure acronyms, faux interviews and, occasionally, finding my way into the schoolhouse while dodging the large formations of Soldiers reciting the Soldiers' Creed before beginning their school day.

But Friday night after dinner, all I had was my TV, my computer and my phone. And the realization that the next day, I would *not* be taking my son to story time.

When my husband was away most of May through mid-June, I never had to wonder what my Saturday would entail. Some days I would go to the gym; most days, I would meet a friend for a run. But always, *always*, I would take my son to story time.

Sitting in this hotel room, I can't help but recall how smug I was when my son was still a basketball belly under what I considered "stylish" maternity wear (which I have since set aside as an oxymoron).

I remember declaring that he would spend summers at grandma's, just as I did. And when parent-friends incredulously questioned me, I was certain: It was a rite of passage,

CRYSTAL CLEAR

By Crystal Lewis Brown

Fort Jackson Leader



leaving children in the care of others. No, Mom didn't need to be there all the time; and no, I wouldn't feel bad about leaving because really, it was for the best.

A University of South Carolina professor once paraphrased a saying I'd never before heard: We make plans, and God laughs. If that's true, God probably hasn't had a free breath in quite a while.

Because even though I know that Dad has it under control; that he, too, knows when story time begins and is certainly capable of reading a book aimed at a 2-year-old — for some reason, the thought that this week's story time may happen without me was nearly unbearable.

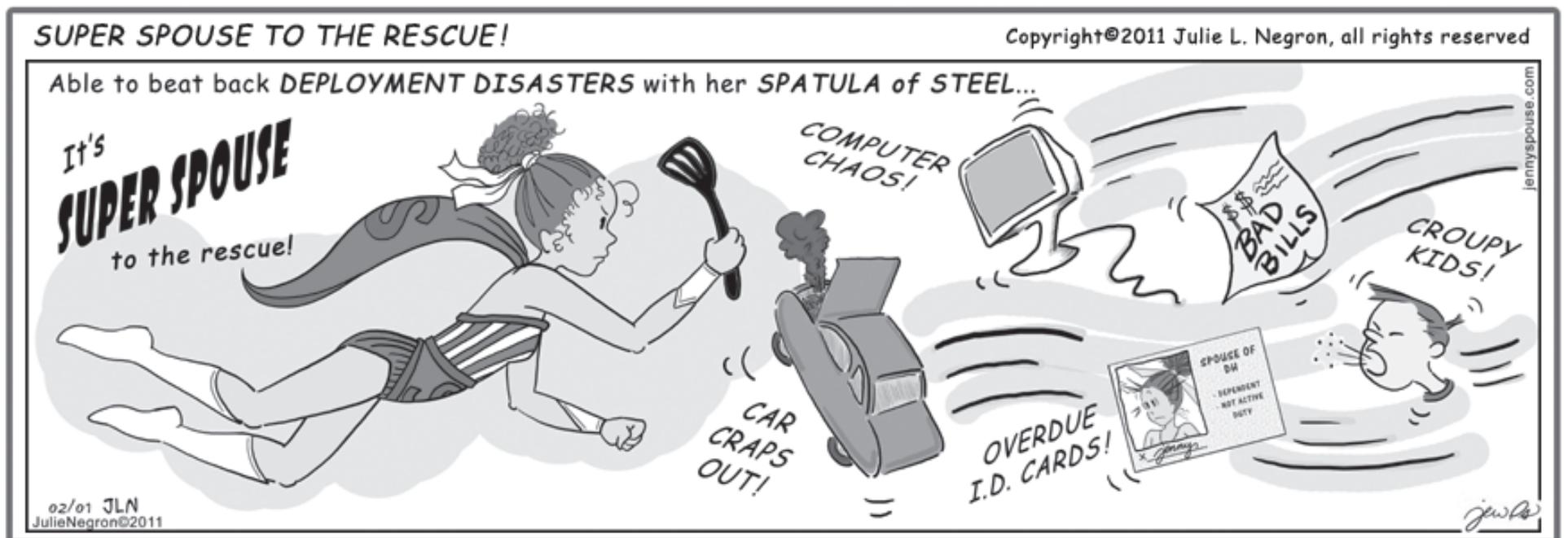
As parents, it is sometimes hard to imagine how our children and spouses will make do without us. But what is even more difficult is how we will make do without *them*.

This week has put me even more in awe of our deployed service members, as well as the hardworking drill sergeants, cadre and support staff who spend hours, days, weeks and months away from their families for the sake of the mission, whatever that might be.

Though my time away was for only two weeks, I quickly found other parents to commiserate with. During one class, when jokingly asked whether he'd broken down since being away from his children, one Soldier remarked: "No. Not in public anyway." And although the class laughed, I think all of us with children knew what he meant. One Airman actually finished up his work Friday evening so that he could drive out of state to see his children.

Thankfully, today's technology makes it so that out of sight doesn't necessarily mean out of mind. A friend of mine, whose husband is deployed, has a standing "date" on Skype so she and the kids can interact with him.

As for me, I have only a few more days before I finish this course and I've already put one thing on my calendar: next Saturday, I'm going to story time.



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.

BRIGHT HONEYBEE EXPLORERS

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

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar.

The calendar is located at the bottom of the page.



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for breaking news and updates.

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"Fort Jackson Leader."

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Aaron Betz**
Company A
3rd Battalion,
60th Infantry Regiment

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

SOLDIER OF THE CYCLE
Pvt. Matthew Vanbaaren

HIGH APFT SCORE
Pfc. Austin Grabill

HIGH BRM
Pfc. Geraldtrick Moses



**Staff Sgt.
Clayton Jackson**
Company B
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Eric Jogerst

SOLDIER OF THE CYCLE
Pvt. Jamaladin Norwood

HIGH APFT SCORE
Spc. Samantha Pembroke

HIGH BRM
Pvt. Caleb Heflin



**Staff Sgt.
Anthony Jaber**
Company C
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Donald Grey

SOLDIER OF THE CYCLE
Spc. Jacob Breedlove

HIGH APFT SCORE
Spc. Patrick Hanlon

HIGH BRM
Spc. Jacob Breedlove



**Sgt. 1st Class
Rene Corella**
Company D
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Grady Kring

SOLDIER OF THE CYCLE
Pfc. Kyrsti Goebel

HIGH APFT SCORE
Pfc. Michael Grider

HIGH BRM
Pfc. Joseph Tylicki



**Staff Sgt.
Mariko Jones**
Company E
3rd Battalion,
60th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Jerry Hedrick

SOLDIER OF THE CYCLE
Pvt. Marcel Pielemeier

HIGH APFT SCORE
Spc. Peter Colombo

HIGH BRM
Pvt. Jack Toddy



**Staff Sgt.
Christina Hansel**
Company F
3rd Battalion,
60th Infantry Regiment

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

SOLDIER OF THE CYCLE
Spc. Lucas Smith

HIGH APFT SCORE
Pvt. Jacob Vahle

HIGH BRM
Pvt. Jesse Smith

SUPPORT AWARDS OF THE CYCLE

TRAINING SUPPORT

Sgt. 1st Class Mark Norungulo

SERVICE SUPPORT

Brett Browning

DFAC SUPPORT

Pernell Fersner

FAMILY SUPPORT

Amanda Jessen

Training honors



**Sgt. 1st Class
Praxedis Hernandez**
Drill sergeant leader
Drill Sergeant School



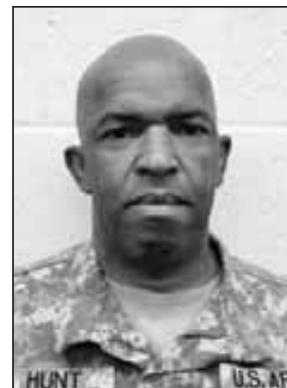
**Staff Sgt.
Alissa Guzman**
Physical fitness award
Drill Sergeant School



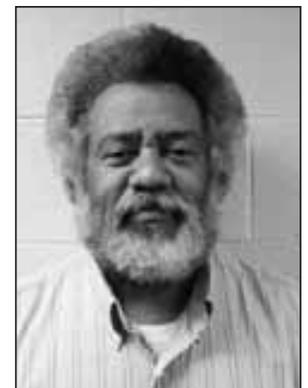
**Sgt. 1st Class
Don Bailey**
Instructor of the cycle
369th Adjutant General
Battalion



**Sgt. 1st Class
Verna Commander**
Platoon sergeant of the cycle
369th Adjutant General
Battalion



**Staff Sgt.
Troy Hunt**
Cadre of the cycle
187th Ordnance Battalion



**Mr.
Manny Sotopadilla**
Instructor of the cycle
187th Ordnance Battalion

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Sept. 1 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Sept. 1 Leader must be submitted by Aug. 25.

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

For more information, call 751-7045.



At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Family Life Resiliency Center	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
Officers' Club	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
Palmetto Falls Water Park	751-3381	Tuesday-Saturday and holidays, 11 a.m. to 7 p.m.; Sundays 1 to 7 p.m.
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	**Closed for renovations**
Pool, Legion	751-4796	Monday-Friday, 7 a.m. to 2 p.m., 4:30 to 6 p.m.; Saturday, 11 a.m. to 6 p.m.; Sunday, 1 to 6 p.m.
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday-Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Weston Lake	751-5253	Oct. 1 through April 30: 9 a.m. to 5 p.m.; May 1 through Sept. 30: 10 a.m. to 6 p.m.

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

Calendar

Saturday

Run for the Fallen

8 a.m., Hilton Field Softball Complex
To register, visit www.fortjacksonmwr.com/acs_sos.

Monday

Fort Jackson Girl Scouts registration

5 to 7 p.m., 5957 Parker Lane
For girls from Kindergarten through 12th grade.

Tuesday

Women's Equality Day luncheon

11:30 a.m., Officers' Club

Monday, Aug. 29

Combined Federal Campaign kickoff

3 to 4:30 p.m., Officers' Club
For more information, call 751-2669/4528/4912.

Thursday, Sept. 1

Tobacco cessation orientation

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

Housing events

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

Fridays throughout August

Free popsicle Fridays

3 p.m.
Beat the heat with free popsicles every Friday in August.

Monday

Pet rocks

3 p.m.
Children can make and customize pet rocks. RSVP is required. For more information and to RSVP, call Alana at 751-8275 or email ayoungblood@bbcgrp.com.

Announcements

CIF TESTS APPOINTMENT SYSTEM

Starting Sept. 1, appointments are necessary for in- and out-processing services at the Central Issue Facility. The facility will test using appointments for 90 days

before determining whether to adopt that system on a permanent basis. Soldiers are encouraged to schedule appointments as far ahead of time as possible. To schedule an appointment, call 751-6524.

GAT TAKERS GET INCENTIVE

Family members who take the revised Family Global Assessment Tool can now receive a coupon for a free Subway sandwich. The coupon is valid for AAFES Subway locations through Aug. 31.

Log into the GAT at <https://www/sft/army.mil/SFTFamily>. The 82-question survey takes approximately 20 minutes to complete. Guard and Reserve families can sign up for the Exchange newsletter at <http://odin.aafes.com/newsletter/enewscoupon.htm> and receive 10 percent off an online AAFES purchase. The GAT is part of the Comprehensive Soldier Fitness Program and is open to all family members registered in DEERS.

CFC TRAINING

Combined Federal Campaign training for unit coordinators, key personnel and post staff for the Fort Jackson 2011 CFC is scheduled for today at the Joe E. Mann Center. Training for military personnel is set for 9 to 11 a.m.; training for civilians is set for 1 to 3 p.m. For more information, call 751-2669/4528/4912.

VOLUNTEERS NEEDED

The American Red Cross is in need of teen volunteers for the upcoming school year. The VolunTeens program is open to junior high and high school students. Application packets may be picked up from 8 a.m. to 4 p.m., Monday through Friday at 9810 Lee Road, Room 173. An orientation is scheduled from 6 to 8 p.m., Aug. 30 at the Red Cross office. For more information, call 751-4329.

LEGAL OFFICE RELOCATES

The Fort Jackson Legal office is now located at 2600 Lee Road, at the corner of Lee and Washington. Normal business hours for legal assistance are 9 a.m. to 4 p.m., Monday through Friday. The office is closed for federal and training holidays. Call 751-4287 for general information or to make an appointment.

FREE COMIC BOOK

"The First Avenger," a free, military-exclusive Captain America comic book is now available at the Main Exchange.

THRIFT SHOP NEWS

Starting Sept. 1, Thrift Shop consignment tickets will feature two prices, the original price and a 25 percent discount price that goes into effect 30 days after the item is first put up for sale.

COMMISSARY GIFT CARDS

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

AFAP VOLUNTEERS NEEDED

Volunteers are needed for the Fort Jackson Army Family Action Plan conference scheduled for Nov. 3 and 4. Volunteers will assist with facilitating, recording, transcribing, etc. Free training, child care and meals will be provided. No experience is necessary. For more information, call 751-6315.

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.

Yard of the Month



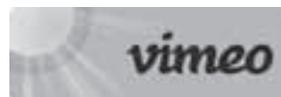
Courtesy photo

Nadija Ransom, wife of Staff Sgt. Kareem Ransom, accepts the August Yard of the Month award on behalf of her family. Presenting the award were Scott Nahrwold, left, deputy garrison commander, and Master Sgt. Willie Yarbray, acting garrison command sergeant major..

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



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facebook

Mother of fallen Soldier turns to art to heal, help

By **THERESA O'HAGAN**
FMWR

The loss of a child is a parent's worst nightmare.

Suzy Shealy experienced that loss when her first-born son, Sgt. Joseph Shealy, was killed in Iraq in 2005. As an artist, she turned to her craft to deal with her grief and help others in time of need. Shealy decided to turn some of the 600 digital photos that had belonged to her son into oil paintings. From the paintings, she prints gicleés to sell, with the proceeds going to charity.

Shealy said she does not want to profit from the sales of her Iraq series gicleés. Likewise, she agreed to create a large 3-by-4-foot painting for Operation Homefront, a nonprofit organization that provides emergency assistance for military troops, families, and wounded warriors when they return home.

She said the Operation Homefront painting is for the organization to use as it sees fit to raise funds and support for military members and their families.

The painting will be prominently displayed at the Patriot Day Concert at Hilton Field, Sept. 10. The concert is being organized by Family and Morale, Welfare and Recreation and Operation Homefront.

"Family was always so important to Joseph," Shealy said. "He had a special fondness for the Columbia Ronald McDonald House, which provides a place for families to stay while their loved ones are being treated in area medical facilities.

"Fisher House Foundation is for members of our Armed Forces, retirees, veterans and their families, providing shelter and support for families while a loved one is undergoing medical treatment in a military hospital. I have designated that 25 percent of the net proceeds benefit Ronald McDonald House of Columbia and 25 percent of the net proceeds benefit Fisher House Foundation. Additional gicleé prints will be purchased and framed with the remaining proceeds."

In November 2008, Shealy presented former President George W. Bush with two of her Iraq Series gicleé prints, which will hang in the George W. Bush Presidential Library upon completion. There is also one of her gicleé prints hanging in the entryway of the Department of Family Medicine of the Mayo Clinic in Minnesota.

She was commissioned to paint a portrait of Spc. Thomas D Caughman by the 81st Army Reserve, which hangs in the lobby of the facility here. Shealy was honored to present Gen. George Casey with a set of her Iraq Series gicleé prints.

Shealy has been painting since 2006. She has received both studio and private



Courtesy photo

Suzy Shealy's painting "Calling Home" portrays Spc. Chris Woo, who was a friend of Shealy's late son. One of her paintings will be on display at the Patriot Day Concert, Sept. 10 at Hilton Field.

instruction.

Shealy is not sure which, or how many, of the photos her son took. She does know that they were all meaningful to him.

"He told me that he could not wait to show me all of the pictures when he was home on leave, so I know that each image was significant to him in some way," she said. "The images I've selected thus far speak to me of the sacrifices made by the men and women in the Armed Forces. Images like the lone Soldier in a stark environment cradling the cell phone — his lifeline to loved ones at home; the Soldier mourning the loss of a dear friend who must then put on his gear and return to the field."

On Shealy's website, www.suzyshealy.com, paintings like "Calling Home," and "No Greater Love" can be viewed and purchased.

The Soldier in "Calling Home," was very important to Joseph, she said.

"The Soldier is Spc. Chris Woo, a dear friend of my son. I have heard from many people that Joseph and Woo were always together. I emailed him and then spoke with him about painting the piece, as I did with Del Plato, the Soldier in 'No Greater Love.' I had gicleé prints on canvas made the same size as the original, framed them and sent one to each of them," Shealy said.

In the spring of 2006, Shealy, her daughter and son had the chance to meet all the Soldiers who served with her son.

"When Joseph's unit, the 411th MP Company returned, my son William,

daughter Elizabeth, and I went to Fort Hood to greet them," she recalled. "We were allowed to speak with each individual and hug them in a private area at the airport before they went to the celebration with their families. Joseph was always concerned about the welfare of the Soldiers underneath him and the unit as a whole, and it was important to us that they know we appreciate them and the love they had for Joseph, that we understood they were an important part of Joseph's life also."

Although the Iraq series is a huge part of Shealy's work, she also does paintings of animals, people and florals. Among her favorites to paint are people and animals. "I love to paint people and animals, trying to capture emotion, personality, etc.," she said.

Shealy said she sees her work and the response to it as a blessing from God.

"It has been a source of healing for me. Quite frankly, I feel that God has given me this gift and I am amazed and very appreciative," she said.

Her work gives her purpose and helps her feel connected to Joseph.

"It has given me a mission, a purpose, to encourage the men and women who serve in our Armed Forces and their families and to try and raise monies for Fisher House Foundation and Ronald McDonald House Charities of Columbia, both of which assist families in their time of great need."

For more information on the concert or Operation Homefront, call (803) 608-2242 or (803) 960-2501.

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 Dollar Daze at **Century Lanes**, 6 p.m. Call 751-6138 for more information.
- ☐ 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.

SUNDAY

- ☐ Enjoy a traditional Sunday brunch buffet at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- ☐ **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 Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The NCO Club breakfast buffet is 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.



Murray walks in between President Kennedy, left, and Brazilian President Joao Goulart during a review of troops April 3, 1962. Murray was the commander of the 3rd Infantry Regiment, known as "The Old Guard." As the Army's official ceremonial unit, one of its duties is to escort the president.



Murray and his wife, Anne, are pictured after his return from Europe in September 1945. Murray served in the Army for more than 30 years and retired as a colonel in 1973. His last assignment was on Fort Jackson, where he commanded the 1st Training Brigade.



Murray, left, stands along Audie Murphy, pictured here as a captain, at Fort Benning, Ga. Murphy is the most decorated veteran of World War II.

Medal of Honor recipient dies

Continued from Page 1

artillery cover. After the first round of artillery missed, Murray returned to his platoon, armed himself with a grenade launcher and took position on a hill to fire on the enemy.

Under heavy fire himself, Murray refused to return to the rear and throughout the initial fire fight killed about 20 German soldiers. After securing a mortar, Murray continued to fire, causing about 50 more casualties and forcing the enemy to retreat. Murray then charged down the hill and captured 10 German soldiers.

Murray was presented the Medal of Honor July 5, 1945 in Salzburg, Austria, where he was stationed at the time. In an interview with WIS News 10 in 2007, Murray recounted the event.

"I knelt down in the road and started firing (the rounds) one at a time into the d-file where the Germans were located; and they hit the target pretty good," he told the station. "Those weapons were

gone and still nothing from the upside. Nothing was happening, so I borrowed an automatic rifle. I fired that weapon for 35-45 minutes."

Murray remained humble about his heroic action, though.

"I never think about it. It was a job that had to be done," he said during the same interview.

Murray, a native of Baltimore, also served in the Korean War and the Vietnam War. In addition to the Medal of Honor, his awards include three Silver Stars, three Bronze Stars and the Purple Heart. After his retirement from the Army in 1973, he worked for the South Carolina Department of Corrections.

Murray is survived by his wife of 68 years, Anne Murray, his son, Brian Murray, and his daughter, Cynthia Anne Jones. He was preceded in death by a son, Charles Murray III.

Murray will be buried at Arlington National Cemetery.

Susanne.Kappler1@us.army.mil



Murray is shown after he was presented the Medal of Honor July 5, 1945 in Salzburg, Austria.



Murray leads last year's Veterans' Day parade through downtown Columbia. Murray died Friday of congestive heart failure at the age of 89. Murray's death reduces the number of living Medal of Honor recipients to 84, 14 of whom have served in World War II.

Leader file photos

CMYK

CMYK

27" WEB-100

Soldiers should understand liability

By 1ST LT. ALANA HINES
Legal assistance office

In today's modern Army, Soldiers are faced with the responsibility of safeguarding the use, custody and control of government property. Whenever government property is damaged, destroyed or lost, a Financial Liability Investigation of Property Loss is initiated to determine who, if anyone, should be held financially responsible for the loss. Both Soldiers and civilian employees can be held liable for property loss.

In order for the government to assess liability, it must find that a Soldier or civilian employee was negligent and the negligence caused the property to be lost, damaged or destroyed.

The government will consider four factors in making its determination of liability:

- Whether the Soldier had a duty to care for the property.
- Whether the Soldier breached that duty.

— Whether the breach of duty was the proximate cause of the loss (rather than an unrelated incident with no causal connection to the loss).

— Whether there was a loss to the government.

Negligence and proximate causation aside, the financial liability officer may still find a Soldier liable if the misconduct was willful.

There is generally a seven-day time period to submit a rebuttal if the FLIPL notification was personally delivered to the Soldier.

If the FLIPL notification was received by mail, a Soldier may have 15 or 30 days to respond, depending on where the Soldier is stationed in relation to the FLO at the time of notification. Once notified of a FLIPL, Soldiers should see the Judge Advocate General office as quickly as possible in order to respond within the proper time constraints.

Soldiers have legal rights upon receiving a FLIPL notification. Those rights include the right to:

- Inspect and copy Army records relating to the debt.
- Submit a rebuttal statement.

— Limit liability to one month's base pay (although there are exceptions to this limit).

— Obtain legal advice from the Legal Assistance Office.

For more information on FLIPLs, please see Army Regulation 735-5.

Fort Jackson Legal Office

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

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.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

FIRST RESPONDER

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

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

Maj. Raymond Simons

Director,
Emergency Services/Provost Marshal

Master Sgt. Keith Williams

Provost Sergeant

Bill Forrester

Fire Chief

CASES OF THE WEEK

□ A male civilian was denied access to the installation after Military Police discovered that he was attempting to transport a weapon onto post. The civilian was issued a citation after a Beretta, Tomcat 32 automatic weapon was discovered in the civilian's vehicle.

□ Two male civilians received three-year bar letters in connection with the attempted theft of \$120 worth of electronics from the Main PX. MPs said that each male removed a media player from a display shelf and exited the store without paying. In addition to the bar letters, the two were cited for shoplifting and released to their sponsor.

□ A brush fire at the Anzio Range was extinguished without injuries or structural damage, according to officials. The brush fire broke out while training was being con-

ducted. Fort Jackson firefighters arrived on the scene and noticed that it was under control and contacted the forestry unit. Forestry personnel arrived and burned approximately another block of wooded area before extinguishing the fire.



TIP OF THE WEEK

The post has an agreement with three local taxi companies to provide taxi service to the Fort Jackson community. The companies are: Checker Yellow Taxi, Blue Ribbon Taxi and Capitol City Taxi.

These three companies are the only companies that are authorized to operate on Fort Jackson. Fort Jackson has eight taxi stands and eight taxi stops located across the post. Taxis are not permitted to operate in the 171st Infantry Brigade area, nor in any basic training area on Fort Jackson. They are also not permitted in the family housing area except to pickup or drop off passengers.

The agreement establishes fixed rates for taxis in the Fort Jackson community. The approved fare is \$2 per person, per stop with one free stop at any on post ATM machine.

There is also a fixed rate agreement to most local destinations of interest (Non-residential) these prices represent a 10 percent savings over meter rates. These rates are available to all military ID card holders or visitors who are picked up on Fort Jackson. All rates are charged to and from each destination.



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at www.twitter.com/fortjacksonpao.

Discipline an act of love, leads to life

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

Today's thought is on the value of discipline. By discipline, I don't mean self-discipline, although that is invaluable. By discipline, I mean "correction" or "punishment" or "getting a stern talking lecture" or even "going to the wood shed."

Nobody likes to be disciplined, and very few people enjoy having to discipline others. However, giving and receiving discipline is necessary for moral development and civil behavior.

After surveying the recent riots in Britain, one reporter said a significant cause of the violent and inappropriate behavior by the young people is that British society has abandoned disciplining those who do wrong.

For example, if a teacher tries to discipline a failing student, the teacher gets in trouble with the parent, and then the principal. No consequences befall the lazy child. Similarly, British merchants complain that if a young person steals from their stores, or damages their properties, the owners will get in trouble if they try to stop the theft or damage, while the guilty young people remain unpunished.

Thus, modern British society rewards bad behavior, and punishes responsible behavior. Is it any real wonder why some of the young people think they have the right to act out at other's expense?

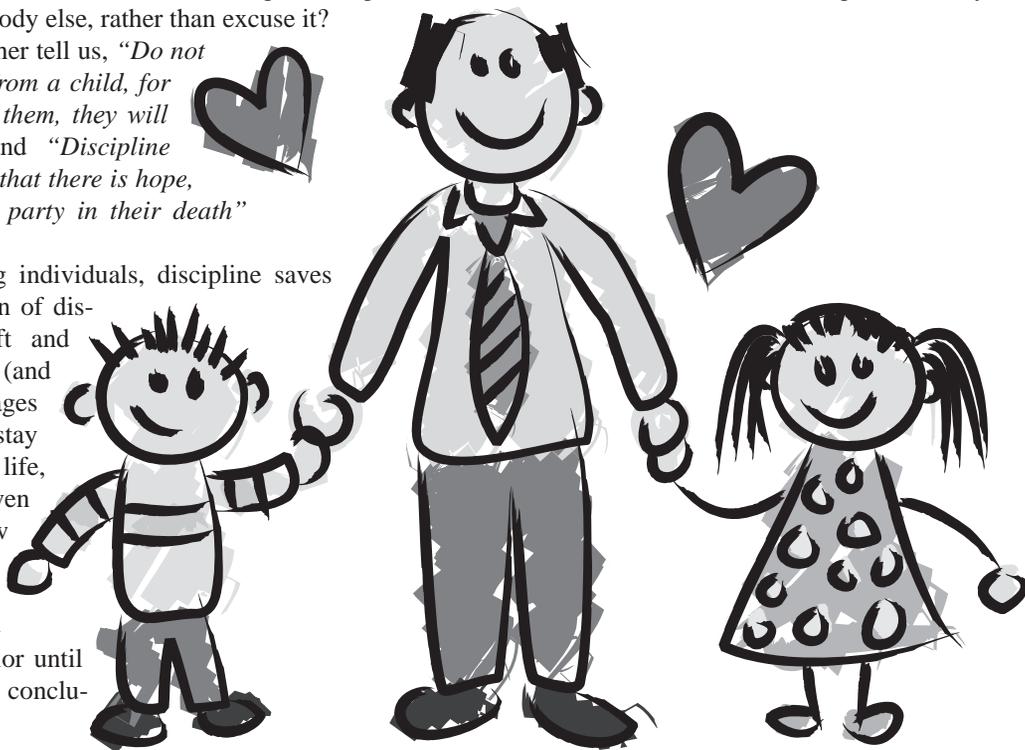
While it may seem enlightened to forsake discipline, it is actually a form of cruelty. Withholding discipline stunts

moral development. The Proverbs tell us this plainly: "Whoever neglects discipline hates their children, but those who love their children are careful to discipline them" (13.23). Far from being "enlightened," excusing bad behavior is actually a form of hatred. Those who are too lenient are actually confirming and conforming bad behavior in others. Wouldn't it be more loving to change what is bad in somebody else, rather than excuse it?

The Proverbs further tell us, "Do not withhold discipline from a child, for if you firmly punish them, they will not die" (23.12) and "Discipline your children, for in that there is hope, do not be a willing party in their death" (19.18).

Far from harming individuals, discipline saves lives. The application of discipline sets the left and right limits of reality (and society) and encourages those disciplined to stay on the pathway of life, and out of jail, and even the morgue. How compassionate is it really to allow someone to continue in destructive behavior until it leads to its logical conclusion?

The paradoxical truth is that discipline is a form of love. Even God, who is love itself (1 John 4.8), says, "Those whom I love, I discipline." (Rev. 3.19). He who loves perfectly and completely disciplines those under his care for their good. Far from hatred or harm, discipline is an act of love that leads to life. So let us apply it and receive it, as needed, for the good of everyone.



PROTESTANT

- Sunday
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 10 a.m. Daniel Circle Chapel Gospel service, Daniel Circle 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, Daniel Circle Chapel
 - 7 p.m. Gospel Bible study, Daniel Circle

- 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

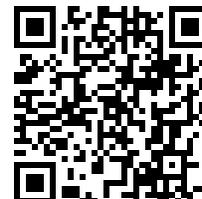
- 9:30 to 11 a.m. Anderson Street Chapel
- Thursday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

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

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Avoid injuries by taking simple steps

By MAJ. VANCIL McNULTY
U.S. Army Public Health Command

Injuries represent the leading health problem of U.S. military personnel including deaths, disabilities, hospitalizations and outpatient treatment. Training-related injuries have been identified as the leading cause of clinic visits and have a very real impact on the readiness of the force, due to the amount of limited duty time that occurs from such injuries. Most of the overuse injuries are due to the combined effect of physical training activities, military training and sports.

Research has shown that the following six interventions are effective at preventing injury:

- ❑ Stop overtraining. Overtraining occurs when the amount of exercise is out of balance with recovery or rest. In the military, running too much contributes the most to overtraining. Running more than three days a week for longer than 30 minutes can dramatically increase the risk for a lower extremity injury without much improvement in fitness. Running short distances for short periods of time at higher intensity is not only safer, but it more effectively improves fitness to perform Soldier-specific tasks.

- ❑ Perform multi-plane, body sense,

and agility exercises. Exercises that work the body in different planes and challenge stability represent the same movements required during more complex combat and sporting activities and reduce injury risk.

- ❑ Wear mouth guards during high risk activities. Mouth guards are effective for reducing injuries and should be used for any activity with a high risk of injury to the mouth and teeth. These include combatives, obstacle course, rifle/bayonet training and contact sports such as basketball, football, etc.

- ❑ Wear semi-rigid ankle braces for high risk activities. There is excellent evidence that semi-rigid ankle braces reduce ankle injuries in high-risk physical activity such as airborne operations (parachuting), basketball, soccer and other similar high-risk activities. Ankle braces are especially effective in reducing risk of re-injury among individuals with previous ankle sprains.

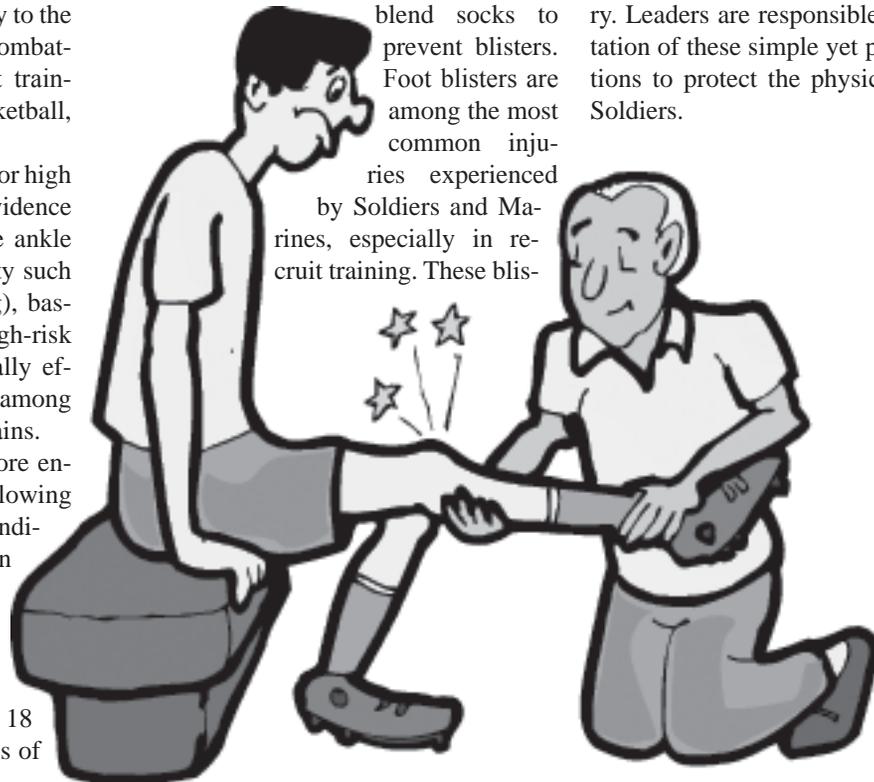
- ❑ Eat the right nutrients to restore energy balance within one hour following high intensity activity. Research indicates that consuming a combination of carbohydrates and protein within a 60-minute window immediately following very strenuous exercise starts repairing muscles damaged during the activity. Eating 12 to 18 grams of protein and 50 to 75 grams of

carbohydrate and drinking a fluid replacement beverage within one hour after very strenuous, continuous physical activity (for example, road marching/hiking lasting longer than one hour) helps to minimize muscle damage and optimize recovery. Failure to recover leads to overtraining.

- ❑ Wear synthetic blend socks to prevent blisters. Foot blisters are among the most common injuries experienced by Soldiers and Marines, especially in recruit training. These blis-

ters can cause infection and limitations in duty. There is good evidence that synthetic blend (for example, blends of polyester, acrylic, and nylon) socks prevent blisters to the feet, and cotton socks cause blisters, especially during long-distance marching.

Knowledge of effective interventions that reduce injury risk is only half the story. Leaders are responsible for implementation of these simple yet proven interventions to protect the physical readiness of Soldiers.



Mouth guards shield smiles

By COL. JEFF CHAFFIN, DDS
TRICARE Dental Care Branch

If you or your child participates in sports or other recreational activities, you know the importance of protective gear. Wearing protective gear is essential for safe play and shielding fragile body parts from severe damage and injuries.

One good way to protect your teeth is by wearing an athletic mouth guard during any activity that could cause harm or injury to your mouth. The TRICARE Dental Program covers enrollees for one custom fitted athletic mouth guard at a 50 percent cost-share, per consecutive 12-month period.

Athletic mouth guards help to prevent broken and chipped teeth, cuts inside the mouth and tongue, even nerve damage and tooth loss possible during some activities. Using an athletic mouth guard may also reduce the rate and severity of concussions, according to the American Dental Association. Athletic mouth guards absorb some of the shock experienced from a blow to the head, and help to distribute it evenly.

According to the ADA an athlete is 60 times more likely to suffer injury to his or her teeth or mouth when not wearing an athletic mouth guard. Even in non-contact sports such as gymnastics and biking, athletic mouth guards are shown to help prevent injuries.

There are several types of athletic mouth

guards available. Many stores sell pre-formed and "boil and bite" mouth guards that are not covered by the TDP. These are generally less expensive options than having your dentist custom-fit a piece for you, however they will most likely not fit as well and may be uncomfortable to wear.

Your athletic mouth guard should fit comfortably, and not restrict your breathing or speech. It should be easy to clean and be made of a resilient, tear-resistant material. Visit your TDP-participating dentist and talk about the best option for you and your children.

Athletic mouth guards are easy to care for and should be taken care of properly. Make sure you clean your mouth guard after each use, either by brushing it with a toothbrush and toothpaste or by washing it with cool, soapy water and rinsing it with clean water. You should regularly wash your mouth guard with soap and water and carry it in a sturdy, well-vented container. Don't leave the piece in the sun because extreme heat can affect the shape and fit of your mouth piece. Finally, take your mouth guard to each dentist appointment so that your dentist can check for proper fit and damage or wear. Your dentist can answer any questions you might have about use or care.

Visit www.TRICAREdentalprogram.com for more information on mouth guards, cost-shares, other benefits, and to find a TDP participating dentist near you.

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).



Don't get tight over muscle cramps

There are some noticeable body discomforts that can happen with exercising. A muscle cramp is one of them. Almost everyone experiences a cramp at some time in his or her life. Cramps are common for various reasons, but cramps that relate to exercise can be minimized with a few daily precautions.

Several types of cramps exist.

The type that can put a real "cramp" in your workout routine are called "true cramps." True cramps involve part or all of a single muscle or a group of muscles that generally act together. Most agree that true cramps are caused by hyper excitability of the nerves that stimulate the muscles.

If you are exercising a muscle and giving it all you have, that makes that muscle hyper. It is pulsing and tightening with every lift. Also, if the muscle is fatigued and you keep pushing through that threshold your muscle becomes more vulnerable. Both scenarios could lead to cramping later.

True cramps are commonly associated with vigorous working of the muscles and muscle fatigue. This is often the case when it comes to sports and exercise.

Such cramps may come hours after you are finished with your workout. This can be so challenging because cramps at rest are very common. They are even more common

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



during the night.

Night cramps (known as nocturnal cramps) can be painful and disruptive to your sleep. Sometimes you work through that cramp only to get another one before the night is over. This cramp battle could go on for several minutes, making for lots of discomfort and pain.

After exercising on an intense level, a person can trigger a cramp by just making a movement that shortens the muscle. For example you could be lying in bed and point your toes down and create a cramp in your foot or your calf (charley horse).

Another common type of cramp is called the tetany. Here, all of the nerve cells in the body are activated, which

stimulate the muscles. When this happens you experience spasms or cramps throughout your body. Sufferers of low blood levels of calcium and magnesium experience such spasms or cramps. Low calcium and low magnesium increase the activity of nerve tissue; again, you have muscles or nerves that are over-excited. The end result can be more cramping.

There are some effective preventative measures that can help relieve or rid you of the problem of cramping. Most important is hydrating your body. Water remains the champion in hydrating the body. When exercising, keep water handy and drink throughout the workout time. Aim for 0.4 to 0.8 liters of water per hour. This is a gauge; if you need more water, drink more. The need to replace electrolytes (sodium and potassium) can occur when there is not enough present in your meals or snacks, your workout lasts four hours or more, or excessive heat. If these are factors, you may want to also add a beverage such as Gatorade to replenish those minerals. Stretching before and after exercise will complete the prevention package to help prevent cramps caused by vigorous activity.

Don't let cramps stop you from getting your health under control. Take these easy steps and before long, this problem will no longer cramp your lifestyle.

Sports shorts

FLAG FOOTBALL REGISTRATION

Letters of intent for flag football are due Wednesday. The coaches' meeting is scheduled for 5:15 p.m., Aug. 31 at the Hilton Field Softball Complex. The league is for active duty personnel only. For more information, call the Sports Office at 751-3096.

YOUTH SPORTS REGISTRATION

Registration for Child, Youth and School Services Youth Sports runs through

Aug. 31. Sports offerings include cheerleading, flag football, tackle football and soccer. Cheerleading is for ages 3-13 and has a \$40 fee. Soccer is for ages 3-18 and has a \$40 fee. Flag football is for ages 6-13 and has a \$40 fee.

Tackle football is for ages 7-13 and has a \$65 fee. Tackle football is divided into both age and weight groups: 7-8 with a maximum weight of 100 pounds; 9-10 with a maximum weight of 130 pounds; and 11-13 with a maximum weight of 160 pounds.

Practice begins the week of Aug. 22. All games are played on Sunday afternoons. The first game is Sept. 25.

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 Champion-

ships.

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.