

TRACKING ...

NEWS

MACH opens new clinic for TBI

PAGE 3

UP CLOSE



AFCC chaplains celebrate Purim

PAGE 10

FITNESS



CrossFit training offered on post

PAGE 32

INDEX

Op-Ed	2, 17	Health	23
News	3-16	Chapel	24
Up Close	8, 9	FMWR	25
Around Post	18, 19	Police	28
Happenings	22	Fitness	32

The Fort Jackson Leader



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Photo by WALLACE McBRIDE

Brig. Gen. David 'Mac' MacEwen receives the colors of the Soldier Support Institute during a change of command ceremony March 8 at the Fort Jackson Officers' Club. MacEwen was previously the executive officer to the Army's former vice chief of staff, Gen. Peter Chiarelli.

Change of command Post welcomes new SSI commanding general

By WALLACE McBRIDE
Fort Jackson Leader

The Soldier Support Institute welcomed its new commanding general last week.

Brig. Gen. Mark McAlister relinquished command to Brig. Gen. David "Mac" MacEwen during a ceremony

March 8 at the Fort Jackson Officers' Club. It was not the first time MacEwen's and McAlister's paths have crossed.

"Mac and I were together in the mud pits of Albania many years ago and I learned then the type of leader that he is," McAlister said. "I couldn't be prouder and more comfortable with the person taking the helm of SSI."

MacEwen was previously the execu-

tive officer to the Army's former vice chief of staff, Gen. Peter Chiarelli. His career with the Army goes back more than 30 years, and includes tours in Germany, Korea, Iraq and the Balkans. He graduated from the U.S. Naval War College and his military awards include the Distinguished Service Medal, the Legion of Merit and the Bronze Star.

See **MacEWEN:** Page 20

Columbia a great partner to military

Not long after taking command at Fort Jackson — and the Milano Family becoming official residents of Columbia and, of course, South Carolina Gamecocks fans — I began to realize just how fortunate we were to be part of the greater Columbia community. The one thing I noticed from the onset of our time here is that Soldiers and their Families are openly and warmly welcomed to the Midlands. Military members are not merely treated as visitors; they are welcomed as Family.

The mutually beneficial relationship between the post and the city has grown stronger over time. It began when local citizens donated the first acres to the government to build Fort Jackson. This relationship grew even stronger with the donation of the Andrew Jackson statue in honor of the Fort's 50th anniversary and continues to grow year after year, as witnessed through support for our "Hiring of Heroes" job fair just last week.

For years we have received tremendous support from businesses on and off post. Local restaurants have been feeding Soldiers for free. Sports teams — university, professional and semi-professional — have been giving tickets to Soldiers. The zoo has offered free admission and the local USO has sponsored countless parties and giveaways as well as offered tickets to other entertainment venues.

**MAJ. GEN.
JAMES M. MILANO**

*Fort Jackson
Commanding
General*



One of the most heartwarming gestures is an airport "send-off" program, developed and spearheaded by the Greater Columbia Chamber of Commerce military affairs committee, to ensure that our deploying Navy personnel do not leave Columbia without receiving an appropriate farewell salute. Veterans with their Families, veterans groups and military support organization volunteers show up at the airport to host a going-away party, complete with food, gifts and hugs before our Sailors depart. The chamber also sponsors the military appreciation celebration for Soldiers, civilian employees and Families, who are treated to a Blowfish baseball game.

Perhaps the type of hospitality found here stems from the residual effect of thousands of Soldiers and Fami-

lies who choose to make their homes in the local area and actively participate in schools, churches and civic organizations. Many of our Soldiers, permanent party and students, also volunteer their time and energy to many of the city's worthwhile charitable activities.

Community generosity may explain why so many retiring Soldiers and their Families choose to stay in the Columbia area following their assignment to Fort Jackson. More than 40,000 military retirees make the Fort Jackson area their home. Many continue their service working as civilian employees and others provide volunteer services.

As for our end, I would like to think that Fort Jackson does everything possible to reciprocate and show its appreciation to our Midlands communities and that this is not a one-sided relationship. One of the things we do here is invite community members to take part in our outreach tours. I want citizens to know more about what their Army is doing at Fort Jackson — attend graduation, observe our Soldiers in training, eat Army chow and learn the Army song. We have much to share, and we always welcome any opportunity to do so.

I offer my sincere thanks and appreciation to all those who make Columbia the vast military friendly community that it is.

Army Strong and Victory Starts Here!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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New NCOs



Photo by WALLACE McBRIDE

A group of new noncommissioned officers is inducted into the NCO Corps during a ceremony Wednesday at the 120th Adjutant General Battalion (Reception). As NCOs, the Soldiers will become part of what is commonly referred to as 'the backbone of the Army.'



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Photo by WALLACE McBRIDE, Fort Jackson Leader

Victory Care Primary Care Provider Louise Hughes, left, and Navy Cmdr. Angela Smith, a clinical psychologist with the U.S. Public Health Service, cut the ribbon Monday on the new Victory Care Clinic at Moncrief Army Community Hospital.

Clinic specializes in Traumatic Brain Injuries

By WALLACE McBRIDE
Fort Jackson Leader

The Victory Care Clinic formally opened its doors to patients Monday with a ribbon cutting at Moncrief Army Community Hospital.

Specializing in the treatment of Traumatic Brain Injuries, the clinic has been in the works for more than three years as the armed forces has placed greater emphasis on detecting and treating these injuries in its troops.

Active duty and Reserve service members have a higher risk of sustaining a TBI when compared to their civilian peers, primarily because of the military's predominantly youthful, male demographic. Many operational and training activities that are routine in the military are physically demanding and potentially dangerous.

Last year, a DoD memorandum required commanders to make sure service members involved in potentially concussive events receive a medical evaluation, even if they showed no signs of apparent injuries. The policy also required all cases of TBI to be documented in electronic medical records.

"This is really a long journey the crew has had," said Dr. Marc Cooper, of the Department of Behavioral Health at MACH.

"We actually started screening for Traumatic Brain Injuries back in 2008, before the Army even told us we had to do that."

When the Army began to require screenings for Soldiers potentially suffering Traumatic Brain Injury, no course for treatment was offered for those who tested positive, Cooper said. Doctors ultimately had to send patients to a Polytrauma Unit in Tampa, Fla.

Staff members were gradually added at MACH to deal with the new mandate, which set the stage for the creation of the Victory Care Clinic.

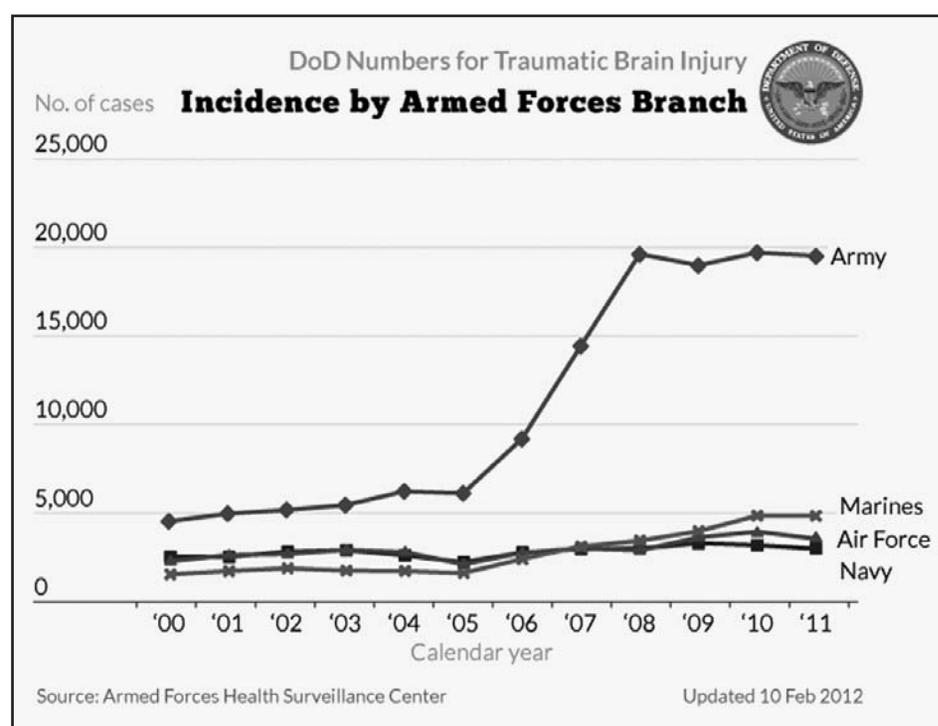
"This has been a long, arduous journey getting this formalized clinic up, but it doesn't reflect the lack of importance of it," said Col. Ramona Fiorey, commander of MACH. "What it does is reflect the importance of it, because we wanted to do it right."

It wasn't enough to hire only staff to directly treat Traumatic Brain Injuries, she said. More than 800 people had to be trained at all levels of treatment.

"(Patients) don't just come to the TBI clinic, they come from all over the hospital," she said.

The staff also spent a lot of time educating prime candidates for future patients, specifically new Soldiers.

"We started out with a dream and nothing else," said Louise Hughes, primary care



provider for the clinic. "We went out to the (Sustained Readiness Program) site every Friday when new Soldiers would come in, hand out our cards and give them a briefing on Traumatic Brain Injury. We went to talk to the MPs, we talked to the commanders, we went out there and got out the word that we're here not to get people out of the Army, but to get them better."

What would later become the Victory Care Clinic started with 80 patients in November 2008. By the following February, the clinic had more than 160 patients, Hughes said. An estimated 300 Soldiers have been treated at the clinic during the last three years.

Future leaders visit



Photo by WALLACE McBRIDE

Participants in the Leadership Columbia program try to overcome an obstacle at the Teamwork Development Course Tuesday. The one-year program, which is sponsored by the Greater Columbia Chamber of Commerce, provides emerging leaders the opportunity to enhance their knowledge about the Columbia area while developing leadership skills.

Maude lecture continues

Leader Staff Report

The LTG Timothy J. Maude Leadership Lecture is set to resume at 3 p.m., Tuesday at the Solomon Center. The guest speaker will be Brig. Gen. Richard Mustion, the director of Military Personnel Management, Office of the Deputy Chief of Staff for Personnel.

The lecture series was established by the Adjutant General School in 2007 in honor of Lt. Gen. Timothy Maude and features general officers in the Adjutant General's Corps. Maude served as the Army's deputy chief of staff for personnel when he was killed in the Sept. 11 attack on the Pentagon.

The lecture series is sponsored by the Lieutenant General Timothy J. Maude Foundation. The goal of the series is to inspire Soldiers to become strong leaders and to be mentors for the good of the Army.

Tuesday's lecture will mark Mustion's return to Fort Jackson, where he served as the commanding general of the Soldier Support Institute from 2008 to 2009. Before that, he was the commandant of the SSI's Adjutant General School.

Some of Mustion's other notable assignments were ad-



MUSTION

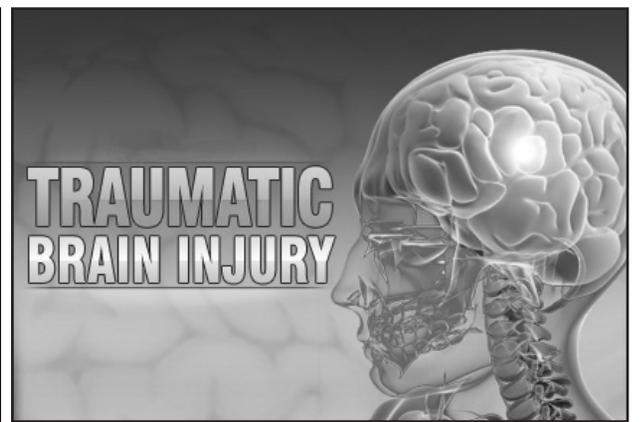
Korea and Iraq. He holds master's degrees in public administration and national strategic studies.

His awards include the Distinguished Service Medal, the Defense Superior Service Medal, the Legion of Merit and the Bronze Star Medal.

Mustion is a native of Waynesville, Mo., and is married to the former Kelley Weight. The Mustions have two daughters.

jutant general of the Army; director of personnel for the Multi-National Force — Iraq; military assistant to the under secretary of defense for personnel and readiness; adjutant general for U.S. Forces Korea and Eighth U.S. Army; and personnel policy staff officer and director for the Army G-1 Strategic Initiatives Group.

Mustion was commissioned in the Adjutant General's Corps in 1981 and has served overseas in Germany,



DoD graphic

TBI clinic opens

Continued from Page 3

"A lot of our Soldiers not only have Traumatic Brain Injury, but also have some mood disorders, which can be a direct result of a TBI," Hughes said. "If you get one concussion, you're six times as likely to develop a mood disorder like depression, irritability, anger or anxiety. A lot of the Soldiers we were working with, we also were referring them to Behavioral Health, too. Eventually Dr. Cooper became in charge of our TBI program."

Julia Rodes was a guest speaker at the clinic's ribbon cutting. Rodes, whose husband is an Army officer, suffered two severe brain injuries and lower spinal damage last April during an accident while taking motorcycle safety lessons. She lost some of her memory as well as her ability to walk.

"It wouldn't have been possible, and it wouldn't have been as far reaching as it had been, without the support and love of the Army family," she said of her treatment. Hope is a necessary part of treating any serious medical condition, she said.

"(The) one thing the TBI clinic will be able to give its patients, and continue to give its patients, is hope," she said.

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Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 29

Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the March 29 Leader must be submitted by March 22.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

Housing Happenings

COMMUNITY UPDATES

❑ Rental rates for Pierce Terrace 5 and 7 changed Feb. 21. Current residents will receive renewal letters upon lease expiration. For more information, call 738-8275.

❑ Children must wear a properly fastened helmet while using bicycles, scooters, skateboards, roller skates and similar equipment. The use of headphones or earphones while using these devices is prohibited. If you see children without proper headgear or using headphones, encourage them to get in compliance or report the issue to the Management Office. After duty hours, call the Military Police desk at 751-3115.

❑ Refer someone to move on post to receive \$200.

❑ To nominate a child for the "Distinguished Child Award," email ayoungblood@bbcgrp.com.

❑ LifeWorks events are reserved for on-post housing residents unless otherwise indicated. For questions, comments or suggestions, email ayoungblood@bbcgrp.com.

❑ Garden plots on Gilmer Court are now available to on-post residents. For more information, call Valerie Kinsley at 751-7126.

❑ Residents are reminded to leave their trash cans curbside the night before service is scheduled. Once your trash can has been emptied, be sure to stow it properly.

❑ How to Clear Housing Workshop takes place 9 a.m. tomorrow at the community center. The event is designed to answer questions about on-post housing clearing procedures. Call 738-8275 for more information.

❑ The Yard of the Month Program returns May 1. Yard of the Month winners will be recognized in *The Fort Jackson Leader*, Balfour Beatty Communities website and newsletter. The grand prize winner will also receive a \$50 gift card contest of BBC. Visit the Self Help Center on Ivy Road and browse the lawn and garden tools that can help you cultivate a beautiful yard and flower garden. The center is open Monday through Friday from 8 a.m. to 4 p.m.

❑ For safety reasons children are not permitted to play on the retaining walls in the housing area. If you see children unaccompanied by adults on the retaining walls contact 751-3115.

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❑ Send all submissions to FJLeader@gmail.com or to usarmy.jackson.93-sig-bde.mbx.fj-leader@mail.mil.

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Obama: Housing settlement beneficial to troops, veterans

By LISA DANIEL
American Forces Press Service

WASHINGTON — Thousands of service members and veterans whose mortgages were wrongfully foreclosed on, or who were improperly denied lower mortgage interest rates in the national housing crisis, can receive "significant relief," President Barack Obama announced recently.

"It is unconscionable that members of our armed forces and their families are among those who were most susceptible to losing their homes due to the unscrupulous acts of banks and mortgage lenders," Obama said during a White House news briefing.

Defense Secretary Leon Panetta issued a statement, applauding the announcement.

"These new steps are the result of an extensive interagency effort made by this administration to protect and support service members and veterans, and this initiative will help military families overcome obstacles to purchasing and maintaining a home," Panetta said.

Helping military families achieve personal and financial security "is a vital part of maintaining a strong national defense, just as home ownership is a vital part of fulfilling the American dream," Panetta said.

"I thank the president for ensuring that our service members receive the support they need so they and their families can pursue their dreams while carrying out their vital missions around the world," he said.

Federal and state officials announced Feb. 9 that the nation's five largest mortgage lenders — Bank of America, JPMorgan Chase, Citigroup, Wells Fargo, and Ally Financial (formerly GMAC) — agreed to pay \$26 billion to settle a government lawsuit claiming mortgage loan and foreclosure abuses. At least \$20 billion is to be returned to aggrieved homeowners, according to White House and Housing and Urban Development Department news releases.

"If you are a member of the armed forces whose home was wrongfully foreclosed, you will be substantially compensated," the president said.

The settlement also restores lower interest rates and reduces fees for Federal Housing Administration borrowers for those who were wrongly given higher rates and fees.

Under the agreement, lenders will:

— Review the records of every service member whose home was foreclosed upon since 2006 and provide any who were



Leader file photo

Holly Petraeus, Consumer Financial Protection Bureau's head of servicemember affairs, shown during her visit to Fort Jackson in November, says the former regulation requiring service members to live in a home to have a mortgage lowered has caused many military families to live separately.

wrongly foreclosed upon with compensation equal to a minimum of lost equity, plus interest and at least \$116,785;

— Refund to service members money lost because they were wrongfully denied the opportunity to reduce their mortgage payments through lower interest rates;

— Provide relief for service members who are forced to sell their homes for less than the amount they owe on their mortgage due to a permanent change in station;

— Pay \$10 million into the Veterans Affairs fund that guarantees loans on favorable terms for veterans; and

— Extend certain foreclosure protections afforded under the Servicemember Civil Relief Act to those serving in harm's way.

Obama also announced that the FHA will cut its fees for refinancing loans already insured by the FHA. Two- to three million Americans could save about \$1,000 annually under today's fee structure, he said.

Still, Obama said, "No amount of money is going to be enough for a family who has wrongfully had their piece of the American dream taken away from them."

Later on a conference call with reporters, HUD Secretary Shaun Donovan said it was shameful of financial institutions to wrongfully foreclose on service members homes or not provide them the full financial protections that the law allows. In many cases, he said, lenders "did not review or even read the foreclosure documents they were processing."

"That's not only wrong, it's not who we are as Americans," Donovan said. The

settlement, he added, "ensures that the men and women risking their lives for our country get treated with the dignity and respect they deserve."

Military families "won't just be compensated," Donovan said, explaining that they will be eligible for modifications to their mortgages even for homes in which they are not living.

Holly Petraeus, the Consumer Financial Protection Bureau's head of servicemember affairs, said the former regulation requiring service members to live in a home to have a mortgage lowered, as well as the difficulty of selling a home quickly for a change of duty station, has caused many military families to live separately. Emphasizing the frequency of military moves, she told reporters she and her husband, retired Army Gen. David H. Petraeus, who currently is serving as the CIA Director, moved 24 times in 37 years.

With the "unique challenges" of deployments and frequent forced relocations, Petraeus said, "many see no other solution than to go it alone in military barracks while leaving their families behind" in their homes.

Petraeus said she would urge all financial institutions to understand the Servicemember Civil Relief Act. She also warned service members against a possible "cottage industry" of people who will claim to help them receive help under the new settlement.

Service members and veterans who believe they can take part in the settlement are encouraged to call the Justice Department at 1-800-896-7743.

Obama promises full investigation of massacre of Afghan civilians

By **JIM GARAMONE**
American Forces Press Service

WASHINGTON — President Barack Obama said the United States takes seriously the March 11 murder of Afghan civilians and promised Afghan leaders a full investigation into the incident.

"We're heartbroken over the loss of innocent life," Obama said of the incident in Kandahar province where an American soldier allegedly left his combat outpost and murdered Afghan civilians.

The Afghan government says 17 people were killed in the incident, and U.S. officials are going along with that number.

"We are not in a position to dispute the numbers put out by the Afghan government," said Navy Capt. John Kirby, a Pentagon spokesman.

Obama called Afghan President Hamid Karzai and spoke about the incident, which he addressed Tuesday at a White House news briefing centered mostly about trade with China.

"The killing of innocent civilians is outrageous, and it's unacceptable," the president said. "It's not who we are as a country, and it does not represent our military."

The president directed the Pentagon to spare no effort in conducting a full investigation.

"I can assure the American people and the Afghan people that we will follow the facts wherever they lead us, and we will make sure that anybody who was involved is held fully accountable with the full force of the law," he said.

International Security Assistance Force commander Marine Corps Gen. John R. Allen and the U.S. Ambassador to Afghanistan Ryan Crocker are in Washington on a prearranged trip and met with the president.

"I have extraordinary confidence in them and in the many Americans who are serving in Afghanistan ... and who have made extraordinary sacrifices to be there," Obama said.

The United States will stick by its strategy in Afghanistan, the president said.

"We're steadily transitioning to the Afghans, who are moving into the lead," he said. "And that's going to allow us to bring our troops home."

The United States already has withdrawn 10,000 troops from Afghanistan and plans to redeploy 23,000 more by the end of the summer.

"Meanwhile, we will continue the work of devastating al-Qaida's leadership and denying them a safe haven," the president said.

Obama said he is confident the United States can meet its objectives in Afghani-

stan and responsibly bring the troops home, despite difficulties there.

The shooting suspect remains in U.S. custody, Kirby said. DoD, he added, is not releasing his name "unless or until charges are preferred against the individual."

The Army's Criminal Investigation Division is in charge of the case. Once they finish their investigation they will send the findings to the chain of command, who will then make judicial process decisions, Kirby said.

There have been protests in Afghanistan in response to the shooting. While militants fired on an Afghan delegation that visited the village where the shooting occurred, it otherwise has been "peaceful and stable with respect to this tragic action," Kirby said.

Kirby added that "investigators have the full support of the chain of command to talk to whoever they need to and let the investigation take them wherever they need to go."

The suspect was based at a combat outpost in Afghanistan's Panjwai district. The outpost provided village support operations, which primarily is provided by special operations forces, Kirby said.

Still, he said, the Soldier in custody "is not a member of special operations forces and is a conventional Soldier working in support of the units at the COP."

News and Notes

187TH CSM SET TO LEAVE

A Relinquishment of Responsibility ceremony for the 187th Ordnance Battalion is planned for 1 p.m., Tuesday at Darby Field. Command Sgt. Maj. Cheryl Greene will relinquish responsibility.

WOMEN'S HISTORY EVENT SET

The installations's Women's History Month luncheon is scheduled from 11:30 a.m. to 1 p.m., March 23, at the Solomon Center. The guest speaker will be Chief Warrant Officer 5 Coral Jones.

MORTGAGE HELP WORKSHOP SET

A one-day event to assist service members with issues related to home ownership is scheduled from 9 a.m. to 3 p.m., April 11, at the Joe E. Mann Center ballroom. The event offers help with topics like foreclosure mitigation, interest reduction, government programs, short sale, loan modification, refinance options, SCRA protections and PCS entitlements. Participants who seek help are asked to bring all necessary mortgage and financial documents. For more information and to register, call 751-9323.

MACH CONDUCTS PATIENT SURVEY

Patients who went to Moncrief Army Community Hospital for an outpatient visit will be mailed a 25-question Army Provider Level Satisfactory Survey. The survey can be answered via email, telephone or by mail. The survey serves as a tool for MACH to improve service to its patients. In addition, as part of the Performance Based Adjustment Model, MACH may receive fund increases or decreases based on the survey scores.

FMWR SURVEY UNDER WAY

An Armywide survey is under way as part of an effort to improve Family and Morale, Welfare and Recreation programs. The survey will be distributed to randomly selected participants in 75 garrisons. Those selected to participate will be contacted by email. The survey will remain open through mid-April. Results will be released later this year.

Flying high



Photo by SUSANNE KAPPLER

Air Force Lt. Gen. David Fadok, commander and president of the Air University at Maxwell Air Force Base, Ala., addresses students and cadre of the Air Force Chaplain Corps College during a dedication ceremony for the F-22 Raptor aircraft replica that adorns the grounds in front of the school.

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Chaplain schools celebrate Purim

By **CHAPLAIN (MAJ.) HENRY SOUSSAN**
U.S. Army Chaplain Center and School

On March 8, Jews all over the world celebrated the feast of Purim, the most joyous holiday in the religious calendar.

In honor of Purim, a joint observance was held at the Armed Forces Chaplaincy Center. According to Jewish religious law, the entire text of the book of Esther has to be read from a handwritten parchment scroll. The Hebrew text was chanted by Air Force Chaplain (Capt.) Raphael Berdugo, and the ceremony was attended by several students and cadre of the Army, Air Force and Navy chaplain schools. The ceremony was followed by a Se'uda, a festive meal, complete with Hamantaschen, special triangular cookies shaped like turbans.

Purim celebrates the Jews' rescue from the plot of the nefarious and evil Haman, a high officer of the Persian Empire, and adviser to King Achashverosh, ruler of Persia. Haman plots the genocide of the Jews of Persia, but in what turns out to be an interesting twist, the Jews are saved by a non-miraculous miracle.

The Book of Esther, which tells the story of Purim, differs from other biblical writings in that it does not mention the name of God. The message of the Book of Esther is that God is present even when we cannot feel Him with us or see specific evidence of miracles.



Photos by JULIA SIMPKINS, U.S. Army Chaplain Center and School

Chaplain (1st Lt.) David Ruderman, left, a student at the U.S. Army Chaplain Center and School, and Bezalel Cooper, a former Marine, follow the reading of the Purim story during an observance March 8.



Left photo: Air Force Chaplain, (Capt.) Raphael Berdugo, left, chants the book of Esther from the Megilla, a handwritten parchment scroll. He is assisted by Chaplain (Maj.) Henry Soussan. The reading of the book of Esther is central to the holiday. Above photo: Millie Grauer, left, and Stephanie Alexander, both civilian employees with the U.S. Army Chaplain Center and School, make noise with a special Purim 'gragger' to drown out the name of the evil Haman, the villain of the Purim story.

Red Cross makes communication key

By **DENISE CUENIN**
American Red Cross

Many people connected with the military know that American Red Cross military support dates back more than a century, when Red Cross founder Clara Barton began her humanitarian work on the battlefields of the Civil War. Barton, in addition to nursing the ill and injured, provided a conduit for emergency communications and reconnected families with military loved ones.

The Red Cross mission remains exactly the same 150 years later. Although technology has sparked remarkable advances, the Red Cross has stayed the course of Barton's original vision: rapid and accurate emergency communication services, care for the ill and wounded and service to military families.

To carry out its mission, the Red Cross has a network of hundreds of local chapters and more than 1,500 offices around the world — including sites in Afghanistan and Kuwait — with thousands of volunteers from a variety of backgrounds. When an American military family experiences a crisis, the American Red Cross is there to assist by providing emergency communications around the clock. The Red Cross relays urgent messages containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including ships at sea, embassies and remote locations.

Red Cross emergency communications services keep military personnel in touch with their families following the death or serious illness of an immediate family



Courtesy photo

Heather Williams volunteers for the Fort Jackson Red Cross as an emergency communications case worker two days a week.

member, the birth of a service member's child or grandchild or when a family experiences other emergencies.

Today, many service members initially hear directly of an emergency through an email or a phone call. However, Red Cross still plays a vital role. Red Cross-verified information assists commanding officers in making a decision regarding emergency leave. Without this verification, the service member may not be able to come home

Red Cross Month

during a family emergency.

Heather Williams is a Red Cross emergency communications volunteer who drives from Greenwood two days a week to volunteer at Fort Jackson. She said she finds her time working with the Soldier and Family Assistance Center and her work doing emergency communications rewarding. Her emergency communications work is done sitting at a computer with a phone nearby, however, she still feels connected to

the service members involved.

Jim Nielsen, a retiree who has worked as an emergency communication volunteer for the last three years explained the process of contacting the Red Cross for assistance. He said that eligible people should call (877) 272-7337, which is toll-free within the continental United States.

The service is available to:

- Active duty service members stationed in the United States or overseas, or family members residing with them;
- Family members of an active duty service member who does not reside in the service member's household;
- DoD civilians assigned overseas and family members residing with them;
- Members of the National Guard or Reserves;
- Recruiters and Military Entry Processing Station military personnel;
- Veterans.

When calling the Red Cross, please provide as much of the following information about the service member as is known, such as full name; rank/rating; branch of service (Army, Navy, Air Force, Marines, Coast Guard or DoD Civilian or contractor); Social Security number; date of birth; and military address

Nielsen said the Red Cross will also need to know details of the emergency, to include the names and numbers of organizations who can verify the facts such as doctors, hospitals or funeral homes.

Being well-prepared before you call will make the call much more efficient. Remember, accurate and complete information ensures quicker verification and quicker delivery of the information to the service member's unit and his or her commander.

CPAC CORNER

USA STAFFING QUESTIONS

What if I forget my user ID or password?

If you forget your user ID or password you will need to supply your email address so an email can be sent to you providing your user ID or a password reset procedure. Please note that it is important that you create accounts on both USAJOBS and USA Staffing/Application Manager.

How do I know that my documents are secure on this website?

The server farm which hosts USA Staffing also hosts the MyPay system. Security is a high priority for this system. The Office of Personnel Management is very proud of its security record,

and no loss of data has occurred within this system. Applicants are encouraged to redact the first five digits of their Social Security number on documents such as the DD-214 or the VA letter prior to uploading.

CPAC offers town hall meetings on the USA Staffing process. For a complete list, see Page 15.

If you have questions or need more information, contact the Civilian Personnel Advisory Center via email at usarmy.jackson.93-sig-bde.mbx.cpac-usa-staffing@mail.mil. Responses to general questions will be posted on the Fort Jackson CPAC website at <http://www.jackson.army.mil/sites/garrison/pages/735>.

Author visits



Courtesy photo

Rhonda Stovall West, a children's book author from Columbus, Ohio, visits Pierce Terrace Elementary School to read from her book, 'Always be charming.' Stovall West's daughter, Chloe Broom, lives on Fort Jackson. Broom's husband, Cpl. Eddie Broom, is deployed to Kuwait with Third Army.

Know the law before ending lease

From the Housing Services Office

What makes a lease or rental agreement binding?

Tenants who consider breaking a lease or rental agreement need to understand what makes it binding. A lease or rental agreement may be established in writing, orally or by a combination of the two. If either party fails to sign and deliver the agreement to the other, then the agreement will still be valid as long as receipt of property and/or payment has been exchanged.

For example, if a Soldier does not deliver the signed rental agreement to the landlord but takes possession of the premises, then the agreement is still effective.

It is essential to read and understand the entire lease or rental agreement. For clarification of your lease agreement, contact the Housing Services Office or consult the Legal Assistance Office.

Terminating the lease early for general reasons

To terminate a lease early, proper notification is required. Very often, the lease or rental agreement states what type of notice is required (how long in advance notice must be given, whether it must be in writ-

ing, etc). If the lease or rental agreement does not contain the procedure for terminating the lease early, generally either the tenant or the landlord may terminate a month-to-month tenancy with at least 30 days' written notice (and either may terminate a week-to-week tenancy with at least seven days' written notice).

Terminating the lease early for military reasons

Soldiers who plan on terminating a lease early because of a Permanent Change of Station or deployment should look for a military clause in the lease or rental agreement. In this type of situation, the military clause will contain the necessary procedure.

If a lease does not contain a military clause and a landlord intends to penalize a service member for ending a lease early even though the early termination is due to orders to PCS or deploy, you should consult the Housing Services Office or the Legal Assistance Office to determine whether the landlord is acting legally and, if not, what remedies are available.

Terminating a lease due to the landlord's failure to abide by the terms

of the lease or rental agreement

According to South Carolina law, a landlord must keep the premises in a livable condition at all times and comply with all local and state housing and building codes requiring that the property is kept in good repair. If the landlord fails to abide by state law, the tenant may give written notice to the landlord specifying the breach and may procure reasonable amounts of the required essential services during the period of the landlord's non-compliance.

These reasonable costs can be deducted from the rent. In extreme cases of landlord negligence, the tenant can give written notice that if repairs are not fixed within 14 days, the lease may be terminated. If the landlord makes the repairs within 14 days, the breach is considered cured. If the needed repairs are not affecting the tenant's health or safety and cannot be remedied within 14 days, but the landlord has in good faith begun making the repairs and the repairs are completed in a reasonable amount of time, the lease cannot be terminated for this reason.

Landlords' remedies

Landlords also have protections when

leasing their property. If a tenant moves out without giving proper notice, the landlord can sue the tenant for unpaid rent. During this time, the landlord has to actively pursue renting the unit at fair market value. As soon as the landlord is able to rent the unit, the previous lease is terminated.

If a tenant abandons the property and leaves his or her personal effects amounting to \$500 or less, the landlord may enter the premise and dispose of the tenant's property. For damages caused by tenants, the landlord may serve the tenant with a 14-day notice to make repairs. There will only be a breach if the tenant fails to make the repairs or fails to actively pursue making the repairs in good faith.

Laws and regulations change frequently. Tenants who need assistance with any of the issues discussed above, can seek help by contacting the Housing Services Office at 751-5788/7566/9323; the Legal Assistance Office at 751-4287; Legal Assistance for Military Personnel at lamp@scbar.org or 799-6653; a licensed attorney who handles landlord and tenant disputes.

More information on the issue can be found at www.scstatehouse.gov in Title 27, Chapter 40.

Good nutrition sets the tone for child's future

By CINDY PINCKNEY and TENEKA HUGHEY
Army Public Health Nursing

A child's nutrition is important to his or her overall health. Adequate nutrition during early childhood is important to physical and cognitive development, ensuring that your children grow to their full potential. Healthy foods will boost a child's immunity, helping the body fight off illnesses. Healthy eating during childhood develops lifelong eating habits, aiding in the prevention of health problems such as obesity, hypertension and Type 2 diabetes during adulthood.

Ensuring that the child gets the proper amount of nutrients daily is an important job for the parent. The best way to teach children the importance of staying healthy is by setting an example and making healthful eating and regular exercise part of the family life.

Children younger than 5 have small stomachs and require small, frequent meals throughout the day. Providing the best nutrition for children involves offering a variety of foods, avoiding high calorie snacks and drinks, and offering foods low in sugar, salt and fat. Offer your child a variety of nutritious foods, including fruits, vegetables, whole grains, protein and dairy. Keep meals interesting by offering a variety of colors and textures.

The kitchen can be a fascinating place for young children. They see grown-ups working briskly in there, watch the steam rise from pots on the stove, and smell what's on

the menu that night. Even older kids might be intrigued by how baked goods and meals come together. It isn't always convenient to invite children into the kitchen to help, but consider doing so when time allows. Younger kids can watch what you're doing and help out with small tasks, like stirring something or setting the table.

Older kids can be taught how to crack eggs or measure ingredients. Even teenagers might be lured into the kitchen if you tell them they can choose the dish and you will help prepare it with them. To the kids, it will seem like fun. Parents can get something out of this kitchen togetherness, too. First, there's the quality time you will share. Then there's the pleasure of sitting down at the table together to enjoy what you've whipped up.

TIPS FOR HEALTHFUL EATING

— Rethink your drink. Before picking up that can of soda, think about replacing it with something your body needs, like water, milk or 100 percent fruit juice.

- Right size your portions. When it comes to portion sizes, bigger is not always better.
- Tame the tube. By turning off the TV, you can decrease your child's risk for becoming overweight and spend more quality time together as a family.
- Move more every day: Getting enough physical activity can be achieved by simply moving your body.
- Eat more healthful meals at home. Eating smart at home is not as hard as you think — it can even save you time and money.
- Eat more fruits and vegetables. Work on making col-



orful fruits and vegetables a substantial part of your diet every day.

Breastfeed your baby. There are countless benefits to breastfeeding your baby, both for you and your newborn.

The WIC program is a supplemental food and nutrition education program for women, infants and children. WIC provides nutritious foods, nutrition counseling, breastfeeding support and referrals to other health care facilities. To be eligible you must be pregnant, breastfeeding, be a new mother, or have an infant or child younger than 5.

Families must also meet income and nutritional guidelines. For members of the military, the WIC program is available at 4555 Stuart St. To find out if you are eligible, call 751-5281. To make an appointment, call 576-1350.



Don't become a hard drive hoarder

For many of us, each day is a three-ring circus — minus the costumes and exotic animals — when it comes to the number of tasks on our plate. It is often difficult to leverage available manpower and hours of the day in which to accomplish that very long list of priorities.

In the rush of it all, it is easy to see where everyday security tasks take a backseat to last-minute, high-priority missions. This problem manifests itself all too often in the form of “hard drive hoarding,” that is collecting and storing old or damaged hard drives in the hopes that one day you just might have enough time to properly dispose of them.

I think I can speak for many when I say that this special clean up day rarely presents itself and the storage closet seems to get smaller and smaller. Destruction of CDs and DVDs is a cinch with any capable shredder, but what do you do to dispose of hard drives and other like media?

The disposition and destruction of hard drives might seem like a task of little consequence, however proper handling of sensitive media items will prove invaluable in the prevention of personally identifiable information leakage. The disposition and disposal of removable media is covered in Army Regulation 25-2 and also the Army Best Business Practice 03-PE-O-0002, version 1.7, Reuse of

Commentary

By **JENNIFER PHIFER**
*U.S. Army Signal
 Network Enterprise Center*



Army Computer Hard Drives. This BBP provides guidance and instructions for sanitizing, degaussing (the permanent destruction of media via high-intensity magnetic exposure), and how to handle hard drives and removable media in general.

If you can identify with the “hard drive hoarder” description above and fear that your organization might soon be featured on one of those new hoarding reality TV shows, the Network Enterprise Center can help you. The NEC uses degaussers approved by the National Security Agency.

To use the degaussers for the destruction and disposal of hard drives and removable media, follow the steps provided or contact your unit or organization's informa-

tion management officer or information assurance support officer:

- ❑ Submit a work order with a listing of identifying information for each hard drive. This information will be used to generate a signed memorandum for record that includes each hard drive's make, model and serial number. After destruction, the memorandum will signify the proper destruction of the hard drive and is an inspection item that must be retained for five years.

- ❑ Schedule an appointment with the NEC by calling 751-4298. Unit or organizational personnel must maintain positive control of the hard drives at all times and perform the degauss procedures as well. Customers should bring an assistant or witness to complete the degaussing process. Degaussed media cannot be stored at the NEC nor can it be received by any of its employees.

- ❑ Upon completion of destruction procedures and issue of the memorandum, the degaussed media can then be delivered to the Fort Jackson Recycling Center for final destruction. High volumes of media may need to be coordinated and delivered to the Cayce Steel Mill for destruction.

For more information about the disposition and destruction of hard drives and removable media, call 751-2942 or email Jennifer.Phifer@us.army.mil.

Saluting this basic training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Dustin Pugh
Company B
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Billy Bacon

SOLDIER OF THE CYCLE
Pfc. Spencer Morris

HIGH APFT SCORE
Pfc. James Kubisch

HIGH BRM
Pvt. Mark McKenzie



Staff Sgt. Ronald Cole Jr.
Company C
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Matthew Tishner

SOLDIER OF THE CYCLE
Pfc. Cameron Trueblood

HIGH APFT SCORE
Pfc. Bernardo Castellanos

HIGH BRM
Spc. Jamey Schuster



Staff Sgt. Daniel Rocks
Company D
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Dustin Harper

SOLDIER OF THE CYCLE
Pvt. Brady Harrington

HIGH APFT SCORE
Pvt. Alexis Machesky

HIGH BRM
Pvt. Thomas Menard



Staff Sgt. Amy Mitchell
Company E
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Mark Ballinger

SOLDIER OF THE CYCLE
Pfc. Zachary Bryan

HIGH APFT SCORE
Pfc. Chanelle Davis

HIGH BRM
Pvt. Terry Neal



Staff Sgt. Shawn Scott
Company F
1st Battalion,
34th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Kathrine Hogeboom

SOLDIER OF THE CYCLE
Spc. Brittney Gilliam

HIGH APFT SCORE
Pvt. Carlie Rider

HIGH BRM
Pvt. Mikal Fordyce

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Spc. Arsenio Iglesias

SERVICE SUPPORT
Mark Walker
Robert Hilston
Bennett Shelton

TRAINING SUPPORT
Staff Sgt. Ledale Scott
Krista Haidle

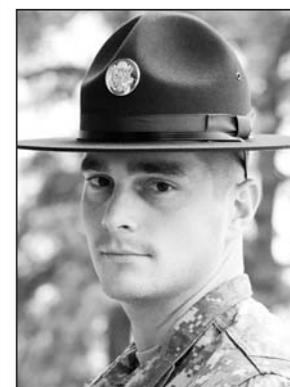
DFAC SUPPORT
Laurie Swader

FAMILY SUPPORT
Kelly Allsup

Training honors



GRAY



THOMPSON

DRILL SERGEANT SCHOOL

DRILL SERGEANT LEADER
Sgt. 1st Class David King

DISTINGUISHED HONOR GRADUATE
Sgt. Lauren Gray

LEADERSHIP AWARD
Sgt. 1st Class Orrin Thompson

PHYSICAL FITNESS AWARD
Sgt. Lauren Gray

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations.

Send all submissions to FJLeader@gmail.com.

For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157.

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 more Fort Jackson photos, visit www.flickr.com/fortjacksonpao

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

Girl Scouts raise flag

From left, Faith Fursman and Emily Forand, both 8, raise the Girl Scouts flag with the help of Staff Sgt. Caroline Keller and Sgt. 1st Class Jewell Forand, both with the U.S. Army Chaplain Center and School. Girls from Troops 1204, 1231, 1241 and 854 were on Fort Jackson Monday to raise the flag at 9810 Lee Road in honor of the organization's 100th anniversary.

Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School



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.
Basic Combat Training Museum	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 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	**Closed for season**
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
Pool, Legion	751-4796	**Closed for season**
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; 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.
Gate 1 Express	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
Gate 2 Express	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.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Weapons Registration	751-5887	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@gmail.com.



Photos by WALLACE McBRIDE

Brig. Gen. David 'Mac' MacEwen speaks to the gathering March 8 at the Fort Jackson Officers' Club.

MacEwen accepts command of SSI

Continued from Page 1

"I want to thank the Army leadership for selecting me to command this organization," MacEwen said. "I am honored for the opportunity, and I pledge that I will do my best. Although I'm sure, if you read my bio, you'll be a little alarmed. Every organization I've commanded, every detachment, company, battalion and brigade, have all been inactivated. I think the fifth time is going to work and SSI will be around for a long, long time."

MacEwen knows the value of training and understands leadership development, said Maj. Gen. James Hodge, commanding general of the U. S. Army Combined Arms Support Command and Fort Lee, Va.

"Mac understands the importance of support to the war fighter and is a proven leader who brings an extraordinary combination of talent and experience to the position," Hodge said. "He knows the value of training and understands leader development and will continue to move the Soldier Support Institute forward into the 21st century."

"As is true with all of these ceremonies, we're losing a great command team today," Hodge said. "But, as usually is the case, we're gaining an equally awesome team in their place."

McAlister has been with Fort Jackson since 2009, and his next assignment will be as military deputy director for the Army Budget Office of the Assistant Secretary of the Army (Financial Management and Comptroller) in Washington.

"After spending almost four years in Washington, I know I've got a better deal by leaving Washington than you do going back," MacEwen told McAlister. "But I do look forward to getting to work and to the business of training and educating our financial management, recruiting, retention, postal, music and human resources professionals."

Hodge said he was grateful to have had McAlister in charge of SSI to navigate "the waters of change."

"Mark has been a champion of training and, under his leadership, SSI has had extraordinary success," he said. "(SSI staff has) trained over 18,000 students annually and ensured that all of the training was realistic, that it was tough, that it

was demanding, fast paced and adaptive, in order to produce leaders that were capable of supporting full-spectrum operations at our Army."

Last week's ceremony was also an opportunity to observe some of the Army's oldest traditions. The Change of Command ceremony has elements dating back not only to the nation's earliest years, but to the military traditions of the Roman Empire, as well. The modern Army's Change of Command showcases the passing the unit colors from the previous commander to the incoming commander.

The ceremony has more than just an academic significance to the mission of the SSI.

"The real purpose of the ceremony has absolutely nothing to do with either one of us," McAlister said. "It really has to do with the Soldiers you see on the field. Those Soldiers represent hundreds of others, actually thousands of others when you include the students that we train and are assigned to the SSI, and the civilian support assigned to the SSI. (They) are the real reason we're here. They're the ones who do the heavy

lifting. They're the ones who make sure the Soldiers who leave here and go out into the operational force are trained and ready. They're the ones who make sure the programs of instruction we have a current and relevant."

"Ceremonies like this are important to the traditions of our Army and I want to thank you for your participation," MacEwen said. "However, we can never forget what the unit crest says: *praecipere militi*, 'teaching the Soldier.' That's our number one job, to train those whose sole mission in life is to provide support to the finest army the world has ever seen. As you leave this field today please pray for our Soldiers who are in harm's way all over the world, and for the families that wait at home for their return."

"I have complete faith and confidence that (MacEwen) can and will continue to insure that the schoolhouse here remains viable and relevant," Hodge said. "When warriors leave Fort Jackson, each of them will be trained and ready to perform their mission anywhere on the globe."

Milton.W.McBride.ctr@us.army.mil



Patty MacEwen, wife of new SSI Commander Brig. Gen. David 'Mac' MacEwen is presented with flowers during last week's change of command ceremony.



The 282nd Army Band performs at last week's change of command ceremony.



Brig. Gen. David 'Mac' MacEwen

A native of Girard, Pa., Brig. Gen. David K. "Mac" MacEwen attended Clarion University of Pennsylvania, graduating in 1981 as a distinguished military graduate of the Army ROTC program. MacEwen has a master's degree in business from Clarion University and a master's degree in national security and strategic studies from the U.S. Naval War College. His military education includes the Adjutant General Basic and Advanced Courses, Combined Arms and Services Staff School, the U.S. Army Command and General Staff College, and the U.S. Naval War College.

During more than 30 years of service, he has commanded units at every echelon, from platoon to brigade, and worked in key staff positions from brigade to theater, with duty in Korea, Germany, Albania, Saudi Arabia, Kuwait, Iraq and the United States.

MacEwen most recently was assigned as the executive officer of the vice chief of staff of the Army. Other significant assignments include: chief, Colonels Management Office; commander, 1st Personnel Command; chief of staff, U.S. Army Human Resources Command; J-1, CJTF-7; G-1 and G-5, V Corps; and the G-1 of both the 2nd Infantry Division and the 1st Armored Division.

MacEwen has deployed in support of Operation Desert Shield and Desert Storm, Task Force Hawk in Albania and Operation Iraqi Freedom.

His awards and decorations include the Distinguished Service Medal, the Legion of Merit (2 Oak Leave Clusters), the Bronze Star (1 OLC), the Defense Meritorious Service Medal (2 OLC), the Meritorious Service Medal (6 OLC), the Joint Service Commendation Medal, the Army Commendation Medal (2 OLC), the Army Achievement Medal, the Department of the Army Staff Identification badge and the Combat Action Badge.

CMYK

CMYK

27" WEB-100

Calendar

Thursday through Saturday

Seafood road show

10 a.m. to 7 p.m., Commissary

Tuesday

LTG Maude Leadership Conference

3 p.m., Solomon Center

Friday, March 23

Women's History Month luncheon

11:30 a.m. to 1 p.m., Solomon Center

The guest speaker will be Chief Warrant Officer 5 Coral Jones.

Housing events

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

Throughout March

Plastic bag recycling

Take your plastic grocery bags to the Community Center during the month of March. Residents will receive a raffle ticket for every 20 bags.

Monday, 3 p.m.

National Chocolate Caramel Day

Stop by the Community Center to pick up a free chocolate caramel treat.

Friday, March 23, 9 a.m. to 2 p.m.

American Red Cross blood drive

To schedule an appointment, call 738-8275 or email ayoungblood@bbcgrp.com.

Announcements

USA STAFFING TOWN HALLS

The Civilian Personnel Advisory Center will host a series of town hall meetings to inform the Fort Jackson community about the new USA Staffing recruitment and placement system, which will take effect April 23. The following events are scheduled:

Post Theater

April 5 and 6: 9 to 10:30 a.m.

April 10 and 13: 1:30 to 3 p.m.

Moncrief Army Community Hospital

March 28: 9 to 11 a.m.

March 28: 2 to 4 p.m.

Soldier Support Institute auditorium

April 3, 4 and 9: 2 to 3:30 p.m.

April 4, 9 and 10: 9 to 10:30 a.m.

EXTENDED CHILD CARE

Imboden Street Child Development Center now offers enhanced extended hours care to provide overnight and weekend child care. The service is available to Soldiers who have verification from their chain of command that mission requirements necessitate the child care. For more information, call 751-1672 or email Rose.Edmond@us.army.mil.

MACH NUTRITION CLINIC

The following classes are scheduled for March:

— Cholesterol and high blood pressure class, 2 to 3 p.m., today and March 29

— Army Move! 2-3 p.m., Monday

— Bariatric initial appointment class (by referral only), 10 a.m. to noon, March 27

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

OPERATION BE FIT

AAFES launched a website to promote healthful nutrition, fitness programs, family activities and overall wellness for Soldiers, retirees and family members. For more information, visit www.opbefit.com.

THRIFT SHOP NEWS

Summer clothing will be accepted starting Tuesday. Winter clothing will not be accepted after March 28. The Thrift Shop is open from 9 a.m. to 3 p.m., Tuesdays and Thursdays, and from 9 a.m. to 5 p.m., Wednesdays. Organizations may submit welfare applications throughout the year. Anyone can shop at the Thrift Shop, but only military ID card holders can consign items.

TELEPHONE BOOK RECYCLING

Old telephone books can be dropped off at the Fort Jackson Recycling Center through March 31. Phone books can be turned in from 7 a.m. to 3 p.m., Monday through Friday, and from 8:30 a.m. to 3:30 p.m., Saturday. For more information, call 751-4208.

LUNCH WORKOUT

The 187th Ordnance Battalion Functional Training Center offers lunchtime workouts at noon, Tuesdays and Fridays, at 2250 Sumter Ave. For more information, call 751-9740 or email Sophie.Hilaire@us.army.mil.

MG URSANO SCHOLARSHIP

The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

UNIT PREVENTION LEADER CLASS

The next Army Substance Abuse Program Unit Prevention Leader class is scheduled from 8 a.m. to 4 p.m., March 26-30 at 9810 Lee Road. For more information, call 751-7949/5007.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Send your announcements to fjleader@gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Announcements are due one week before the publication date. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to skaress@ci-camden.com.

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

Off-post events

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

PURPLE UP FOR MILITARY KIDS

South Carolina Operation: Military Kids is encouraging everyone to wear purple April 13 as a show of support for military children. For more information, visit www.scomk.org.

MARINES WANTED

The Marine Corps League, Detachment 829 is looking for Marines to join. For more information, email hhulett156@bellsouth.net.

173RD AIRBORNE ANNIVERSARY

The 173rd Airborne Brigade National Memorial Foundation will host a celebration to commemorate the 50th anniversary of the brigade Wednesday through March 24 at Fort Benning, Ga. The event will include a reading of the names of fallen Soldiers from the brigade. For more information, visit www.173dairbornememorial.org or email ramirez173@hotmail.com.

OCS ALUMNI REUNIONS

The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email Army@OCSAlumni.org or call (706) 221-8720.

Distinguished child



Courtesy photo

Brooks Hernandez, 10, is the February winner of Balfour Beatty Communities' Distinguished Child Award. Brooks attends fifth grade at C.C. Pinckney Elementary School where he is an honors student.



Thursday, March 15 — 6 p.m.

Extremely Loud and Incredibly Close PG-13

Friday, March 16 — 4 p.m.

Secretariat PG

Friday, March 16 — 7 p.m.

Chronicle PG-13

Saturday, March 17 — 4 p.m.

The Grey R

Sunday, March 18 — 2 p.m.

One for the Money PG-13

Wednesday, March 21 — 1:30 p.m.

One for the Money PG-13

Wednesday, March 21 — 4 p.m.

Chronicle PG-13

Thursday, March 22 — 6 p.m.

Red Tails PG-13

Adults: \$4.50

Children (12 and younger): \$2.25

For more listings, visit www.aafes.com or call 751-7488.

Poisoning prevention an all-year effort

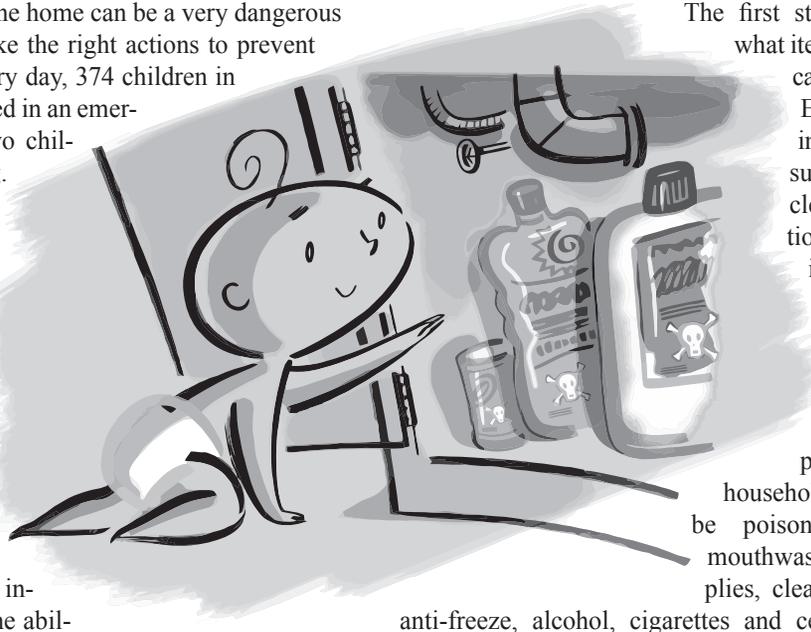
By KIRA M. KOON

U.S. Army Public Health Command

National Poison Prevention Week, March 18-24, is a time to recognize the dangers of poisoning and how to prevent it. However, poisoning prevention should be practiced year-round to ensure the safety of your loved ones, especially your children.

Although parents want to keep their children healthy and safe, the truth is that the home can be a very dangerous place if parents do not take the right actions to prevent childhood poisoning. Every day, 374 children in the United States are treated in an emergency department and two children die from poisoning. For every 10 poison exposures in children, about nine occur in the home.

Poisons can be found in almost every room of every house, and curious children will often investigate anything that is within their reach — little hands can lead to big trouble. However, with the right knowledge and information, parents have the ability to play a life-saving role in protecting their children from household poisonings.



ON THE WEB

For more information, visit:

- ❑ U.S. Centers for Disease Control and Prevention: www.cdc.gov/safekids/poisoning/
- ❑ Safe Kids USA, Inc.: www.safekids.org/safety-basics/safety-resources-by-risk-area/poison/
- ❑ Poison Prevention: www.poisonprevention.org

The first step is to realize what items in your home can be poisonous.

Everyday items in your home, such as household cleaners, medications and cosmetics can cause severe illness and even death if ingested.

The following are examples of common household items that can be poisonous: Medicine, mouthwash, beauty supplies, cleaners, bug spray,

anti-freeze, alcohol, cigarettes and certain household plants.

Once you recognize the potential poisons in your home,

your next step is to take action to prevent your children from having access to these items. Follow the tips below and stick to them throughout the year to prevent childhood poisoning in your home:

— **Lock them up.** Lock up medications, household cleaners, cosmetics and other potentially poisonous household products in childproof cabinets out of children's sight and reach.

— **Keep an eye on them.** Never leave potentially poisonous household products unattended while in use, and put products back to their locked places as soon as you are finished using them.

— **Don't keep it if you don't need it.** Safely dispose of unused, unneeded or expired medications. When disposing of them, you can mix them with coffee grounds or kitty litter.

— **Read the label.** Always read labels and follow directions exactly on all medications and household products.

— **Keep it original.** Keep products in their original containers. Your child may think a cleaning product is a drink if you store it in a soda bottle.

— **Refer to medicine as medicine.** Never refer to medicine or vitamins as "candy."

— **Know the number.** Put the local or nationwide poison control center phone number, (800) 222-1222, on or near every telephone in your house, and program it into your cell phone. The poison control center is open around the clock. Call the poison control center or 911 if you think a child has been poisoned.

Remember, during this national prevention week and year-round, you have the ability to prevent poisonings in your home.

TRICARE extends dental coverage

From TRICARE Management Activity

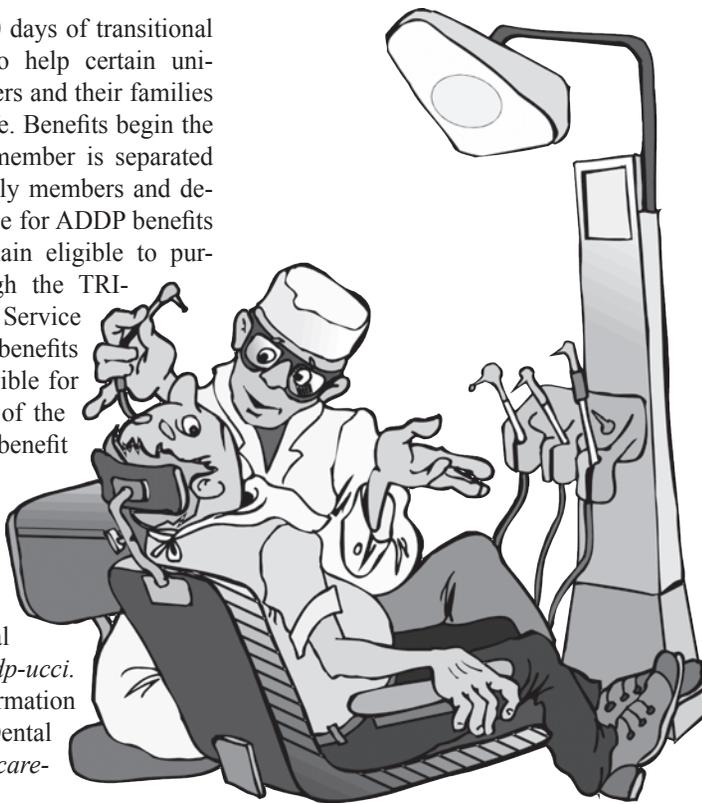
National Guard and Reserve members separating from active duty after an activation of more than 30 days in support of a contingency operation can now receive the same dental care benefits as active duty service members. The TRICARE Active Duty Dental Program now provides coverage to these members in the Transition Assistance Management Program.

ADDP beneficiaries receive active duty dental benefit services as long as the referral and/or authorization requirements are met before receiving care. Authorizations will not be granted for any dental care procedure that cannot be completed within the 180-day maximum TAMP period.

Eligibility is verified by ADDP contractor United Concordia Companies, Inc. using the Defense Enrollment Eligibility Reporting System. All TRICARE beneficiaries are advised to keep their enrollment information updated in DEERS. If eligibility cannot be confirmed, ADDP dental care will be denied.

TAMP provides 180 days of transitional health care benefits to help certain uniformed services members and their families transition to civilian life. Benefits begin the day after the service member is separated from active duty. Family members and dependents are not eligible for ADDP benefits under TAMP, but remain eligible to purchase coverage through the TRICARE Dental Program Service members receiving benefits under TAMP are ineligible for the TDP until the end of the 180-day transitional benefit period.

For more information about TAMP, visit www.tricare.mil/tamp. For more information about active duty dental benefits, visit www.addp-ucci.com. For more information about the TRICARE Dental Program, visit www.tricare-dentalprogram.com.



Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 29 Leader must be submitted

by today.

Announcement submissions are due one week before publication.

For example, an announcement for

the March 29 Leader must be submitted by March 22. Send submissions to FJLeader@gmail.com.

For more information, call 751-7045.

MACH UPDATES

FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older from 8 a.m. to 4 p.m., Monday through Friday, at the Immunization Clinic on the sixth floor of Moncrief Army Community Hospital.

Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

REFILL PHARMACY

Moncrief Army Community Hospital Refill Pharmacy is located in the Exchange next to the UPS store. The Refill Pharmacy offers a 24-hour turnaround service.

If prescriptions are called in before noon, they are ready for pick-up the following day after noon.

All call-in medications are kept on the pick-up shelf for seven business days after they have been filled. After seven business days the medications are returned to stock.

To reprocess the medication, patients must call or come into the Exchange Refill Pharmacy to request the refill. The Refill Pharmacy hours of operation are: 9 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to noon, Saturday.

For automated call in refills, call 751-2250 or (866) 489-0950 For the patient refill help line, call 751-4609.

Only God resists constant change

By **CHAPLAIN (MAJ.) ROY BUTLER**
Task Force Marshall

Although South Carolina has not had much of a winter, there were those mornings when we felt winter's presence — what I would refer to as uncomfortably cold and damp. Lately, however, we have been blessed with unseasonably warm weather promising the arrival of yet another wonderful spring.

This changing of the seasons always reminds me of the constancy of change, not only from season to season, but in our personal lives as well — changes in family status, work status, within our local commands and future changes in our military as well.

Many of us resist change while others welcome the new opportunities change presents. The manner we receive and accept change is different for us all. But I believe it important to acknowledge the constancy of change, if you will — the fact that today is as different and unique from yesterday, as tomorrow will be unique and different from today.

The problem, however, arises when change presents it-

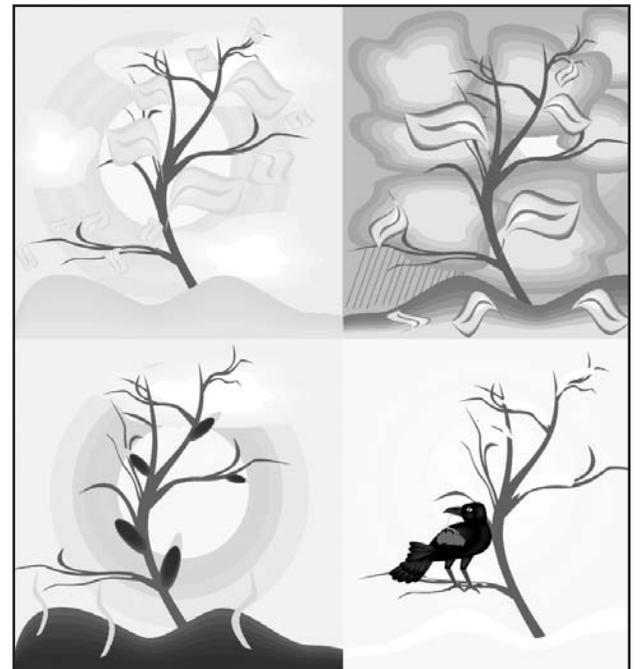
self as a source of confusion or chaos.

It is important to remember that there is good news even in, especially in, the chaos and confusion of change. We have a God who refuses to change even though at first glance when we read through our scriptures God seems to change.

But I believe what we see here is not so much a God who changes but rather a progression of theological thought and the development of a people's coming to grips with the reality that is our God.

What a comfort to know that first, God calls us to grow and mature, to develop a deeper and broader faith; and, second, that God, since before time began, remains unchanged. Here is something we can count on, here is something we can find comfort in — that God refuses to be understood in any way other than constant, a rock upon which we stand, a refuge in the storm of life's change and turmoil, always and forever calling us to enjoy the knowledge of our salvation and equipping us for all life has to offer.

Forever and always, the same yesterday, today and tomorrow, God is with us.



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
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next and Children's Church, Bayonet Chapel
- Wednesday
 - 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Sunday
 - 9:30 a.m. Chapel Next Bible study, Bayonet Chapel
- 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
- 11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
- 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 Thursday
 - 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 p.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

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

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

CHURCH OF CHRIST

- Sunday
 - 11:30 a.m. 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

SPECIAL WORSHIP SERVICES

The following special worship services have been scheduled:

- **Wednesdays**
 - Stations of the Cross (Catholic): 5:30 p.m., Main Post Chapel, followed by bread and soup meal
- **Sundays**
 - Eucharist (Catholic): 8 a.m., Solomon Center
- **Monday-Thursday**
 - Eucharist (Catholic): 11:30 a.m., Main Post Chapel (except on training holidays)
- **April 5**
 - Holy Thursday (Catholic): 7 p.m., Main Post Chapel
- **April 6**

- Passover Seder (Jewish): 7 p.m., Chabad Aleph House
- Good Friday (Catholic): 7 p.m., Main Post Chapel
- Good Friday (Protestant): 7 p.m., Solomon Center
- Good Friday (Daniel Circle Chapel): 7 p.m., Solomon Center
- **April 7**
 - The Vigil of Easter (Catholic): 9:30 p.m., Main Post Chapel
- **April 8**
 - Easter (Catholic): Renewal of Baptism Promises and Celebration of Easter Mass (troops only): 9:40 a.m., Solomon Center

- Easter (Catholic): Renewal of Baptism Promises, 11 a.m., Main Post Chapel
- Postwide Easter Service: 8 a.m., Solomon Center
- Easter (Anglican): 8 a.m., Anderson Chapel
- Easter (Hispanic Protestant): 9:30 a.m., Anderson Chapel
- Easter (Latter Day Saints): 9:30 a.m., Main Post Chapel
- Easter (Protestant): 9:30 a.m., Main Post Chapel
- Easter (Daniel Circle Chapel): 10:15 a.m., Daniel Circle Chapel
- Easter (ChapelNEXT): 11 a.m., Memorial Chapel
- Easter (Church of Christ): 11:30 a.m.

Play Golf America returns

By **THERESA O'HAGAN**

*Family and Morale,
Welfare and Recreation*

Kurt Sokolowski, head golf professional, and the PGA staff at the Fort Jackson Golf Club are very excited that the club continues to participate in the PGA of America's Play Golf America programs. Sokolowski and the Fort Jackson Golf Club have been recognized as one of the PGA's Top 100 Get Golf Ready programs.

Get Golf Ready is a PGA nationwide program that ushers new, former and occasional golfers into the game. Get Golf Ready covers everything aspiring adult golfers need to know to start playing the game. The program includes group instruction over a three-week period. Players also receive on-course instruction on etiquette, speed of play and rules, as well as free rental clubs during the clinics and three supervised on-course experiences. There also is a graduation scramble at the conclusion of the program.

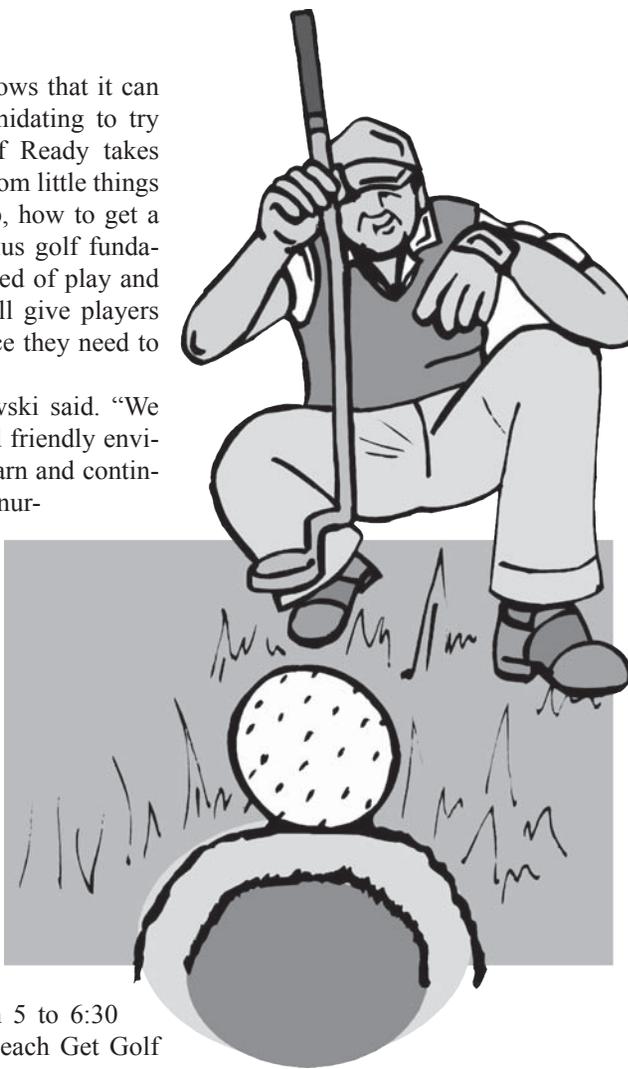
"Golf is a great social sport," Sokolowski explained. "When you sign up for Get Golf Ready, you will be with a group of other like players learning the game. We will teach everything to make you feel comfortable from the moment you arrive at the club ... not just how to

play the game."

Sokolowski said he knows that it can be overwhelming or intimidating to try something new. Get Golf Ready takes the mystery out of golf. From little things like whom to ask for help, how to get a tee time, what to wear, plus golf fundamentals like etiquette, speed of play and rules. Get Golf Ready will give players all the tools and confidence they need to embrace the sport.

"Golf is fun," Sokolowski said. "We strive to make it a fun and friendly environment for students to learn and continue to play the game. It's a nurturing process. We have the professional staff and the programs to encourage new and returning players into the game of golf."

The Fort Jackson Golf Club is offering seven Get Golf Ready sessions for 2012. Interested golfers can register online at www.playgolfamerica.com. For more information, visit the website or call 787-4437. The first session is scheduled from 5 to 6:30 p.m., today. The cost for each Get Golf Ready session is \$99 per person.



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.
- ☐ "Robotics: The NXT generation of buildable programmable robots," 4:15 to 5:15 p.m., every Friday through May 25 at the **Youth Services Center**. Participants must be registered with Child, Youth and School Services.
- ☐ 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

- ☐ 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.
- For a full calendar of events, visit www.fortjacksonwr.com.



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



Follow us on Twitter at www.twitter.com/fortjacksonpao



FIRST RESPONDER

**Lt. Col.
Raymond Simons**
Director, Emergency Services

Maj. Bradford Fisher
Provost Marshal

Sgt. Maj. Bruce Sirois
Provost Sergeant Major

Bill Forrester
Fire Chief

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.

CASES OF THE WEEK

❑ A civilian was arrested and turned over to the Pickens County Sheriff's Office after trying to enter the installation without proper vehicle insurance, Military Police reported. The civilian had an out-



standing warrant for failure to pay child support, officials said.

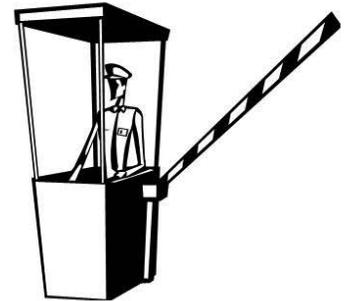
❑ A civilian was denied access to the installation after officials discovered a weapon in the person's vehicle, police reported. The civilian did not have a concealed weapons permit.

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

FORCE PROTECTION THOUGHT OF THE WEEK

CONTROL ACCESS

- MAINTAIN SECURITY AT ACCESS CONTROL POINTS.
- SAFEGUARD COMPUTER PASSWORDS AND LOCK/LOG OFF WHEN NOT IN USE.
- PROPERLY DISPOSE OF SENSITIVE INFORMATION. TRASH IS VALUABLE TO AN ADVERSARY.



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

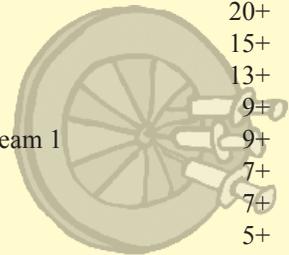
DART STANDINGS

Recreational teams

1st CivDiv	19+
Sharp Shooters	15+

Intramural teams

MACH	20+
2-60th	15+
187th	13+
4-10th	9+
120th, Team 1	9+
TFM	7+
3-34th	7+
1-61st	5+



Standings as of Wednesday

Sports shorts

LETTERS OF INTENT DUE

Letters of intent for the following sports are now accepted by the Sports Office:

- ❑ Indoor volleyball; recreational and intramural; due Tuesday
- ❑ Softball; recreational and intramural; due March Tuesday
- ❑ Golf; recreational and intramural; due March Wednesday

For more information, call 751-3096.

SHAMROCK SHUFFLE

The Shamrock Shuffle 5K walk/run and 10K run is scheduled for 8 a.m., March 17, at Hilton Field. The event is open to all ID card holders. Register at the Sports Office before race day or at Hilton Field from 6:30 to 7:30 a.m. on race day.

For more information about intramural sports, contact the Sports Office at 751-3096.



Photo by WALLACE McBRIDE

1st Lt. Sophie Hilaire, left, leads a lunchtime CrossFit exercise class last Friday. CrossFit is a relatively new concept that combines weightlifting, sprinting and gymnastics that, working together, improves a person's cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, accuracy, agility and balance.

CrossFit program gains foothold on Fort Jackson

By WALLACE McBRIDE
Fort Jackson Leader

A CrossFit training program is now available at Fort Jackson, free of charge for active military and government employees.

The program has been gaining steam over the last few months as volunteers have worked to create a functional, officially sanctioned CrossFit training program on post. Started in 1995, CrossFit is a relatively new concept that combines weightlifting, sprinting and gymnastics that, working together, improves a person's cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, accuracy, agility and balance.

"I've been doing Cross Fit for almost two years and just got certified to teach it in December," said 1st Lt. Sophie Hilaire, who leads two CrossFit exercise classes on Fort Jackson each week. "This is going to make you more of a well-rounded athlete. It's stuff you'd actually use in real life."

Workouts are typically short— 20 minutes or less — and require intense physical exertion. And the variety of exercises in a single session changes daily.

"Every day they'll have some kind of workout, and it's almost always different," Hilaire said. "It's not always going to be as easy as a barbell that fits exactly in your hands. Sometimes it's going to be a huge tire you have to flip or a box you have to jump on top of."

The Fort Jackson program put a lot of equipment to use during a time of day it was otherwise collecting dust, said Lt. Col. Mike Daniels, 187th Ordnance Battalion commander.

"A lot of this equipment during the course of the day goes largely unused," he said. "We had almost all of the equipment we needed, so why not use it? It's a savings to the government and we're getting twice the bang for the buck out of this equipment."

Because of the Army's non-profit status, Daniels said the gym was able to get a certified CrossFit program at no cost.

Classes take place on Tuesdays and Fridays at noon at 2250 Sumter Ave.

"It's a 20-minute workout at lunch, which is enormous," said Dr. Dave Ricciuti, of the Comprehensive Soldier Fitness-Performance and Resilience Enhancement Program. "You can fit it into your day. The intensity is great, too. It's scalable, you can do the same workout with different weights."

Although the program unofficially began in January, Hilaire said the 187th wasn't able to formally acknowledge it as a CrossFit gym until the program received corporate approval, which happened earlier this month. Some of the Soldiers participating in the program since the beginning said they have seen improvements in their regular physical training routines.

"It's helped me with my upper body strength a lot," said 1st Lt. Angela Boyd. "I used to get tired if we did 30 pushups in the morning. But today I think we did over 100 pushups."

"It helps with your overall strength," said Capt. William Whitfield, who has been with the program since the beginning. "I can tell when I go on a run that I've built endurance. My legs are stronger, my abs, upper body strength ... everything's increased. I don't get as tired."

Milton.W.McBride.ctr@us.army.mil



twitter

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for breaking news
and updates.**