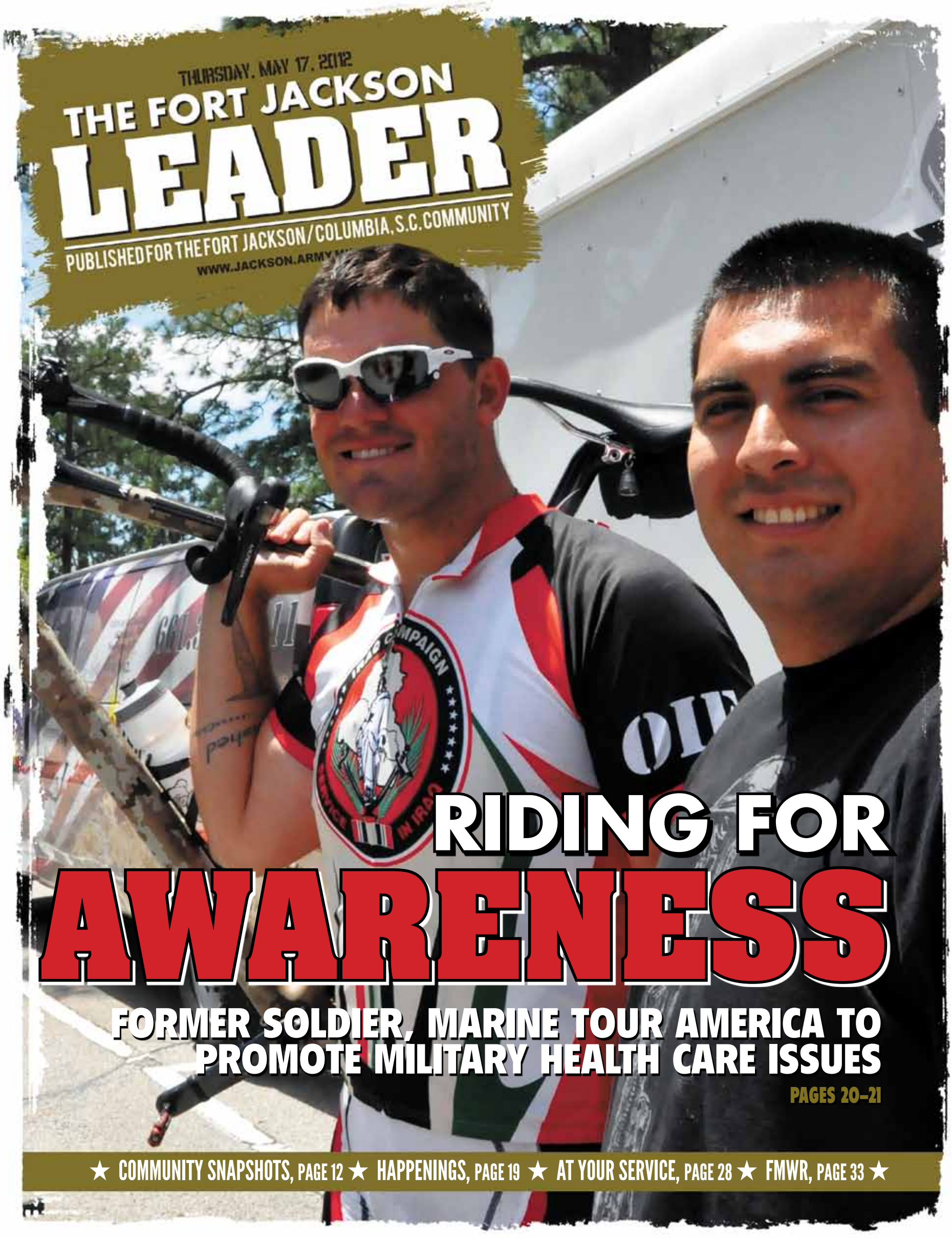
THURSDAY, MAY 17, 2012

THE FORT JACKSON
LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY

WWW.JACKSON.ARMY.M

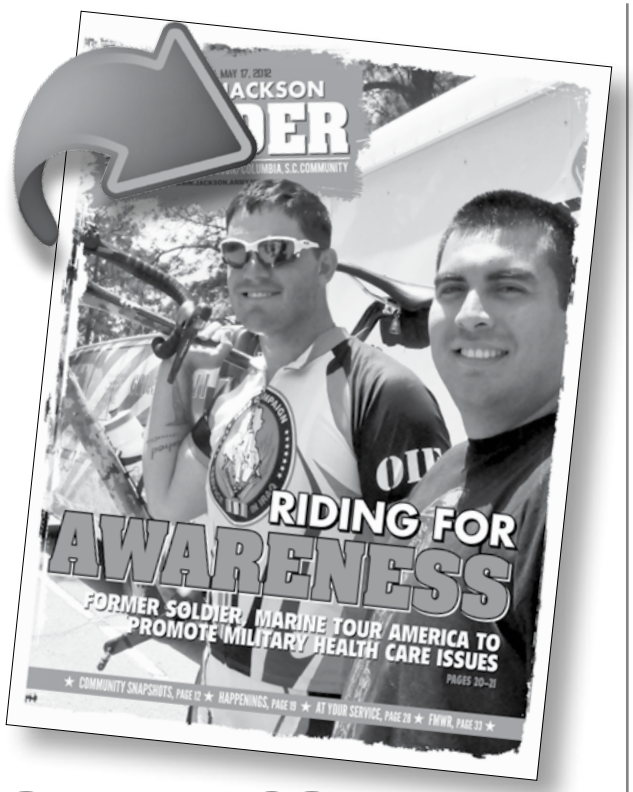


RIDING FOR AWARENESS

FORMER SOLDIER, MARINE TOUR AMERICA TO PROMOTE MILITARY HEALTH CARE ISSUES

PAGES 20–21

★ COMMUNITY SNAPSHOTS, PAGE 12 ★ HAPPENINGS, PAGE 19 ★ AT YOUR SERVICE, PAGE 28 ★ FMWR, PAGE 33 ★



ON THE COVER

Photo by WALLACE McBRIDE

Jeremy Staat, left, and Wesley Barrientos are on a mission to raise awareness about military health-care issues by traveling 4,500 miles in 100 days by bike. The two veterans stopped at Fort Jackson May 10. SEE PAGES 20-21.

THE FORT JACKSON LEADER
PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY
WWW.JACKSON.ARMY.MIL

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

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

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

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

Commanding General.....Brig. Gen. Bryan T. Roberts
Garrison Commander.....Col. James J. Love
Public Affairs Officer.....Karen Soule
Command Information Officer.....Joseph Monchecourt
Editor/Staff writer.....Susanne Kappler
Staff writer.....Wallace McBride
Staff writer.....Andrew McIntyre

Website: *www.jackson.army.mil*
Facebook: *www.facebook.com/FortJacksonLeader*
Twitter: *www.twitter.com/fortjacksonpao*

COMMANDER'S CALL

Military retirees deserve our appreciation, thanks

Retiree Appreciation Days set for this weekend

By BRIG. GEN. BRYAN T. ROBERTS
Fort Jackson Commanding General

One of the first things any newcomer to Fort Jackson will inevitably learn is how military friendly the Columbia area is. Because of this, it comes as no surprise to me that many service members decide to remain in or relocate to this region after their active-duty careers come to an end.

As a matter of fact, if you gathered all the military retirees living in the Midlands area and relocated them to one place, you could populate a town the size of Spartanburg. As incredible as this may sound, our Fort Jackson Retirement Services Office serves more than 43,000 military retirees in the area.

Those are 43,000 men and women who have invested 20 or more years of their lives defending our Nation. Those are 43,000 stories of sacrifice by these veterans and their Families. Those are 43,000 reasons to put on a world-class, five-star event when Fort Jackson hosts its annual Retiree Appreciation Days this week.

And, let me assure you, the event that our men and women behind the scenes have planned for our retirees will be nothing short of that.

This year, for the first time, we will start the Retiree Appreciation Days with a retreat ceremony and salute to retirees, which will begin at 4:30 p.m., today at Post Headquarters. This will be a wonderful chance for our current Soldiers to say, "Thank you," to their predecessors for paving the way.

I'm very happy to welcome the former Sgt. Maj. of the Army Jack Tilley as the guest speaker for this ceremony. I think it would be hard to imagine a more qualified speaker for the occasion — not only did Tilley serve in uniform for 36 years, he also recently completed a term as the co-chair of the Chief of Staff of the Army's Retiree Council.

In addition to the retreat ceremony, I invite our military retirees to participate in the many events offered through Saturday. I especially want to point out the Retiree Health and Benefits Expo Saturday, which provides a wealth of services and information to retirees all in one location. Among many other things, retirees will be able to receive health screening and counseling and will even be able to receive ID card services.

My hope is that the event will also serve as a wonderful opportunity for retirees from different eras and service branches to come together and bond over their experiences. In the end, what it boils down to is this: No matter if you served in the Navy during World War II, in the Army during the Korean War, in the Marines during the Vietnam War or in the Air Force during the War on Terrorism — your service is a point of pride to our Nation.

I'm looking forward to welcoming retirees from all service branches to Fort Jackson this week. I hope you will have a chance to come out and join me in extending our thanks to these patriots.

Victory Starts Here! Victory 6!

Leader file photo

Military retirees are invited to participate in this year's Retiree Appreciation Days, which will take place starting today through Saturday at various locations on post. Retirees can get health screening and other services at the Health and Benefits Expo Saturday at the Solomon Center.

Follow Brig. Gen. Bryan T. Roberts at www.facebook.com/FortJacksonCommandingGeneral

3-60th NCO receives Army safety award

By SUSANNE KAPPLER
Fort Jackson Leader

A Fort Jackson Soldier received the Secretary of the Army and Chief of Staff of the Army Individual Award of Excellence in Safety in the noncommissioned officer category Monday. Staff Sgt. Jorge Lopez, 3rd Battalion, 60th Infantry Regiment, was presented with the award by Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, during a video teleconference with TRADOC commander Gen. Robert Cone.

LOPEZ

Lopez, who has been in the Army for 11 years, works in the battalion's operations office. He said he takes his additional duty as an alternate safety officer very seriously.

"Safety (measures) keep the Soldiers from getting hurt," Lopez said. "It protects the force. That's the most important thing."

Lopez, a native of Fresno, Calif., said he did not know that he was nominated for the award. He said he found out that he won after his wife saw an announcement on Facebook. He said he was surprised and that he appreciates the award, but he also gave credit to the battalion's other safety officers.

"I'm successful because they help me whenever they can," he said.

Lopez' battalion commander, Lt. Col. John Allen, praised Lopez for his dedication to each mission he embarks on.

"Having worked with and alongside Staff Sgt. Lopez for nearly two years, I'd have to say that what truly sets him apart from his peers is his level of dedication, passion and selfless actions," Allen said. "He executes every duty regardless of its scope or complexity with the same level of commitment and enthusiasm. So although he's being recognized for his achievements in safety, the same holds true with every mission, additional duty or project he undertakes. And if that wasn't enough, he's as humble as they come."

Susanne.Kappler1@us.army.mil

LEADER DEADLINES

Article submissions are due two weeks before publication.

For example, an article for the May 31 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the May 31 Leader must be submitted by May 24.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.

Photo by WALLACE McBRIDE

Top enlisted Airman visits

Chief Master Sgt. of the Air Force James Roy, the top enlisted Airman, addresses students of the Air Force Chaplain Corps College's Chaplain Assistant Apprentice Course and Basic Chaplain Course during his visit to Fort Jackson Monday.

Asian-Pacific heritage to be celebrated

By ANDREW McINTYRE
Fort Jackson Leader

May is nationally recognized as Asian Pacific Heritage Month. The U.S. Army Chaplain Center and School will host Fort Jackson's Asian Pacific Heritage luncheon, scheduled for 11 a.m., Friday at the Solomon Center.

The luncheon is held each year to recognize the past and present military service of Asian Americans and Pacific Islanders in the Army and at Fort Jackson.

This year, organizers have decided on a luau theme. Tickets are available through Equal Employment Opportunity advisers and cost $10. The menu for the luncheon will include dishes from various native heritages.

During the luncheon, the "South Sea Dancers" of Charlotte, N.C., will demonstrate aspects of Polynesian culture, dance and language. Their performance will include a floor show that includes a fire dancer and dances from Hawaii, Tahiti, New Zealand, and Samoa.

"In the month of May we recognize the contributions of the Asian Pacific Islanders have made throughout the years. We have recognized this since 1979," said Sgt. 1st Class Tracey Otto, equal opportunity adviser, U.S. Army Chaplain Center and School.

"That month was chosen to commemorate the arrival of the first Japanese immigrants in America on May 7, 1843, and the completion of the transcontinental railroad by predominantly Chinese laborers on May 10, 1869," Otto said.

Many Asian Americans and Pacific Islanders have contributed to the Army. Approximately 4 percent of active duty Soldiers in the Army are Asian American, according to the 2010 census.

Prominent Asian American Soldiers that have served include retired General Eric Shinseki, who served as the Army chief of staff from 1999 to 2003, and today serves as the Secretary of the U.S. Department of Veterans Affairs.

For more information, contact your unit's equal opportunity advisor or call 751-2990.

Andrew.R.McIntyre.civ@mail.mil

Photos by ANDREW McINTYRE

Rally promotes safety

Above, Fort Jackson motorcyclists cruise the Thunder Run trail across post as part of the Victory Thunder Motorcycle Rally Friday. Soldiers and DoD civilians participated in the rally, which aimed to promote motorcycle safety. Right, Jose Valentin prepares his bike for the rally. Before the ride, each bike was inspected for safety. The motorcycle rally also included a bike show. Prizes were awarded for best custom bike, best sport bike and best cruiser.

Housing Happenings

COMMUNITY UPDATES

❑ The Residential Communities Office and the Housing Services Office have moved to a new location. The new office is located at 4514 Stuart Ave., at the intersection of Strom Thurmond Boulevard and Marion Avenue. All office phone numbers remain the same. New business hours are 7:30 a.m. to 5 p.m., Monday through Friday.

❑ Delissa Harris is the comment card winner for the month of April. Fill out a comment card whenever you interact with a Balfour Beatty Communities staff member for a chance to win $100.

❑ Residents in new construction are encouraged to attend the Neighborhood Huddle at noon, May 31 at the Community Center, 520 Brown Ave. The forum is design to raise housing concerns and to give residents a chance to meet their neighbors. Lunch will be provided.

❑ The Home Ventilation Institute recommends that you use kitchen ventilation fans while cooking and bathroom ventilation fans for 30 minutes after each shower. fans help minimize excess humidity in the home, reduce condensation and promote good indoor air quality.

❑ The Mayoral Council is looking for volunteers to serve as mayors of the Fort Jackson housing community. Child care is provided while performing mayoral duties. Interested residents should contact Vickie Grier at 751-7567.

❑ A communitywide yard sale is scheduled for 7:30 a.m., May 19. Residents who wish to participate must register by Tuesday. For more information and to register, call 738-8275. Shoppers are encouraged to stop by the Community Center to pick up a list of participating homes. To receive the list electronically, email *mrobinson@bbcgrp.com*.

❑ Balfour Beatty Communities Foundation awards scholarships to high school seniors and undergraduate students interested in attending accredited educational and technical institutions. Candidates must be an adolescent dependent of an active-duty service member and reside in a Balfour Beatty Community at the time of application. Candidates must also complete an application and meet other eligibility requirements. For more information, visit www.BBCommunitiesFoundation.org. Submissions must be received no later than Tuesday.

❑ The Yard of the Month contest will continue throughout the summer. 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.

❑ The sprinkler systems within housing are set on timers and monitored by the landscaping company. Do no alter the times on your sprinklers. if you have questions or concerns, such as broken sprinkler heads, contact the work order desk at 787-6416.

❑ Trampolines are prohibited in the housing area. For more information, view the Balfour Beatty Communities resident guide at *www.ftjacksonfamilyhousing.com* or contact the management office at 738-8275.

❑ Swimming pools in the housing area may be up to six feet in diameter an one foot in depth. Use of wading pools requires adult supervision and is permitted in backyards only. When pools are not in use, they must be emptied and properly stored.

Courtesy photo

From left, Staff Sgt. Evan Romine, Staff Sgt. Wayne Whitbeck and Sgt. 1st Class James Allred prepare for a rucksack hike in Columbia.

Ruck for a Cure plans weekend event on post

By WALLACE McBRIDE
Fort Jackson Leader

A pair of Fort Jackson drill sergeants hope to put 100 hikers on a 10K trail this weekend.

Sgt. 1st Class James Allred and Staff Sgt. Wayne Whitbeck, drill sergeants with the 3rd Battalion, 13th Infantry Regiment, are staging an event Saturday morning to raise awareness for Ruck for a Cure, a non-profit organization they founded earlier in the year. Ruck for a Cure is designed to raise money and awareness for cancer and related research.

The concept emerged late last year, following Whitbeck's father's bout with brain cancer.

"My father was suffering from glioblastoma," Whitbeck said. "Around December, Allred and I got together and mulled some ideas. This became official in January."

Allred said his mother and two aunts are currently dealing with cancer.

The two Soldiers have spent much of their free time in recent months competing in rucksack marches to promote the non-profit organization. Beginning at 7 a.m., Saturday morning at Hilton Field, they will bring the sport to Fort Jackson. They hope to attract 100 hikers to compete in a rucksack march, which will have them walking 10 kilometers of rolling trails while carrying 40-pound rucksacks.

"We've done a lot of 20-mile ruck marches, and we just got back from a 100-mile ruck march at Myrtle Beach last week. We did 100 miles in five days," Whitbeck said. "It's an awareness activity for us."

"We also want to get our name out there to get out the Ruck for a Cure name as best we can and get as many people on board as possible," Allred said.

Registration for the Saturday event is $25 per person and includes a Ruck for a Cure T-shirt. Team registration is $50 and includes four shirts.

"Ruck marching in the Army is an ongoing competition," Allred said. "It's a test of endurance, bragging rights, fitness, what we're doing is implementing that into what we're doing for a good cause. I know a lot of Soldiers will relate to that."

Visit Ruck for a Cure online at *ruckforacure.org*

This weekend's event is just a minor prelude for a hike planned for 2013. Both men will be leaving the Army in February and plan to take a 3,000-mile walk across America. They'll begin Feb. 4 in Ocean City, Md., and wrap up seven months later in San Francisco.

"Since we're both getting out at the same time, we decided it would be neat to do something military related for a non-military cause," Allred said. "We thought it would be uniquely inspiring to do a ruck march across America. It's snowballed from there."

The entire trek will not only be on foot, they will also be carrying weighted rucksacks. The plan is to chart their journey through updates to their website, adding photos and stories from the route.

"We've got an online GPS tracker so people can track where we're at on the march," Allred said. "We're working on sponsorships right now. We're a formal non-profit organization in South Carolina, and we're currently working on becoming a federal non-profit organization, as well."

"The intent is for Ruck for a Cure to get big enough to continue once we're through with the march," Allred said.

Milton.W.McBride3.ctr@mail.mil

Tools aid in building children's resilience

By VICKY DERDERIAN
Army Public Health Nursing

Today's families, especially children, are under tremendous stress. The stress, in part, is the result of families being overly committed and constantly on the go. Military families have an even more unique set of contributing factors.

Parents may not be able to protect their children from the highs and lows of life, but what they can do is teach them how to be more resilient by developing strengths, acquiring coping skills, building the ability to recover from hardships, and preparing them for future challenges.

How do we define resilience? A definition that captures the meaning well is from the Master Resilience Training Program at the University of Pennsylvania:

"Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity".

Dr. Kenneth Ginsburg, a pediatrician at The Children's Hospital of Philadelphia, has identified seven "C's" of resilience, recognizing that "resilience isn't a simple, one-part entity." Parents can use these guidelines to help their children recognize their abilities and inner resources.

Photo by JAMES ARROWOOD, command photographer

The demands of military life can be hard on children. Military parents are encouraged to use guidelines to help strengthen their children's resilience.

COMPETENCE

Competence describes the feeling of knowing that you can handle a situation effectively. Parents can help the development of competence by:

❑ Helping children focus on individual strengths,

❑ Focusing any identified mistakes on specific incidents,

❑ Empowering children to make decisions,

❑ Being careful that your desire to protect your child doesn't mistakenly send a message that you don't think he or she is competent to handle things,

❑ Recognizing the competencies of siblings individually and avoiding comparisons.

CONFIDENCE

A child's belief in his or her abilities is derived from confidence. Build confidence by:

❑ Focusing on the best in each child so that he or she can see that, as well,

❑ Clearly expressing the best qualities, such as fairness, integrity, persistence, and kindness,

❑ Recognizing when he or she has done well,

❑ Praising honestly about specific achievements; not diffusing praise that may lack authenticity,

❑ Not pushing the child to take on more than he or she can handle.

CONNECTION

Developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention. You can help your child connect with others by:

❑ Building a sense of physical safety and emotional security within your home,

❑ Allowing the expression of all emotions, so that kids will feel comfortable reaching out during difficult times,

❑ Addressing conflict openly in the family to resolve problems.

❑ Creating a common area where the family can share time (not necessarily TV time),

❑ Fostering healthy relationships that will reinforce positive messages.

CHARACTER

Children need to develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others. To strengthen your child's character, start by:

❑ Demonstrating how behaviors affect others,

❑ Helping your child recognize himself or herself as a caring person,

❑ Demonstrating the importance of community,

❑ Encouraging the development of spirituality,

❑ Avoiding racist or hateful statements or stereotypes.

CONTRIBUTION

Children need to realize that the world is a better place because they are in it. Understanding the importance of personal contribution can serve as a source of purpose and motivation. Teach your children how to contribute by:

❑ Communicating to children that many people in the world do not have what they need,

❑ Stressing the importance of serving others by modeling generosity,

❑ Creating opportunities for each child to contribute in some specific way.

COPING

Learning to cope effectively with stress will help your child be better prepared to overcome life's challenges. Positive coping lessons include:

❑ Modeling positive coping strategies on a consistent basis,

❑ Guiding your child to develop positive and effective coping strategies,

❑ Realizing that telling him or her to stop the negative behavior will not be effective,

❑ Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids' daily lives,

❑ Not condemning your child for negative behaviors and, potentially, increasing his or her sense of shame

CONTROL

Children who realize that they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back. Your child's understanding that he or she can make a difference further promotes competence and confidence. You can try to empower your child by:

❑ Helping your child to understand that life's events are not purely random and that most things that happen are the result of another individual's choices and actions,

❑ Learning that discipline is about teaching, not punishing or controlling; use discipline to help your child to understand that his actions produce certain consequences.

Children, in part learn from and model adult behavior. They will often regulate their behavior according to adult expectations. It is the responsibility of parents to nurture and guide this development and instill in children a sense of unconditional love and knowing that someone in their life believes in them.

The Master Resilience Training Program, developed at the University of Pennsylvania, has incorporated a component into the curriculum called, "Hunt the Good Stuff." This consists of listing two or three good things that happened to you that day and what these good things mean to you. "Hunt the Good Stuff" could be a great activity for a family to use at the end of the day at the dinner table.

The advantages would be for the family unit to see the good things that have happened through the day and be able to share the event with people that they love and care about.

It is all too easy and human nature for us to focus on the negative. Parents, you will probably learn great things about your children that may not have otherwise been shared.

Editor's Note: *Information for this article came in part from the book, "A Parent's Guide to Building Resilience in Children and Teens" by Kenneth R. Ginsburg.*

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

Warriors stand in face of adversity

Fort Jackson contractor helps prepare wounded warriors for top performance

By WALLACE McBRIDE
Fort Jackson Leader

A performance enhancement specialist from Fort Jackson was part of the support staff preparing Soldiers for competing in this year's Warrior Games.

The Warrior Games draw hundreds of wounded warriors to Colorado Springs, Colo., each year to compete in swimming, cycling wheelchair basketball, sitting volleyball, archery, shooting and track and field events. All of the athletes are injured, ill or wounded service members from each branch of service and the U.S. Special Operations Command.

HARRIS

Richard Harris, performance enhancement specialist with the Comprehensive Soldier Fitness-Performance and Resilience Enhancement Program at Fort Jackson, helped get Soldiers ready to compete in this year's wheelchair basketball event. In the end, the Army team won the gold in the 2011 Warrior Games and claimed the gold again this year, defeating the Marines with a final score 54-34.

"It's an event that really showcases a lot of the Soldiers coming back to the theater via the Warrior Transition Unit," Harris said. "It showcases how sport participation can lead to a healthy transition. It's to celebrate their commitment, to stand in the face of adversity and say 'I'm not done.'"

"The Warrior Games is one of the ways to show Soldiers that have been faithful in their physical and mental fitness, for all branches to come together for a week for a mini-Olympics," he said.

Harris said his job is to make sure athletes are emotionally prepared to compete successfully.

"I prepare Soldiers to make sure their confidence is where it needs to be, to make sure they're focused on the right things that will allow them to perform well," he said. "You have to think in terms of what their needs are and what their injury is. That way you've got a medical team trained to deal with that and make sure we've got a Soldier primed to go for Warrior Games."

Photo by SGT. JERRY GRIFFIS, 43rd Public Affairs Detachment

Retired Army Cpl. Perry Price III, of Wilmington, Del., races down the basketball court alongside retired Army Spc. Juan Soto, a San Antonio, Texas, native, at a wheelchair basketball game against the Marines during the 2012 Warrior Games in Colorado Springs, Colo.

Although Harris was involved with preparing Soldiers to compete in the Warrior Games, none of the Soldiers on the teams were from Fort Jackson, he said.

"My goal for this year is to try and get more of our Soldiers in the Warrior Transition Unit to participate in the Warrior Games," Harris said. "Other installations have six or seven Soldiers that are participating. Part of the issue is that we have a lot of Soldiers in the National Guard, and sometimes they're transitioning out of the military."

Milton.W.McBride2.ctr@mail.mil

Drill sergeant spouse pays it forward

2-13th wife volunteers to help Army families

By ANDREW McINTYRE
Fort Jackson Leader

Photo by ANDREW McINTYRE

Julie Correira takes photos of Soldiers with the 2nd Battalion, 13th Infantry Regiment during training at the Chemical, Biological, Radiological and Nuclear Chamber. Correira, the wife of a drill sergeant with the battalion, volunteers to provide information to families of Soldiers in training.

Julie Correira's day typically starts out like that of any other stay-at-home mother. She makes breakfast and sends her two children, Sydney, 12, and Isabella, 7, off to school. After that, however, Correira can be found at rifle ranges, obstacle courses and other Fort Jackson training sites.

Correira, wife of Staff Sgt. Kevin Correira, a drill sergeant with Company C., 2nd Battalion, 13th Infantry Regiment, has been at Fort Jackson since February 2009 and spends her days taking photos for the unit and managing its Facebook page.

Correira said she contributes about as many hours to the battalion as many people contribute to their paid jobs — between 40 to 50 hours per week on average. She said she does it to help battalion families stay on top of daily activities their Soldiers do while in Basic Combat Training.

Correira set up the Facebook page April 2010, in hopes of showing families of Soldiers in training photos and videos of BCT and answering questions family members might have concerning training at Fort Jackson. The page currently has more than 16,000 "likes."

When she first committed herself to volunteer for the battalion and start a unit Facebook page, she enlisted the help of two other military spouses to get an understanding of the post and basic training.

CORREIRA

Lt. Col. Patrick Crosby, 2-13th commander, shed some light on her dedication to helping families.

"Julie sees this as her mission to help out families," Crosby said. "(If) I'm coming into the Army for the first time what would I want to know? ... It's really good to know that I have someone that can help out in that regard."

Correira said she loves hearing from families of Soldiers who have gone to their next assignment and started to participate with their units' Family Readiness Groups. She said meeting the family members she connected with online at the end of basic training brings her great joy.

"They stop at our tent by the droves on Family Day and graduation (day), which I find humorous because they haven't seen their Soldier yet and they come to us crying, thanking us for what we have provided them. We've welcomed them in to the Army family with open arms," Correira said.

"The one thing that we ask of them is to pay it forward. The Army is always in need of volunteers," Correira said.

She explained that when she first married her husband social media did not exist. To understand the Army felt to her like attempting to understand a highly-secretive organization.

Now, with the ability to research Army regulations online and grasping all the family programs the Army has to offer, she is paying it forward to other Army families.

Correira especially remembers one family member she met that touched her heart.

"I will never forget her hug, you could feel her thankfulness. It was the best hug I had received in my entire life and I still keep in touch with her until this day," Correira said.

However, she does not accept all the credit for her success with families of the battalion. She explained that this could not have been done without the help of the battalion's commanders and team of volunteers.

Correira stressed how vital the efforts of all the volunteers are to the success of the battalion's relationship with the families of Soldiers.

"Military spouses are a very strong and unique group of men and women," she said.

Andrew.R.McIntyre.civ@mail.mil

Photos by SUSANNE KAPPLER

Spouses receive spa treatment

Fort Jackson military spouses were treated to a spa day in celebration of Military Spouse Appreciation Day Friday. The event at the Joe E. Mann Center was attended by about 200 spouses and supported by 19 sponsors. Above, Angela Weikel receives a manicure from Butler Hutchins. Right, Paola Valverde applies make-up after receiving advice from consultant Stephanie Travis. Below, in addition to being treated to hair styling, massage therapy and free food, spouses also received a gift, such as the depicted IMCOM wine glass filled with goodies.

Photos by SGT. 1ST CLASS ELIJAH RAGIN, Task Force Marshall

Students visit Task Force Marshall

Above, students from Kelly Mill Middle School learn drills and ceremonies from drill sergeants at Task Force Marshall during their visit to the unit. Task Force Marshall has partnered with the school as part of the Adopt-A-School Program. Left, Sgt. Daniel Melchiorre, a military policeman, conducts a military working dog demonstration for the students.

Courtesy photo

Dedicated service

Bessie Ferguson, second from left, and Sharline Brown, second from right, receive certificates for 25 years of government service from Lt. Col. Daryl Soli, deputy director of the Soldier Support Institute's Training Development Directorate and Janet Timmons, TDD director.

Courtesy photo

Yard of the Month

Col. James Love, garrison commander, presents Aqualia Nelson with a certificate of appreciation. Nelson and her husband, Sgt. 1st Class Alphonso Nelson, Soldier Support Institute, are the winner of the Yard of the Month contest for May.

News and Notes

VOTING OPEN FOR FORT JACKSON FATHER

Fort Jackson's 1st Lt. William Edwards, Company E, 1st Battalion, 34th Infantry Regiment, is one of three finalists for the National Fatherhood Initiative's Military Fatherhood Award. To vote for Edwards, visit *www.facebook.com/nationalfatherhoodinitiative*.

TOP COP COMPETITION SET

Fort Jackson will host the annual Top Cop Competition June 3-5. The competition will include seven TRADOC Military Police detachments, one National Guard MP unit, the Richland County Sheriff's Department, Lexington County Sheriff's Department , Columbia and Cayce police departments, the South Carolina State Guard, and a Security Forces Team from Shaw Air Force Base. The event will take place at numerous locations on Fort Jackson and will lead to increased law enforcement presence on post. An active-shooter exercise is planned to take place at C.C. Pinckney Elementary School as part of the competition.

RETIREE APPRECIATION DAYS ON TAP

Fort Jackson's Retiree Appreciation Days are scheduled for May 17-19. This year's events will include a retreat ceremony and salute to retirees; a golf tournament; the Retiree Health and Benefits Expo; and a no-tap bowling tournament. To register for the tournaments, call 751-4064.

ARMY BALL PLANNED

The 237th Army Birthday Ball is scheduled for 6 p.m., June 16 at the Columbia Metropolitan Convention Center. The ball is open to everyone. The guest speaker will be Retired Maj. Gen. Abraham Turner, former Fort Jackson commanding general and current executive director of the South Carolina Department of Workforce and Employment. Tickets cost $39 and can be purchased from unit ticket coordinators. For more information, call 751-8280.

DRIVERS URGED TO MIND SPEED LIMITS

Typically, as the temperatures warm up, speeding and other traffic violations are on the rise. Fort Jackson drivers are reminded to be lawful, courteous and drive free of distractions.

Photo by JAMES ARROWOOD, command photographer

Re-enlistment

Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, administers the oath of re-enlistment to Staff Sgt. Jamie Wall, 1st Battalion, 61st Infantry Regiment, Tuesday.

Sports shorts

YOUTH SPORTS REGISTRATION

❑ Swimming registration continues through May 25. Swimming is open to 5-18 year olds. Participants will be contacted the week of May 21. The fee is $20 for 5-year-olds and $40 for 6-18 year-olds. The fee includes a swimsuit, trophy and certificate.

❑ Basketball registration continues through May 25. Basketball is open for children ages 4-15. Participants will be contacted the week of May 21. The fee is $20 for 4-5 year-olds and $40 for 6-15 year-olds. The fee includes jersey, shorts, trophy and certificate. Registration for Child, Youth and School Services is open to family members of active duty Soldiers, appropriated and non-appropriated funds civilians, contractor personnel and retired military. Children must be registered with CYSS before signing up for sports. To register, call 751-4865 to set up an appointment. Parents must bring a current physical and a copy of the child's birth certificate.

UPCOMING CHANGES OF COMMAND/RESPONSIBILITY

❑ **Thursday — 193rd Infantry Brigade:** Command Sgt. Maj. Lloyd Julius will assume responsibility from Command Sgt. Maj. Jeffrey Dunkelberger; 11 a.m.; Darby Field.

❑ **June 1 — 2nd Battalion, 39th Infantry Regiment:** Lt. Col. Jason Glick will assume command from Lt. Col. Gregg Blumhardt; 9 a.m.; Officers' Club.

❑ **June 5 — 3rd Battalion, 60th Infantry Regiment:** Lt. Col. Thomas McCardell will assume command from Lt. Col. John Allen; 9 a.m.; Officers' Club.

❑ **June 8 — Adjutant General School:** Col. Todd Garlick will take over as commandant for Col. Robert Manning; 9 a.m.; Officers' Club.

❑ **June 12 — Moncrief Army Community Hospital:** Col. Mark Higdon will assume command from Col. Ramona Fiorey; 8 a.m.; MACH.

❑ **June 13 — Moncrief Army Community Hospital:** Command Sgt. Maj. Vincent Bond will assume responsibility from Command Sgt. Maj. Kevin Williams; 8 a.m.; MACH.

❑ **June 15 — 120th Adjutant General Battalion (Reception):** Lt. Col. Vincent Valley will assume command from Lt. Col. Michael McTigue; 10 a.m.; Officers' Club.

❑ **June 15 — 120th Adjutant General Battalion (Reception):** 1st Sgt. Richard Haley will relinquish responsibility; 10 a.m.; Officers' Club.

❑ **June 19 — 1st Battalion, 34th Infantry Regiment:** Lt. Col. Eric Flesch will assume command from Lt. Col. Quincy Norman; 9 a.m.; Officers' Club.

❑ **June 22 — 193rd Infantry Brigade:** Col. Joseph McLamb will assume command from Col. Drew Meyerowich; 9 a.m.; Officers' Club.

❑ **June 29 — U.S. Army Garrison Fort Jackson:** Col. Michael Graese will assume command from Col. James Love; 9 a.m.; Officers' Club.

❑ **June 29 — 1st Battalion, 13th Infantry Regiment:** Command Sgt. Maj. Neal Seals will assume responsibility from Command Sgt. Maj. Eddie Delvallealicea; 1 p.m.; battalion headquarters.

❑ **July 2 — 1st Battalion, 13th Infantry Regiment:** Lt. Col. Gregory Trahan will assume command from Lt. Col. Matthew Zimmerman; 9 a.m.; Officers' Club.

❑ **July 12 — Training Support Battalion:** Lt. Col. Neil Mahabir will assume command from Lt. Col. Sula Irish; 8:30 a.m.; Officers' Club.

❑ **July 20 — 171st Infantry Brigade:** Col. Mark Bieger will assume command from Col. George Donovan; 9 a.m.; Officers' Club.

❑ **Aug. 21 — 369th Adjutant General Battalion:** Lt. Col. David Jones will assume command from Lt. Col. Edward Allen; 8:30 a.m.; Darby Field.

❑ **Aug. 30 — Recruiting and Retention School:** Command Sgt. Maj. Tory Hendrieth will assume responsibility from Command Sgt. Maj. Donna Punihaole; time and location to be determined.

To announce a battalion level or above Change of Command/Responsibility, call 751-7045 or email fjleader@gmail.com.

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

Calendar

Friday
Asian Pacific Heritage Month luncheon
11 a.m. to 1 p.m., Solomon Center

Friday and Saturday
Case lot sale
8 a.m. to 6 p.m., Commissary

Saturday
SKIESUnlimited performing arts recital
2 p.m., Soldier Support Institute auditorium
For more information, call 751-6777.

Monday, May 28
Memorial Day ceremony
9 a.m., Fort Jackson National Cemetery

Housing events

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

Throughout the summer
Free popsicle Fridays
Children can stop by the Community Center every Friday this summer for a free popsicle while supplies last.

Announcements

ID CARD OFFICE CHANGES

The ID Card Office now operates on an appointment-only basis from 9:45 a.m. to 4:15 p.m., Monday through Friday. Walk-ins are welcome 8 to 9 a.m., Monday through Friday. To schedule an appointment, visit *https://rapids-appointments.dmdc.osd.mil*. For more information, call 751-7731.

CAC REPLACEMENTS

Some Common Access Cards that are set to expire after Sept. 30 will have to be replaced because they contain older encryption keys that will no longer provide network access. Most CACs contain the newer, compatible encryption keys. Personnel who are affected, will receive an email from *DMDC.CAC.Replacement.Notification@osd.pentagon.mil*. To replace the CAC, visit *https://rapids-appointments.dmdc.osd.mil* and schedule an appointment.

AAFES FITNESS FESTIVAL

A family fun and fitness festival is scheduled for Tuesday at the Exchange. The festival will include the Operation Be Fit Clinic, a 30-minute workout routine for the entire family and healthy food ideas, samples and nutrition tips.

CIF CLOSURE

The Central Issue Facility will be closed June 11-15 for its annual inventory. Soldiers and civilians who are scheduled to clear the installation during that time should call 751-6524/2870/2739 for a turn-in appointment before then. CIF will resume normal business hours June 18. For more information, call 751-7213/6885.

THIRD ARMY EVENT

Third Army/ARCENT will celebrate Asian Pacific Islander Heritage Month with an event from 11:30 a.m. to 1 p.m., Friday in the Lucky Conference Room at Patton Hall, Shaw Air Force Base. Soldiers, Airmen and civilians interested in participating, should call 885-8636/8653.

MACH NUTRITION CLINIC

The following classes are scheduled for May:
- ❑ Cholesterol and high blood pressure class, 10:30 to 11:30 a.m., May 24
- ❑ Army Move! 2-4 p.m., Monday

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

OPM SURVEY UNDER WAY

The Office of Personnel Management has begun its 2012 Federal Employee Viewpoint Survey. The survey runs through June 18.

VOLUNTEENS SOUGHT

The Fort Jackson Red Cross will accept application for its VolunTEEN summer program beginning Tuesday. Applicants must be 14 or older. VolunTEENS work at Moncrief Army Community Hospital alongside medical professionals. Applications can be submitted through Monday. For more information, call 751-4329.

THRIFT SHOP NEWS

Applications for the Summer Youth Program are available through today. The program will run June 5 through July 26. It is open to students, 17-21 years old.

The Thrift Shop has a number of gowns available as part of its Golden Carriage Program. The program provides formal wear for female sergeants and below and wives of sergeants and below. 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.

AA OPEN MEETINGS

Alcoholics Anonymous open meetings are scheduled from 9 to 10 a.m., Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

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

Send your announcements to fjleader@gmail.com.

School notes

RICHLAND ONE PRE-K DEADLINE

The deadline for parents to register their children for Richland One's pre-kindergarten program has changed. Parents now have until June 1 to enroll their 4-year olds. For more information, call 231-6882/6709.

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.

ADVENTURE CAMPS

Military children 14-18 years old are invited to participate in adventure camps hosted by Purdue University in partnership with the Office of the Secretary of Defense Military Community and Family Policy. For more information, visit *https://www.extension.purdue.edu/Adventure_camps/campshome.html.*

SPIRIT OF AMERICA TOUR

The Army's Spirit of America tour will perform at the Colonial Life Arena Sept. 21 and 22.

MARINES WANTED

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

DRILL SERGEANT REUNION

A reunion for drill sergeants and support staff assigned at Fort Jackson during the 1970s and 1980s is planned for June. For more information, call (785) 375-1433. or email *rubyrobinson60@yahoo.com*.

OUT SPOKIN'

Veterans' cross-country ride stops at Fort Jackson

By WALLACE McBRIDE
Fort Jackson Leader

Jeremy Staat and Wesley Barrientos would like to have your attention, please.

The two veterans are biking across the nation, travelling 4,500 miles across 14 states in 100 days, to draw attention to health care challenges in the military. Last Thursday, the pair arrived at Fort Jackson, stopping at Post Headquarters on their way to Florence.

"Every program needs awareness," said Carl Lopez, retired command sergeant major for Fort Jackson and president of the Military of Order of the Purple Heart in Columbia. "And if our system isn't working, it needs to come out. I respect what they're doing and I hope other communities come out and support them the best they can."

Barrientos, who was with 101st Airborne Division, was wounded on three occasions during his three tours of Iraq. In 2007, he was severely wounded after his vehicle struck a roadside bomb. He lost both of his legs in the attack.

"Jeremy and I are from the same hometown," Barrientos said. "In 2010, one of the guys from my unit, Brett Land, was killed in Afghanistan. He happened to be from my hometown, too. I decided to get off the couch and do something to honor him. I miss being with my brothers, I miss being in the fight. I can be next to them fighting, so I might as well fight for them when they get out."

Staat, an Iraq veteran and former NFL football player, met Barrientos during a Homes for the Troops event in their hometown of Bakersfield, Calif.

"It just happened to be Wesley's home," Staat said. "The apartment he was living in was broken into and his TV got stolen. He was more upset that he couldn't watch the NFL draft that weekend. We hit it off and had the opportunity to go out into the community and do some motivational speaking to our youth there in Bakersfield. We saw a huge need to continue forward with it. Now, a year later, here we are riding across America."

May 10 was day 82 on their trip, which will wind down on Memorial Day at the Veteran's Memorial Wall in Washington, D.C.

"Jeremy came up with the idea of riding bicycles across the country," Barrientos said. "I said, 'Absolutely,' but it had to be for a good cause. We came up with four great causes: the veterans' suicide rate, more efficient VA health care system, veterans education centers on all college campuses, and childhood obesity. I'm not going to kill my body just for anything."

"If we can save one life, change one person's thinking, then the ride was worth it," Staat said. "It's important to me to inspire our youth, to show them that, if they want something, they have to go out there and get it. Hopefully, by doing something like this, we'll bring awareness to the epidemic of childhood obesity, as well."

Staat, who became a Marine after his football career ended, said untreated mental illness is more dangerous to members of the military than the physical dangers they're facing on field missions.

"They're looking at over 6,500 veteran suicides just this year," he said. "We've already surpassed the numbers of casualties in Iraq and Afghanistan right here in the United States out of our Operation Enduring Freedom/Operation Iraqi Freedom veterans. Of our Vietnam veterans, we lost over 168,000 to suicide that we know about. Currently, it makes the United States the most dangerous place for veterans."

Barrientos, who uses a hand-powered bicycle, took a spill a few weeks ago and is having to sit out the final weeks of the trek. After injuring his arm, he decided against risking permanent injury to his arms by aggravating the injury. He is still with the group, assisting from one of the four vehicles travelling with Staat for the remainder of the journey.

"I love what he's doing, bringing information out to the community about the Wounded Warrior program and the Veteran's Administration," said Sgt. 1st Class Wayne Bailey, noncommissioned officer in charge with the strategic planning office.

"Jeremy was always different. I knew that Jeremy was going to do big things, something that would require a lot from him," said Jeremy's mother, Janet Staat Goodheart, who is the treasurer for The Staat Foundation. "I knew he had leadership abilities in him and thought when he made it to the NFL that was probably pretty big. But it's a great honor to see him touch the lives of our veterans and fight for their rights. I'm very proud of him."

Photo by WALLACE McBRIDE

Jeremy Staat, left, and Wesley Barrientos are travelling 4,500 miles across 14 states in 100 days, to draw attention to health care challenges in the military. Find out more about their trip at *thejeremystaatfoundation.org*

CMYK
CMYK
27" WEB-100

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 hours 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	Temporarily closed
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.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
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*.

Keep your cool this summer at Palmetto Falls Water Park

By THERESA O'HAGAN
Family and Morale, Welfare and Recreation

Summer will be here very soon, and — being that this is the South — this summer promises to be a real scorcher. Don't be plagued by the plaintive cries of, "I'm bored." With rising gas prices, keeping the family entertained over the summer could become a costly and difficult task.

One way to keep your cool and your loved ones cooler is with a Palmetto Falls Water Park pass.

Palmetto Falls Water Park will be open Memorial Day weekend, May 26-28; and officially opens for the season June 2.

Here are the Top 10 reasons to make Palmetto Falls Water Park your summer destination:

10. The snack bar — the combination of chips, hot dogs, deliciously smooth and creamy frozen fruit concoctions, sun and swimming is sure to knock any child out right after dinner.

9. Eggs can be fried on Columbia and Fort Jackson sidewalks.

8. At almost $4 a gallon for gas, you really cannot afford to drive anywhere else.

7. The Lazy River — so relaxing and cool.

6. Spray park for wee people with lots of interesting things to explore.

5. Speed slides.

4. Lots of lifeguards! No need to worry. Go ahead and relax.

3. Did I mention The Lazy River?

2. Season passes start at $95 for a family of four for service members ranked E1 through E4. Additional military family members pay $5 extra. The park is open Tuesdays through Saturdays from 11 a.m. to 7 p.m., and Sundays and holidays from 1 to 7 p.m. all summer long. Passes for single Soldiers start as low as $39.

1. And then, of course, there's The Lazy River!

New this year in Patriot's Park adjacent to the water park are a sand volleyball court, Family Day pavilion, and additional bathrooms. In addition, patrons can enjoy playgrounds, picnic areas and shade structures.

A sliding fee scale ensures the water park is affordable for all levels of income.

Prices for season passes for military families of four are:

❑ E1-E4: $95
❑ E5-E6: $125
❑ E7 and up, retirees, and DoD civilians: $145

Prices for single season memberships:

❑ E1-E4: $39
❑ E5-E6: $59
❑ E7 and up, retirees, and DoD civilians: $69

Leader file photo

Palmetto Falls Water Park will be open for the Memorial Day weekend and open for the season starting June 2

Daily entry fees are $9.50 per person for non-affiliated personnel. Water Park season passes are on sale now and can be purchased at Victory Travel or by calling 751-5812.

Day care centers, summer camps and church groups can get group rates. Groups of 15 patrons or more pay $6.50 per person Tuesdays through Fridays, and $7.50 per person on Saturdays and Sundays. Call Palmetto Falls Water Park at 751-3475 to schedule a group event.

Palmetto Falls Water Park also offers a limited number of season passes to the general public. Only 200 family passes are still available. Palmetto Falls Water Park passes provide full access to the water park every day.

The park's opening hours are:

❑ Tuesdays through Fridays, 11 a.m. to 7 p.m.
❑ Saturdays, 11 a.m. to 7 p.m. (Patrons must have a military ID card or season pass to enter)
❑ Sundays, 1 to 7 p.m. (Patrons must have a military ID card or season pass to enter)

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

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

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 **Thomas Lee Hall Library** for Mommy and Me, a lapsit program, starts at 11 a.m.
❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
❑ **Victory Bingo**, starts at 2 p.m.
❑ 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**.

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.

ONGOING OFFERS

❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. All users must be signed up with Child, Youth and School Services. Registration is free at the Central Enrollment Office in the Joe E. Mann Center. For more information, call 751-4865.