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The Fort Jackson Leader

Thursday, September 18, 2008 | Published for the Fort Jackson/Columbia, S.C. Community | www.fortjacksonleader.com

Weathering the storm

AAFES: Gasoline crunch short term, no need to panic

Susanne Kappler
Leader Staff

Motorists who buy their gasoline at AAFES are being told not to panic about short supplies and spikes at the pump.

"If our customers do not panic and conserve gasoline, the crisis will pass without major impact on the community," said Common Orris, manager of the Gate 2 Shoppette.

Hurricane Ike made landfall more than 800 miles from Fort Jackson Friday, but caused a storm at the gas pumps as worried motorists reacted to anticipated shortages in gasoline.

Drivers made a mad dash for the pumps Friday and long lines formed at the AAFES gas stations on post.

Because of the high demand, both Fort Jackson gas stations ran out of fuel Friday. The Gate 2 station ran out at 5 p.m. and the Gate 1 station ran out at 2:30 p.m.

"More than 18,000 gallons of gasoline were sold between both Gate 1 and 2 stations," said Orris.

On an average day, more than 20,000 gallons are sold, but because the stations ran out of gas early and there was no option to refuel that evening, the numbers for Friday were actually below average.

Orris estimated that if AAFES had been able to refuel, the sales figures would have well exceeded the daily average.

Military Police were controlling traffic at both gas stations, and no incidents were reported, according to Provost Sgt. Maj. Allen Taylor Jr.

"The MPs did a wonderful job helping with customer panic and directing overwhelming traffic," Orris said.

The increased demand and shortage in supplies led to price

*See **Gas** Page 4*

Photo by Susanne Kappler

Lines form Friday when customers rush to the Gate 1 Shoppette for gas. The higher demand caused a shortage leading the shoppette to run out of gas at about 5 p.m.

Army launches new campaign to prevent sexual assault

Susanne Kappler
Leader Staff

Army leaders and representatives from the service's Sexual Assault Prevention and Response Program met at a summit Sept. 9-12 in Alexandria, Va., to establish a new campaign combating sexual assault in the ranks.

The "I. A.M. strong" campaign takes a new approach focused primarily on the prevention of sexual assault.

The three pillars of the campaign are Intervention, Action and Motivation.

Soldiers are expected to intervene when they recognize a threat; to act and stand up for their battle buddies; and to motivate others to do the same.

The "I. A.M. Strong" campaign aims to eradicate sexual assault from the Army by transforming the culture within the service.

"It's going to be a collective effort across the board," said Annette McLeod, Fort Jackson Family Advocacy Program manager. "Just throwing out flyers and posters is not enough."

The program is set to feature various approaches to drive home its message of zero tolerance for sexual assault in the Army. It will make use of role models as well as peer-to-peer communication. Future projects will focus on interactive and online content, such as including sexual assault scenarios in the America's Army game.

McLeod explained that concrete plans for the campaign's implementation are still in the works.

McLeod, who also heads the Fort Jackson Sexual Assault Prevention and Response Program, is working on including the new campaign into the briefings on sexual assault for Soldiers.

"One of the things we want to do is to target Advanced Individual Training units for scenario-based training," she said. "This involves role-playing and training in small groups — particularly scenarios on off-post behavior."

In addition, plans are under way to hand out information on risk prevention to all incoming female Soldiers.

McLeod is confident the new initiative will be successful.

"My expectation is as big as the Secretary of the Army's: Eradicate sexual assault," she said. "We want to create a climate, in which a perpetrator would not want to be in the Army. It involves the entire Army population to achieve this."

Susanne.Kappler1@us.army.mil

Commanders' Corner

From the Commanding General

Fort Jackson addresses mold issues in barracks

BG May

One of my top priorities is quality of life for our Soldiers and families. Our Soldiers deserve the best possible resources in terms of facilities, housing and community life. With that in mind, one quality of life issue I would like to address immediately is mold in our facilities.

There has been much discussion during the past year across the Army about mold, and yes, we do have mold on Fort Jackson. Mold is part of the natural environment, but that fact doesn't make it any less unsightly.

Here in the South, where the humidity numbers are often as high as thermometer digits, mold is common.

Mold can grow on anything organic — such as on soil, food, paper, carpet, walls, you name it. Mold also thrives in places where moisture conditions can easily arise and the air stays generally warm and damp.

In short, Fort Jackson is an ideal host for mold activity, all of which makes our mission much more challenging. Mold has been identified in a number of barracks and buildings on post. We are working diligently to address these issues through a remediation policy.

As the Basic Combat Training Center of Excellence, we must strive to create and sustain the optimal environment for effective combat training. The environment in which our warriors sleep, eat and learn must be adequate. These buildings must be in such a state as to fully support our mission without causing inappropriate distractions.

We have many building renovation projects ongoing; however, there are still many buildings that will require further work. As we move toward providing the definitive repair answer for each building requirement, we must have a system that ensures awareness of the potential impact of the building deficiencies, mitigates the effect of those deficiencies and keeps me informed of the status of our training environment.

To date, I have directed that the following actions be taken:

— We have formed a Mold Remediation Committee. This committee will review the status of mold issues at Fort Jackson and ensure that all possible interventions are put in place to decrease and remove the burden of any mold in our buildings. The committee will also be involved with prioritization of building repair efforts as they pertain to mold persistence and burden.

— We have established a policy for mold remediation. This policy will include the sequence of events for evaluation of a mold problem, specific instructions as to when and how mold should be cleaned or painted, requirements for protective gear during these interventions (such as a mask or gloves) and follow-up evaluation.

— Safety Office and Preventive Medicine inspections will include documentation of mold and building deficiencies. This information will be reported to the Mold Remediation Committee.

In the meantime, I expect leaders at all levels to prevent mold build-up.

Right now, we are a nation at war. Funds are directed based on the priorities of war. We have an extremely important role to play, for we take young adults who have accepted the privilege of defending their nation, and we give them the first important steps in their development into the formidable fighting force, which is called the United States Army.

With that mission in mind, I know that I can count on all of you to maximize our resources to create and sustain the environment which we are proud to call the United States Army Basic Combat Training Center of Excellence.

Ask the Garrison Commander

EFMP respite care; types of discharges; heart health

Col. Dixon

Q What is Exceptional Family Member Program respite care?

A The respite care program allows for short, planned periods of rest for qualified family members enrolled in the EFMP with special educational or medical conditions.

The Army will subsidize up to 40 hours of care a month (adult or child care) per eligible family member. Respite care is a basic necessity for families with special needs. It fosters strength and resilience through support as mandated in the Army Family Covenant.

Families are free to choose their own caregiver, have care provided in the installation Child and Youth Services centers or have services provided by the EFMP respite care contract services in the family home (on or off post) or the provider's home. For more information, call 751-5256.

Q I am an Army officer considering leaving military service. I received adverse actions during this period of service. What are the types of discharges and character of service I can expect?

A In accordance with Army Regulation 600-8-24 (Officer Transfer and Discharges), paragraph 1-22; when an officer's tour of active duty is terminated because of discharge, retirement or release from active duty, the period of service will be characterized as "honorable," "general" ("under honorable conditions"), "under other than honorable," or "dishonorable" (warrant officers who do not hold a commission only), depending on the circumstances.

The character of service will be predicated on the officer's behavior and performance while a member of the Army. Characterization normally will be based on a pattern of behavior and duty circumstances, in which conduct reflected by a single incident may provide the basis of characterization of service.

Q How does exercise help my heart?

A Exercise, in particular cardiovascular exercise, will not only make you look and feel better, it can also protect from a variety of health problems.

The higher your level of cardiovascular fitness, the lower your chance of suffering from heart disease. You will also increase your protection against cancer, high blood pressure and type II diabetes, and you will raise your good cholesterol while lowering your bad cholesterol.

Garrison Fact of the Week

One in 150 children is diagnosed with autism. More boys than girls are diagnosed with autism. In the Army, there are 127 active-duty Soldiers with autism.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Rain doesn't cloud 9/11 remembrance

Mike A. Glasch
Leader Staff

More than 100 people did not let the threat of rain keep them from gathering at the state capitol Sept. 11, and marching in Columbia's third annual "Freedom Walk" honoring the victims of 9/11.

Stephany Ferguson of Columbia, whose brother-in-law is serving in Iraq, was one of those marching, pushing her 1-year-old son.

"I want my son to grow up knowing how important it is to support his uncle and all those who serve," she said. "I just respect the military, all the policemen and firemen who protect us and all that they did that day."

Led by the city's color guard and 282nd Army "Victory" Band, the marchers made their way from the Capitol to City Hall. Once inside the city council chambers, several speakers, including Fort Jackson's deputy commander Col. Kevin Shwedo and Mayor Bob Coble, paid tribute to the 3,213 people who were killed in these terrorist attacks, many of them first responders trying to save the lives of those inside the World Trade Center towers.

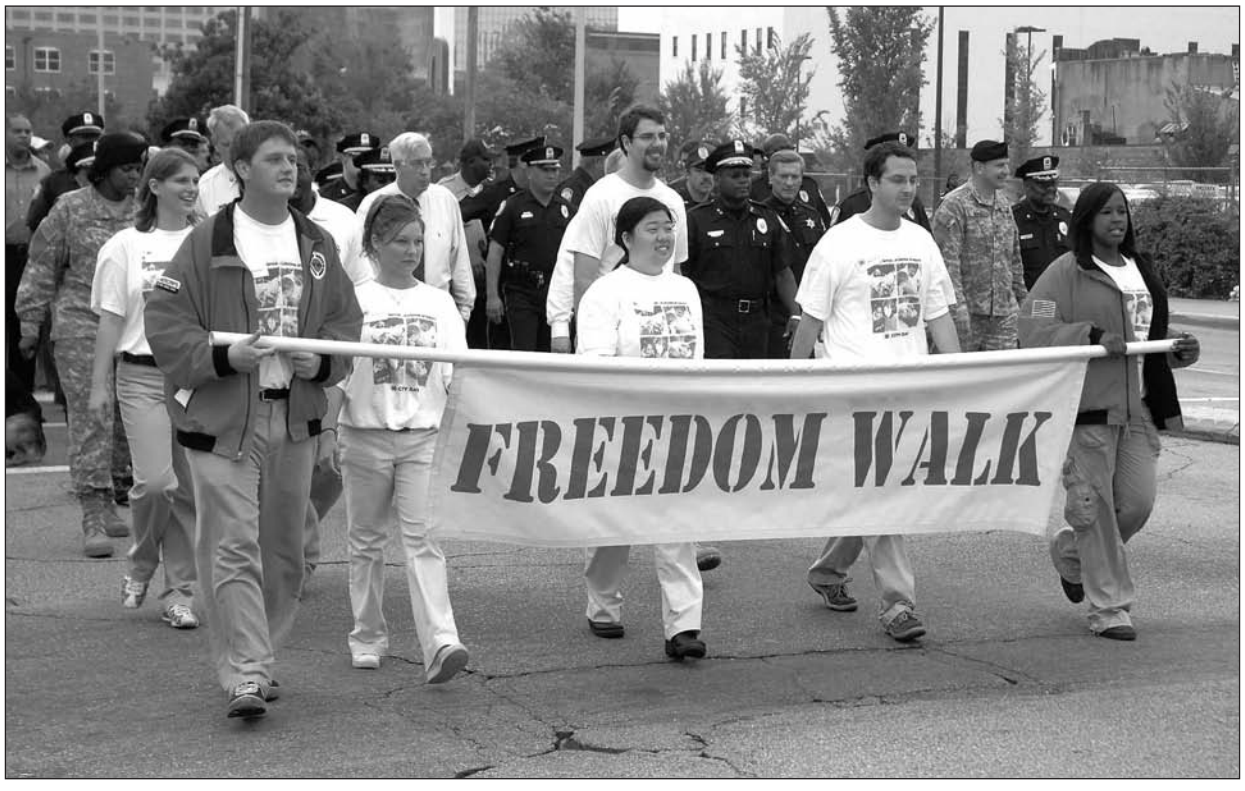
"We want to remember those who perished seven years ago on 9/11," Coble said. "We want to recognize the first responders who put their lives on the line every day. A first responder would respond in the case of a terrorist attack.

"That may be a remote possibility in Columbia, but they are the same folks who respond to natural disasters — hurricanes, tornadoes, floods and ice storms. They are protecting us everyday."

Shwedo talked about the changes that came as a result of 9/11. He talked not only of the physical changes, such as tighter airport security and the creation of the Department of Homeland Defense, but of a change of mindset as well.

"The biggest difference is that Americans will not knowingly let other Americans be victims again. 'Let's roll!' became our mantra when that plane in Pennsylvania went down," he said. 'Let's roll!' has become our mantra every day since then. Get on an airplane today and look at the men and women, up and down that aisle, ready to go ahead and step into harm's way — it's an American passion."

It is that same mantra that Shwedo said has been adopted by today's Soldiers.



Photos by Mike A. Glasch

More than 100 people marched through the streets of downtown Columbia Sept. 11 as part of the Freedom Walk to pay tribute to the victims of 9/11.

"In their heart, they learned a lesson from their civilian counterparts on that airplane flying over Pennsylvania," he said. "They will not knowingly let another American fall and be a victim of terrorism. Their mantra has become their mantra — Let's roll!"

The ceremony concluded with the unveiling of a portrait of an American flag lined with the names of the first responders who lost their lives in the attacks and a ceremonial wreath laying. The portrait will hang in the Columbia Police Department.

Michael.A.Glasch@us.army.mil

Fort Jackson Garrison Commander Col. Lillian Dixon talks with Columbia Fire Chief Bradley Anderson as they march during the Freedom Walk Sept. 11.

Veterans to get free flight to World War II memorial

Susanne Kappler
Leader Staff

Almost 60 years after the end of World War II, a memorial in Washington, D.C., to honor the war's veterans was dedicated in 2004.

Many veterans did not live long enough to visit the memorial; others have been prevented from going because of poor health or financial constraints.

A new non-profit organization, Honor Flight South Carolina, is trying to make that trip possible for veterans living in the Midlands. The organization is offering free charter flights to veterans for the one-day visit. Also on board will be 39 guardians, including two doctors. Guardians pay $500 for the flight.

"We want to provide every living World War II veteran in our community (Richland, Lexington, Kershaw, Orangeburg and Newberry counties) the opportunity to visit their memorial if they have never visited," said Bill Dukes, founder of Honor Flight South Carolina.

Dukes estimates that more than 500 veterans will apply.

"We plan to take 100 veterans on each flight, so that means we need to raise enough money for five charters," Dukes said. The flights are funded entirely by donations.

The first flight is scheduled to leave Columbia Nov. 15 and has already been filled. However, Dukes said the group continues to accept applications for subsequent flights.

"Our next flight will begin the first week of April 2009," he said.

Dukes is the son of a World War II veteran and founded the group, a local chapter of the Ohio-based Honor Flight Network, after a visit to the memorial with his father.

"This historical memorial is something every man and woman who served during World War II should have a chance to see and experience," Dukes said. "I was humbled to be there when my father experienced the memorial."

Spaces are filled on a first-come-first-served basis, but priority is given to World War II veterans and veterans with terminal illness. Provisions are in place to allow veterans who require wheelchairs or oxygen to participate.

For more information on how to apply or donate, call 582-8826 or visit *http://www.honorflightsc.com.*

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Around Post

National POW/MIA Day Observance

Fort Jackson will host a POW/MIA Day Observance during the Basic Combat training graduation at 9 a.m., Friday at Hilton Field. The ceremony will honor Armed Forces personnel who are prisoners of war and recognize former POWs.

SSI Relinquishment of Responsibility

The Soldier Support Institute will have a Relinquishment of Responsibility and Retirement Ceremony for Sgt. Maj. Andre Douglas at 10 a.m., Oct. 2 at the SSI auditorium.

Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Selected officers will attend law school beginning Fall 2009. Officers interested in applying should register for the Law School Administration Test. For more information on the application process and eligibility criteria, call 751-7657.

Volunteers Needed

The Directorate of Emergency Services is looking for military ID card holders to volunteer as crossing guards. Volunteers are needed 7:30-8:30 a.m. and 2:30-3:30 p.m., Monday-Friday. Candidates must submit a local background check. For more information, call 751-3030.

Marion St. Station Construction

Monday Marion Street Station will be under construction while a new roof is built. The construction will last until Oct. 25. There may be changes to the entrance and exit during construction.

Reporting Abuse

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the military police. The 24-hour report line is 751-3113.

Proactive approach to combating domestic violence

Photo by Susanne Kappler

Leaders from the 193rd Infantry Brigade, Command Sgt. Maj. Charlie Lakin, left, and Col. Brian Prosser, brigade commander, sign a pledge card to raise awareness about domestic violence Sept. 10 at the brigade's headquarters. The signing was the first in a series of events marking Domestic Violence Awareness Month.

Soldiers honor sacrifice during their re-enlistment

Photo by Staff Sgt. Jason Yeazel, Omaha Range NCOIC

Eleven Fort Jackson Soldiers with the 171st Infantry Brigade re-enlist in front of the Pentagon Sept. 11. The Soldiers also toured the Capital Building, visited the new 9/11 memorial site, toured the White House grounds and the Washington Mall during their visit.

Gas *(continued from Page 1)*

increases, which took effect on post Saturday.

"The gas price increased Saturday to $3.99 which was below the actual cost of our delivery," Orris said.

Karen Moore, a family member who was among those who waited in line Friday, said she is not concerned about long-term effects on supply.

"Since the storm has passed, I'm not too worried about the shortages," she said Monday while filling up her car.

The temporary supply shortage has also had an impact on Victory Fuel Point for government-owned vehicles. Supplies were down, but Henry Geathers, logistics manager, does not expect longterm effects.

"We expect the supply situation to loosen up in the next few days," he said.

In the meantime, drivers of government owned vehicles are asked to limit each refuel to 15 gallons and to fill up no more than every three days.

"The restrictions are strictly a precautionary matter," Geathers said.

Ike made landfall in Texas Friday, leading to the closure of refineries and the temporary stop of oil production in the Gulf of Mexico.

Susanne.Kappler1@us.army.mil

Authorized AAFES customers

According to Army Regulation 215-8, the following people are authorized to purchase gasoline from AAFES stations:

— Uniformed or retired uniformed personnel, either on active duty or serving in any category of their Reserve Component.
— Congressional Medal of Honor Recipients.
— Honorably discharged veterans who are either classified as 100 percent disabled or are hospitalized where exchange facilities are available.
— Military members of foreign nations who are on duty with the U.S. Military Services under competent orders issued by the U.S. Army, Navy, Air Force or Marine Corps.
— National Guard not in federal service who are ordered to duty in response to a federally-declared disaster or national emergency.
— Wage marine personnel and retired wage marine personnel.
— Authorized family members of all of the above.
— Contract surgeons during the period of their contract with the Surgeon General.
— Agents authorized in writing by the garrison or installation commander who shop for an authorized patron.
— Delayed Entry Program participants during the interim period before entering active duty.

Customer Service Corner

This week's article focuses on completed issues that pertain to the Defense Commissary Agency, the Directorate of Logistics and the Directorate of Information Management.

Issue: Emergency preparedness food supply list

Scope: DeCA does not currently provide a list of nutritious foods that can be stored for up to three months in the event of a widespread emergency. Without this list, people do not know what foods can be safely stored so they can prepare for such an event. If people had this list provided, they would be knowledgeable and could store foods at home to sustain themselves for a period of time.

Recommendation: DeCA provides a listing of nutritious foods that could be safely stored for up to three months and adequately advertise this listing.

Response: The requested list of emergency food items has been obtained. The list will be copied and accompany a display of items to purchase in a select area on the Commissary sales floor.

Issue: On-post shuttle for Warrior Transition Unit

Scope: Fort Jackson does not have a scheduled shuttle for WTU Soldiers, nor do these Soldiers have personal transportation access because of their arrival from Initial Entry Training, mobilization or overseas theater. Soldiers are unable to utilize recreational activities, dining facilities, and shopping services, as well as being unable to travel to their place of duty.

Recommendation: Provide an Americans with Disablilites Act-compliant shuttle from 6 a.m. to 8 p.m., seven days a week with dedicated scheduled stops on post.

Response: The Installation Sick Call/Shuttle route has been changed to accommodate the WTU Soldier billets. The buses run from 7:30 a.m. to 10:30 p.m., seven days a week with the exception of New Year's Day, Independence Day, Thanksgiving Day and Christmas Day. The WTU has an ADA-compliant bus; however, to date there have been no Soldiers that require an ADA bus.

Issue: Phone service for Weston Lake

Scope: Currently, there is no phone service at Weston Lake. The lines were cut in September 2007, and no means of communications are in place other than the use of cell phones. This affects the safety of all patrons using the facility as there is not an emergency ring down line or outside emergency line for guests to access after hours.

Recommendation: Immediately fund necessary repairs to reconnect a landline.

Response (May 08): In a joint effort between the DOIM and Directorate of Family, Morale, Welfare and Recreation, plans and contract actions are currently being developed to extend phone services to Weston Lake.

Though an immediate timeline for completion cannot be determined at this time, both directorates are working aggressively to expedite the accomplishment of the task.

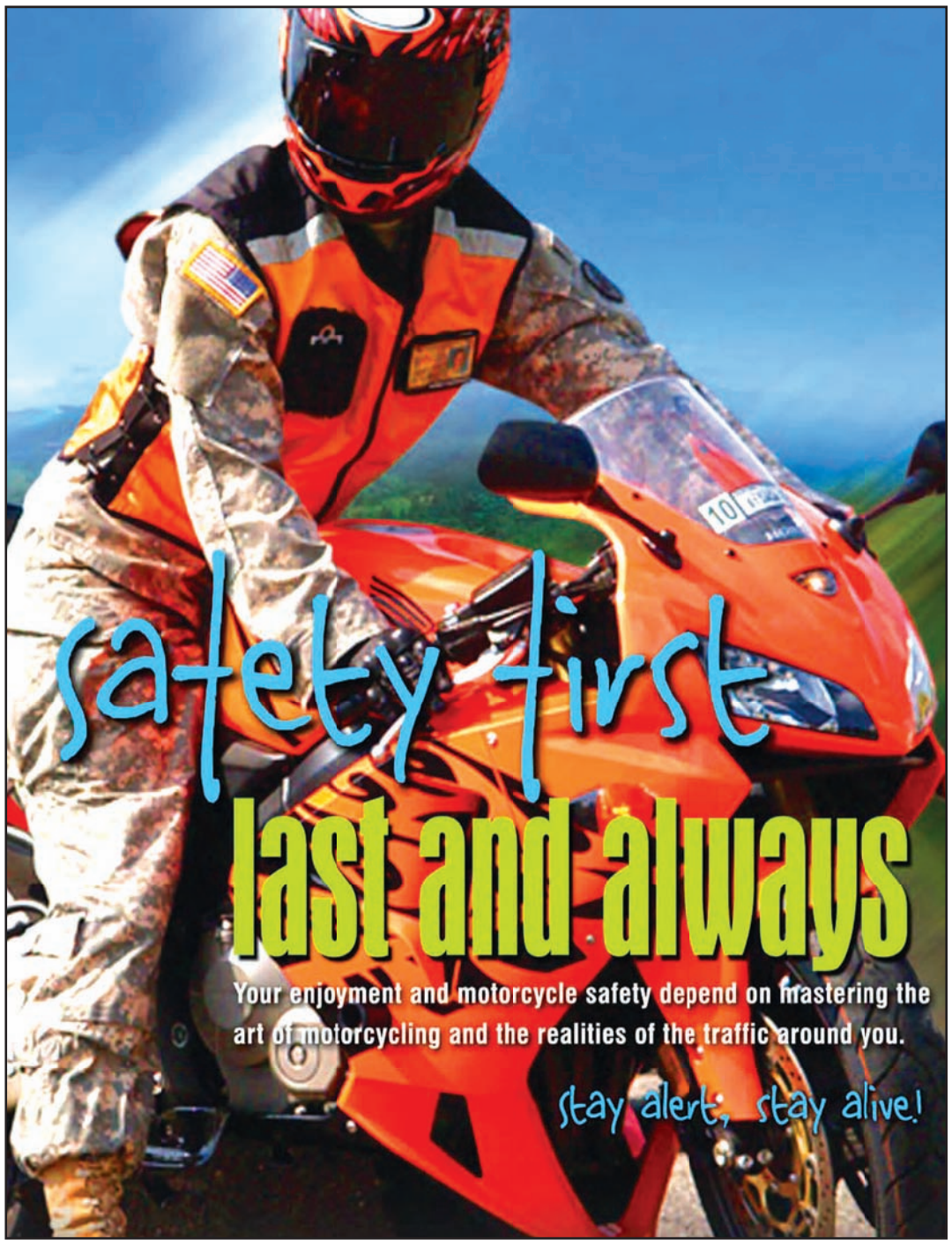
Update (Aug 08): Project was funded, contracted out and land-line phone services have been restored at Weston Lake.

All issues submitted through Community FIRST/AFAP can be viewed or new issues submitted through the Customer Management Services Web site. Submit issues whether it affects Fort Jackson or the entire Army; feedback is important.

Submit issues and recommendations online at *http://www.jackson.army.mil/WellBeing/wellbeing.htm.* Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

ICE Appreciation

The garrison congratulates the Retirement Services, Directorate of Human Resources, and the Directorate of Information Management Help Desk. They have both achieved 5.0 ratings in employee/staff attitude out of a possible 5.0, for a 12-week period.



A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

From the "Forty Rounds" Battalion

Staff Sgt. Scott Kingcade
Company A, 2nd Battalion, 13th Infantry Regiment

Staff Sgt. Patrick Colborne
Company B, 2nd Battalion, 13th Infantry Regiment

Staff Sgt. Damian Hofmann
Company C, 2nd Battalion, 13th Infantry Regiment

Staff Sgt. Malcolm Reaves
Company D, 2nd Battalion, 13th Infantry Regiment

Staff Sgt. Fabian Tumbaco
Company E, 2nd Battalion, 13th Infantry Regiment

Sgt. 1st Class Kenneth Fox
Company F, 2nd Battalion, 13th Infantry Regiment

Spotlight on Army performers

Soldier Show to entertain Fort Jackson community

Photo by Tim Hipps, FMWRC Public Affairs

The cast of the 2008 U.S. Army Soldier Show: front row, from left: Spc. Katherine Schaefer, Pfc. Casey Long and Spc. Shirley Dirden; middle row: Pfc. Leroy Bradley III, Spc. Marlaina Cutter, Spc. Yovonnie Mills, Spc. Joan Usyk, Pfc. Jokia Goshen and Sgt. 1st Class Earnest Baskin; back row: Sgt. Kevin Lynum, Cpl. Amber Jones, Sgt. 1st Class Dendre Wright, 1st Lt. David Drew and Sgt. Joshua Hamilton. The Soldier Show will perform for Fort Jackson 7 p.m., Sept. 28.

Susanne Kappler
Leader Staff

After more than five months on the road throughout the United States and Europe, the U.S. Army Soldier Show will make a stop at Fort Jackson Sept. 28.

The show will celebrate its 25th modern-era anniversary with a 90-minute live musical review set in a desert environment.

"The impression we want the audience to get is that they've been transported to the Middle East to a combat area," said Tim Higdon, director of the Soldier Show.

The show's 14 performers and four crew members are active-duty Soldiers who are amateur performers and were selected from throughout the Army.

The cast and crew spent six weeks preparing for the show at Fort Belvoir, Va., before embarking on a seven-month tour across military installations.

Songs from various styles — country, R&B, gospel, rock, oldies, soul and patriotic songs — will be presented as theatrical production numbers.

The cast will commemorate the history of the Soldier Show with the World War II song "This is the Army, Mr. Jones," written by Irving Berlin — best remembered for songs like "White Christmas" and "God Bless America" — who founded the Soldier Show in 1918 before it ended after World War II.

The modern-era Soldier Show became an annual tradition in 1983.

"We touch on the 25 year (anniversary of the show), but the show isn't focused on that," Higdon said. "The show is still relevant to today's Soldier and family members in the communities. We have some fun with period pieces, as we always do, but there's no conscious effort to really drive home '25 years' throughout the show. It's really more about the Soldier and the environment they serve in today."

Gary Taylor, special events coordinator with the Directorate of Family, Morale, Welfare and Recreation, anticipates the show to be fun for the entire family.

"The talent these Soldiers have is amazing," Taylor said. "The show will appeal to all ages and features a variety of musical styles."

The event will take place at 7 p.m., Sept. 28 at the MG Robert B. Solomon Center. Admission is free.

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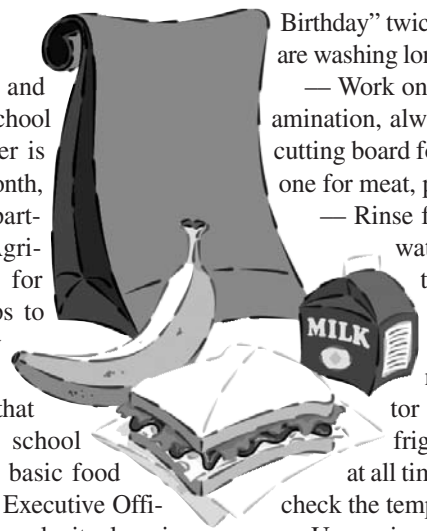
Homemade lunches should 'Be Food Safe'

Kevin Robinson
Defense Commissary Agency



FORT LEE, Va. — The backpacks and lunch boxes are back in use now that school is back in full swing. Since September is also National Food Safety Education Month, the Defense Commissary Agency is partnering with the U.S. Department of Agriculture and the nonprofit Partnership for Food Safety Education to provide tips to help parents keep their children healthy this school year.

"It's important for parents to ensure that whoever prepares their children's school lunches at home knows and practices basic food safety," said DeCA Director and Chief Executive Officer Philip E. Sakowitz Jr. "Families can make it a learning activity that gives their children a practical lesson in science."

Throughout September, DeCA will reinforce the basics of "Be Food Safe" in its commissaries. The basics of Be Food Safe are to clean, separate, cook and chill to help reduce the risk of foodborne illness. When packing lunches to take to school, keep the following food safety tips in mind:

— Wash your hands with warm water and soap for at least 20 seconds before you prepare food or after playing outside, touching pets and using the bathroom. Sing "Happy Birthday" twice while washing hands to make sure you are washing long enough to send germs down the drain.

— Work on a clean surface. To prevent cross-contamination, always use a clean cutting board. Use one cutting board for fresh produce or bread and a separate one for meat, poultry and seafood.

— Rinse fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Dry with a paper towel.

— If lunches are made at home the night before, keep them in the refrigerator until it's time to go. Make sure the refrigerator is 40 degrees Fahrenheit or below at all times and use an appliance thermometer to check the temperature.

— Use an insulated lunch box, with an insulated bottle for hot foods or a frozen gel pack or a frozen juice box to keep perishable foods cold.

— Wash insulated lunch totes or boxes with hot soapy water after each use.

— Never leave perishable foods out at room temperature for more than two hours. Toss any perishable food not eaten at lunchtime.

Apply for freebies

Parents and after-school providers are urged to help kids learn about food safety by getting them involved in fun, educational activities. Free work sheets, curriculum materials and a hand-washing poster are available at *www.fightbac.org*.

Be Food Safe brings the Defense Commissary Agency and nearly 6,000 commercial retail grocery stores together in participating with the Partnership for Food Safety Education and its government liaisons — the U.S. Department of Agriculture, U.S. Food and Drug Administration and U.S. Center for Disease Control and Prevention.

The goal is to help consumers become more aware of proper food-handling measures in the home to reduce risk of illness.

Participating food retailers bring Be Food Safe messages to their customers through in-store signage, brochures, flyers, packaging and circular ads, in-store events and other special promotions.

Parents can download and print their own Be Food Safe basic brochure for home use from the Web site at *www.befoodsafe.org*.

Commissary customers, who want more food safety-related information, can visit the DeCA Web site at *www.commissaries.com*, go to the "Food Safety" section and access links to various consumer safety sites.

Editor's Note: *Information provided by the U.S. Department of Agriculture and Partnership for Food Safety Education.*

FEATURE

Soldier's hometown celebrates her 'transformation'

Julia Simpkins
Public Affairs Staff

As she looked around her she realized she had to do better. A little girl in a homeless shelter with her mother, 9-year-old Antoinette Davison wanted more. She wanted a future that was secure and she wanted to serve her country.

Nine years after that realization, she joined the Army.

Pvt. Davison, of Company C, 3rd Battalion, 13th Infantry Regiment, used to live at the Sulzbacher Center in Jacksonville, Fla. with her mother, Lenora Brown.

"When I was 8 or 9 years old my grandmother got very sick and my mother spent all her money caring for her," Davison said. "We came on hard times and we had to move to the center."

Brown said she was behind on her rent and her landlord put her out. She said her other relatives couldn't afford to put her up.

"If something were to happen to me and I had no money, I've got people I can call to get help," said Colleen Farris, director of Public Relations at the center. "A lot of people don't have that and when they hit hard times, it's over for them."

Stories like Davison's are the reason the Sulzbacher Center holds an annual Transformations program, a celebration of those former residents who have transformed their lives into something better. This year's celebration will feature Davison.

In 1999, the center sponsored in-house contests that awarded its winner with a photo shoot and a spot on a billboard. Davison, who played a fairy in the center's production of *A Midsummer Night's Dream*, won the contest.

"They had a little acting contest and she won, so she got a photo shoot and she got on a billboard for almost two and a half years," Brown said. "You could see her from the Interstate."

After four months, Davison and Brown left the shelter, only to have to go back in a few years because of another family hardship.

Davison left Florida to attend Job Corps in Albany, Ga., when she was 16. She lived on the campus there until she graduated at 17.

"When she came back she said she wanted to join the Army," Brown said. "I feel happy for the way it turned out for her."

That out-of-town visit, in addition to the encouragement from her mother, did the trick for Davison, who is one of her unit's best Soldiers, said Capt. James Harris, her company commander.

"She's a good Soldier," he said. "She tries hard — she's young and she always gives 110 percent."

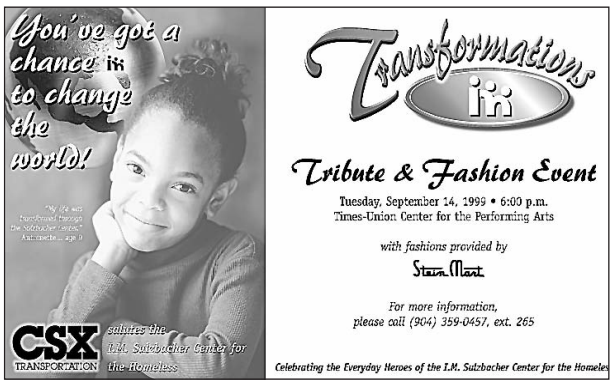
Her drill sergeant, Staff Sgt. Lawrence Henning, echoed Harris's sentiment.

"She's one of my best females," he said. "Her motivation is good and she's got a really good work ethic. She's the one you only have to teach one time. I'd rate her my number two or three overall."

"I joined the Army because I thought it would be challenging and a good experience," Davison said. "My mom wasn't surprised — my dad was in the Navy and so was my brother's father.

Photo by Julia Simpkins

Pvt. Antoinette Davison, center, outlines possible tactics with members of her squad before a room-clearing exercise. Davison is a Basic Combat Training Soldier with Company C, 3rd Battalion, 13th Infantry Regiment.



Courtesy Photo

In 1999, Antoinette Davison was the face of the Transformations program — a tribute to former residents of the Sulzbacher Center in Jacksonville, Fla. The center is a shelter for the homeless and Davison was a resident.

Davison, who stands 4-feet-9-inches tall and whose battle buddies and cadre call her "Lil' bit," said she's tried to make a large impression.

"When I first got here they said, 'Where's your momma?' After they discovered I could keep up with them, they stopped asking me that," Davison said with a laugh.

Although she's still in BCT, Davison said in five years she sees herself mentoring Soldiers.

"This is a great experience. It makes you stronger inside and out. I want to be a drill sergeant," she said. This prompted laughter from her battle buddy, Pfc. Tiffany Hudgies.

"She's the littlest thing, with the biggest mouth," she said.

In an e-mail requesting Davison to do a telephone interview with a Florida radio station, Farris said, "We are very proud of her choice of a career in the Army and, in celebration of the 10th anniversary of Transformations, we would like to tell the story of her transformation from a young girl to a woman who has made a commitment to serve her country."

Julia.Simpkins@us.army.mil

Army brigade deployment changed to Afghanistan in '09

U.S. Army Press Release

The Department of the Army has confirmed details of the Department of Defense's announcement to deploy the 3rd Brigade (Spartans), 10th Mountain Division to Afghanistan instead of Iraq as previously scheduled.

This decision is based on updated unit requirements in United States Central Command area of operations. The Fort Drum based unit deploys in January 2009 following 18 months of dwell time.

The previous operational experience of the 3rd Brigade, 10th Mountain Division, combined with proactive pre-deployment training by its leaders, make this unit ideal for meeting CENTCOM unit requirements.

The Army will only provide the best led, best trained and best equipped forces possible to the combatant commander for operations in Afghanistan.

These units are being informed in advance to provide them the opportunity to plan, conduct world-class training, and to provide some degree of predictability for Soldiers and their Families.

The Army also remains committed to carving out the dwell time for units, Soldiers, and Families between combat rotations. This dwell time is required to properly organize, retrain, and re-equip forces, as well as allow Soldiers and their Families' well-deserved rest.

The Spartans of the 10th Mountain Division 3rd Infantry Brigade Combat Team were formed in the fall of 2004 under the 10th Mountain Division (Light Infantry) colors as part of the Army's transformation.

The Spartans soon deployed as a Brigade Combat Team, February 2006-May 2007, in support of Operation Enduring Freedom, in Afghanistan.

Battalion-level units in the Spartan BCT have a lot of combat time, as they all have deployed in support of Operations Enduring and Iraqi Freedom.

The Spartan Brigade comprises 1-32th Infantry "Chosin" Battalion; 2-87th Infantry "Catamounts"; 3-71th Cavalry (RSTA) "Titans"; 4-25th Field Artillery (Strike) "Wolfpack"; 710th BSB "Spartan Support"; and 3rd BSTB "Vanguards."

These outstanding Soldiers and their Family members continue to make great sacrifices for the good of our country and they appreciate and acknowledge the continued support of the American People.

We pledge our support to them, their spouses and Family members. These Soldiers have answered the call to duty in a most extraordinary fashion, and continue to make us proud in all they do!

'Cell phones for Soldiers' keeps lines of communication open

Molly Hayden
U.S. Army Garrison-
Hawaii Public Affairs

SCHOFIELD BARRACKS, Hawaii — Communication is important, and communication between families and their deployed Soldier is essential, said Sgt. Maj. Lisa Torello, 322nd Civil Affairs Brigade.

Upon hearing about the Cell Phones for Soldiers program, Torello took action collecting nearly two boxes of used cell phones from her unit in the first two weeks. She has since gathered numerous boxes to aid communication for Soldiers down range.

Cell Phones for Soldiers is a nonprofit organization that collects old cell phones, resells them for parts, and uses the profits to purchase calling cards for Soldiers deployed in Iraq and Afghanistan.

"I've been to Iraq," said Torello. "I know how important it is to be able to communicate back home."

The process is simple. Gather the donated phones, print the free postage envelope from the Web site and drop the package in a mailbox.

The Cell Phones for Soldiers program was started in April 2004 by 13-year-old Brittany Bergquist and her 12-year-old brother Robbie of Norwell, Mass.

Robbie and Brittany's goal was to help Soldiers serving overseas call home. They had hoped to provide as many Soldiers as possible with prepaid calling cards.

Relying on donations today, Robbie and Brittany have already distributed thousands of calling cards to Soldiers around the globe.

Cell Phones for Soldiers hopes to turn old cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas in 2008. To do so, Cell Phones for Soldiers expects to collect 15,000 cell phones each month through a network of more than 3,000 collection sites across the country.

Torello expressed the need for other units on the installations to participate in this project.

"If each unit had a collection point, we could easily gather thousands of phones," said Torrello. "You have a lot of Soldiers (who) can't afford to call home. This simple act can raise the morale for so many."

Torello's ongoing support for the Cell Phones for Soldiers program has made it easy for many to phone home.

"Anything you can do for a Soldier in a war zone, they really do appreciate," said Torello. "It's little effort for a big gift."

For more information, visit *www.cellphonesforsoldiers.com* or contact Sgt. Maj. Lisa Torello at 808-386-2088.

Odierno takes command

Photo by U.S. Air Force Tech Sgt. Jerry Morrison

U.S. Army Gen. Raymond Odierno, new commander, hands the Multinational Force Iraq flag to U.S. Defense Secretary Robert M. Gates during the change of command on Camp Victory, Iraq, Tuesday.

www.army.mil
www.tradoc.army.mil
www.defenselink.mil

‘Day for Kids’ planned

Theresa O’Hagan
Family, Morale, Welfare and Recreation

The Fort Jackson Boys and Girls Club, and the Exceptional Family Member Program, will celebrate BGC Day for Kids from 10 a.m. to 2 p.m., Saturday at Legion Pool. This event is open to the Fort Jackson community. Children do not have to be members of the Boys and Girls Club to attend.

“BGC Day for Kids is a day set aside each year to spend meaningful time with kids,” said James Andrews, program operations specialist, Fort Jackson Child, Youth and School Services. Andrews said he expects 100-150 children will attend this year’s event.

Planned activities include swimming, swimming contests for prizes and a poolside picnic. The event is free to the public.

According to the Web site *www.dayforkids.org*, BGC Day for Kids is celebrated annually the third Saturday in September. It is a day set aside to celebrate and honor America’s children by spending meaningful time with children, grandchildren or any child in need of mentoring.

BGC has cited research that has shown that when adults spend meaningful time with children, it helps them develop a positive self-image.

The Families and Work Institute’s study, “Ask Children,” found that although children are happy with the amount of time their parents spend with them, they wish the time together was not rushed, but focused and rich in shared activities.

Parents and other child caregivers know that there is a relationship between the amount of meaningful time adults spend with children and issues facing young people, such as discipline problems, violence, substance abuse and other dangers to children’s health and happiness.

BGC Day for Kids — with its meaningful time message — aims to make time spent with children more positive for parents, caregivers and, of course, children.

Bingo!

Photo by Susanne Kappler

Maxine Ramos enjoys a game of afternoon bingo at Victory Bingo Friday. Victory Bingo is located on the corner of Jackson Boulevard and Huger Street.

Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers’ Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

Magruders Pub is open for lunch for family members from noon to 4 p.m., Thursdays.

Friday

Play **Victory Bingo** and win prizes up to $15,000. There are guaranteed $50 payouts.

The **Men’s Club Championship** begins noon at the Fort Jackson Golf Club, Wildcat Course and continues through Sunday.

Family Golf Night begins 5 p.m. at the Fort Jackson Golf Club. Cost is $5 per family and includes free pizza at the clubhouse.

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magruders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magruders Pub, and the cover charge is $3 for military and $5 for civilians.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is $3 for military and $5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways will be held 9:30-11 p.m.

The **Women’s Club Championship** begins noon at the Fort Jackson Golf Club, Old Hickory Course and continues through Sunday.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers’ Club.

Enjoy **Family Day at the Youth Center,** 2-6 p.m.

Monday

The **NCO Club** presents a **full lunch buffet,** featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for $7.

Flag Football begins 6 p.m. at Hilton Field.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magruders Pub.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magruders Club** at 7:30 p.m. Cover charge is $3 for military and $5 for civilians.

Today is **Guest Day** at the Fort Jackson Golf Club.

Ongoing Offers

• The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is $7 for adults and $3.75 for children.

• The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is $7 and $3.75 for children 4-10 years old.

• The **Officers’ Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

• The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

• **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, $28 per ticket, and Six Flags, $27 per ticket, for the 2008 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

• **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 and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

— Registration, call 751-4865.

— Six weeks-kindergarten, call 751-6221/6230.

— Grades 1-5, call 751-1136/6387.

— Grades 6-12, call 751-3977/6387.

— Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

• Enjoy resort accommodations for two to six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

• Interested in qualifying for a free night of bingo? Call 751-3411 for details. Play **Victory Bingo** every Tuesday 6:30-10:30 p.m. and win up to $25,000 in prizes.

Eliminating stigma first step to mental health

Kelly L. Forys
Army Center for Health Promotion and Preventive Medicine

A Soldier who injures his arm while performing his duties goes to the medical treatment facility to get help. A doctor assesses the wound, provides immediate treatment, instructs the patient on how to care for the wound and schedules a time for him to come back so that he can re-assess the patient's progress.

This is an accepted procedure for obtaining help for a physical injury; however, seeking help for an emotional or mental wound, such as depression or Post-Traumatic Stress Disorder, is often met with stigma.

Everyone in DoD needs to ensure that his or her response to Soldiers, civilians or anyone who shows signs of mental or emotional pain will be one of encouraging them to get needed help, rather than perpetuating wrong or negative attitudes.

Stigma, which means "of shame or disgrace," has four components, according to the Mayo Clinic: Labeling someone with a condition; stereotyping people who have that condition; creating separation, devaluation of the person (us vs. them) and loss of support; and discriminating because of their condition.

Why does this stigmatizing behavior exist and persist?

The answer is as complex as the mental health condition itself. Stigma is often caused by not truly knowing what a "mental health disorder" is. Often, a person's only experience with a mental condition comes from a movie or television show in which the mental condition was inaccurately portrayed. Many feel that a mental condition is different from a medical or physical condition. They assume that those with a mental condition have brought it on themselves, that the condition is "all in their head" or that they are faking it to be excused from duty.

Because of the lack of knowledge and understanding, people are afraid to interact with someone with a mental health condition. So, they respond to that person in a defensive manner, which can involve teasing, ridicule, ostracizing and abuse. These reactions indicate a lack of knowledge.

The truth is that mental conditions are not scary. They result from a complex interaction among genetics, biology and the environment, which are the same contributing factors to many chronic medical or physical conditions.

Stigma against mental health conditions is harmful to everyone. Stigma can prevent an individual with a mental health condition from seeking help. This is very dangerous because — as with a physical health condition — when treatment is sought at the first signs of a mental health condition, the condition will respond better to treatment. Treatment will be quicker and the person will return to health and duty feeling stronger and more resilient than before.

Stigma also affects the health of a unit. The time and energy spent stigmatizing the person with the mental health condition would be better spent focusing on the mission and health needs of the unit. In addition, stigma causes a division among Soldiers, which impairs the ability to complete a mission successfully.

The procedure for treatment of a mental health condition is similar to the procedure for treating a physical wound.

If a Soldier is feeling depressed or has symptoms of PTSD (flashbacks, nightmares, increased startle response, etc.), he or she should go to a behavioral health professional (social worker, psychologist, psychiatrist). The health professional will assess the condition, provide immediate treatment in the form of talk therapy or medication, instruct the Soldier in how to care for the condition, and schedule a time for a follow-up visit to re-assess the condition.

Remember that the earlier the treatment, the quicker the recovery. Stop the stigma. Encourage friends and buddies to get help today.

For more information about mental health, visit *https://www.battlemind.army.mil/*; *http://www.behavioralhealth.army.mil/*; *www.militaryonesource.com* and *http://www.mayoclinic.com/health/mental-health/MH00076*

Get in the spirit of better health

Kelly L. Forys
Army Center for Health Promotion and Preventive Medicine

Soldiers' stress has been increasing because of the demands of war, longer and more frequent deployments, leaving family and friends and financial strain.

Given these difficulties, it is not surprising to learn that stress-related disorders — and Post-Traumatic Stress Disorder in particular — are on the rise. It is estimated that 30 percent of deployed Soldiers experience PTSD symptoms. In addition, many Soldiers return from deployments with physical wounds. Recovery from mental and physical issues requires much strength and resiliency.

Spirituality is one tool to enhance a Soldier's ability to cope. Spirituality can bolster coping resources, speed recovery and return a Soldier to doing the work and leisure activities essential to a fulfilled, happy life.

The definition of spirituality has changed through time from a concept that was synonymous with religion to a definition that provides a general sense of purpose in life, social connectedness, peacefulness, harmony, well-being, contentment and comfort.

Those qualities could enhance the physical and emotional well-being of an individual Soldier and a unit as a whole.

Current research indicates that spirituality has a positive impact on both mental and physical health.

Studies have shown that Soldiers who have had experiences of something "greater than themselves" are better equipped to deal with stress and have better recovery from stress-related disorders.

The Spiritual Attitude Inventory is a short, 28-item tool that was designed to assess Soldiers' spiritual well-being. Questions are related to personal beliefs, organized religion and existential well-being. The SAI can be used to measure changes in spirituality during a specific time frame (for example, pre- and post-deployment change) or as a clinical tool to facilitate a discussion about spirituality (for example, to enhance resiliency and coping resources in a counseling setting).

Although several validated measures of spirituality exist, only the SAI has been validated on a population of Soldiers. The validation process is important because through statistical tests it can be determined that the tool is measuring what it is designed to measure (validity) and that it will continue to measure the same concept when taken by the same person more than once (reliability).

A Soldier could take this measure pre- and post-deployment to see if his or her spiritual attitudes have been affected by deployment. If a Soldier's score is lower after deployment, he or she will know that engaging in activities to enhance spirituality will be an important part of reintegrating.

Commanders can give this assessment to the Soldiers in their unit to periodically assess spiritual resiliency. Commanders could ask chaplains to provide resources to the unit as indicated by the SAI.

Spirituality is a vital part of Soldiers' well-being, and now leaders can measure it, track it and use the knowledge to make Soldiers "Army Strong."

News at MACH

Moncrief Army Community Hospital is undergoing major construction. The TRICARE Service Center has moved to the 10th floor. Offices for the Exceptional Family Member Program and Educational and Developmental Intervention Services have moved to the 12th floor.

The new Warriors in Transition Unit and Soldier and Family Assistance Center buildings are expected to be completed by the end of September.

Troop Medical Clinic and the dining facility will undergo construction in the coming months. Waiting times have steadily decreased at the pharmacy with the streamlining of mandatory call-in refills and more convenient hours for patrons. The new pharmacy being built on the ground floor will be open in early November. For more information, call 751-2291.

Pharmacy Refills

Refill prescriptions online at *www.moncrief.amedd.army.mil/.* Look for "Pharmacy Refills Online" on the right side of the Web page. The Post Exchange Refill Pharmacy is the only site to pick up refills called in or ordered online. MEDDAC requires an authorization form to be completed and signed before a spouse, family member or friend can pick up someone else's prescriptions.

Helpful Information

Toll-free phone number for MACH is (877) 273-5584 or call locally at 751-CARE (2273), or visit ww*w.moncrief.amedd.army.mil www.tricare.osd.mil*

TRICARE Prime

Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment 24 hours a day, seven days a week at *www.tricareonline.com* or *www.moncrief.amedd.army.mil.* For more information call 751-2752.

Online Formulary

The Department of Pharmacy has provided an online formulary, which can be viewed from any internet connection at *http://www.pharmacyonesource.com/fos/default.asp ?L=69557&g=1*. This formulary can be printed out and taken to the doctor to make sure that MACH carries a specific medication.

Adopt a Pet

Call the Fort Jackson Veterinary Clinic at 751-7160 for information.

Community Highlights

Loveable cats looking for a home

Photos by Ashley Henry, Susanne Kappler

These cats are at the Fort Jackson Veterinary Clinic, and they all need a home. From top left, clockwise: 6-month-old male kitten; 7-week-old male and female kittens; 9-week-old black kittens; 2-year-old orange male cat; 1-year-old silver female cat. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.

New vendor at PX

Photo by Daniel Terrill

Ronny Davis takes a patron's order during Hershey's Ice Cream's grand opening Wednesday. The stand, located at the Post Exchange food court, offers 16 flavors and an assortment of toppings.

This Week

Initial PCS Brief

A financial and relocation initial PCS brief is set for 8:30-10:30 a.m., today at the Education Center, Room B-302. For more information and to register, call 751-5256/6325.

AFTB Level 1

An Army Family Team Building class, Level 1, will be offered from 8:30 a.m. to 12:30 p.m., today and Friday at the Joe E. Mann Center conference room. The class will teach family members about the Army, military lingo, benefits and services. Free child care is available. Registration is required by Tuesday.

For more information and to register, call 751-6315 or e-mail *Angela.Crosland@conus.army.mil*.

Fall Fun for Housing Residents

Balfour Beatty Communities invites housing residents to make scarecrows and other crafts today from 3:30-4 p.m. at 5939 Thomas Court.

The ROCKS, Inc.

The James Webster Smith Chapter of The ROCKS, Inc. will meet 11:30 a.m., Friday at the NCO Club. The guest speaker will be Lt. Col. Heyward Stackhouse, professor of military science at South Carolina State University. To register and for more information, call 751-1898/2045.

Case Lot Sale

The Fort Jackson Commissary will have a Case Lot Sale on Friday and Saturday.

Youth of the Millennium

A "Youth of the Millennium" workshop will take place from 9 a.m. to noon, Saturday at Daniel Circle Chapel. The theme is "Life and the reality of it." For more information and to register, call 751-4216.

Family Readiness Group Leadership Training

There will be a Family Readiness Group Leadership Training from 9 a.m. to 4 p.m., Monday and Tuesday at Dozier Hall, 10300 Marion St. RSVP by Wednesday. For more information, e-mail *Patricia.A.Guillory@us.army.mil*.

Budget Development and Record Keeping

A class on budget development and record keeping will take place 8:30-10:30 a.m., Tuesday at the Education Center, Room B-302. For more information and to register, call 751-5256/6325.

Career Exploration

Online career assessment will be offered 9-11:30 a.m., Tuesday at the Education Center. Attendees will have the opportunity to meet with a career counselor and to learn about military spouse scholarships. For more information and to register, call 751-4867/5452.

Home Buying

A home buying class will meet at 1:30-3:30 p.m., Tuesday at the Education Center, Room B-302. For more information and to register, call 751-5256/6325.

EFMP Support Group

The Exceptional Family Member Program support group will meet 5 p.m., Tuesday at Century Lanes Bowling Center. For more information and to register, call 751-5256/6325.

Phase II Levy Briefing

A Phase II Levy Briefing will take place 2:30-3:30 p.m., Wednesday at the Strom Thurmond Building, Room 213. For more information and to register, call 751-5256/6235.

Upcoming

Retirement Planning

A Retirement Planning Class is 8:30-10:30 a.m., Sept. 25 at the Education Center, Room B-302.

Job Fair

A Job Fair will take place 9 a.m. to noon, Sept. 25 at the MG Robert B. Solomon Center. Bring copies of your resume.

Employment Readiness Orientation

An Employment Readiness Orientation will be at 6-10:30 p.m., Sept. 25 at the Main Post Chapel Activity room.

For more information and to register call 751-4867/5452.

Hearts Apart Bowling

Hearts apart bowling is scheduled from 5:30-7:30 p.m., Sept. 26 at Century Lanes.

EEO Training for New Supervisors and Managers

Equal Employment Opportunity Training for new supervisors and managers is set from 7:30 a.m. to noon, Sept. 30 at the USAR Readiness Command, 9810 Lee Road, Room 193.

The training will address EEO laws, roles and responsibilities and how to avoid disputes. For more information or to register, call 751-5443.

Virtual Family Readiness Group/ Spouse Battlemind Training

The Virtual Family Readiness Group / Spouse Battlemind training is 1-3 p.m., Sept. 30 at the Education Center Room B-200.

EFMP Sibling Support Group

The Exceptional Family Member Program Sibling Support Group meets at 5 p.m., Sept. 30 at Hood Street Elementary School.

Newcomer's Orientation/ Re-entry Briefing

A Newcomer's Orientation/Re-entry Briefing will meet at 9-11 a.m., Oct. 1 at the Post Conference Room.

Hispanic Heritage Month

The Hispanic Heritage Month celebration is set for noon to 6 p.m., Oct. 4 at Patriot Park. For more information, call 751-8012.

Announcements

Free Burgers for Housing Residents

In celebration of "Cheeseburger Day," Balfour Beatty Communities will give out free burgers to housing residents from 11:30 a.m. to 1 p.m., today at 5939 Thomas Court.

Community Highlights

3-60th has Hawkeye

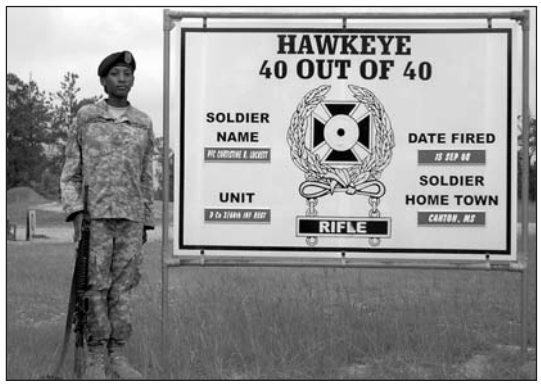


Photo by Susanne Kappler

Pfc. Curtistine Luckett scored a perfect 40 in her Basic Rifle Marksmanship qualification Monday, designating her a "hawkeye." Luckett was assigned to Company D, 3rd Battalion, 60th Infantry Division during Basic Combat Training.

POW/MIA Day Observance

A ceremony for National POW/MIA Day will take place during Basic Combat Training graduation at 9 a.m., Friday at Hilton Field.

High School Senior Stabilization

Soldiers may request to remain in their current duty assignment until their child in high school graduates by submitting a DA form 4187 through their chain of command. For more information, call (703) 325-4422/5191.

Absentee Voting

Absentee voters can exercise their right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which they vote. After mailing in the application, the voter will receive his or her absentee ballot.

Mailing guidelines differ from state to state. For more information, contact your Unit Voting Assistance Officer or visit *www.vote.army.mil*.

After School Program in Your Neighborhood

The Boys and Girls Club of the Midlands has partnered with Army Child and Youth Services to provide after-school care, summer camp and before-school care in off-post neighborhoods. For more information, visit *www.bcgmidlands.org* or call, 231-3300.

Free After School Program for Middle School Students

The Boys and Girls Club of the Midlands will offer free after-school programs for middle-school students. Transportation home is available for $10 a week.

All Army youth and dependents of Army civilian employees are eligible. For more information, site locations and pre-registration, visit *www.bgcmidland.org* or call 231-3300.

Gun Locks Available

Free gun locks are available while supply lasts from the Installation Safety Office at 3290 Forney St. or from the Directorate of Emergency Services at 5499. The locks can be picked up between 7:30 a.m. and 4:30 p.m.

Volunteer Crossing Guards Needed

Directorate of Emergency Services is asking for anyone interested in becoming a volunteer crossing guard for community schools to call 751-3030. Military ID is required.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail *pwocjackson@yahoo.com.*

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Civil Air Patrol meets at 6:30 p.m., the first Monday of the month at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail *tom.alsup@gmail.com* or visit online at *www.scwg.cap.gov*.

Weight Loss Surgery Support Group meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia.

The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room *www.jackson.army.mil/360/SAMC/home.htm*.

American Legion Post #182 meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

Disabled American Veterans meet 10 a.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 791-4422.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

Vietnam Veterans of America Chapter 303 meets at 7 p.m., the third Tuesday of the month at American Legions Post 6, 200 Pickens Street. For more information, call 312-4895.

Purple Heart #402 meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post #6 on Pickens Street. For information, call 351-2333.

American Red Cross new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Avenue. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruders Club. For information, e-mail *sec@fjvictoryriders.com.*

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

Diabetes Support Group meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

MEDPROS training will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail *Jaclynne.Smith@amedd.army.mil*.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail *jrodgers11@sc.rr.com.*

92nd Buffalo Chapter 20 DAV meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

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

Fire Alarm Warning

If occupants of a building notice a malfunction in the fire alarm system, it should be reported immediately by calling 751-4142/7217.

No one should work on a fire alarm system except authorized personnel.

Tampering with a fire alarm system, a violation of Fort Jackson Regulation 420-90 and South Carolina law, is punishable under the Uniformed Code of Military Justice. For more information, call 751-1610.

Employment Assistance

For help contacting the Employment Readiness manager at your new installation, call 751-5452.

Hit '

Mike A. Glasch
Leader Staff

Two adversaries slowly circle, feeling each otl
ing for a weakness to exploit. It has all the feel o
complete with roars from the crowd and shouts o
ment to, "Hit 'em harder!" and, "Knock his head

However, the scene isn't the squared circle of
Square Garden, but rather the sand of the Pugil S
pit.

"It feels like I just went 10 rounds in the heav
fight," gasped Pvt. Robert Delgado, Company D,
13th Infantry Regiment, after his bout with a bigg

Photos by Mike A. Glasch

Combatants inside the pugil pit try to use leverage to gain an advantage on their opponent. Pugil stick matches are designed to reinforce the techniques taught on the bayonet assault course that the Soldiers may have to use in close combat.

Soldiers from Company D, 1st Battalion, 13th

Pvt. Morn Thana, Company D, 1st Battalion, 13th Infantry Regiment, gets help from her fellow Soldiers putting on her protective gear before stepping into the pugil pit.

’em harder!

eling each other out, look-
all the feel of a title bout,
and shouts of encourage-
ock his head off!”
red circle of Madison
of the Pugil Stick Fighting

s in the heavyweight title
Company D, 1st Battalion,
ut with a bigger opponent.

“He’s a big guy. He pushed me to my limit. He’s big. He’s good. I know I pressed him to his limit. We keep doing that and it’ll make both of us that much better Soldiers.”

The prize-fight atmosphere was not a surprise to Staff Sgt. Miguel Reyes. As the noncommissioned officer in charge for the Bayonet Assault Course/Pugil Stick Fighting pit, it is something he sees everyday as Basic Combat Training Soldiers rotate through.

“It’s a motivation for the Soldiers — to boost their morale. Most of them are down and out — this being their first time away from home,” he said. “When they go against another platoon to see who is the best, it brings up their morale.”

While a turn in the pugil pit works as a morale booster, it also acts as a training tool. The matches are designed to reinforce the techniques taught on the Bayonet Assault Course — thrusts, parries and butt strokes to the head — techniques they might have to use in close combat.

“If someone were to come at them with another weapon, this shows them how to use different techniques to gain an advantage,” Reyes said. “After they get out of the pit the Soldiers say, ‘Now I understand why we did parry-left, parry-right.’ It gives them a better visual rather than just practicing on the stationary targets.”

Michael.A.Glasch@us.army.mil

talion, 13th Infantry Regiment, cheer on their fellow Soldiers as they battle in the pugil pit.

Pvt. Ron Keyes (middle), Company D, 1st Battalion, 13th Infantry Regiment, delivers a butt stroke to the head.

Pvt. Ron Keyes (left), Company D, 1st Battalion, 13th Infantry Regiment, uses his pugil stick to block a thrust from his opponent.

Chapel

Making good on our promises

Chaplain (Maj.) Carol Highsmith
120th AG Battalion (Reception)

How important is it for you to stay true to your word? How important is it for you to keep faithful to the promises you make?

I have seen too many people who flippantly say one thing and do another. They seem to believe that if a quick apology is rendered to a broken promise, then everything should be forgotten and forgiven. Some of these people join the Army and suddenly their lives change.

As a chaplain assigned to the 120th Adjutant General Battalion (Reception), I see many young men and women who do not realize the gravity of the vow they made to their country when they raised their right hand and solemnly promised to defend the Constitution of the United States.

How can they fully understand this until they are greeted by their drill sergeants and fitted to wear their military uniform? Suddenly their lives are totally different, and nothing seems to be the same.

All familiar ways and habits are interrupted — no more fast food to order, no cell phones to operate and no televisions to watch. Instead of having the luxury of quitting, they are called to sacrifice and to serve.

In the Bible, the apostle Paul urged fellow believers to present their bodies as a "living and holy sacrifice, acceptable to God" (Romans 12:1).

I believe this is only possible if we allow God to transform us. Keeping one's promise is not easy nor is it convenient. However, if we allow God to work a good work in us, then by his grace we are able to stay true to the promises we make.

It isn't by happenstance that the oath of office concludes with the words, "so help me God."

PWOC Bible Study

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to noon at the Main Post Chapel.

Homeschoolers are welcome and evening studies are available. Free childcare is available.

For information e-mail *pwocjackson@yahoo.com*.

Worship services

Protestant

- Sunday 8 *a.m. and 10:45 a.m.* Daniel Circle Chapel (Gospel)
  8 a.m. Bayonet Chapel (Hispanic)
  9:00 and 10:30 a.m. Magruder Chapel
  9:30 a.m. Main Post Chapel
  10:45 a.m. Post-wide Sunday School (Post Chapel)
  11 a.m. Daniel Circle Chapel
  11 a.m. Memorial Chapel
  11 a.m. Chapel Next Chaplain School
- Wednesday *7 p.m.* Gospel Mid-week Service Daniel Circle Chapel

Protestant Bible Study

- Monday *7 p.m.* Women's Bible Study (PWOC - Post Chapel, Class 209)
- Wednesday 7 p.m. Anderson Street Chapel
  7 p.m. Daniel Circle Chapel
  7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
- Thursday *9:30 a.m.-noon* Women's Bible Study (PWOC, Post Chapel)
  6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
  7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday *8 a.m.* Men's Prayer Breakfast (Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

Protestant Youth of the Chapel

- Sunday *5 p.m.* Daniel Circle Chapel (1st & 3rd Sundays)
- Wednesday *6:30 p.m.* Main Post Chapel

Lutheran/Episcopalian

- Sunday *8 a.m.* Memorial Chapel

Islamic

- Sunday *8-10 a.m.* Islamic Studies
- Friday *12:30-1:45 p.m.* Jumah Services (both — Main Post Chapel)

Church of Christ

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

Catholic

- M-F *11:30 a.m.* Mass (Post Chapel)
- Sunday *8 a.m.* Mass (Solomon Center)
  11 a.m. Mass (Main Post Chapel)
  9:30 a.m. Mass (120th AG Battalion Chapel)
  9:30 a.m. CCD (Education Center)
  9:30 a.m. Adult Sunday School
  12:30 a.m. Catholic Youth Ministry
- Wednesday *7 p.m.* Rosary
  7:30 p.m. RCIA/Adult Inquiry

Jewish

- Sunday *9:30-10:30 a.m.* Memorial Chapel
  10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

- Sunday *9:30-11 a.m.* Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., *751-4216*
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., *751-6469*
Bayonet Chapel — 9476 Kemper St., *751-4542*
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), *751-5780*
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., *751-7032*
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., *751-3883*
120th Rec. Bn. Chapel — 1895 Washington St., *751-5086*
Memorial Chapel — 4470 Jackson Blvd., *751-7324*
Chaplain School — 10100 Lee Road, 751-8050

First Responder

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

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

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the Week

Investigators say they have identified those responsible for a string of break-ins in the Pierce Terrace housing area. Seven military dependents are suspects in a series of six break-ins in the housing area, which occurred from June to September.

No charges have been filed in the case. The garrison commander will review the case to determine if any administrative action should be taken by the Juvenile Action Board.

An illegal immigrant was arrested while trying to enter Fort Jackson. Security guards at the gate contacted Military Police after the man presented false identification to get on post, MPs said.

According to authorities, the man was also carrying a fake Social Security card.

A Soldier was arrested for drunken driving after registering a blood alcohol content of 0.18 percent on a breathalyzer. The legal limit in South Carolina is 0.08 percent. The Soldier was stopped at the main gate and failed three standard field sobriety tests.

A Soldier was released to his unit after he was found passed out from intoxications at the Single Soldier Complex, MPs said.

Tip of the Week

Motorcycle riders must attend motorcycle training class to ride on Fort Jackson. The safety card must be presented at the gate along with the military ID card to gain access to the installation. For information on the motorcyclist training class, call 751-6004.

According to Fort Jackson Supplement 1 to AR 190-5 (5-7), all people riding bicycles, including children in child carriers, must wear a properly fastened and approved helmet. Riding double is prohibited. Bicycles that are operated at night must be equipped with headlight, taillight and reflectors. Bicyclist must move with the flow of traffic and not impede the operation of a motor vehicle.

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

FORCE PROTECTION THOUGHT OF THE WEEK

FPCON CHARLIE

Applies when an incident occurs or intelligence is received indicating some form of terrorist action against personnel and facilities is likely

CHALKBOARD

Family dinners prove critical to child's development

School Liaison Staff Report

"Family Day — A Day to Eat Dinner with Your Children" is a national movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America's children substance free. Family Day reminds parents that dinner makes a difference.

Richland School District Two's community coalition, Reconnecting Richland 2Gether, is partnering with other statewide organizations to promote this movement in the Richland Northeast community.

There are several ways for families to participate in Family Day, which is celebrated Sept. 22-26:

— Have a family dinner.

— Host a family dinner at a church or other community organization.

— Be a Family Day STAR: Have a family dinner or host a family dinner at a church or other community organization and make the STAR pledge by committing to:

• **S**pend time with your kids by having dinner together.

• **T**alk to them about their friends, interests and the dangers of drugs and alcohol.

• **A**nswer their questions and listen to what they say.

• **R**ecognize that you have the power to keep your kids substance-free.

To make the STAR pledge, visit *www.CASAFamilyDay.org*.

The frequency of having family dinners can be directly associated with risky behaviors.

— Frequent family dining is associated with lower rates of teen smoking, drinking, illegal drug use and prescription drug abuse.

— Teens who have frequent family dinners are less likely to currently use marijuana and tobacco, drink alcohol and get drunk.

— Teens who have dinner with their families less than three times a week are three times likelier to say half or more of their friends currently use marijuana, compared to teens who have dinner with their families at least five times a week.

— Teens who have infrequent family dinners are twice as likely to report that half or more of their friends currently drink beer or other alcoholic beverages, compared to teens who have frequent family dinners.

For more information, call 807-8812 or e-mail *esimons@richland2.org*.

Editor's Note: *This article was compiled from information provided by Richland School District Two and from* www.CASAFamilyDay.org.

Fort Jackson Schools

Schools will be closed for **Columbus Day**, Oct. 13.

Richland District One

There will be a **school board meeting** 7 p.m., Tuesday at Keenan High School. Parents are welcome.

Early dismissal Oct. 8 for elementary school students.

Schools will be closed for **Columbus Day**, Oct. 13.

Delayed start for high school students Oct. 15.

Richland District Two

Early dismissal Friday for elementary and middle school students.

There will be a **school board meeting** 7:30 p.m., Tuesday at Blythewood Middle School. Parents are welcome.

Interim reports issued Sept. 23-26 for elementary school students.

Interim reports issued Oct. 2-7 for middle and high school students.

Early dismissal Oct. 15 for elementary school students.

Dent Middle School Civil Air Patrol is asking for **old BDUs/ACUs** for its program. Call 699-2750 ext. 72007 for more information.

Fort Jackson Homeschoolers

A get-together for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

College

The South Carolina Commission on Higher Education has launched a **college information hotline** for students and families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

Announcements

A free **anti-abduction seminar** will be offered 10-10:45 a.m. and 11-11:45 a.m. Sept. 27 for children 5 years old and older. For more information and to register, call 462-9425.

Free **interactive video SAT/ACT prep course** for military dependents. Visit online at *sat.eknowledge.com/military.asp* for more information.

For information on **SKIES** classes, call 751-6777/3053.

Adopt-a-School is a program that encourages Soldiers to volunteer in local schools. Units or individual Soldiers may volunteer at schools on a one-time or a regular basis, with supervisory approval for use of mission time. For more information, call 751-6150 or e-mail *ruth.russell@jackson.army.mil*.

Partnerships in Education is requesting participation in a survey of school transition issues by military families with school-age dependents. The survey is located online at *www.fortjackson mwr.com/school_liaison/*.

Soldiers may request to **remain in a current duty assignment** until his or her high school student graduates. To make the request, Soldiers must submit DA Form 4187 through his or her chain of command to Personnel Command. For more information, call (703) 325-4422/5191.

Editor's Note: *For more information on Army School Liaison Services, call 751-6150 or e-mail* Ruth.C.Russell@us.army.mil.

Knowing the facts before getting divorced

Part 1 of 3: Preparing for divorce, understanding the process

Capt. Jeniffer G. H. Cox
Legal Assistance Attorney

Divorce is an unfortunate reality for many Soldiers and their families. The process is emotionally and financially draining and can affect the relationships between the parties for years to come.

During a divorce, the parties ask the court to make decisions regarding four main areas: The status of the marriage; the division of marital assets and debts; alimony or spousal maintenance; and parenting issues, which are further divided into decision-making, visitation and child support.

Throughout the process, the parties will have the opportunity to reach an agreement on some or all of these issues. If an agreement can be reached, both parties will save time and expense. Many states require the parties to attend mediation before they will schedule a contested divorce hearing.

Most legal conflict in a divorce derives from a lack of information or incorrect information about the process. The key to successfully maneuvering through a divorce is organization. Keeping information organized will help the court to move the process along smoothly and decrease the conflict level between the two parties.

Before filing for divorce, the parties should determine what state to file in. Military members frequently have difficulty determining which state is appropriate for filing in because they no longer reside in the state where the marriage was performed or in their home of record.

Parties should examine their situation as it is just before filing to determine the appropriate state. Most states require that at least one party physically resides in the state for a certain period of time before filing. Usually, the party residing out of state will either have to consent to the jurisdiction of the state of the filing party or will need to have a connection to that state and be served with the divorce paperwork in accordance with that state's procedures. If you cannot determine which state to file in, you should consult an attorney.

Filing the paperwork begins the divorce process, but it does not change the status of the marriage. The couple is still married until the judge signs the final divorce decree dissolving the marriage. A legal separation, which is available in some states, also does not change the status of the marriage. Dating while still married is a violation of the Uniform Code of Military Justice and may result in adverse consequences for Soldiers.

After the petition or complaint is filed, most states require that the parties exchange financial disclosures. Usually, there are specific documents the parties are required to exchange with one another and the court. It is a good idea to gather this paperwork before filing because it will expedite the process. The court will use these documents to divide marital debts and assets; to determine eligibility for and the amount of alimony or spousal maintenance; and to determine child support.

After the financial disclosures have been exchanged, the parties usually attempt to negotiate a separation agreement. If they are able to do so, the agreement is filed with the court and becomes enforceable by court order. If they are unable to do so, they may be ordered to attend mediation; or the court may schedule a contested hearing in which each party is entitled to present witnesses and evidence on his or her behalf.

After receiving the separation agreement, the court may schedule an uncontested hearing where it will enter the divorce decree. After a contested hearing, the court will enter the decree. The date of the decree is the date the divorce is final. The marriage is ended and the parties are single and free to marry again.

Occasionally, the court will enter a decree changing the status of the marriage before the property and parenting issues are resolved. If this happens, additional hearings may be required for the court to determine those issues. Remember, although the divorce is complete, eventually there may be additional court hearings regarding parenting and child-support issues as situations arise that necessitate a change in those orders.

Legal assistance attorneys cannot represent you in court, but can review documents with you, and if necessary refer you to civilian attorneys who can represent you. The legal Assistance Office can only see one party in the divorce, the other party must speak with a different Legal Assistance Office or a civilian attorney. Appointments can be made by calling 751-4287.

Editor's Note: *The next article will focus on asset and debt distribution in a divorce, with special attention to the division of military retirement pay. The final article will focus on parenting and child-support issues. The articles are not intended as a substitute for the advice of an attorney.*

Operation Hours

Fort Jackson's Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, is open 9 a.m. to 4 p.m., Mondays through Thursdays.

For appointments call 751-4287. The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m., Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

Leader File Photo by Susanne Kappler

Gary Collier releases a pitch for Victory Support Battalion during an early-season game against Christian Players. Both teams won the softball championship in their respective leagues last week.

VSB, CP win softball titles

Susanne Kappler
Leader Staff

This year's softball tournament got off to a rocky start when several games were postponed because of heavy rain and thunderstorms, but finally two teams were crowned champions Sept. 11.

Victory Support Battalion claimed the title in the active-duty tournament, beating out 2nd Battalion, 60th Infantry Regiment, which came in second.

A 15-13 loss to 2-60 during the early rounds of the tournament sent VSB to the loser's bracket, but a victory against the Recruiting and Retention School put them back on track. Since 2-60 beat VSB earlier in the tournament, the two teams played double-elimination games for the championship, with VSB dominating both games, 12-2 and 13-3.

Eugene Davis, coach and catcher for VSB, was proud of his team, which had to overcome adversity on the road to the championship.

"We started out with a good team, but lost a lot of Soldiers during the season," he said. "Sometimes we struggled because we had to play with only eight or nine players."

In addition to shortages, injuries plagued the team. Davis explained that it took a team effort to get back into the race.

"We had some Soldiers step in who were not experienced," he said. "Hopefully, next year, we have 15 or 16 players for the season."

Vincent Myers, 2-60 catcher, was disappointed with the final outcome, but still considered the season a success.

"It was a very good season," he said. "With the BCT schedule and a heavy workload, for everybody to come out and play like we did, it was a very good season."

In the recreational league, Christian Players won the title for the third straight year after a dominant season, in which they went 14-2.

"We had a lot of seasoned ballplayers, a lot of power and excellent defense," Coach George Clash said. "If we wouldn't have won it, it would have been an upset."

In the final, CP beat the Roughnecks, 12-2, to take home the trophy, after the Roughnecks squeezed into the playoffs with a 6-10 record.

Susanne.Kappler1@us.army.mil

Fall Youth Sports Signup

Registration is open for fall youth flag football, cheerleading, soccer, cross country and volleyball. Participants must first register with the Central Enrollment Office. Proof of age and a current physical are required to register.

Flag football for 6-13 year olds: Saturday through Nov. 1. Practice is twice a week 5-7 p.m., with games played on Saturday. The registration fee is $30, but additional children from the same family cost $27. The fee includes a jersey and trophy.

Cheerleading for 4-13 year olds: Saturday through Nov. 1. Practice is twice a week 5-7 p.m. The fee is $30, but additional children from the same family cost $27. The fee includes skirt, top and trophy.

Soccer for 3-18 year olds: Saturday through Nov. 1. Practice is twice a week 5-7 p.m. The fee is $30, but additional children from the same family cost $27. The fee includes jersey, shorts and trophy. This is an off-post league, and a birth certificate is required at registration.

Volleyball for 8-18 year olds: Saturday through Nov. 1. Practice is twice a week 6-8 p.m. The fee is $30, but additional children from the same family cost $27. The fee includes jersey, shorts and trophy.

Cross country for 6-18 year olds: Through November. Practice is twice a week 5-7 p.m. The fee is $40, but additional children from the same family cost $27. The fee includes jersey, shorts and trophy.

For youth sports, call 751-5610/5040; For golf information, call 787-4437/4344; For sports information, call 751-3096.