

TRACKING ...

NEWS

Student program seeks sponsors

PAGE 3



Chaplains have unique job in BCT

PAGE 6

FITNESS



Muscles on show in on-post contest

PAGES 32

INDEX

Commanders	2	FMWR	19
News	3-13	Health	22
Torchlight	20-21	Chapel	23
Around Post	16-17	Police/legal	28
Happenings	18	Fitness	32

The Fort Jackson Leader



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Fond farewell

157th cases colors, leaving Fort Jackson

By **SUSANNE KAPPLER**
Fort Jackson Leader

After almost 14 years here, the 157th Infantry Brigade bade farewell to Fort Jackson during a casing ceremony June 23 at the Joe E. Mann Center. The brigade will move to Camp Atterbury, Ind., where it will uncase its colors Aug. 15.

"We're going to miss a lot of folks here. It's been great," said Col. David Bushey, 157th commander. "But we're going to have to move on. It's part of the ... 1st Army transformation plan."

As part of the 1st Army, the 157th is responsible for preparing mobilized National Guard and Reserve Soldiers for deployment. Bushey said that although the brigade's mission won't change, the move will have an effect on its Soldiers. Previously, the 157th trained Soldiers in various locations throughout the country. With the move, the majority of training is expected to take place at Camp Atterbury.

"That's one of the biggest reasons why we're moving there," Bushey said. "(Camp Atterbury is) a mobilization training center, so mobilized Soldiers report there, and we get together with them and train them up.

That allows us to stay home every night."

Brigade Command Sgt. Maj. Calvin Morman said he is looking forward to spending more time with his family.

"It's going to be great," Morman said. "I've been in the brigade for three years. The first two years, I've spent maybe four months out of 24 months here at Fort Jackson. It was rough. It's rough for the family."

However, Bushey said the farewell is bittersweet.

"This is such a great community," he said. "This whole state, living in the Columbia

See **BRIGADE:** Page 8

Grand opening



Photo by **JAMES ARROWOOD**, command photographer

Fort Jackson's Basic Combat Training Museum will reopen after two years with a grand opening event noon to 4 p.m., Friday. The event will feature interactive displays for visitors to experience hands-on some of the training exercises Soldiers practice today. Military gear, uniforms and vehicles will also be on display outside.

July 4 celebration pays tribute to country

As we again prepare to celebrate Torchlight Tattoo Friday with a spectacular fireworks display and a 282nd Army Band concert, I am reminded of the remarkable teamwork that takes place each year in making our Independence Day tribute. This event is always successful thanks to the hard work and dedication of countless Soldiers and Department of the Army civilians across Fort Jackson.

I can't say enough about how proud Fort Jackson is to be the host of the best Fourth of July fireworks display in the Midlands tomorrow night. Did you know that it takes the strength of two battalions and the support of practically every person on post just to make this event happen?

The planning and execution that are put into motion to handle the massive flow of traffic coming on and going off post is impressive. The degree of difficulty increases because of the Soldiers who need to get to and from Hilton Field, making the crowd and traffic control to and from the event a real challenge.

The Soldier Support Institute, which once again coordinated plans for Torchlight Tattoo, deserves the lion's share of the credit. But SSI will tell you that it would be hard-pressed to accomplish the mission if it were not for the cooperation and support of many of our units

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



and activities. The bottom line is that the best fireworks show in the Midlands is the result of a great display of teamwork.

But isn't extraordinary teamwork what makes America tick? Teamwork is what drives our Army, that's for sure.

Just look at the past 10 years and what the men and women of our Army have done deployed in Iraq, Afghanistan and elsewhere in support of the United States' strategic objectives. It's nothing short of amazing that on the ground and at the point of influence, our Soldiers are getting it done. We have helped to lay the foundation for a new future in Iraq and continue to help Afghanistan in its struggle for freedom.

Meanwhile, we have been answering other calls when they come. When an earthquake rocked Haiti last year, the 82nd Airborne Division and others were there to help. When a tornado ripped through a Missouri town this spring, destroying the town's hospital, the Missouri National Guard was there setting up a field medical unit. In short, our Army has not only been there to answer the call to arms, but it also answers the calls for help and assistance.

A professional, adaptive and responsible Army such as ours was not born overnight. But just as it was in 1775, when the settlers grabbed their muskets and left their fields, our all-volunteer Army answers the calls of our nation.

As America gets ready to celebrate her birthday, let's kick back a bit, enjoy the fireworks and savor the moment. For a few hours tomorrow night, let's relax with our guests from the Columbia area, celebrate our nation's 235th birthday and think about how great a country this truly is.

As it has been for nearly three decades, Torchlight Tattoo promises to be a powerful patriotic observance and a sight to behold. Appreciate it. You earned it, because you help make it happen.

Army Strong and Victory Starts Here!

Fort Jackson talk back:

Staff writer Cursha Pierce-Lunderman asks members of the Fort Jackson community: 'What are your plans for July 4 weekend?'



"Hanging out with my friends and family."

— Denise Burton,
DA civilian



"Going back home to Mississippi because I deploy soon."

— Staff Sgt.
Patricia Williams
375th Combat Support
Battalion



"I'm going to Louisiana for the Essence Music Festival."

— Emmanuela Johnson,
Family member



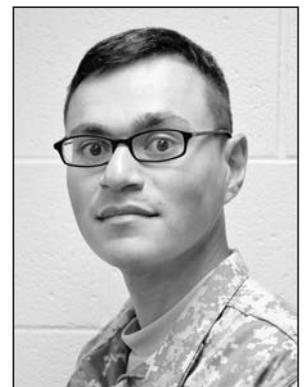
"Hopefully, I will be resting in San Antonio after I graduate tomorrow."

— Pfc. Lauren Cole,
Company C,
2nd Battalion,
13th Infantry Regiment



"I will be in Monterey, Calif. for the Defense Language Institute."

— Pvt. Devin Stark,
Company E,
2nd Battalion,
13th Infantry Regiment



"Heading to Charleston and Kiawah Island to play some golf."

— Capt. Elliot Chandler,
Company B,
2nd Battalion,
13th Infantry Regiment

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Sponsors provide real image of U.S.

SSI's international students connect with U.S. families

By CURSHA PIERCE-LUNDERMAN
Fort Jackson Leader

Egyptian Army Maj. Sherif Awadallah said he arrived at Fort Jackson after completing his 32-hour trip from Egypt expecting to see Americans as they appear in movies.



AWADALLAH

“The Americans I see here are not that way, though. They are not threatening, they raise their children in good ways, and they respect their country and their flag,” he said. “This is

not the picture we see of Americans in our media. I've learned real American ways from my sponsors here.”

The Soldier Support Institute's International Military Student Office is looking for more sponsors to help show the international students who come to train here the true American way of life.

“Next week, I will have 17 new students here and they all need sponsors,” said Brenda Mims, IMSO training coordinator. “It's an amazing way for our families to

see how life is outside of the U.S. and show others that we are not the Americans they see on TV.”



RAJAB

Dennis Brucker, chief of the IMSO, said the students are not looking for elaborate entertainment, just a glance at everyday life.

“They want to see simple things; a kids' soccer game on Saturdays or a birth-



Photos by CURSHA PIERCE-LUNDERMAN

Brenda Mims, International Military Student Office training coordinator, greets Sgt. Jose Ronald Inguillo at the Soldier Support Institute. Inguillo is a member of the Phillipine army special forces and the newest student to arrive at Fort Jackson IMSO. He will train with noncommissioned officers at the U.S. Army Drill Sergeant School.

day party,” he said. “Our office will take them on tours to historical sites and entertainment areas, but what they can't get is the true experience of American families.”

Mims said Fort Jackson sponsors would be required to connect with their student once a month.

“We don't ask sponsors to do much, but the relationship is a rewarding experience that grows beyond just one coffee a month,” she said.

Some of the international students said they are seeking family experiences because many of them leave their families behind for the opportunity to study with

the U.S. Army.

“I have a wife and two children back home,” said Indonesian Army Capt. Mustafa Rajab. “We speak over Skype as much as we can, but the time difference makes it very difficult.”

There are also limited transportation options for these Fort Jackson guests.

“The challenge is that they don't have transportation. Often times they are just sitting in their hotel rooms watching CNN all day ...,” Mims said. “It would really be helpful to have others on Fort Jackson to welcome and support them. Our staff can only do so

much.”

U.S. Army Capt. Geoffrey Guinnup at the Adjutant General Career Course says he has enjoyed sponsoring an international student-soldier.

“The most rewarding part about sponsorship is getting a different perspective on everything,” said Guinnup, who sponsors Rajab. “This helps encourage my professional growth and develops skills to explain complex ideas in simple ways.”

All international students speak English.

“Being a sponsor is just a really great way to learn about the whole world without leaving your comfort zone,” said Brucker.

To become an international student sponsor, contact Brenda Mims at Brenda.J.Mims@us.army.mil.

Cursha.Pierce@us.army.mil

“This is not the picture we see of Americans in our media. I've learned real American ways from my sponsors here.”

— Egyptian Army Maj. Sherif Awadallah
SSI international student

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For example, an announcement or photo for the July 14 Leader must be sub-

mitted by July 7.

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



Brigade welcomes commander

Maj. Gen. James Milano, left, Fort Jackson's commanding general, passes the colors of the 165th Infantry Brigade to Col. Odie Sheffield during a ceremony Monday at the Officers' Club. Sheffield previously was a fellow at Stanford University's Center for International Security and Cooperation. He replaces Col. Bryan Rudacille, who will take command of the Joint Multi-national Training Command in Grafenwoehr, Germany.

Photo by JAMES ARROWOOD, command photographer

Preparation eases PCS moving woes

By **SUSANNE KAPPLER**
Fort Jackson Leader

To many people, summer means trips to the beach, backyard barbecues and fun activities. To military members, it also means peak season for being on the move.

Soldiers who have received permanent change of station orders for the summer should allow themselves adequate time to prepare, said Jacqueline Flowers, Fort Jackson's chief for personal property and personnel movements.

"Everybody sits and waits for school to end. Everybody's looking for Memorial Day," Flowers said. "You don't just have the people who have PCS dates through the summer who are moving, you have everybody who (moved) in January wanting to move the kids out of school ... not to mention the rest of the country, whether they're military related or not. Everybody moves when the kids are out of school."

The need to prepare early is especially important since the DoD has been transitioning to a new system for the last few years, which brings about a number of changes to the way service members and DoD civilians move, Flowers said. The DoD's new system — the Defense Personal Property System, or DPS — is centered around an online tool that gives service members more control over the transportation and claims process, but can also lead to complications, she explained.

"The biggest change is that we can no longer guarantee pick-up dates for the service member," said Zelda Lee, lead counselor with the Transportation Office. "We used to be able to pick up the phone and call a local agent here in Columbia, ... but it's not like that anymore."

Service members who are preparing to move need to get a user ID and password for the online tool. They then can submit an application for the move. Once a transportation service provider accepts to carry out the move, the service member then negotiates the pick-up date for household goods. Unfortunately, the date may not always meet the service member's expectations, Flowers said. She recommended that service members schedule an earlier date or, if all else fails, appoint an agent to oversee the pick-up.

"I would suggest that they request dates a couple of weeks before they actually have to be gone and then negotiate within that two-week window," Flowers said. "The dates

PREPARING FOR HOUSEHOLD GOODS SHIPMENTS

Once notified of an upcoming move (before orders are issued)

- ❑ Clean house. Get rid of what you don't need or haven't used in two or more years.

- ❑ Begin the application process for passports, if needed.

- ❑ Gather important documents and put them in a safe place. These items should be hand carried.

- ❑ Identify professional gear and compile it in one location.

- ❑ Make a list (and photos) of high value items. Include make, model and serial number.

- ❑ Locate firearms and determine your plans for them.

- ❑ Inquire about various briefings that take place to assist with transitions.

- ❑ Visit www.move.mil. Register to obtain a user ID and password.

- ❑ Read the "It's your move," "Shipping a POV," and "Storing a POV" pamphlets available on the site.

Upon receipt of orders

- ❑ Determine when you would like to move and attend an in-house counseling session at the Transportation Office or conduct self counseling through DPS. You should attend a counseling session four to six weeks before your anticipated move date.

- ❑ Identify special items to be included in the shipment, like firearms, jet skis, plasma TVs, etc.

- ❑ Pack and pickup dates are not confirmed until the shipment has been awarded to a Transportation Service Provider. The TSP will confirm the dates directly with the customer.

- ❑ Customers with multiple shipments must ensure that they arrange separate dates for each shipment.

- ❑ Check emails and voicemails regularly. Make yourself available for the pre-move survey.

- ❑ Identify and separate items not to be shipped.

- ❑ Prepare for inconveniences. Allow a day or two between pack out and departure for possible mishaps or just a day of rest.

are a big problem, especially during the summer months. If people can avoid moving during the summer months, that would be great. Not everybody can do that."

To ensure as smooth a move as possible, Flowers said it is important to get familiar with the DPS website, www.move.mil, as soon as possible, even if orders are not issued yet.

"(Service members) need to go to that site from the time they find out they're about to PCS," Flowers said. "They need to be looking and navigating and reading and preparing themselves. ... It's a lot of reading for the customers, but if they're interested (the information) is there."

Service members are also encouraged to familiarize themselves with the new claims program, Flowers said.

"Under the old program, (service members) go to the local Judge Advocate General office. Insurance was based on depreciated value. But (service members) talked directly to a claims officer, claims adjuster," Flowers explained. "It was a pretty simple process — not financially to the service members benefit, but time wise. Under the new program,

the customers literally become their own claims adjuster."

She said the benefit is that service members can now negotiate the reimbursement value of the lost or damaged property.

"Under this program, if you can prove (the value, the moving company) has to give you what it would cost if you would purchase that item today."

The website also offers tutorials on how to navigate the process, access to regulations and a tool to estimate the service member's shipment weight. The mandatory counseling briefings are also available online.

"Under the old program, service members physically had to come to a transportation office and go through the process of (receiving) a briefing," Flowers said. "Under the new program, they can self counsel. They can do (the briefing) online as long as it's not their first move or their last move."

For more information, call the transportation office at 751-5137 or visit www.move.mil.

Susanne.Kappler1@us.army.mil

News and Notes

1-61ST, 3-13TH CHANGE COMMANDS



GIANOPULOS

Lt. Col. Charles Krumwiede relinquished command of the 1st Battalion, 61st Infantry Regiment to Lt. Col. Anthony Gianopulos in a ceremony Wednesday at the Officers' Club. Gianopulos' last assignment was with the Minister of Interior's Office in Afghanistan. Krumwiede's next assignment is as the deputy commanding officer for 3rd Brigade at Fort Hood, Texas.

Lt. Col. Benjamin Higginbotham relinquished command of the 3rd Battalion, 13th Infantry Regiment to Lt. Col. Steven Delvaux during a ceremony Tuesday at the Officers' club. Delvaux's last assignment was as the professor of military science at East Carolina University. Higginbotham's next assignment is with Joint Special Operations Command, Fort Bragg, N.C.



DELVAUX

GARRISON RECOGNIZES HEROES

The garrison recognized its heroes of the week during a presentation Monday in the Post Conference Room. This week's heroes are: Linda Kern, Directorate of Logistics; Greg Lewis, Army Community Services; Jazel Cook, Directorate of Public Works; and Cory Dickson, Family and Morale, Welfare and Recreation.

DAY CAMP ACCEPTING RESERVE FAMILIES

Army Reserve Child, Youth and School Services is hosting Kinder-Ready Day Camp 2011 for Reserve children, July 9, 8:30 a.m. to 2:30 p.m. at the Boys & Girls Club of the Midlands.

The camp is for ages 4 and five, or those entering kindergarten. Register at www.arfp.org of call (404) 559-3790 or email travis.mckinney@usar.army.mil for more information.

FREE MOVIE SCREENING ANNOUNCED

A free movie screening is scheduled for 3 p.m., July 9 at the post theater. Tickets are available at the AAFES Foodcourt. The movie name will be announced one week prior to the showing. Seating is open to non-ticket holders 30 minutes prior to showtime.

USC FAN EXPERIENCE PLANNED

A free fan experience with the University of South Carolina Gamecocks men's basketball team is scheduled for 6 to 8 p.m., July 18 at the Solomon Center. This military-family only event will include free T-shirts to the first 100 people, interactive contests with Coach Darrin Horn and players and an autograph and photo session.

SCHOOL REGISTRATION BEGINS

Summer registration for the 2011-2012 school year begins June 21. Registration is 8 a.m. to noon, Tuesday through Thursday from June 21 to July 14; and July 26 to Aug. 10.

IET chaplains' mission unique

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

Each Friday night, the 187th Ordnance Battalion classroom is filled with coffee, cookies, Bibles and smiling Soldiers. This weekly Fortress Coffeehouse service is one of the many ways that chaplains appeal to the needs of Soldiers-in-training at Fort Jackson.

"I could try to have a traditional Sunday afternoon service here, but I would not have nearly as many Soldiers that I see on Friday nights cooking burgers and getting the spiritual food at the same time," said Chaplain (Capt.) Jerry Wagner of the 187th Ordnance Battalion.

Pvt. Joshua Soiffer, Company A, 187th Ordnance Battalion, said that coffeehouse time is a comforting way to end a hard week.

"This is my fourth week here and I come to get away from life in the barracks, to spend time with fellow Soldiers and folks who love Jesus."

Wagner said the coffeehouse is a combined effort between volunteers and the unit leadership that gives Soldiers a safe and positive place to have fun.

"We work together as a unit ministry team with Cadence International and local volunteers to make this an engaging time for the Soldiers," he said. "I think this generation really wants to be involved so we blend a spiritual element into all of our activities. We don't want this to be another hangout or club."

The training environment is a unique situation for chaplains and students alike, said Chaplain (Col.) Bart Physioc, installation chaplain.

"These Soldiers are at a special time in their lives, they are young, they are just beginning their military experience and the chaplains only have them for 10 weeks. You don't find those conditions anywhere else in the Army," he said. "The chaplains are really church planters. They build a church and then they start all over from scratch for the next cycle."

Chaplain (Capt.) Hyun Ha, 1st Battalion, 34th Infantry Regiment, said the role of chaplains in the initial entry training environment is different than that in the operational Army.

"In my unit at Fort Bragg, Soldiers had access to family members, civilian churches and other religious resources so they had other options in times of trouble.

"For the BCT Soldiers, the chaplain is the only option. That is a big responsibility and an honor," he said.

Ha said he enjoys providing a spiritual outlet for Soldiers each training cycle. "This is pure ministry and there

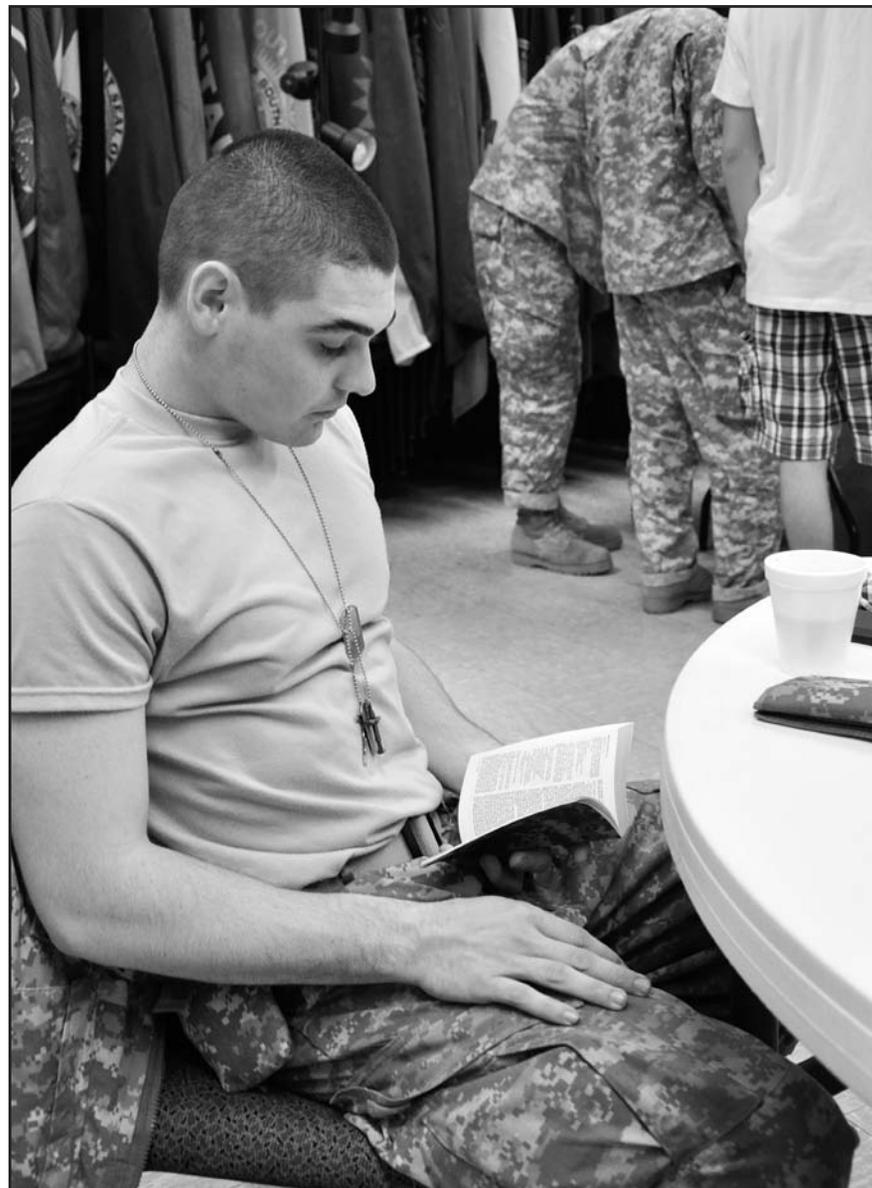


Photo by **CURSHA PIERCE-LUNDERMAN**

Pfc. Jacob Lawrence, Company A, 187th Ordnance Battalion, reads his Bible during Friday night's Fortress Coffeehouse service in the battalion's conference room. The weekly service is just one way chaplains with the post's initial entry training units reach Soldiers.

“For the BCT Soldiers, the chaplain is the only option. That is a big responsibility and an honor.”

— **Chaplain (Capt.) Hyun Ha**
*1st Battalion,
34th Infantry Regiment*

is nothing like it. This is the perfect time for Soldiers looking for a spiritual relationship to completely turn their lives around," he said.

At Ha's service each Sunday, he has 15 ushers and a 45-member choir that is accompanied by a pianist, guitarist and drummer. When he stands to give his sermon, he addresses his 300-member congregation, which is fully executed and attended by the battalion's BCT Soldiers.

"The Soldiers are looking for the

chance to participate and I love to see them motivate and encourage each other," Ha said.

Ha said the service is a way for Soldiers to have their voices heard.

"Sometimes after service, I have a line of 30 Soldiers outside of my office. I share my experience with them, how I felt humiliated in training, and they share their issues with me," he said. "I haven't been exactly where they are, but as people, we are all the same and I want them to know they are doing a good thing for themselves and their country."

Physioc said that the effort of chaplains like Ha and Wagner show how chaplains have a special role in training Soldiers at Fort Jackson.

"A paycheck is just a paycheck, but changing lives is what it is really about. If you want to be effective in combat, you've got to be spiritually squared away, and that's what we do."

Cursha.Pierce@us.army.mil

Brigade to leave Fort Jackson after 13 years

Continued from Page 1

area — it's going to be tough to leave. Some of us are leaving family members back here for various reasons."

Bushey thanked Fort Jackson leaders for the support they have provided to the brigade.

The brigade was constituted in 1917 and its Soldiers fought in World War I and World War II. Throughout its history, the brigade has seen a number of redesignations. The current 157th was activated on Fort Jackson Oct. 24, 1997. It was inactivated in 1999 and reactivated here in 2006.

During its time on Fort Jackson, the brigade has trained more than 50,000 Soldiers for deployment.

With the move, the battalion will also gain in strength, increasing its battalion number from three to 10.

"Our mission will stay the same, but with the advent of 1st Army's transformation plan, our home station, location and organizational structure will change," Bushey said. "It'll be quite a challenge. We look forward to that, obviously."

Susanne.Kappler1@us.army.mil



Photo by SUSANNE KAPPLER

Col. David Bushey, 157th Infantry Brigade commander, cases the colors with brigade Command Sgt. Maj. Calvin Morman during a ceremony June 23 at the Joe E. Mann Center.

Refinancing not always the best option

With mortgage rates at historical lows, some families might be wondering about refinancing. While refinancing is an excellent long-term option for some, those planning to have their loan for just a few years may be better off just paying down the loan balance or establishing an emergency fund instead.

Yet with circumstances as varied as any imagination, those considering this should visit an Army Community Services Financial Counselor to discuss their options. Meanwhile, let's consider two common household situations.

Last year Staff Sgt. Reed and his family purchased a home for \$150,000 and financed it via a 30-year VA loan with a fixed rate of 5.5 percent. This costs them \$850 in principle and interest, or PI, payments per month (property taxes and insurance are not included). Now, a year later, with interest rates at 4.5 percent, the Reed family could reduce their PI to \$760 — a gross savings of \$90 per month. However, that monthly savings will come at a net cost of around \$2,400, which can potentially be rolled back into the loan, if required.

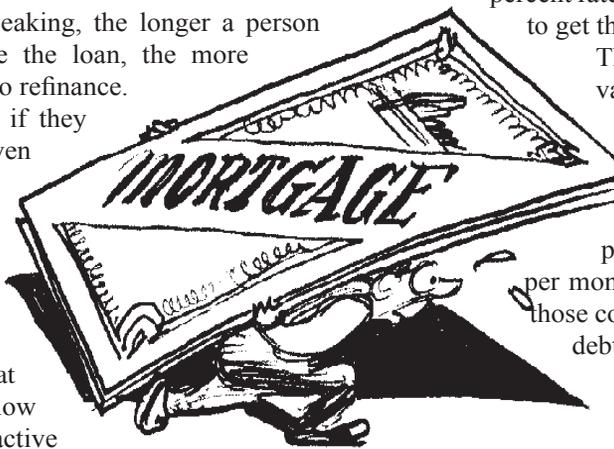
Factoring in for income tax ramifications, it would take the family about 2 1/2 years to recoup their costs of \$2,400 — just about the time they expect to relocate. So, is it worth the \$2,400 and effort to lower that rate? It depends.

FINANCIAL ADVICE

By SHAWN ANDERSON
Army Community Services
Financial Readiness

Generally speaking, the longer a person intends to have the loan, the more sense it makes to refinance.

In this case, if they are at a break-even point, they may consider other factors such as the benefit of offering a VA loan that is assumable at a historically low rate (a very attractive feature for future buyers if the rates go back up). However, caution should arise if they are not able to wrap those costs into the



loan and if that \$2,400 would cut into their emergency fund. Circumstances and counsel should dictate their actions.

Yet, in another household with the same loan terms, Mr. and Mrs. Retiree might be well established in a single story home that they plan to stay in for more than seven years. Because they will probably retain their next loan for the long run, it may prove to be in their best interest to not only pay the \$2,400 to secure the 4.5 percent rate, but to also purchase points (i.e. pay extra to get the rate even lower).

The amount of points purchased, if any, will vary on their circumstances and market conditions.

A key here is to determine how long it will take for the couple to recoup the costs (extra money spent on points divided by the net interest saved per month gives the number of months to recoup those costs), as well as other cash, investment and debt alternatives.

As always, individuals should consult a finance professional to understand their overall position as well the potential risks and rewards to any course of action. Army Community Services Financial Counselors are here to help and can be reached at 751-5256.

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NCO plans to become a pharmacist

Name
Sgt. 1st Class Kimberly Marshall

Unit
Company B, 4th Battalion, 10th Infantry Regiment

Military occupational specialty
68WP3/Medic (with ophthalmology additional skills identifier)

Hobbies
Keeping up with my son, praise dancing at church

As the noncommissioned officer-in-charge of the post's Medical Simulation Training facility, it is Sgt. 1st Class Kimberly Marshall's job to make sure that each and every Soldier who comes through the facility receives under-pressure medical training similar to what Soldiers might encounter in Iraq or Afghanistan.

"We're teaching (initial entry training) Soldiers how to save lives . . . how to save their battle buddy's life," she said.

With nearly two decades of service in the Army — she is just two months shy of reaching 20 years — Marshall said she cannot imagine life out of the military. Even so, she said she knows her dream of becoming a pharmacist will have to come after retirement.

"I grew up in the military," she said. "It's hard to leave something you grew up in."

The Rockford, Ill., native joined the military at 17 to "get disciplined and travel."

Now, as a senior NCO, she enjoys the feeling she gets as she teaches younger Soldiers and helps them realize their potential.

"There's nothing like seeing a Soldier grow and learn," she said. "That's a fulfilling thing. That's rewarding. It's almost like teaching a baby bird to fly."

A mother herself, the maternal instinct that makes Marshall such a good NCO seems to come easy for her. And the patience she has with teaching her Soldiers is the same patience she uses as she works diligently with her 8-year-old son, who is a high-functioning autistic.

At 2, Marshall said, her son was already reading and was drawing pictures that would be difficult for some adults. But looking back, she said, he did exhibit some signs of autism, including being unusually fixated on a specific item or task and pre-



Photo by JAMES ARROWOOD, command photographer

Sgt. 1st Class Kimberly Marshall is the noncommissioned officer-in-charge of the installation's Medical Simulation Training Facility.

ferring the company of adults instead of other children. He was diagnosed as autistic at 3 while they were stationed at Fort Meade, Md., she said. He attended a special school and even now, she works with him for about three hours each day on the skills she learned from them.

Since her husband frequently travels to installations to train other Soldiers as part of his Active Component/Reserve Component duty, Marshall stays busy, sometimes getting three to four hours of sleep at night.

"It's hard being a mother of an autistic child," she said.

But with her church support system nearby, Marshall doesn't let it get her down. In fact, Marshall has taken on yet another project; organizing an autism walk in her community of Lake Carolina.

"I don't know how many other people there may have autistic children," she said. "The more people who are aware, (the more) they can educate their children."

She is working with the advocacy organization Autism Speaks as she plans the walk.

In the meantime, Marshall is getting a jump start on her education and is working on her bachelor's in business, as well as the prerequisites for a doctor of pharmacy. She later plans to pursue a master's degree in business.

"(Patients) always remember the first person they see and the last person they see," she said, explaining that it is important that the last person leave a positive impression. "I can be the last person they see. I like that."

And while her time in service may preclude her from becoming a pharmacist while in the Army, Marshall said she will look into what options she can to keep her in the Army she so loves.

"I would love to be a pharmacist and still wear this uniform."

— Reporting by Crystal Lewis Brown

The NCO Creed



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

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

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

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

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

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

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



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

Goal-setting app available

Army News Service

WASHINGTON — “A lot of times we push off getting back to stuff because we can’t get to it. The goal-setting now is right there in your pocket,” said Sam Rhodes, the action officer responsible for a mobile-phone app that sets resiliency goals.

The free app for iPhones and iPads, developed by Rhodes and a team at the Maneuver Center of Excellence, Fort Benning, Ga., and the Signal Center of Excellence at Fort Gordon, Ga., was released one month ago. It is the i-version of the Resilience Goals Book under the Comprehensive Soldier Fitness program.

The app allows Apple users to set goals within their personal beliefs and then set up e-reminders to stay on top of them. It can be downloaded at <http://www.apple.com/itunes/affiliates/download/>.

Soldiers can also email what they tap out directly to first-line supervisors.

“It’s the first thing a Soldier can help himself with,” Rhodes said of the app and setting goals. “I think it provides a high degree of structure that everyone needs — I found that I

needed — as we return from war and prepare to go to war.”

Rhodes retired as a command sergeant major with 30 months of a 32-month tour in combat, and was diagnosed with post-traumatic stress disorder, or PTSD, in 2005. Now he works for the Directorate of Training and Doctrine at Fort Benning.

He said goal-setting is the number one way to enhance Soldier performance, and people who know about the app have latched on to the approach. Downloads to iPhones and iPads doubled from the product’s first to second week, from 196 downloads to 411.

In just three weeks, 552 users downloaded the app.

The hard-copy goal book has been out for more than a year, and, since December, could be downloaded as a 44-page PDF too. Design and development of the mobile application started in January. Rhodes explained the point of going the iPad and mobile-phone route.

“I don’t want to say we targeted younger Soldiers, but if younger Soldiers use something, the older generation of Soldiers — (ask) ‘Guess what we have to do?’ Just like email,” he said.

The Resiliency App exhibits a trend toward the innovative use of existing resources to help Soldiers. At least, that is Rhodes’ thinking. He only wishes goal-setting were emphasized when he returned from theater.

“I didn’t have any of that,” he said, but added that since the Army realized what was happening with post-traumatic stress, it has been great about helping Soldiers.

Rhodes specifically mentioned the app as a small way to combat increasing suicide rates in the Army, but was careful to emphasize it benefits the general population, not just PTSD sufferers.

A search in the App Store for “Goal Setting — Comprehensive Soldier Fitness” will turn up the Resiliency App on iPhones and iPads. The genuine app is represented by the CSF logo, with “Goal Setting” in yellow letters backed by an Army star.

“I was in a classroom and talking to about 60 people the other day,” Rhodes said, “and 50 percent of them had an iPhone and 50 percent of them had a Droid. The biggest question was ‘when can I get this on the Droid?’ My buddy’s got it already.”

An Android-compatible version will be released in July, Rhodes said.

Housing Happenings

COMMUNITY UPDATES

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

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

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

☐ Celebrate ladies’ night by learning how to hand paint wine glasses at 6:30 p.m., July 8 at the Community Center. Food and drinks will be provided. This event is for women only. RSVP is required by Tuesday. To register, call Alana at 738-8275.

☐ Learn how to make 181-calorie brownie muffins at 2 p.m., July 13 at the Community Center kitchen.

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

CONSTRUCTION UPDATES

☐ To date, 396 homes have been completed.

☐ A total of 858 homes have been demolished to date.

☐ Phase II junior noncommissioned officer home acceptance is complete. Phase III site work and framing is under way along Chesnut Road. Demolition activity continues on Parker Lane.

☐ Families are moving into the homes along Mills Road. Residents living in the area should enter and exit via Capers Road or Owens Road.

☐ Electrical work, roofing and painting is in progress in the field grade officer area.

vimeo

Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628> Follow the Fort Jackson Leader on Twitter at <http://twitter.com/FortJacksonPAO>

Family Life & Resiliency Center

"Help for your journey"

Family Life & Resiliency Center staff members provide counseling for individuals, couples, families and groups.

Counseling is open to Soldiers, family members, children, civilians and retirees and is 100% confidential.

To schedule an appointment, call 751-4961/4966.

Business hours are 9 a.m. to 5 p.m., Monday through Friday. The center is located at 5460 Jackson Blvd., (behind the Strom Thurmond Building).



June 30 — 7 p.m.
Jumping the Broom PG-13

July 1 — 7 p.m.
Thor PG-13

July 2 — 6 p.m.
Bridesmaids R

July 3 — 2 p.m.
Thor PG-13

July 6 — 1 p.m.
Thor PG-13

July 6 — 4 p.m.
Bridesmaids R

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class
Keith Tucker**
Company A
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Daniel Hegerich

SOLDIER OF THE CYCLE
Pvt. Kenneth Bunn

HIGH APFT SCORE
Spc. Roberto Mendoza

HIGH BRM
Pvt. Eduardo Macedo



**Staff Sgt.
Nicholas Curtis**
Company B
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Jennifer Jones

SOLDIER OF THE CYCLE
Pvt. Gary Hall

HIGH APFT SCORE
Pfc. Riley Burnham

HIGH BRM
Pvt. Jeremy Whatley



**Sgt. 1st Class
Rafael Cruz**
Company C
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Anthony Augustyn

SOLDIER OF THE CYCLE
Pvt. Wesley Meadows

HIGH APFT SCORE
Pvt. David Alwood

HIGH BRM
Pvt. Phillip Gettmann



**Staff Sgt.
Tarras Ray**
Company D
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Seth Anthony

SOLDIER OF THE CYCLE
Pvt. Shane Clements

HIGH APFT SCORE
Pvt. Christian Snow

HIGH BRM
Pfc. Michael Watson



**Staff Sgt.
Sean Dohner**
Company E
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Joshua Lewis

SOLDIER OF THE CYCLE
Pvt. Gabriel Garza

HIGH APFT SCORE
Spc. Robin Okane

HIGH BRM
Pfc. Matthew Hurley
Pvt. Trevor Johnson



**Staff Sgt.
James Ellis**
Company F
2nd Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Robert Collins

SOLDIER OF THE CYCLE
Pfc. Joshua Mayo

HIGH APFT SCORE
Pvt. Corey Martin

HIGH BRM
Pvt. Ryan Klettke
Spc. Lee Andrew
Pvt. George Perez

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Staff Sgt. Patricia Garrett

TRAINING SUPPORT
Frank Cruz

SERVICE SUPPORT
Paula Darrow

Training honors



**2nd Lt.
Erin Sutton**
Honor graduate
Basic Officer
Leadership Course
Adjutant General School

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.
Like us on Facebook.
Log on to your account and search for "Fort Jackson Leader."
Watch Fort Jackson video news stories
and Victory Updates
at <http://www.vimeo.com/user3022628>



ACS Calendar of Events — July

TUESDAY, JULY 5

- ❑ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library
- ❑ **EFMP family night out** — 5 p.m.; Chick-fil-A, Decker Boulevard

WEDNESDAY, JULY 6

- ❑ **Post newcomer orientation/tour** — 9 to 11:30 a.m.; Post Conference Room
- ❑ **Bright Honeybee Explorers** — 10 to 11:30 a.m.; call 751-1071/6868 for location
- ❑ **Child safety class** — noon to 2 p.m.; Main Post Chapel; to register, call 751-6325.
- ❑ **Phase II Levy overseas brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

THURSDAY, JULY 7

- ❑ **AER commander's referral class** — 9 a.m.; Education Center, Room B203
- ❑ **Intro to MS Office Suite** — 9 to 11:30 a.m.; location to be determined; for more information, call 751-4862.
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Main Post Library

MONDAY, JULY 11

- ❑ **English as a second language conversation class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, JULY 12

- ❑ **Teen career exploration workshop** — 10 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Lunch and learn: careers in information technology** — noon to 1 p.m.; Strom Thurmond Building, Room 222; for more information, call 751-4862
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library
- ❑ **EFMP outing: Experience the joy of learning and discovery** — 5 p.m.; 211 Gervais St.; cost is \$1 per person; for more information, call 751-5256

WEDNESDAY, JULY 13

- ❑ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222; for more information, call 751-4862
- ❑ **Organization skills training for job seekers** — 9 to 11 a.m.; Education Center, Room B110; for more information, call 751-4862
- ❑ **Bright Honeybee Explorers** — 10 to 11:30 a.m.; call 751-1071/6868 for location
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

THURSDAY, JULY 14

- ❑ **Organization skills training for job seekers** — 9 to 11 a.m.; Education Center, Room B110
- ❑ **Stress management lunch and learn** — 11 a.m. to noon; 5614 Hood St.
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Main Post Library

SUNDAY, JULY 17

- ❑ **EFMP Palmetto Falls water park outing** — 4 p.m.; for more information, call 751-5256

MONDAY, JULY 18

- ❑ **English as a second language conversation class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, JULY 19

- ❑ **Resume writing/interviewing skills workshop** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; for more information, call 751-4862
- ❑ **Starting and running a small business** — 9 to 11:30 a.m.; Education Center; call 751-4109 to register.
- ❑ **Relocation planning (stateside workshop)** — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213
- ❑ **EFMP bowling** — 4 p.m.; Century Lanes; participants must be enrolled in EFMP; call 751-5256 to register
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

WEDNESDAY, JULY 20

- ❑ **Steps to federal employment** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Bright Honeybee Explorers** — 10 to 11:30 a.m.; call 751-1071/6868 for location
- ❑ **Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213
- ❑ **Personal financial readiness for first-term Soldiers** — 8:30 a.m. to 4:30 p.m.; Education Center; to register, call 751-5256
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library
- ❑ **Survivor Outreach Services support group: stress management and relaxation skills** — 5:30 to 7 p.m.; open to spouses of fallen service members; for more information and to RSVP, call 751-48675256
- ❑ **Stress management relaxation class** — 6 to 7 p.m.; Family Life & Resiliency Center

THURSDAY, JULY 21

- ❑ **Financial planning for initial PCS and relocation readiness** — 9 to 10:30 a.m.; Education Center, Room 206B; to register, call 751-5256
- ❑ **Basic sales skills training for job seekers** — 9 to 11 a.m.; Education Center, Room B110; for more

information, call 751-4862

- ❑ **Anger management lunch and learn** — 11 a.m. to noon; 5614 Hood St.
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ❑ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213
- ❑ **Foreign-born spouses support group** — 6 to 7:30 p.m.; location to be determined

MONDAY, JULY 25

- ❑ **English as a second language conversation class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Evening breastfeeding support group** — 5:15 to 6:30 p.m.; for more information, call 751-1071/6868

TUESDAY, JULY 26

- ❑ **Teen career exploration workshop** — 10 to 11:30 a.m.; Strom Thurmond Building, Room 222; for more information, call 751-4862
- ❑ **Baby basics workshop** — 10 a.m. to 3 p.m.; call 751-1071/6868 for location
- ❑ **Lunch and learn: from zero to a welding career in 10 weeks** — noon to 1 p.m.; Strom Thurmond Building, Room 222; scholarships will be available; for more information, call 751-4862
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

WEDNESDAY, JULY 27

- ❑ **Job searching strategies** — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222; for more information, call 751-4862
- ❑ **Bright Honeybee Explorers** — 10 to 11:30 a.m.; call 751-1071/6868 for location
- ❑ **Budgeting and checkbook maintenance** — 11:30 a.m. to 12:45 p.m.; Education Center, Room 206B; to register, call 751-5256
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

THURSDAY, JULY 28

- ❑ **Customer service skills training** — 9 to 11 a.m.; Education Center, Room B110; for more information, call 751-4862
- ❑ **Parent power** — 9 a.m. to 3 p.m.; 5614 Hood St.
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ❑ **Hearts Apart support group event: free massage** — 6 to 8 p.m.; location to be determined

All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.

The Family Readiness Center is located at 3499 Daniel Circle.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the July 14 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the July 14 Leader must be submitted by July 7.

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

For more information, call 751-7045.



Calendar

Friday

BCT Museum ribbon cutting
7:30 p.m., BCT Museum

Torchlight Tattoo: Salute to the Nation
9 p.m., Hilton Field

Thursday, July 7

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

Monday, July 11

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

Thursday, July 14

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

Cholesterol, high blood pressure class

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

Housing events

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

Wednesdays

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

Friday

Edible American flags
1 p.m.
Celebrate Independence Day by making an American flag cake and by playing flag trivia. To RSVP, call Alana at 738-8275 or email ayoungblood@bbcgrp.com.

Announcements

COMMISSARY GIFT CARDS

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

KNIGHT POOL CLOSURE

Knight Pool will be closed until further notice for repair. All services and programs previously conducted at Knight Pool are now offered at Legion Pool.

COMMISSARY FARMER'S MARKET

The Commissary will offer a farmer's market fruit and vegetable sale from 9 a.m. to 5 p.m., Friday through Sunday.

FCC PROVIDERS NEEDED

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

SCHOLARSHIPS FOR SOLDIERS

The Virginia Military Institute through the 100th Infantry Division is offering two \$1,000 scholarships for qualifying Soldiers. The scholarship is open to

active-duty Soldiers in the grade of E5 or E6 who are enrolled in college and stationed at Fort Jackson. Applications must be submitted by Tuesday. To pick up an application, visit the Education Center, Room A100. For more information, call 751-5341/5342.

SEAMLESS SUMMER LUNCH

The Seamless Summer Food Program offers free breakfast and lunch for children 18 and younger at C.C. Pinckney Elementary School. The program runs through July 15. Breakfast will be served from 8:30 to 9 a.m. Lunch will be available from noon to 1 p.m. For more information, call David Foppe at (843) 846-4933.

AFAP COLLECTS ISSUES

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

RED CROSS VOLUNTEERS

American Red Cross new volunteer orientation is 1 to 4 p.m., every Wednesday and 9 a.m. to noon, every Thursday. Only one session is needed to become a volunteer. Additional hospital-specific training is required for those volunteers working in a clinical setting. Call 751-4329 to register or for more information. The office is located at 9810 Lee Road.

THRIFT SHOP NEWS

The Thrift Shop is looking for a cashier. Contact the store to apply.

The Thrift Shop will be closed July 4-15. Normal hours will resume July 19.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil. For more information, call 751-7045.

Changes of command

2-13th INFANTRY REGIMENT

Lt. Col. Michael Peters will relinquish command of the 2nd Battalion, 13th Infantry Regiment to Lt. Col. Patrick Crosby in a ceremony at 9 a.m., Friday at the Officers' Club.

4-10th INFANTRY REGIMENT

Lt. Col. Richard MacDermott will relinquish command of the 4th Battalion, 10th Infantry Regiment to Lt. Col. Robert Fouche in a ceremony at 9 a.m., Wednesday at the Officers' Club.

187TH ORDNANCE BATTALION

Lt. Col. Darrell Aubrey will relinquish command of the 187th Ordnance Battalion to Lt. Col. Michael Daniels in a ceremony at 9 a.m., July 8 at Darby Field.

DENTAC

Col. Michael Cuenin will relinquish command of the Fort Jackson DENTAC to Col. Jamie Houston in a ceremony at 9 a.m., July 15 at Oliver Dental Clinic (4323 Hill St.).



Welcome home

Maj. Gen. James Milano, Fort Jackson's commanding general, welcomes Fort Jackson Soldiers returning from deployment during a Basic Combat Training graduation ceremony, June 23 at Hilton Field. From left, Spc. Rebekah Hutton, Sgt. Christopher Foster, Sgt. Brock Dixon, Milano, Spc. Jahari Dumans, Spc. Elijah Dantzer, Lt. Col. Kimberly Norris-Jones and Capt. Robin DeMasi.

Photo by JAMES ARROWOOD, command photographer



Leader file photo

Last year's car show, which featured this vintage entry, featured more than 70 cars, trucks and motorcycles. Event organizers are hoping to get more than 100 entries into this year's show.

Annual car show planned

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

*Mustang Sally, think you better slow your mustang down.
Mustang Sally, think you better slow your mustang down.
You been running all over the town now.
Oh! I guess I'll have to put your flat feet on the ground.*

— Mustang Sally by Mack Rice

Whether it's a Mustang, a little red Corvette, pink Cadillac, or your little deuce coupe, car lovers of all kinds are encouraged to attend the Annual Autocraft Shop Car and Bike Show on July 23, 11 a.m. to 2 p.m. The shop is located on Lee Road next to the Recycling Center.

The show's organizers said they expect more than 300 people to attend the event.

"Each year the event has continued to grow which is very exciting for the Auto Craft Shop," said Kenneth Fletcher, Au-

tocraft Shop manager. "Each year we try to provide new and improved services to our customers."

Last year's show featured more than 70 cars, trucks and motorcycles. Organizers are hoping for 100 or more this year.

Categories include: Best Custom Car/Truck, Best Car/Truck, Best In-Show Car/Truck, Best Cruise Bike, Best Sport Bike, and Best In-Show Bike. To participate, register your vehicle with Fletcher at the Autocraft Shop by calling 751-5755 or Chuck Stoudemire at 751-0891 by July 22.

Some interesting entries in past shows included a 1954 Ford Pick-up, a T-Rex, a '41 Ford T-Bucket, a 1974 Volkswagen Camper Van imported from Germany, Harley Davidson and Hyabusa motorcycles. Expect to see a variety of vehicles outfitted in an array of customizations and restoration.

Admission is free and the first 200 people get free hot dogs, chips and drinks. Awards will be given for the top car, truck and bike. For more information contact Fletcher at 751-5755.

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Announcement submissions are due one week before publication.

For example, an announcement for

the July 14 Leader must be submitted by July 7.

Send all submissions to FJLeader@conus.army.mil or call 751-7045.



FMWR calendar

THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ☐ **Victory Bingo**, starts at 10 a.m.

WEDNESDAY

- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

UPCOMING

- ☐ Deep sea fishing trip, 2:30 a.m. to 10 p.m., July 9. Leaves from **Marion Street Station**. Cost is \$99 per person, which includes transportation and boat ticket.

ONGOING OFFERS

- ☐ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.



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



Leader file photos

Friday's annual Torchlight Tattoo event includes a Salute to the Nation tribute to the 50 states, five territories and the District of Columbia.

Post to celebrate Torchlight Tattoo

Leader staff report

The military tattoo originated in Holland during the 16th century. The regimental drum major and fifers performed the tattoo at the end of the day to signal soldiers to begin a torch-lit walk to their barracks and to signal innkeepers in the garrisoned town to stop serving customers.

The word tattoo then, comes from the Dutch expression, "Doe den Taptoe," meaning "to turn off the taps."

Later, Continental Army general orders stipulated that "upon the sounding of the tattoo, sutlers were required to shut their doors and sell no more liquors that night upon penalty of severe punishment."

Further, "the gates of the fort will be drawn up, which must not be let down till the reveille beat," or "upon the return of the drums to the barracks, the gates to be immediately locked."

Unless granted an approved, written leave from the commanding officer of their regiment, Soldiers found away from camp after tattoo were suspected of desertion and punished.

Today, Fort Jackson's Torchlight Tattoo is a colorful, patriotic tribute to the Union, the 50 states, the five territories and the District of Columbia.



A 30-minute fireworks show follows the official ceremony.

Fort Jackson has celebrated this patriotic occasion for many years with the citizens of Columbia and the Midlands. The Torchlight Tattoo is only one of many observances that the two have shared since the citizens of Columbia first donated to the United States Army the land allowing establishment of Fort Jackson.

This generous act signaled the beginning of a long, intimate relationship of

mutual respect between the city and post that has spanned five major wars.

Today, the bonds are as strong as ever. The city and Fort Jackson are inseparable in spirit and since the 1968 annexation, physically as well.

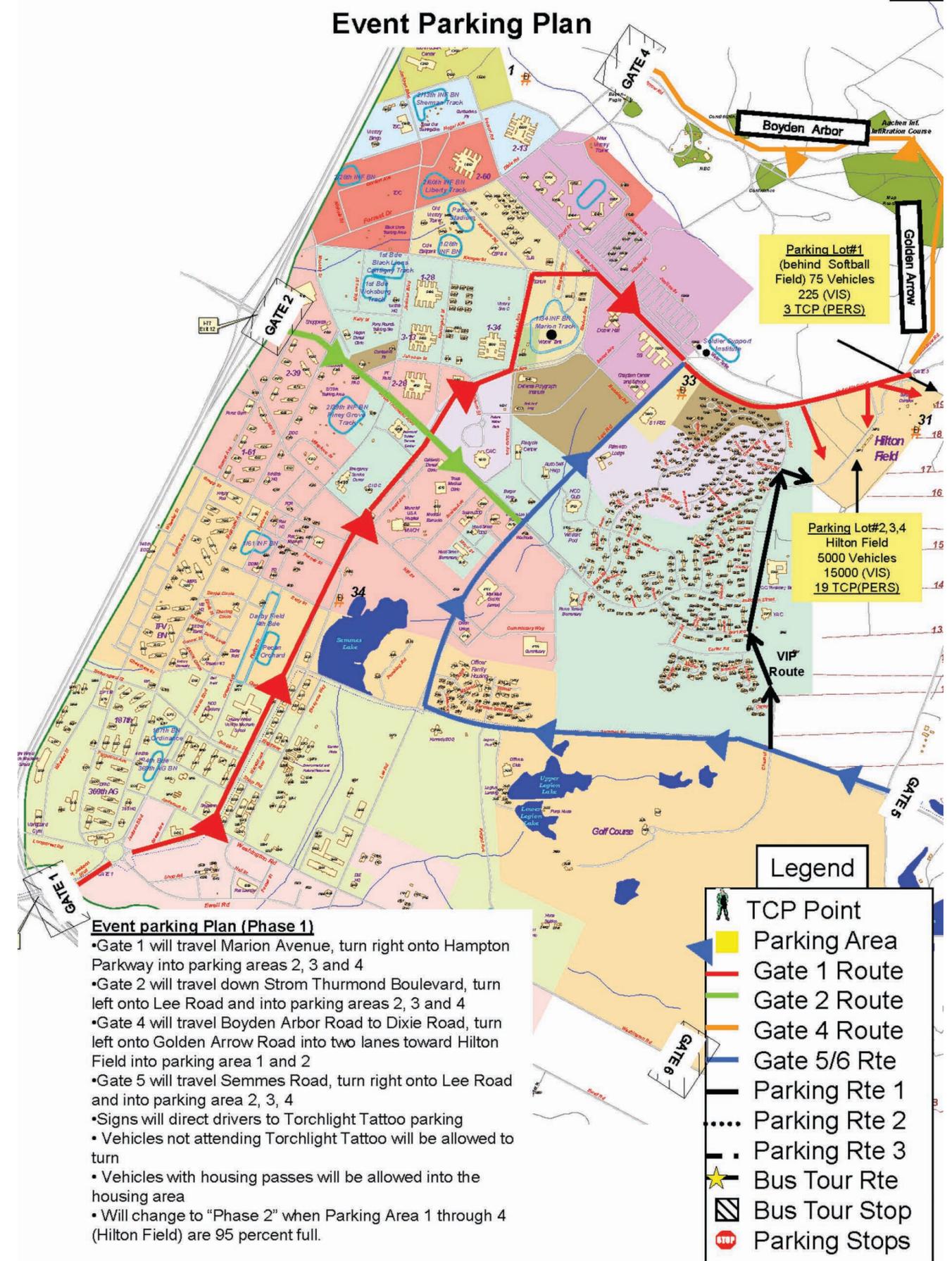
The military community in the Midlands is more than 136,000 strong and composed of active and reserve component Soldiers, federal employees and retirees and their families.

IF YOU GO

This year's Torchlight Tattoo is scheduled for Friday at Hilton Field. Parking areas will open at 3:30 pm.

- ❑ The 282nd Army Band concert begins at 8 p.m.
- ❑ The official ceremony begins at 9 p.m., with fireworks following.
- ❑ All gates are open for visitors until 9 p.m. After 9 p.m. only Gate 2 will be open for entrance. Drivers must show a valid driver's license, the vehicle's registration and proof of insurance, and all visitors 15 and older must have a valid photo ID.
- ❑ Lawn chairs and blankets are OK to bring to Hilton Field.
- ❑ Do not bring pets, personal fireworks, firearms, grills or alcoholic beverages.
- ❑ Backpacks, coolers and large bags are discouraged in Hilton Field seating areas.
- ❑ Handicapped parking, seating and restrooms are available.
- ❑ Food and drink concessions, as well as children's entertainment, will be available at Hilton Field starting at 4 p.m.

Note: In case of inclement weather, the event will be canceled.



CMYK

CMYK

27" WEB-100

Tips keep childhood obesity at bay

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

A little more than 30 years ago, the Centers for Disease Control and Prevention reported that 5.5 percent of children ages 6 to 19 were overweight or obese. In 2008, this number tripled to 19.5 percent. In those 30 years, our society has changed a lot, and many of those changes have negatively affected the physical health of our children.

Parents want their children to be healthy. This can be difficult in a society that promotes physical inactivity and unhealthy food choices. Just like adults, children who consume more calories than they burn will gain weight. The solution to fighting childhood obesity is the same as fighting adult obesity — increase physical activity and consume an appropriate amount of calories by making healthy food and beverage choices.

Here are a few tips for parents to help ensure their children maintain a healthy body weight. First, evaluate your child's diet. At the same time you are evaluating your child's diet, evaluate your own. Children's diets tend to mirror their parents. How many high sugar and/or high fat foods/beverages is your child consuming? How about fruits and/or vegetables? Whole grains? Low-fat proteins and dairy products? How are your and your child's foods prepared? How big are your portions? How often are you and your child eating out or bringing home dinner in a bag or box?

Foods and beverages high in sugar and/or fat tend to be more processed and have less of the important nutrients children need. Also, they are higher in calories, a poor energy source, and are not very satisfying.

Examples of these types of foods are juices, sodas, sweetened breakfast cereals, fast food; pre-made breakfast foods such as waffles, toaster pastries, sweetened cereals and

breakfast sandwiches; dessert foods, chips and snack crackers. I could keep going and going with high sugar, high fat foods/beverages. Our society is filled with them. A good rule of thumb is that if it is a convenience food (pre-packaged/pre-made), fast food, is sweet or greasy, chances

are it is high in sugar, fat or both. These types of items should be a very small part of your child's diet and consumed just a few times a week as a treat.

Children and adults should eat an abundance of fruits and vegetables. They are satisfying, low in calories, high in nutrients and a great source of energy. Choose fresh or plain frozen (no added sauces, sugars, etc).

Minimize using juices as a "fruit or vegetable" serving. Most juices are very high in sugar and are stripped of many of the nutrients fresh or frozen fruit contains.

Processed grains tend to have added fat and/or sugar, and are missing fiber, B Vitamins and iron, which are found in abundance in unprocessed or whole grains. Choose whole wheat instead of white bread, whole grain pastas and rice, unsweetened whole grain cold cereal instead of sweetened cereals, and plain oatmeal instead of pre-sweetened oats.

Low-fat milk, yogurt and cheeses are great sources of calcium and protein. They also make great snacks. Children and adults should consume at least two servings each day.

Children and adults need to have a couple of servings of lean protein in their diet each day for adequate protein intake. Try to choose low-fat protein sources such as white meat poultry, beans/legumes, lean beef, fish, eggs, and lean deli meats. Choose grilled instead of fried to lower calories

and fat.

Evaluate portion sizes. Larger portions equal more calories. Appropriate portion sizes of grains, milk, yogurt and fruits/vegetables should be about the size of a fist (1 cup), meats/proteins should be about the size of deck of cards (3 ounces), low-fat cheeses should be the size of a few die (1 ounce), and added fats, such as butter should be roughly the size of the upper portion of a thumb (two teaspoons or one tablespoon).

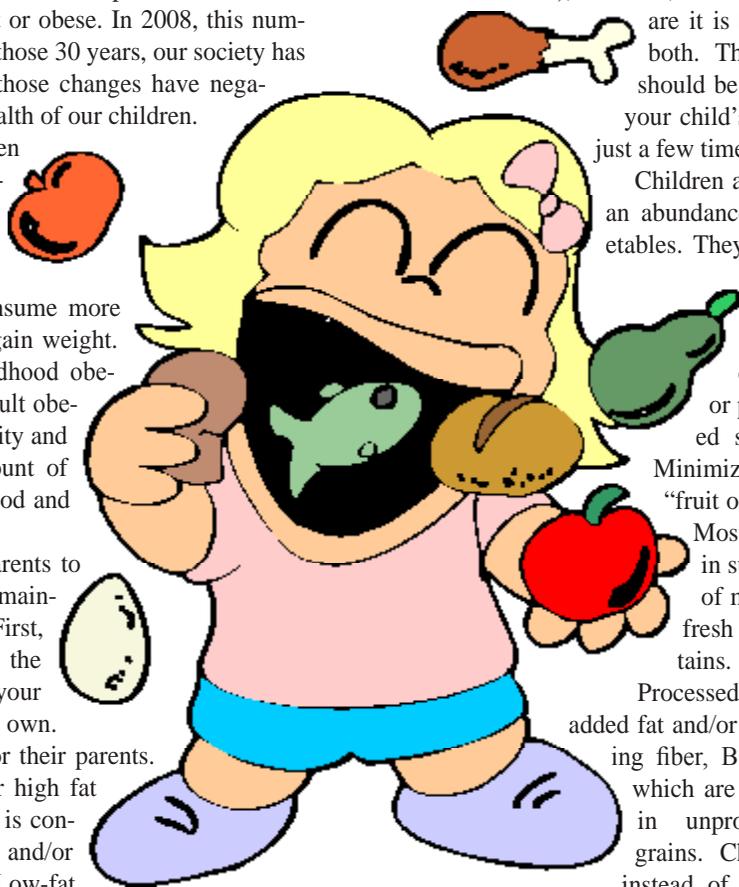
After evaluating you and your child's diet, clean up and clean out the kitchen. If high fat and high sugar convenience foods are always available, you and your child are more likely to consume them. Want to enjoy a treat such as ice cream? Instead of keeping it in the house, take your children out for an ice cream instead. Keep plenty of healthy foods handy in your kitchen. For more information on healthy food choices and portion sizes for you and your child, go to www.choosemyplate.gov.

Next, minimize the amount of physical inactivity your child engages in each day like playing video games or watching TV. The more physically active you are, the more calories you burn. Find physical activities you and your child can do together such as bike riding, playing at the park, swimming or playing sports.

Enroll children in sports or after-school programs that incorporate physical activity. As a parent, be a good role model. The more active you are, the more likely your child is going to be active as well. Don't hesitate to park a little farther away from a store entrance so you and your child can walk a little farther. Discourage inactivity and encourage activity.

Lastly, engage in regular eating times with your child. Children need to eat regular meals and snacks, just like adults. Teaching your children the importance of meals helps them form better eating habits. Mindless snacking, eating on the run, skipping breakfast, and eating late at night are very poor eating habits for children. This not only decreases their energy levels, but also promotes a poor metabolism and weight gain. Always make sure your child eats a good healthy breakfast and eats structured meals and snacks throughout the day, about every three to four hours.

For more information on healthy eating for children or other nutrition related concerns, please contact Nutrition Care Division at 751-2115 or bethany.deschamps@us.army.mil.



Q&A: MACH Urgent Care Clinic services explained

What is the Urgent Care Clinic?

The Moncrief Army Community Hospital Urgent Care Clinic is an outpatient walk-in clinic. It provides care to active duty service members, family members and retirees who need same-day care for acute minor illnesses and injuries such as colds, flu, minor sprains and strains, broken bones and simple cuts. The purpose of the UCC is to provide the same acute care your regular family physician would provide in his or her office, but on a walk-in, rather than an appointment, basis. The UCC is not where you should receive treatment for your chronic issues and medication refills. Those issues are best treated by your primary care provider. The UCC is not an emergency room, and MACH provides no emergency services.

Why is there a wait?

Patients who come to the Urgent Care Clinic are assessed by a registered nurse to determine the urgency of the care they need. Patients are then seen in order of urgency as soon as possible. Due to the walk-in system, staff is unable

to control the influx of patients, so wait times may vary. Also, some conditions require longer evaluations and treatment, causing decreasing room availability and thereby increasing wait times.

Why do Soldiers-in-training use the UCC?

Fort Jackson's mission is training, and Soldiers-in-training are our beneficiaries. MACH has an obligation to evaluate, treat and return those Soldiers back to duty in an expedient manner so that they may complete their mission.

When am I authorized to go to an off-post ER?

In the event of a medical emergency, call 911 or go the nearest emergency room. In the case of an emergency health situation, the last thing on your mind should be concerns about payment. If you are TRICARE PRIME, you do not need to call your primary care manager or Humana Military Services before seeking care for emergency conditions. If a "prudent layperson" (someone with average knowledge of health and medicine) would believe that the serious medi-

cal, maternity or behavioral health condition threatens life, limb or eyesight, TRICARE will cover the emergency medical care. Additionally, TRICARE covers emergency care to relieve the suffering of painful conditions.

Call the appointment line at 751-CARE the first business day after you are seen with the following information: name, sponsor's Social Security number, place seen, city and state and general problem being seen for to ensure you are provided proper authorization coordination of your care and prevent administrative problems with paying those bills. If the emergency room gave you a follow-up appointment, that requires a pre-authorized approval. Please let the appointment clerk know that you have an appointment when you call.

TRICARE Standard beneficiaries do not require and do not have to notify anyone of their ER visit or any follow-on appointments and cost shares and deductibles will apply.

TRICARE for LIFE beneficiaries do not require authorizations and do not have to notify anyone of their visits or follow-on appointments.

FIRST RESPONDER/LEGAL

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.

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

Bill Forrester
Fire Chief

CASES OF THE WEEK

□ One civilian was sent to a local detention center and another was escorted from post after both were charged with shoplifting in the theft of liquor from the



Shoppette, Military Police said. Both were issued post bar letters. One civilian was detained because of an active arrest warrant, MPs said.

□ An argument led to a civilian being charged with public disorderly and taken to the hospital for observation, MPs said. The civilian was first transported to the Provost Marshal's office, but was too intoxicated to make a legal statement, MPs said. The civilian was issued a one-year post bar letter.

□ Two civilians were charged for possession of drug paraphernalia after a pipe containing what looked to be marijuana residue was spotted near the windshield wiper blade during a vehicle check, MPs said. The civilians denied any knowledge of the offense, MPs said. They were issued

three-year post bar letters and were escorted from the post.

TIP OF THE WEEK

Privately owned weapons are prohibited on federal installations and the regulation is strictly enforced with the following exceptions:

□ State and federal law enforcement officers in the performance of their official duties;

□ A person actively engaging in an FMWR hunting activity (weapon must be properly registered on the installation);

□ People actively engaged in practice shooting at an authorized FMWR range (weapon must be properly registered on the installation);

□ People who reside on the installation traveling from off post directly to an on-post home or unit arms room; carrying in accordance with South Carolina law (weapon must be properly registered on

the installation);

□ People who reside on the installation and traveling from his or her on post residence or unit arms room directly off the installation; carrying in accordance with South Carolina law (weapon must be properly registered on the installation).

The possession of a concealed weapons permit does not authorize a person to carry a weapon on a federal installation.

A person encountering any circumstance outside these rules should contact the Provost Marshal's Office for clarification before bringing a weapon onto the installation.

In addition, all state gun laws apply but do not supersede federal law or post policies.

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

Title important when selling a vehicle

Compiled by AARON MATTHES
Fort Jackson Legal Office

Some people incorrectly believe that a vehicle's title and registration are the same. However, it is important to understand that even if a car is sold, if the title is not signed over, then the car has not been legally transferred to the buyer.

A title is very different from a registration. Titles are legal documents that state who owns a car, while registrations allow the vehicle to be operated. Titles are issued only when the car is sold, while registrations are required every year.

Unfortunately, many people do not obtain a proper title when they purchase a car, which means that they are technically not the owner of record for their vehicle. This problem often presents itself when the vehicle is purchased overseas, is shipped back to the U.S., and the owner attempts to register the vehicle. At that time, the problem with the title must be cleared up or the "owner" of the car will be unable to operate it.

The typical transaction gone bad occurs like this: Sgt. Charlie wants to buy a used car from Spc. Bravo. Bravo bought the car from Staff Sgt. Alpha, who departed some time ago.

When Bravo bought the car from Alpha, both Bravo and Alpha signed the back of Alpha's title, indicating the



sale. It was then Bravo's responsibility to obtain a new title for the car. But to save some money in state sales tax and title transfer fees, Bravo never did so. Now Charlie and Bravo show up at Legal Assistance asking for the title be changed to reflect that Charlie is the new owner.

The problem is that Alpha is the owner, not Bravo. Bravo cannot pass the title to Charlie unless he retitles the car in his name. Once Bravo obtains title showing that he is the owner, he can sign over title to Charlie,

who then must obtain a new title showing that he is to be the owner.

Without proper title to the vehicle, the entire transaction may leave the "owner" with a car he or she cannot use. This is true even if you have legal paperwork to reflect the sale, such as a bill of sale, a promissory note or a written and notarized contract.

Anyone who buys a car without title is taking a grave risk. It is almost certain that without proper title, the car cannot be registered or operated in the U.S.

Fort Jackson Legal Office

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

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

Walk-ins for living wills, health care powers of attorney and durable powers of attorney are accepted 1:30 to 3:30 p.m., Tuesdays and Thursdays. Appointments are required for wills. The office is closed on federal and training holidays.

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the July 14 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the July 14 Leader must be submitted by July 7. Send your submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.

For information about classified advertising, call 432-6157 or e-mail skaress@ci-camden.com.

Classifieds can also be faxed to 432-7609 or mailed to P.O. Box 1137, Camden, S.C. 29020..

For display ads, call Kathy at 786-5681.



Fort Jackson 2011 Water Quality Report

From Palmetto State Utilities Services Inc.

Fort Jackson purchases its drinking water from the City of Columbia. The city treats surface water from the Broad River and provides this water to Fort Jackson through its distribution system.

The whole installation of Fort Jackson is divided into two separate areas, the Cantonment Area and the training areas.

The Cantonment Area receives its water from the City of Columbia, particularly from the Broad River. It comes on post already treated, so Fort Jackson does its part to maintain that level of treatment.

The training areas are served by nine different wells. The water is hauled via water trucks marked potable water and transferred into the black containers at the various training areas.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily mean water may be a health risk.

More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (1-800-426-4791).

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Fort Jackson and the South Carolina Department of Health and Environmental Control routinely monitor drinking water for contaminants according to federal and state requirements.

EPA and DHEC administer and enforce the rules and regulations pertaining to drinking water quality.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells.

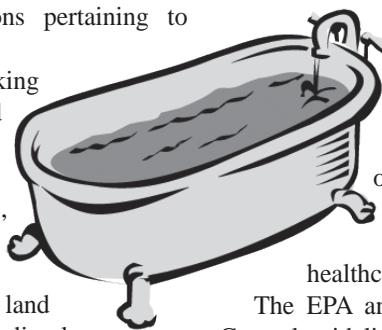
As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animal or human activity.

CONTAMINANTS IN DRINKING WATER SOURCES MAY INCLUDE:

— Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

— Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining and farming.

— Pesticides and herbicides, which may



Fort Jackson Water System - Source Water Quality							
Primary Standards - Health Based (units)	PRIMARY MCL	MCLG	Range of Detection	Level Found	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Turbidity							
Highest single measurement of the Treated Surface Water (NTU)	TT = 1.0	n/a	n/a	0.73	No	2010	Naturally occurring in the environment
Lowest Percent of all Monthly Readings less than 0.3 NTU (%)	TT = 95	n/a	n/a	99.17%	No	2010	Naturally occurring in the environment
Inorganic Constituents							
Fluoride (mg/L)	4	4	0.76 - 0.84	0.80	No	2010	Naturally occurring in the environment by erosion of natural deposits and added at the treatment plant as an aid in preventing tooth decay
Nitrate/Nitrite [as Nitrogen] (mg/L)	10	10	0.14 - 0.30	0.22	No	2010	Runoff from fertilizer use, leaching from septic tanks, sewage, erosion of natural deposits

come from a variety of sources such as agriculture, urban storm water runoff and residential uses.

— Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.

— Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

FOR PEOPLE WITH SENSITIVE IMMUNE SYSTEMS:

EPA and DHEC have determined that Fort Jackson's drinking water is safe for consumption. Some people may be more vulnerable to constituents in the water than the general population.

Immunocompromised people, such as those with cancer undergoing chemotherapy, people who have had organ transplants, people with HIV/AIDS or other immune system disorders, some elderly people and infants can be particularly at risk of infections. These people should seek advice about drinking water from their healthcare providers.

The EPA and the Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the EPA's safe drinking water hotline at 1-800-426-4791.

Testing has revealed no signs of Cryptosporidium in either Fort Jackson's or the City of Columbia's drinking water.

SAMPLING RESULTS

This report is a summary of the quality of the water we provide our customers. The analysis was made using data from the most recent EPA required tests and is presented in the included pages.

We hope this information helps you become more knowledgeable about what's in your drinking water.

Although all the substances listed here are under the Maximum Contaminant Level, it is important that you know exactly what was detected and how much of the substance is present in the water. Compliance (unless otherwise noted) is based on the average level of concentration being below the MCL.

The state allows us to monitor for some contaminants less than once per year because the concentrations do not change frequently. Some of our data, though representative, are more than a year old.

LEAD

In accordance with DHEC regulation R.61.58.11 (H), lead and copper samples are taken every three years. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children.

Lead in drinking water is primarily from materials and components associated with service line and home plumbing. The City of Columbia is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components.

When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking.

If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water hotline or at <http://www.epa.gov/safewater/lead>.

MEASUREMENTS

Water is sampled and tested throughout the year.

Contaminants are measured in:

☐ Parts per million (ppm) or milligrams per liter (mg/L),

☐ Parts per billion (ppb) or micrograms per liter (µg/L),

☐ Parts per trillion (ppt) or nanograms per liter (ng/L),

☐ Grains per gallon (grains/gal) – A measurement of water hardness often used for sizing household water softeners. One grain per gallon is equal to 17.1 mg/L of hardness.

☐ Nephelometric Turbidity Units (NTU) – A measurement of the clarity of water. Turbidity in excess of 5 NTU is noticeable to the average person.

☐ Picocuries per liter (pCi/L) – A measurement of radioactivity in water.

If this is difficult to imagine, think about these comparisons:

☐ Parts per million:

3 drops in 42 gallons; 1 second in 12 days; 1 inch in 16 miles

☐ Parts per billion: 1 drop in 14,000 gallons; 1 second in 32

years; 1 inch in 16,000 miles

☐ Parts per trillion:

1 second in 32,000 years; 1 inch in 16 million miles; 10 drops in enough water to fill the Rose Bowl

SAFEKEEPING OF WATER SUPPLIES AND FACILITIES

To reduce the risk of terrorism affecting local water supplies and distribution systems, Palmetto State Utility Services, Inc. is working with force protection to follow recommendations from the FBI, the EPA and the American Water Works Association.

Although water systems have a low relative likelihood of experiencing terrorist acts, these agencies advise that water sys-



Continued on next page

Fort Jackson Water System - Distribution Water Quality

Microbiological Constituents (units)	PRIMARY MCL	MCLG	Value		MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Total Coliform Bacteria	1 positive monthly sample	(0)	Highest number of monthly samples positive was 1		No	2010	Naturally present in the environment
Disinfection Byproducts, Disinfectant Residuals and Disinfection Byproduct Precursors (units)	PRIMARY MCL (MRDL)	MCLG (MRDLG)	Range of Detection	Highest 4-Quarterly Average	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Chloramines [as Cl ₂] (mg/L)	(4)	(4)	0.69 - 1.99	1.74 (Highest Quarterly Average)	No	2010	Water additive to control microbial growth
Chlorite (mg/L)	1	0.8	0.349 - 0.689	0.689	No	2010	By-product of drinking water chlorination
Chlorine dioxide (ug/L)	800	800	0 - 165	165	No	2010	Water additive to control microbial growth
HAA5 [Total of Five Haloacetic Acids] (ug/L)	60	n/a	8.5 - 34.44	29	No	2010	Byproduct of drinking water chlorination formed when chlorine reacts with organic matter
TTHMs [Total of Four Trihalomethanes] (ug/L)	80	n/a	19.05 - 40.7	29	No	2010	Byproduct of drinking water chlorination formed when chlorine reacts with organic matter
Inorganic Constituents (units)	ACTION LEVEL	MCLG	Sample Data	90th % Level	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Copper (mg/L)	1.3	1.3	None of the samples collected exceeded the action level.	0.2	No	2008	Corrosion of household plumbing systems and naturally occurring in the environment
Lead (ug/L)	15	0	One of the samples collected exceeded the action level.	0	No	2008	Corrosion of household plumbing systems and naturally occurring in the environment

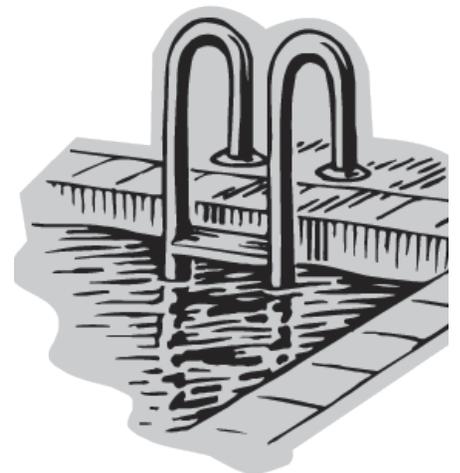
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tems should guard against unplanned physical intrusion, review emergency response plans, and increase vigilance. Palmetto State Utility Services, Inc. has taken all these steps and is continuing to look for additional safety improvements.

IF YOU HAVE QUESTIONS

For information about your water quality or to find out about upcoming opportunities to participate in public meetings, please contact David Wiman, Utility Manager, at (803) 790-7288.

For more information about health effects of the listed constituents in the enclosed tables, call the EPA hotline at 1-800-426-4791.



DEFINITION OF TERMS

MAXIMUM CONTAMINANT LEVEL

The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the maximum contaminant level goals as is economically and technologically feasible. Secondary MCLs are set to protect the odor, taste and appearance of drinking water.

MAXIMUM CONTAMINANT LEVEL GOAL

The level of contaminant in drinking water below which there is no known or expected risk to health. Maximum contaminant level goals are set by EPA. MCLGs allow for a margin of safety.

MAXIMUM RESIDUAL DISINFECTANT LEVEL

The level of a disinfectant added for water treatment that may not be exceeded at the consumer's tap. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

MAXIMUM RESIDUAL DISINFECTANT LEVEL GOAL

The level of a disinfectant added for water treatment below which there is no known or expected health risk. MRDLGs are set by EPA. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

PRIMARY DRINKING WATER STANDARD

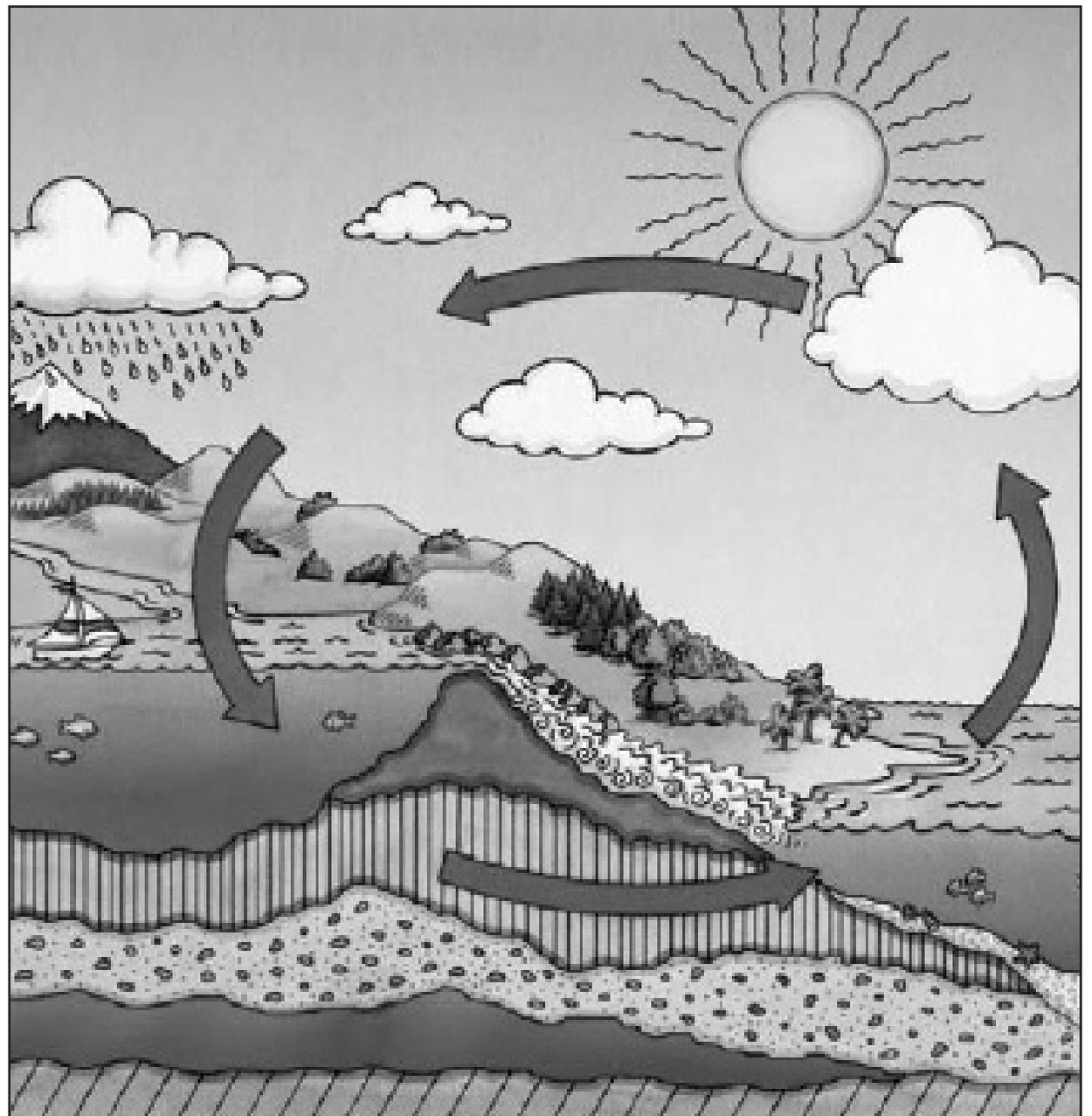
MCLs for contaminants that affect health, along with their monitoring and reporting requirements, and water treatment requirements.

ACTION LEVEL

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

TREATMENT TECHNIQUE

A required process intended to reduce the level of a contaminant in drinking water.



Chaplain losing battle to banish word

By **CHAPLAIN (LT. COL.) DAVID W. ACUFF**
Deputy installation chaplain

I don't allow cursing in my house. But I am not winning this battle. Not infrequently, I hear my children using the "f-word."

I don't understand where they learned such language, but more than that, I don't understand where they even learned the concept of it. Neither parent taught it to them. Nothing in life taught it to them. It must be caused by TV.

I cringe when I hear the word, "fair." Fairness is a distant cousin of justice, but not a first cousin. They are not close kin. Justice deals with larger "inalienable rights" that are guaranteed by western democracies in general and the U.S. Constitution in particular. Fairness is much more finely tuned, much touchier, must more easily provoked, and most of all, not of God. God is not fair. Nothing could be more self-apparent.

When I was in high school, I tried to play football my last two years. I say "try," because I had a severe skill limitation: my hands wouldn't catch the ball. Some people's hands seemed like football magnets, they sucked the ball in. If anything, my hands were magnets with the poles reversed, they pushed the ball away. At a fairly early age, I learned an important lesson about God's dis-

tribution of gifts: it is quite unfair. Some people are born very athletic; some aren't. Some people are born very musical; some aren't. Some people are born very comely; some aren't. I look at NFL stars making the catch of the week, and I think to myself, "I wish I could do that." I tend to do that with every natural talent. The problem is, and I think this is a problem with many of us, I tend to look at what I don't have instead of what I do have.

Any person who is or ever was in the U.S. military has a degree of health that others would consider unfair. We had to be quite sound in body to get through basic training. That is a gift many did not receive. They were born with infirmities that kept them out of the military. I should be focusing on what I have been given, instead of comparing myself to the NFL wide receiver making the play of the week.



A constant spiritual battle goes on inside us. Resentment versus contentment. Resentment, fueled by the fire of fairness, causes us to make microscopic measures of comparison between ourselves and others. He got a bigger piece of cake than I did; she got a more expensive Christmas present than I did; he got an award and I didn't; she is prettier than I am. Contentment makes us

happy with what God has given us, but perhaps more important, happy with what God has given others.

I have tried to play guitar for many decades, and the fact of the matter is that God just didn't give me much music talent. My son has taken up the instrument, and has been given a measure of talent for it. As I watch his fingers move around the fret board, and hear the sounds coming from them, I once would have thought, "I wish I could play like that."

Now, I sit back, enjoy the music and think, "That is a beautiful song."



PROTESTANT

- Sunday
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9 a.m. Daniel Circle Chapel Gospel service, Post Theater
 - 9:30 a.m. Hispanic, Solomon Center
 - 9:30 a.m. Main Post Chapel
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
 - 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 6 p.m. Gospel prayer service, Magruder Chapel
 - 7 p.m. Gospel Bible study, Magruder Chapel

- 7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
 - 5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
 - 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 - 11 a.m. Mass (Main Post Chapel)
 - 12:30 a.m. Catholic youth ministry, Main Post Chapel
 - 7 p.m. Women's scripture study, Main Post Chapel
- Wednesday

- 7 p.m. Rosary, Main Post Chapel
- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
 - 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
 - 9:30 to 10:30 a.m. Worship service, Memorial Chapel
 - 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

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

LATTER DAY SAINTS

- Sunday
 - 9:30 to 11 a.m. Anderson Street Chapel

- Thursday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the July 14 Leader must be submitted by today.

Announcement submis-

sions are due one week before publication.

For example, an announcement



for the July 14 Leader must be submitted by July 7.

The Leader welcomes timely submissions.

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

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Competition lets athletes flex muscles

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

For two hours Saturday, audience members at the Solomon Center watched as the 15 competitors in the post's inaugural Natural Fitness and Bodybuilding Competition took to the stage and well, flexed their muscles.

The competition consisted of both figure and bodybuilding portions, with five female and 10 male competitors. All five women competed in the figure category. Two competed in the bodybuilding category. And though the women who competed were definitely muscular, Ron Emmons, head judge and a local personal trainer, said there is a difference between figure and bodybuilding.

"When it comes to figure, we don't want them to be too muscular," he said. In the bodybuilding category, he said, "We want to see muscles from head to toe. You want the muscles to look razor sharp."

And that they did. Each competitor completed a series of quarter turns, flexing the appropriate muscle as requested by Emmons. But in addition to the standard bodybuilding judging, each competitor was also given a chance to show off his or her



Photos by **CRYSTAL LEWIS BROWN**

Alfred Rocha flexes his biceps for the judges during Saturday's Natural Bodybuilding and Figure Competition at the Solomon Center. Rocha received the title of overall male winner.

stuff with a 90-second routine, something the event coordinator said was a way for competitors to show off a little personality. Competitors danced, did intricate yoga moves and even knocked out a few one-

handed push-ups.

"I did want to incorporate the essence of fitness, as well," said Pam Greene, fitness programmer for the post's Family and Morale, Welfare and Recreation, who planned

the event. "It gave them the opportunity to not only show off their muscles, but to show off their health and fitness and ... personalities."

Competitors ranged in age from 25 to 60, Greene said, and consisted of Soldiers, Seamen, spouses and retirees.

Greene said she thought the inaugural event was a success.

"I thought it was a big success for its first time out the block," she said.

Emmons shared a similar sentiment.

"It was a very good turnout," he said, adding that with enough notice, he thinks the event can be three to four times as big.

Greene said that she plans to announce the details of next year's event this winter to give potential participants time to prepare.

"I want a bigger, better program, but I don't want it to lose its essence," she said.

Part of that "essence" included making the event family friendly, Greene said. Part of making it family friendly included having Travis Browne, Ultimate Fighting Championship fighter, on hand to present awards, speak to the audience and sign autographs after the show.

One key aspect of the post competition is the focus on "natural," which means competitors attain their muscles without using steroids or certain performance-enhancing supplements, Green said.

For those thinking of participating next year, Emmons said preparation consists of just three things: training, nutrition and cardio.

"You have to be disciplined," said the one-time Mr. Berlin, who is also an Army retiree. "It's that easy, but it's that hard."

Crystal.Y.Brown@us.army.mil



Left photo, Candrea Judd-Blackburn shows off her muscular back during her 90-second fitness routine. Judd-Blackburn won overall women's bodybuilding and figure in the tall division. Above photo, Contestants consisted of service members, family members and retirees and were awarded in heavy, middle and lightweight categories. The women's competition also included a figure portion.

First place winners are: Nicole Miles — heavyweight bodybuilding; Candrea Judd-Blackburn — middleweight bodybuilding, overall women's; Marie Allen — figure (short height division); Alfred Rocha — heavyweight bodybuilding; Silas Washington — middleweight bodybuilding; Jonathan Lopes — lightweight bodybuilding.