

TRACKING ...

NEWS

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SSI hosts annual cultural reception

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UP CLOSE



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The Fort Jackson *Leader*



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Family first

New DCG-IMT outlines priorities

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader

Taking care of families topped the list of priorities Maj. Gen. Richard Longo, TRADOC's new deputy commanding general for Initial Military Training, shared Tuesday during a visit to Fort Jackson.

This was Longo's second visit to an IMT installation since taking over as DCG-IMT March 9.

"In the long term, what I really want to do is take a look at how we're taking care of families. I'm concerned of the impact of not just 10 years at war, but then bringing these families into an organization

where we ask of their husbands and wives so much," Longo said, referring to Soldiers who often transition straight from a deployment to an IMT environment. "The top priority is going to be looking at these families ... the pointy-end of the IMT spear, and making sure that we're taking care of them."

IMT cadre often work long hours, sometimes making it difficult to spend time with their families. Spouses and Soldiers frequently are surprised at the time commitment involved in the IMT environment, especially coming off the heels of a deployment. That



LONGO

See **LONGO:** Page 13

Defender 6 visits



Photo by CHRIS RASMUSSEN

Lt. Gen. Rick Lynch, IMCOM commander, speaks with Pfc. Michael Kinser, Company C, 120th Adjutant General Battalion (Reception), during a tour of the 120th Wednesday. Lynch visited Fort Jackson to meet with installation leaders and tour the post. For more on Lynch's visit, see next week's Leader.

Avoid heat injuries as temps climb

At Fort Jackson, heat has a continuous presence here throughout the summer. Heat is a condition of our training environment and one that we mitigate through the judicious use of Composite Risk Management.

The heat season is coming soon, and I expect all of us to be ready. Daytime temperatures in our area can go from the mild 60s to the upper 90s in a moment's notice. Last spring, if you remember, was one of the hottest on record, and the surge in temperatures seemed to arrive overnight. With these things in mind, I am asking all of you to take time now to assess your heat-injury prevention and response programs.

It's important that we have everything in place before the heat season arrives. Heat injuries are preventable when we implement aggressive composite risk management strategies that include effective training and emergency response. We will not be risk averse, but we will protect our people from heat injuries.

Risk assessments must be reviewed and updated at least once a day and more often if conditions warrant. Leaders will ensure that all personnel, including Soldiers in training, understand and practice heat injury risk management and take the necessary steps to make sure every safety precaution is in place. We cannot be too cautious when it comes to protecting our people from heat injuries.

The heat injury evacuation protocol must be known, understood and implemented. It is simple: If any of the following conditions are met — signs or symptoms of a heat-related injury; a mental status change; or whenever

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



there is uncertainty — then immediately call 911 and apply ice sheets to the injured individual.

When dialing from a mobile phone, remember that the emergency number is (803) 751-9111. Furthermore, do not take it on yourself to transport a heat-injury victim to Moncrief Army Community Hospital. Although it might seem to be a natural reaction to transport someone to the hospital, it is the wrong thing to do. Call emergency responders and wait for them to arrive. Their response times are minimal and they will assess the individual and apply their professional judgment about the severity of the injury upon arrival.

Remember that we never leave a fallen comrade, nor do we ever leave a heat-injured individual by himself or herself. Suspected heat injuries will receive continuous monitoring by the same person until the emergency responders arrive and assume responsibility. Rapid cooling is the most important treatment for a heat injury and must be initiated as soon

as possible. Ice sheets will be readily available, stored in a waterproof container, immersed in ice and water and applied continuously to a casualty until emergency response personnel arrive. If you need to change to a fresh ice sheet, then do so as often as necessary.

On Fort Jackson, our great cadre will not be placed in charge of Soldiers until they are trained in heat injury prevention, identification and response. Soldiers in training will receive heat injury training as soon as possible after their arrival. Every person must know the signs and symptoms of heat injuries and have the ability to assess mental status changes.

The Fort Jackson Safety Center offers training for newly arrived cadre every Monday at 1 p.m. Contact the center at 751-6004 to register for the class.

The center also offers a variety of heat injury products, ranging from posters to booklets.

Heat can and will kill if we fail to give it the respect it deserves, so heat injury prevention and response must be a zero defect area. I expect each of you to do your part and ensure that our people are kept safe from the effects of heat.

Remember that effective risk management is crucial. Know how to prevent, identify and respond to injuries involving heat. We must make every effort to protect our Soldiers from heat injuries. We do not want one member of the Fort Jackson community to be stricken by something that we could have prevented from happening.

Army Strong and Victory Starts Here!

The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

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AFAP helps resolve issues

Often say you can read about history or make history. This year, the voices of Soldiers, civilians and families who have contributed to the AFAP process were heard and history was made at the recent AFAP General Officer Steering Committee held the first week of February.

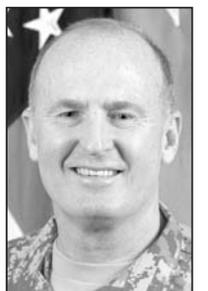
Senior Army leaders and program representatives from across the Army resolved 17 of 40 quality-of-life issues making great strides in support of our Wounded Warriors and Families. These issues originally identified by AFAP representatives at the unit or installation level will make life better for Soldiers, their families and civilians for years to come.

Qualified wounded warrior job applicants now receive greater visibility in the federal government hiring process. Major accomplishments include the integration of the U.S. Department of Veterans Affairs Veteran Resume Inventory (www.VetSuccess.gov) into the Army recruitment process and the designation of human resource specialists as veteran employment coordinators. To learn more about this issue, visit the Army OneSource website at <https://www.myarmyonesource.com/family-programsandservices/> and search for issue number 617.

Through issue number 610, we have expanded treatment for traumatic brain injury patients. TBI screening, identification, treatment and rehabilitation services are now in place at each Army Medical Treatment Facility. To date, TBI programs at 40 facilities have achieved full validation, 10 have achieved initial validation and the remaining programs will receive full validation by this month.

Wounded warriors will benefit from the availability of standardized respite care for their caregivers through TRICARE and VA (issue number 630) and through the establishment of the Army Wounded Warrior Support Network (issue number 632). The AWWSN is a support program that connects severely wounded, injured and ill Soldiers and their Families to a network of resources in

**LT. GEN.
RICK LYNCH**
*IMCOM
Commanding
General*



the local community.

Three initiatives were completed in the family support category. These initiatives provide for more affordable child care to those who need it the most (issue number 566), TRICARE coverage for children up to age 26 (issue number 632), and a policy revision that requires Initial Military Training Soldiers with exceptional family members to receive new assignment instructions if the OCONUS travel approval authority has not notified the Soldier of the availability of EFM services 30 days prior to the Soldier's graduation (issue number 639).

Ten of the 17 issues resolved were designated as unattainable due to resource or legislative constraints. Although the AFAP recommendations were unattainable, progress was made on many of the issues. An example of this is the increase in administrative and PCS weight allowances for grades E1 to E4 and E7 to E9, establishment of a hardship-based increase to PCS weight allowance, and 500 pounds of spouse professional weight allowance. To learn more, visit our website and search for issue 457.

The Army will continue to work the issues, but the Army Family Action Plan is your program. I encourage you to learn more about the AFAP process by visiting the Army OneSource website at <https://www.myarmyonesource.com>

ACS offers resiliency class for families

By **SUSANNE KAPPLER**
Fort Jackson Leader

Almost one year after the opening of the Master Resilience Training Course facility on Fort Jackson, Army Community Services will begin offering resiliency training to family members on post. The first class is scheduled from 9 a.m. to 2 p.m., Tuesday at the Family Readiness Center.

The Army has taught resiliency skills to Soldiers since 2009 as part of the Comprehensive Soldier Fitness program, which aims to enhance emotional, social, family and spiritual strength. Family members will be able to learn the same skills from ACS MRT trainers.

"We're presenting (these skills) to families so that they can become more resilient and be able to bounce back from any type of challenge or adversity they may face," said Marilyn Bailey, one of four ACS MRT trainers.

The first class will begin with an overview of master resiliency, followed by the introduction of three of the program's 11 skills to deal with adversity. Participants will be asked to identify an "activating event," which could be any kind of event that typically triggers non-constructive thought patterns, Bailey explained.

"For example, one of our skills is called,

1,000TH GRADUATE



SMITH

Staff Sgt. Brandon Smith, a drill sergeant stationed at Fort Benning, Ga., is the 1,000th student to graduate from the Master Resilience Training Course facility.

The school opened April 5 and trains Soldiers and DA civilians to teach resiliency skills in their units and organizations.

The school, which is operated by Victory University, constitutes one of the four elements of the Comprehensive Soldier Fitness program along with the Global Assessment Tool, Comprehensive Resilience Modules and Sustainment Resilience Training. MRT Course officials said they expect more than 1,500 students to graduate the course over the next year.

"Put it in perspective," Bailey said. "Its goal is to get you in tune with your thoughts when you're faced with catastrophic thinking."

One possible activating event for catastrophic thinking could be that the spouse is late and has not called or cannot be reached. Bailey said that the 'put it in perspective' skill will teach people to look at the worst-case scenario (a horrible accident happened), the best-case scenario (he or she is late because he's picking up a surprise present for me) and the most likely scenario (he or she was held up at work and forgot to call).

Another topic covered during the class will be "active constructive responding and praise."

"Sometimes you criticize without even realizing it, ... because you're too busy to really listen to what (people) are saying, so you don't participate in the conversation," said Elizabeth Maher, ACS MRT trainer. "And so you're doing as much damage by not participating as you would if you were to say something really negative."

Bailey and Maher both said they benefit from the skills they learned through MRT in their personal and professional relationships.

"I think it's a very valuable opportunity for family members," Maher said. "I highly recommend it. I'm glad that I did it and that I'm an instructor. If I had the opportunity to do the class again, I would definitely do it."

ACS plans to offer additional classes to cover all the skills. Participating in the first class is not necessary to attend subsequent training sessions.

Bailey said she highly recommends that family members take the Global Assessment Tool, which assesses a person's emotional, social, spiritual and family strength.

"We are encouraging family members to take the GAT regardless of whether they will attend the class, because it tells you so much about yourself that you might not know," Bailey said.

In addition to the class, which is open to all family members, ACS also offers MRT classes to spouses of drill sergeant candidates and is starting a pilot program with the 165th Infantry Brigade to teach individual MRT skills during a lunch-time workshop.

"Our objective is to match the (MRT) training that the Soldiers are getting," Bailey said. "If both partners have the training, think of what a positive outcome that could have on the relationship."

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Dimensions of strength

The mission of the Comprehensive Soldier Fitness program is to develop and institute a holistic fitness program for Soldiers, families and Army civilians to enhance performance and build resilience.

The Comprehensive Soldier Fitness program identifies five dimensions of strength: physical, emotional, social, family and spiritual. The program's main focus is on the last four dimensions of strength.



EMOTIONAL

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with

choices and actions.



SOCIAL

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication

including a comfortable exchange of ideas, views and experiences.



FAMILY

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy

and secure environment.



SPIRITUAL

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional and societal sources of strength.

ON THE WEB

For more information on the Comprehensive Soldier Fitness program, visit www.army.mil/csf.

To take the GAT as a family member, visit <https://www.sft.army.mil/sftfamily>. Family members who do not have an Army Knowledge Online account should select Option 3.

For more resources and additional assessment tools, visit www.authentic happiness.com.

What is Comprehensive Soldier Fitness?

Comprehensive Soldier Fitness represents the Army's investment in the readiness of the force and the quality of life for our Soldiers, Family members and Civilians by giving the same emphasis to psychological, emotional and mental strength that we have previously given to physical strength. The program takes a holistic approach to fitness by optimizing five dimensions of strength: **Physical, Emotional, Social, Spiritual and Family.**



Key Program Elements

Global Assessment Tool (GAT)
Provides you with a baseline in four dimensions of strength: emotional, social, spiritual and family; and provides an opportunity to track self-development and growth in these areas over time. Available online at <https://www.sft.army.mil/sftfamily>.

Comprehensive Resilience Modules
Educates and provides tools so that you can develop your strength in the four dimensions. Available online at <https://www.sft.army.mil/sftfamily>.

The goal of CSF is to increase resilience and enhance performance by developing the five dimensions of strength:



Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with choices and actions.

Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views and experiences.

Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional and societal sources of strength.

Family

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.

Why should I participate?

The Army recognizes the increased sacrifices that you make on a daily basis. That's why we have designed CSF to provide you with the thinking skills and coping strategies needed to take care of yourself and your Soldier. The program links you with resources and tools available in the military community to build resilience.

How can I participate?

Family members are encouraged to take the Global Assessment Tool to assess their emotional, social, spiritual and family fitness. The GAT provides immediate results with links to tailored self-development training. This training provides a wide range of tools to help you and your Soldier to better communicate with one another, while maximizing your overall potential.

What's in it for me?

Our Army is strong because of the support our Soldiers receive from you. CSF enables you to actively manage physical and psychological challenges in your personal lives, and continue to be the pillar of support behind our Soldiers. The Strength of our Nation depends on it.



The Army's Comprehensive Soldier Fitness program is also aimed at family members, as explained in this Army brochure. The program was initiated in 2008 and focuses on teaching people the ability to bounce back from adversity. Family members can participate in the program by taking the Global Assessment Tool online, by completing online self-development modules or by attending classes offered by Army Community Services.

Army graphic

International students share culture

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Fort Jackson is helping to lead the way in an international program that brings military members from other countries to learn how to be more effective leaders and learn valuable skills. But the biggest reward may be the friendships formed and cultures shared.

The cultures came together March 17 at the Soldier Support's Institute's annual reception to honor the organization's international students.

The International Military Student Office, which is located at the U.S. Army Soldier Support Institute, helps coordinate training for about 80 students each year from countries in Eastern Europe, the Middle East, South America, Africa and Asia.

"All of the Soldiers we have now are officers, but at times we do get enlisted soldiers who attend the NCO Academy, the Chaplain School and even the Wheeled Vehicle Mechanic School," said Kathy Richards, deputy IMSO. "Basically they come and train anywhere on Fort Jackson."

International military students who are chosen to attend U.S. training are hand selected as high performers in their nation's militaries and must go through an intense vetting process to enter the program. The IMSO staff greets all incoming students on their arrival to Fort Jackson and are responsible for their sustainment needs and any personal issues.

"The Fort Jackson International Military Student Office is a unique organization designed to establish valuable friendships and channels of communication with foreign governments and military forces," said Brenda Mims, Field Studies Pro-



Photo by **CHRIS RASMUSSEN**

Students of M.C. Kim's Tae Kwon Do of Columbia perform during the Soldier Support Institute International Military Student Office's cultural reception March 17 at the Officers' Club. The reception was an opportunity for foreign military students to share their traditions and customs with fellow students and the Fort Jackson community.

gram training coordinator. "International military students enjoy the opportunity to share their cultures and customs with their fellow students, local community sponsors and new friends they meet through the IMSO Field Studies Program. Many students present their classmates with country briefs, describing their countries, any political challenges, language and customs."

First Lt. Mohamed Bahzad, a finance officer in the Bahrain Defense Force, is slated to graduate from the Adjutant General School's Captain's Career Course in

June.

"It is a great opportunity to be here and learn. I hope to take back the experience from the program and become a great leader in the future," Bahzad said.

But it is the friendships and cultures shared that Bahzad said he will most treasure. Last week's event, which included a Tae Kwon Do demonstration from a local martial arts school, gave the students a chance to share traditions and cuisines from their homelands.

"I have met some many people and

learned about so many different nationalities," Bahzad said. "I have formed friendships that will last a lifetime."

Fellow student and Bahraini 1st Lt. Hamed Aljawder, said he enjoyed sharing with fellow students the history and culture of Bahrain.

"Not a lot of people have heard about Bahrain

in South Carolina because it is just a small island," Aljawder said. "But in the course, everyone was very interested to learn about my country. People in the course really care about each other and perform as a real team."

While at Fort Jackson, students in the program conduct PT like any other Soldier. During the weekends, they had the opportunity to visit nearby attractions and cities such as Charleston and Gatlinburg, Tenn.

"The inclusion of allied international military officers in U.S. training enhances U.S. student learning and leader development by introducing information on foreign militaries and strengthening their ability to work with allied nations and coalition forces," Mims said. "Knowledge is power, and power distributed among a diverse team is a strong force yielding high-end results."

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BAHZAD

Karzai announces areas to transition to Afghan control

By **JIM GARAMORE**
American Force Press Service

WASHINGTON — Afghan President Hamid Karzai announced the first seven areas of his country that will transition to full Afghan security control.

The announcement marks the beginning of the process that will see Afghan forces responsible for security across the whole country by the end of 2014.

In a speech in the Afghan capital of Kabul, Karzai announced that the area around Kabul, except the Sarobi district, will transition. Afghan forces already are in charge of security for most of the area.

Officials in Afghanistan and the United States stressed this was an Afghan decision.

"This heralds the beginning of the transition process

for those areas," said Lt. Col. Beth Robbins, a Pentagon spokeswoman.

Other areas that will transition are Panjshi and Bamiyan provinces, the city of Herat in western Afghanistan and the city of Lashkar Gah in Helmand province.

Afghan forces will take the lead in Balkh province's capital of Mazar-e-Sherif and in Laghman province's Methalam City.

The announcement follows a careful process in choosing the areas. A joint Afghan-NATO group examined the capabilities of Afghan forces and areas where the security, governance and development processes are sufficiently advanced.

The conclusions were forwarded to NATO defense ministers, who accepted the recommendations during a meeting earlier this month. However, the transition deci-

sion was completely in Karzai's hands, officials said.

"We understand taking complete responsibility of governance, security and reconstruction in our country is not an easy task in a situation in which, on one hand we suffer from the legacy of 30 years of war, and on the other hand destruction and interference is still going on," Karzai said, according to a translation of his speech at the National Military Academy. "We know that the people of Afghanistan do not want the defense of their country to be on others, and also those who have helped us during the last 10 years cannot afford any more sacrifices for our security and defense."

"This is also for the sake of this reason," he continued, "that we have agreed with the international community that the Afghan government responsibilities should be handed over to Afghans."



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

Housing Happenings

COMMUNITY UPDATES

- ❑ A water outage is scheduled from 9 a.m. to 2 p.m., Friday. The outage will only affect a small number of residents.
- ❑ A meeting to update residents about the mock utility billing process is scheduled for 5:30 p.m., April 19 at the SSI Auditorium. The focus will be on billing procedures, time-lines and frequently asked questions.
- ❑ The first meeting of the walking club is scheduled for 10 a.m., Tuesday. The group will meet each Tuesday and Thursday at the Community Center. To register, call Alana at 738-8275.
- ❑ Please remember not to park in seeded or grassy areas in housing. Parked vehicles could cause damage to the underground sprinkler system. Violators will be held responsible for damages and are subject to fines.
- ❑ The Yard of the Month program will return May 1. To nominate a yard, email ayoungblood@bbcgrp.com or call 738-8275. Nominations for May must be submitted by April 30. Winners will receive recognition from the garrison command team, a Yard of the Month sign and other prizes.
- ❑ Balfour Beatty is on Facebook. Search "Fort Jackson family housing" and click "like" to stay up to date on housing happenings.
- ❑ The RCI Housing Office is now located at 2441 Essayons Way (next to the RV lot).

CONSTRUCTION UPDATES

- ❑ To date, 298 homes have been completed.
- ❑ There are a total of 699 homes demolished to date.
- ❑ Phase II delivery of new homes is complete on Brown Avenue, Faison Court and Bremer Court.
- ❑ Families are currently relocating into homes along Mills Road.



March 25 — 4 p.m.
How to Train Your Dragon PG

March 25 — 7 p.m.
Just Go With It PG-13

March 26 — 6 p.m.
I am Number Four PG-13

March 27 — 6 p.m.
Just Go With It PG-13

March 30 — 2 p.m.
I am Number Four PG-13

March 30 — 6 p.m.
Just Go With It PG-13

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

Visit www.aafes.com for listings.



Young job seekers



Shirley Cherry, with Army Community Services, and Precious Canzater, an ACS volunteer who works for Richland School District II, check in students at Saturday's Teen Job and Education Fair at the Solomon Center. Nearly 500 teens attended the event.

At left, Grace Cabanos, 17, a senior at Ridgeview High School fills out a job application at the job fair while her mother, Dominga Cabanos, looks on. Various on-post and area employers and schools participated in the fair.

Photo by CRYSTAL LEWIS BROWN

Fort Jackson Red Cross welcomes furry volunteers

By **DENISE CUENIN**
Fort Jackson Red Cross

Have you seen the latest "therapists" working in the medical clinics and the Warrior Transition Unit? They are outgoing, friendly and really love attention. No, these guys don't have high-level degrees but they are making a difference. They are the pet volunteers in the new Red Cross Pet Visitation Therapy program.

A visiting pet can temporarily provide the non-judgmental, uncomplicated warmth a patient needs. A visiting animal may also provide an opportunity for the patient to nurture, a role reversal for the patient who may feel he or she constantly needs the nurturing of others. Visits by pets may also open social avenues between patients, fostering laughter and communication. Scientific documentation shows that touch also plays an important part in healing and visiting furry animals love to be touched.

Research shows that pet visitation provides measurable effects on the health of hospitalized or seriously ill patients, including noticeable improvements in mental and physical well-being. Visiting

pets often provide an emotional outlet to patients, lifting their moods, improving their spirits and giving them energy. This is especially important if you do not have family nearby. The animals may also serve as a bridge to encourage dialogue between the patient and his caregivers or visitors. When a person is hospitalized or ill far from home, the closeness of a treasured pet may be deeply missed.

Interested in getting a pet involved in Pet Visitation Therapy? Pets must be at least one year old, be spayed or neutered and must pass a careful evaluation for both good health and good behavior. Pets must have a very calm temperament, even when faced with unusual distractions.

The pet's obedience skills and its relationship with the pet owner are also evaluated. Only certified pets are invited to become volunteers, and both owners and pets wear the distinctive Red Cross vests when working.

Lew Jernign is the owner of two visiting pets, Molly, a Shih-Tzu, and Scooby, a Rottweiler.

"Molly and I have been doing this for eight years. I started this after my law enforcement career as a way to give back to the community," Jernign said. Scooby

joined the duo three years ago, and they all regularly visit an Alzheimer's Center, a large nursing home and a variety of children's facilities. They even make some special visits to help children recover from traumatic encounters with animals.

"Visiting Moncrief is special for me because I am a former Navy medic, so I know how much we owe to the men and women of our armed forces who protect our freedom," Jernign said. "Most of the Soldiers we encounter tell me about their pets back home and how much they miss them. I am convinced that Molly and Scooby do God's work and I am just their driver."

Those interested in learning more about participation in a Pet Therapy Program, can contact the Red Cross office for additional information. The program requires owners and dogs to receive training and obtain certification prior to beginning visits. An initial evaluation of your pet can be arranged. Trained instructors will observe the handlers and dogs working together and evaluate their readiness for certification.

Call 751-4329 and the Red Cross staff can provide details on various volunteer opportunities.

News and Notes

LEARN TO DRIVE WITH SKIES

The SKIESUnlimited program is now offering off-post driving lessons in conjunction with a local driving school. The next class is scheduled for 8:30 a.m. to 4:30 p.m., Saturday. The class costs \$225 and is for teens 15 to 18 with a learner's permit. Future class dates are: April 9, April 23, May 7 and May 21. Call 751-6777 for more information.

PLANTING DAY PLANNED

The 165th Infantry Brigade and Paralyzed Veterans of America are looking for volunteers to work on gardening plots for veterans with disabilities. A planting day is scheduled from 10 a.m. to 2 p.m., April 8 at the garden plots off Washington Road. Donations of seeds, plants or bricks are also accepted. For more information, call 629-5589 or 782-2587.

COMMUNITY HEALTH FAIR SET

A Community Health Fair sponsored by the Family and Morale, Welfare and Recreation's Fitness Department is scheduled for 11 a.m. to 4 p.m., April 1.

LIFEGUARD TRAINING

A spring break lifeguard training course is scheduled from 9 a.m. to 4:30 p.m., April 4-8, at Knight Pool. The cost is \$100 for ID card holders and \$150 for non-ID card holders. Register at the Solomon Center, Marion Street Station or online at <https://webtrac.mwr.army.mil/webtrac/jacksonrectrac.html>. Call 751-4796 or visit <http://fortjacksonmwr.com/pools/> for more details.

ROCKS MEETING RESCHEDULED

The ROCKS Inc. are scheduled to meet at 5:30 p.m., today at the Post Conference Room for professional development. Meetings are usually the third Thursday of each month.

CPAC CORNER

WEINGARTEN NOTICE

"Weingarten" rights are those rights that entitle bargaining unit employees to union representation in meetings with employees in connection with an investigation.

The Federal Service Labor-Management Relations Statute establishes three conditions that must be met for a meeting to be considered a "Weingarten" meeting:

1. One or more agency representatives are examining (questioning) a bargaining unit employee in connection with an investigation;
2. The employee reasonably believes that the examination may result in disciplinary action against the employee; and
3. The employee requests union representation.

For more information, and for specifics regarding Weingarten rights, visit <http://cpol.army.mil>.

Women in history



Photo by CHRIS RASMUSSEN

Capt. Maxine Reyes plays the part of salsa singer Celia Cruz during the Soldier Support's Institute's National Women's History Month observance Tuesday at the SSI Auditorium. SSI staff members portrayed various women throughout history. Reyes is the commander of Company B, Training Support Battalion.

Chaplains use current events to maintain realism in training

By **JULIA SIMPKINS**
U.S. Army Chaplain Center and School

As tensions mount in North Africa and revolutions rock the area, the rest of the world watches with a mix of dread and wonder, hoping for the best for those long-oppressed people of Egypt, Tunisia, Iran and Libya.

To keep training current and relevant, and to illustrate how current affairs can have a great bearing on how unit ministry team members may advise their commander, Chaplain (Maj.) Lane Creamer, Officer Task Analyst, U.S. Army Chaplain Center and School, hosted a brown bag luncheon for Chaplain Captain Career Course students and civilian staff at the USACHCS Fox Lab.

"The training was conducted to better prepare chaplains and chaplain assistants to advise their commanders on religion. In particular, we used real world events to ensure chaplains were current with what is taking place in North Africa," Creamer said.

The presentation included a brief history lesson of the North African region,

“We need to be vigilant in our preparedness and understanding so we can provide credible advice to our commanders.”

— **Chaplain (Maj.)
Lane Creamer
USACHCS**

and showed statistics culled from the Pew Research Center to explain the religious thinking of many Egyptian Muslims. Chaplains were asked to consider how they might advise their commanders on the role of religion in light of the current events.

"One of our roles as religious staff advisers is to, '... advise on the impact of religious issues, both within the unit and throughout the area of operations.' That's written into the field manual we follow, FM-1-05.

"We need to be vigilant in our preparedness and understanding so we can provide credible advice to our commanders," Creamer said. "You may be in a situation where a commander on the

ground requires your input on the impact of religion in the operating environment."

Creamer said chaplains and chaplain assistants need to educate themselves constantly on current world events, particularly as it relates to religion.

"Most people around the world adhere to some type of religion," he said. According to data archive website *Adherents.com*, 84 percent of people in the world claim some type of religion.

"This is a key statistic," Creamer said. "A person's religion impacts his or her worldview which therefore influences one's behavior, beliefs, and attitudes. The chaplain and chaplain assistant play a pivotal role in understanding religion and its impact on a unit's mission."

The training lasted 45 minutes, which several participants didn't think was long enough.

"We'll do this again," Creamer said. "My main goal is that they learned something and were stretched in some capacity. Ultimately, we all want to be better advisers to our commanders."

WWII vet recognized after 67 years

By **SUSANNE KAPPLER**
Fort Jackson Leader

More than 67 years after he helped rescue a wounded comrade from a mine field in Italy, a Columbia-area World War II veteran received the recognition he had earned.

Former Army Pvt. Henry Schuessler, now 86, was awarded the Bronze Star in a ceremony at Post Headquarters Monday for his actions during the Battle of Anzio in early 1944.

"It's been a long time coming," Schuessler said. "It was a wonderful ceremony. I'm a happy man today."

Susan Quinn, one of Schuessler's daughters, said a conversation with her father set the events in motion that led to the ceremony.

"One day over the kitchen table, he just told me the story about what he had done in Italy with retrieving the Soldier," Quinn said. "And I mentioned it to Dan Kienker, who is a law school friend of mine. And he said, 'Did your dad ever get that Bronze Star?' and I said, 'No.' He said, 'Well, that's just not right, he should get it.'"

With the help of Kienker, who retired as a colonel after serving in the Air Force for 26 years, Quinn inquired with the National Personnel Records Center in St. Louis about her father's entitlements. She said she was worried that her father's records might have been lost along with millions others in a 1973 fire at the center until a phone call last December eased her mind.

"One day — it was a week before my dad's birthday — I got a phone call from one of the archivists out there, saying, ... 'I'm putting in the order for (your dad's Bronze Star) today,'" Quinn



Courtesy photo

This undated photo shows Pvt. Henry Schuessler at the wheel of a jeep in Italy during World War II.

BRONZE STAR ACTION

Henry Schuessler recalls the events of Feb. 24, 1944:

"We were in the (command post), and two officers came down and asked for volunteers. ... (They said), 'We have a wounded G.I., he's probably 100 yards down the road on the right hand side.' We went down there and found him. He had part of his leg missing. ... We picked him up, and he thanked us profusely for picking him up. He said, 'You know we're in the middle of a mine field?'"

said.

After a few months, the Bronze Star was mailed to the family, but Kienker said he felt the award should be presented in a proper ceremony.

He inquired if Maj. Gen. James Milano, Fort Jackson's commanding general, would be available to award the medal.

"This really is an honor," Milano said. "When I was asked about doing this, I said, 'Absolutely,' because not only is it the right thing to do, but it's very spe-

cial to have the privilege of recognizing someone with this type of award."

Milano told Schuessler that today's Soldiers stand on the shoulders of veterans who served before them.

"Part of our Warrior Ethos is, 'I will never leave a fallen comrade,'" Milano said. "Your example that you demonstrated so many years ago in February 1944 in Italy, in Anzio, is just a wonderful example for people today and the importance of never leaving a fallen comrade."

Kienker said he was happy to have played a part in recognizing Schuessler.

"I just think it's wonderful," he said. "I'm just absolutely in

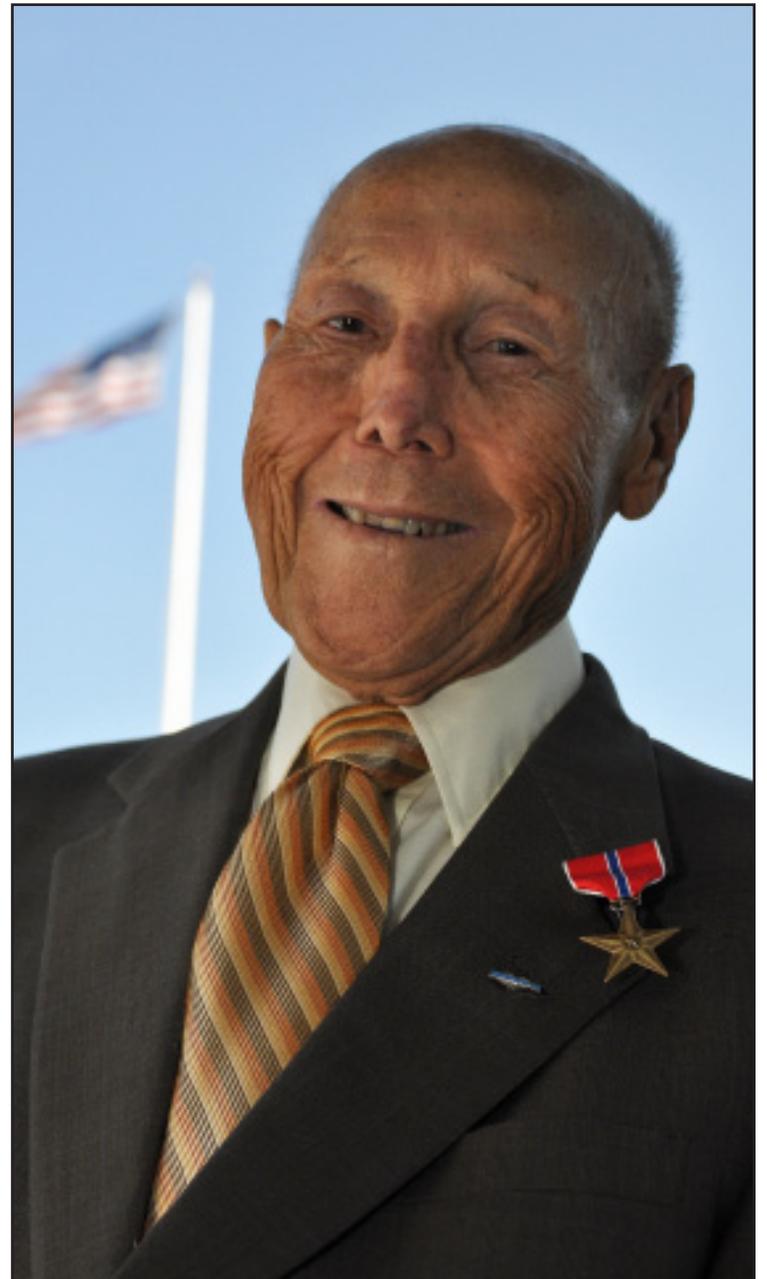


Photo by JAMES ARROWOOD, Command photographer

Henry Schuessler, 86, displays his newly-awarded Bronze Star in front of Post Headquarters Monday. Schuessler received the award 67 years after he helped rescue a wounded Soldier from a mine field in Italy during World War II. At the time, Schuessler was assigned to the 168th Infantry Regiment, 34th Infantry Division. He was engaged in combat operations in North Africa and Italy. Schuessler is a native of Utica, N.Y., and now lives in Columbia. He has three daughters and one son.

awe any time I meet anybody from that generation who served in that war, regardless of the service or what they did."

Maryanne Schuessler, another daughter of Henry and the late Mary Rose Schuessler, said the

day was very emotional for her.

"I'm very proud of him. I'm very happy that he lived to see the day," she said. "I wish my mom could be there to see it too, that would be the cherry on the cake."

Susanne.Kappler1@us.army.mil

Leader deadlines

Article submissions are due two weeks before publication. Announcements are due one week before publication.

For example, an article for the April

7 Leader must be submitted by today. An announcement for the April 7 Leader must be submitted by March 31.

Send your submissions to

FJLeader@conus.army.mil.

For more information, call 751-7045.



NCO reacts quickly, averts tragedy

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Staff Sgt. Ruben Rios only had a few seconds to react. Faced with a dropped live hand grenade, Rios relied on his training and in turn prevented what could have been a tragic event for a Soldier-in-training and him.

Rios, a cadre member at Remagen hand grenade range, was the instructor in a bay March 9 when a female Soldier bungled the steps in throwing a hand grenade and ended up dropping it by their feet.

“Once I realized the grenade was going in the pit I grabbed her, threw her over the wall and jumped on top of her,” Rios said. “She didn’t know what had happened, but she was safe, I was safe and everything thing was OK. It’s my job.”

Rios, who has been an instructor at the range for about two years, credits his training for the quick reaction to averting a potentially fatal accident.

“You can see in a Soldier’s face if (he or she) is nervous and she was,” he said. “It was just like any other day out here. But instead of a drill, it was for real.”

Cadre at the range go through a 40-hour certification course every six months to stay on top of their skills. They also practice for a variety of emergency scenarios every day.

“After that spoon flies off the grenade you have between three and five seconds, and there is no way to stop the explosion,” said Lt. Col. Richard MacDermott, commander of the 4th Battalion, 10th Infantry Regiment, the unit to which Rios is assigned. “When the Soldier was given the command to remove the safety clip, she continued to thumb the grip and failed to follow the proper commands and signals. The grenade basically fell on the ground.”

Remagen is one of the two most dangerous ranges on the installations, MacDermott said, with the other being Omaha, a live-fire range where Soldiers practice buddy-team movement.

“The incident that happened validates the training and safety program at Remagen,” MacDermott said. “Now we just



Photo by **CHRIS RASMUSSEN**

Staff Sgt. Ruben Rios, a 4th Battalion, 10th Infantry Regiment cadre member at Remagen hand grenade range, shows Pvt. Kyshonna Foster, Company E, 2nd Battalion, 13th Infantry Regiment, the proper way to grip a hand grenade. Rios is credited with preventing a potential tragedy at the range March 9 when a Soldier in training dropped a live grenade in a throwing bay.

have to replace concrete instead of patching somebody up or having a funeral.”

This is not the first time a Soldier in training has made a potentially deadly mistake while throwing a live grenade at Remagen. In July 2009, a cadre member was credited with stopping a Soldier who was about to throw a grenade into a neighboring bay.

At Remagen, Soldiers go through intensive instruction on the mechanics of a M67 hand grenade, including its safety features, proper grip and throwing technique. They throw dummy grenades be-

“We have to make sure we train so much that we train complacency out of existence.”

— **Lt. Col. Richard MacDermott**
4th Battalion, 10th Infantry Regiment

fore qualifying to throw two live hand grenades.

“These young men and women are extremely nervous. They have never handled explosives before, and this is all new to them,” MacDermott said. “They under-

stand the dangers, but they haven’t been inoculated for that stress.”

MacDermott said he planned to nominate Rios for an award for his actions.

“You have a staff sergeant that is out there every day doing this. It would be very easy for them to get complacent. We have to make sure we train so much that we train complacency out of existence,” MacDermott said. “The fact he was able to keep the Soldier from performing actions that would have them injured, or worse, is worthy of (recognition).”

Chris.Rasmussen@us.army.mil

Longo: Embody Army values

Continued from Page 1

concern is not lost on Longo.

“When you consider that their husbands or wives just returned from a deployment, and then we sent them to Drill Sergeant School, and we moved them to Fort Jackson or Fort Sill or Fort Leonard Wood, and we sent their husbands and wives onto the drill sergeant trail, and then we told them to suck it up ... I think we can do better.

“With families, we have to do two things. No. 1, we have to tell them that we care and No. 2, we have to show them by doing something. It’s not enough to say that we care, we’ve got to show them that we care,” he said.

As DCG-IMT, Longo has oversight over the Army’s five Basic Combat Training locations, and the two dozen Advanced Individual Training locations.

Already, Longo is brainstorming ways to take care of families. In a briefing with 16 Pre-Command Course students, Longo stressed how important it was to ease cadre stress, thereby easing stress on the families. He urged the brigade and battalion commanders and command sergeants major to come up with ways to ensure that cadre members don’t burn out, and that they have time to spend with their families.

Longo also touched on continuing the training initiatives started by his predecessor, Lt. Gen. Mark Hertling, who is now the commander of U.S. Army Europe.

“I think immediately, being the new guy on the job, (my plan is) to continue the momentum that Lt. Gen. Hertling established while he was on this job. And that is the new Army PT manual, piloting the new Army PT test, the new way we’re doing combatives, the new way we’re doing rifle marksmanship, all those things.”

Hertling began addressing improving Soldiers’ physical fitness and standardizing marksmanship training soon after becoming the first DCG-IMT in 2009.

Though Longo still has to tour other IMT installations, he said he is already impressed with the gravity of the mission.

“I think it’s an incredible organization with a very important mission of turning American citizens into Soldiers, warriors and leaders. At this stage, I’m just going



Photo by CRYSTAL LEWIS BROWN

Maj. Gen. Richard Longo, TRADOC's new deputy commanding general for Initial Military Training, speaks to a group of senior officers and noncommissioned officers in the Pre-Command Course at Victory University during a visit to Fort Jackson Tuesday.

around to all the posts, seeing what’s going on before I can even think about making changes.

“Our biggest responsibility is that we’re turning young Americans into Soldiers and we have to take that very seriously,” he added.

During his time at the PCC, Longo addressed students’ questions and gave them some insight into his long-term goals. Taking care of Soldiers and recognizing stress were among the list of topics he covered.

“We have to deliver to the operational Army the best Soldier we can,” he said. “If you accomplish nothing, instill values in your cadre and these young Soldiers.”

Lt. Col. Scott Heintzelman, director of Victory University, where the PCC is held, said that he thought

the exchange was a good experience for both Longo and the students.

“It is important for future IMT leaders to hear from the DCG-IMT in order to get his guidance and understand his expectations of them,” Heintzelman said.

So what can IMT expect from Longo? In a word, values.

“What I expect from (Soldiers) is that they just embody the Army values. If they do that, if our young Soldiers learn nothing else (but) how to live those values, then they will have done their part.

“And what they can expect from me is to do the same; to hold myself to the same standard.”

Crystal.Y.Brown@us.army.mil

NEC Signals

Bluetooth technology has made hands-free talking, emergency radio systems, and simple transactions at the supermarket cash register not only easier, but faster and more accurate than ever. Bluetooth is an open-system wireless technology protocol designed for the exchange of data over short distances.

With such a wonderful tool at our fingertips, you might be asking yourself, “Why don’t a lot of government-owned devices like laptops, Blackberries, and other smart devices use Bluetooth?”

The Army does not allow most Bluetooth technology, including wireless headsets, to be used on government devices. The “Wireless Security Standards” best business practice states that, “currently, there are no commercial Bluetooth wireless headset solutions that meet Department of Defense and Army Bluetooth security standards, and use of these devices is prohibited by DoD and Army.”

Government organizations, particularly those that

operate within DoD, must evaluate acceptable level of risk and implement appropriate security measures to protect sensitive information from landing into the wrong hands.

Though Bluetooth technology offers many benefits, it is also susceptible to a host of security attacks including denial of service attacks, eavesdropping, “man-in-the-middle” attacks, message modification, and resource misappropriation.

“Blue jacking” is a way that a hacker can gain control of a mobile device and all of its contents by sending a seemingly harmless text or message to an unsuspecting victim who mistakenly adds the number or address to their contacts.

Once the number has been added to the device’s “trusted list,” the hacker now has complete control of the device without the device owner knowing anything has happened.

The following are a couple of helpful points for ensur-

ing protection of government and private devices from wireless attackers:

1. Use only wired headsets for hands-free convenience on government-issued communication devices. Never connect any government system to a Bluetooth enabled-device.

2. Never add unknown numbers or addresses to your “contacts” list or reply to texts or emails from unknown sources.

3. Think twice before enabling the “auto-connect” option on your smart phones and laptops; you never know who could be listening.

4. Exercise the same caution when using Bluetooth technology on your privately-owned devices.

For more information concerning Bluetooth devices and wireless security on Fort Jackson, contact the installation information assurance manager at 751-2942 or *Jennifer.Phifer@us.army.mil*.

Program helps civilians get fit

By **LISA YOUNG**

U.S. Army Public Health Command

Time does not have to be a hindrance for civilian employees who want to get fit, thanks to the Army Civilian Fitness Program.

The program provides guidance for the implementation of wellness programs for government civilians. Department of Defense and federal government policies also support fitness programs for government civilians.

The Army allows a government civilian to participate once. The program is time-limited to one six-month period. It includes up to three hours per week of administrative leave to be used for physical fitness activities. Participation requires supervisor approval, and should not impede accomplishment of the mission of the organization. A medical screening is highly recommended to be sure that anyone with an existing medical condition that would put them at risk has physician approval before participating.

The results of a study released in March 2010 at the American Heart Association's Nutrition, Physical Activity and Metabolism Conference in San Francisco showed that workplace wellness programs help employees lose weight and reduce their risk of heart disease. Hospital workers took part in a voluntary 12-week, team-based wellness program that focused on diet and exercise.

The obese participants lost the most weight, but the overweight participants did almost as well. All participants had similar improvements in physical activity, along with lower cholesterol and blood pressure levels, and reduced waist circumferences at program end and after one year.

To help you make the most of your



Leader file photo

Civilian employees can sign up for the Army Civilian Fitness Program, which allows them up to three hours a week of administrative leave to be used for physical fitness activities.

exercise experience, burn more calories and lose that extra weight, mix up your exercise routine. Doing the same workout all the time is tough on your body. Cross-training prevents burnout and injury, while ensuring a balanced training program that includes endurance, strength, and flexibility.

Here are some tips to get you started:

- ❑ To prevent imbalance in the thigh muscles and stretch the hamstrings and hips, substitute one of your run days with a yoga or Pilates class.

- ❑ To build muscle and bone with weight-bearing exercise, include weight-lifting two to three times a week.

- ❑ To burn calories and build core strength, add swimming to your exercise plan.

- ❑ To give your joints a rest but still

burn lots of calories, replace running with a day of biking or a spin class.

- ❑ To increase the intensity of your walk, do plyometrics by adding jumping or skipping moves to your walk.

- ❑ To increase your heart rate plus strengthen your lower body, walk in a hilly region.

- ❑ To ramp up your walk without tiring, alternate moderately-paced walking with short, fast-paced bursts of speed. Peppering a 30-minute walk with 10 one-minute speed bursts can nearly double your calorie burn.

Check with your organization's human resource department or fitness facility to see what is available at your location. Take advantage of this opportunity to make regular physical activity a habit that stays with you for a healthy lifetime.

Sports shorts

POST GOLF TEAM

Try out for the Post golf team April 16-17 at the Golf Course. The top six players will make the team. Active-duty Soldiers can contact the golf course to sign up. The team will represent Fort Jackson in at least two golf tournaments.

PATRIOT 5K/DAGON MILE

A 5K run to support family literacy is scheduled for 9 a.m., Saturday at Hilton Field. There will also be a 1-mile fun run/walk at 10:30 a.m. The Patriot 5K costs \$12 and the Dragon Mile Fun Run/Walk costs \$7. Both fees include a T-shirt. All proceeds benefit Fort Jackson schools. Registration forms are available at both post schools.

DUATHLON

A duathlon — swim and run — is scheduled for April 30 at Knight Pool. The event is for active duty only and includes a 200-meter swim and 3.5-mile run. Participants may compete as individuals or a team. Names and ages are due to the Sports Office by 3 p.m., April 20.

BODYBUILDING COMPETITION

A natural fitness/bodybuilding competition is scheduled for June 25 on post. Competition includes men's bodybuilding, women's bodybuilding and figure. Registration is open to all military, civilian employees and family members. Visit www.fortjacksonmwr.com/fitness for more information. Register online at <https://webtrac.mwr.army.mil/webtrac/jacksonrectrac.html>. Call 751-5768 for more information.

GOLF

Registration is open through Tuesday for intramural and recreational golf. League play begins April 5. Teams may have up to eight players. Matches are played 5 p.m., Tuesdays. To register, submit the players' names and team name to the Sports Office. A captains' meeting will be scheduled before league play begins. For more information, call the Sports Office at 751-3096.

GYM CLOSURES

Andy's fitness studio will be closed through Friday.

SOFTBALL REGISTRATION EXTENDED

Registration for intramural and recreational softball has been extended and letters of intent are due by 3 p.m., April 22. The season will start May 9.

SWIM LESSONS

Adult swim lessons are being offered at Knight Pool. Each two-week session consists of eight classes and cost \$40. Beginner classes are 4:30 to 5:30 p.m., and upcoming dates are: Monday through March 24; April 11-21; May 16-26.

Intermediate classes begin at 5:30 p.m. on those same dates. Call 751-4796 for information.

Winter basketball standings*

Monday/Wednesday League		Tuesday/Thursday League	
VA**	13-2	NightFlyte**	12-0
Swampfoxes**	11-3	LOD**	10-1
MEDDAC	11-2	80th**	8-3
81st RSC**	10-3	SSI/TSB	7-7
120th	8-6	4-10th	5-6
2-39th	8-5	81st	6-6
SCNG**	6-6	187th	6-6
3-34th	5-9	1-61st	4-5
1-34th	6-6	2-60th**	2-11
1-13th	3-11	165th	1-11
Enforcers**	2-12	3-60th	out
TFM	0-12	193rd	out
171st	out		

*Standings as of Tuesday morning

**Denotes recreational teams

Darts standings

Team	Points
187th	23
Sharp shooters	23
1st CivDiv	16
165th	14
TFM	13
4-10th	13
193rd	9
120th	9
3-34th	4

Darts teams play Thursdays at Magruder's Pub and Club.



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

LETTERS

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer.

Letters should also include a phone number for verification purposes.

The Leader reserves the right to edit letters for grammar, style, spelling and brevity.

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

Call 751-7045 for information.

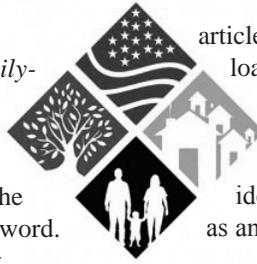
Lynch: AFAP allows resources to be redirected as needed

Continued from Page 2

resource.com/familyprogramsandservices/family-programs/armyfamilyactionplan.

From here you can follow the progress on issues that are currently being worked by selecting "Active Issue Search" at the bottom of the page and then search by issue number or by keyword.

The website also allows you to submit a new issue directly to your garrison or command's AFAP process and provides AFAP brochures,



IMCOM

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articles and videos to download. You can also download the "HQDA AFAP Issue Search" application for free on your iPad, iPhone and iPod Touch.

My next article in this series will review the 16 new quality-of-life issues AFAP delegates identified as being the most critical and our need as an Army community to identify inefficient, redundant, or obsolete family programs so we can redirect those resources to where we truly need them.

FIRST RESPONDER

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

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



at the Main Exchange, Military Police said. The bill was faded, had cracked paint and the picture was distorted. The civilian said she received the bill from an unknown person, MPs said. The civilian was released on her own recognition.

□ A civilian was taken into Richland County Sheriff Department custody after he attempted to enter post with an active warrant for fraud, MPs said. The civilian was originally stopped for not having proof of insurance, MPs said. His vehicle was towed from the installation.

Col. Ronald F. Taylor

Director,
Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Bill Forrester

Fire Chief

CASES OF THE WEEK

□ A counterfeit \$100 bill was confiscated after a civilian attempted to use it

crimestoppers

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

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



#1. Advocating violence, the threat of violence, or use of force to achieve goals that are political, religious or ideological in nature.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Photos by OITHIP PICKERT, Public Affairs Office

Staff Sgt. Deon Brown
Company A
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Kyle Fijalkowski

SOLDIER OF THE CYCLE

Pfc. Lauren Montoya

HIGH APFT SCORE

Pvt. Jeff-Eric Brinkley

HIGH BRM

Pfc. Johnny Coleman

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

SOLDIER LEADER OF THE CYCLE

Pfc. Brandon Sheppard

SOLDIER OF THE CYCLE

Pfc. Rebekah Crownover

HIGH APFT SCORE

Spc. Steven Snyder
Pfc. Brandon Sheppard

HIGH BRM

Spc. Lucas Bakken
Spc. Eric Evans

Sgt. Karen Grant
Company C
2nd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Carl Best

SOLDIER OF THE CYCLE

Pfc. Philip Niess

HIGH APFT SCORE

Spc. Mary Kolars

HIGH BRM

Pvt. Anthony Sgro

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT

Sgt. 1st Class
Rhonda Harris

TRAINING SUPPORT

Jerome Cardwell
William Craft
Stanley Gates

DFAC SUPPORT

Brenda Morgan



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

Training honors



Capt. John Thompson
Distinguished honor graduate
Captains Career Course
Adjutant General School



1st Lt. Hamed Aljawder
Distinguished international
officer (Bahrain)
Captains Career Course
Adjutant General School



Sgt. 1st Class Theresa Johnson
Platoon sergeant of the cycle
369th Adjutant General
Battalion



Staff Sgt. Brad McClanahan
Instructor of the cycle
369th Adjutant General
Battalion



Sgt. 1st Class Jerome MacDonald
Drill sergeant
leader of the cycle
Drill Sergeant School



Staff Sgt. Christopher Peoples
Leadership award
Drill Sergeant School



Staff Sgt. Rafael Gonzalez
Physical fitness award
Drill Sergeant School



Staff Sgt. Sean Rosenthal
Distinguished honor graduate
Drill Sergeant School

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

facebook

Calendar

Saturday

Fort Jackson schools Patriot 5K and Dragon Mile fun run

8 a.m., Hilton Field
Register at C.C. Pinckney Elementary School or Pierce Terrace Elementary School.

Wednesday

AG Regimental Association social

6 to 8 p.m., Magruder's Club and Pub
The no host social is open to all Fort Jackson permanent party AG Soldiers and civilians. To RSVP, call 751-8790/8769.

Friday

Commissary tour

8:30 a.m., Commissary
Tour the Commissary to learn about shopping for healthful groceries. For more information, call 751-2115.

Tuesday

Resiliency training for family members

9 a.m. to 2 p.m., Family Readiness Center
To register for free child care, call 751-1970. For more information and to register for the training, call 751-5444 or email Marilynn.Bailey@us.army.mil.

American Red Cross volunteer recognition

11:30 a.m. to 1 p.m., NCO Club
Lunch is free for active volunteers who register in advance. Tickets are available for guests. To RSVP, call 751-4329.

Thursday, March 31

Financial counselor seminar

11 a.m. to noon, Strom Thurmond Building, Room 222
This seminar informs military spouses about a free fellowship program to become accredited financial counselors. For more information and to register, call 751-4862. The deadline to apply for the program is April 15.

Friday, April 1

Community health fair

11 a.m. to 4 p.m., Solomon Center
The event is free and features Zumba fitness and exercise demonstrations, BMI and wellness testing, podiatry exams and healthful food samples. For more information, call 751-5768.

Friday, April 8

165th Infantry Brigade "Strike Strong" Nine-pin no-tap bowling tournament

11 a.m. to 1 p.m., Century Lanes
The tournament is open to all ID card holders. Teams will consist of four people. The cost is \$20 per person. For more information, call 751-5601/3444.

Tuesday, April 12 through

Thursday, April 14

Home buying seminar

6 to 8 p.m., Post Conference Room
The seminar will cover the entire home

buying process. For more information and to register, call 751-5788/5331/7566/9339.

Wednesday, April 20

Pathway to Resiliency: Connecting the Community

9 a.m. to 3 p.m., NCO Club
The Family Advocacy Program presents a workshop on sexual assault and child abuse awareness. RSVP is required by Monday. For more information and to RSVP, call 751-6325.

Housing events

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

Monday, April 4

Craft workshop

3 p.m.
Learn how to recycle old egg cartons into a bouquet of flowers. This activity is best suited for 3-10 year olds. To RSVP, email ayoungblood@bbcgrp.com.

Announcements

LITERARY FAIR

Child, Youth and School Services will host a literary fair, 9:30 a.m. to noon, Saturday at Hilton Field. One of the activities will be an "Original Poetry and Stories Corner." Students who would like to participate should submit an original poem or story to the School Liaison Office. For more information, call 751-6150.

STATIONS OF THE CROSS

A Stations of the Cross Catholic Service is scheduled for 5:30 p.m., Wednesday at the Main Post Chapel. Soup and bread supper in the activity room follows the service.

FATHER OF THE YEAR

The Family Advocacy Fatherhood Program is seeking nominations for the Fort Jackson Father of the Year. Nominations are open to all Fort Jackson-affiliated active-duty service members, retirees and civilian employees. Nominations will be accepted through April 15. For more information on how to nominate, email Charles.Gregory.Lewis@us.army.mil.

THRIFT SHOP NEWS

The Thrift Shop will be closed April 5 through 11 for spring break.

The Thrift Shop has started "The Golden Carriage Project," which is aimed at girls attending a junior or senior prom. The Thrift Shop offers prom dresses to students with military and school ID cards. The Thrift Shop also accepts gown donations for the program.

So far, the Thrift Shop has donated more than \$2,500 to various organizations in 2011.

ASP CLOSURE

The Ammunition Supply Point will be

closed for its quarterly inventory through Friday. For more information, call 751-4017/6586.

SKIES LOCATIONS

Bright SKIES Academy and other SKIESUnlimited life skills classes now take place in the Hood Street SAS building at 5614 Hood St. (rear building). The SKIESUnlimited Family Center is located at 6514 Chesnut Road. Note that the building number has changed, but not the physical location.

DENTAL EXAMS, CLEANINGS

Soldiers requiring a dental exam are now able to schedule an exam and cleaning for the same time. The Soldier's dental record must be on hand at Hagen Dental Clinic when scheduling the appointment. For more information, call 751-4878.

CYSS SEEKING VOLUNTEERS

Child, Youth and School Services is seeking volunteers to help with Month of the Military Child events April 23 (spring jamboree and Easter egg hunt) and April 30 (children's fair). Volunteers are needed from 8 a.m. to 4 p.m. to assist with setup, breakdown and various activity booths. For more information, call 751-4869 or email Angela.J.Austin@us.army.mil.

MACH NUTRITION CLINIC

The following classes are scheduled for April:

- Diabetes class, 8 a.m. to noon, April 7
- Cholesterol and high blood pressure class, 2 to 3 p.m., April 7 and 21
- Army Move!, Session 1: 2 to 3 p.m., April 4 and 18; Session 2: 2 to 3 p.m., April 6 and 20
- Victory weight loss class, 2 to 3 p.m., April 14

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

TAX CENTER HOURS

The Fort Jackson Tax Center operating hours on Mondays and Wednesdays are 9 a.m. to 9 p.m. The operating hours for Tuesday, Thursday and Friday are 9 a.m. to 4 p.m. The Tax Center is located at 4330 Magruder Ave. Call 751-JTAX (751-5829) for information.

KARATE CLASSES

SKIESUnlimited now offers the following Karate classes:

- Beginner Karate, 6 to 7 p.m., Tuesdays and Thursdays, for ages 5-18
- Intermediate Karate, 7 to 8 p.m., Tuesdays and Thursdays, for ages 5-18
- Li'l Kickers Karate, 5:15 to 6 p.m., Fridays, for ages 3-5

All classes take place at 5899 Chesnut Road. For more information, call 751-6777.

PALMETTO TRAIL CLOSURE

The Palmetto Trail is closed for timber harvesting between Heise's Pond and

Division Road. The trail is expected to be closed until March 31.

PHONE BOOK RECYCLING

The Fort Jackson Recycling Center, 5671 Lee Road, will accept telephone books for recycling through March 31.

SCHOLARSHIPS FOR SPOUSES

The AER Stateside Spouse Education Assistance Program is accepting applications through April 1. The scholarships are available to Army spouses and are awarded based on financial need. For more information, visit www.aerhq.org or call 751-5256.

MILITARY ONESOURCE TAX FILING

Military OneSource provides free tax consultation and online tax filing services to active duty, Reserve and National Guard service members and their families. Participants must register at www.militaryonesource.com.

MG JAMES URSANO SCHOLARSHIP

The MG James Ursano Scholarship program is now accepting applications. It provides children of active-duty, retired or deceased Soldiers with financial assistance to pursue a four-year college degree.

Students must apply each year. For more information, visit www.aerhq.org or call 751-5256.

BEHAVIORAL HEALTH HOURS

In and outprocessing hours for Moncrief Army Community Hospital Behavioral Health are 1:30 to 3:30 p.m., Monday through Friday.

FLTCIP OPEN SEASON

Open season for the Federal Long Term Care Insurance Program will run April 4 through June 24. For more information on the program, visit www.ltcfed.com or call 1-800-582-3337.

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.

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions will 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.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

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

Chaplains offer broad range of support

By **CHAPLAIN (MAJ.) DAVE BOWLUS**
U.S. Army Chaplain Center and School

As Fort Jackson grows in its reputation of excellence in training, facilities, housing and personnel, I believe it is also growing in another important area: spiritual care for Soldiers and families.

The chaplain leadership at Fort Jackson has an excellent vision and is actively working to provide meaningful and quality worship services for Soldiers in Initial Entry Training and permanent party families. I've seen chaplains and chaplain assistants at all levels who are very committed to quality religious support to you.

Take for instance the number of worship services on Fort Jackson. Did you know there are 30 worship services per week, each led and supported by chaplains, chaplain assistants or trained distinctive faith group leaders? That's not even counting the 22 weekly religious education classes, the recently opened Family Life and Resiliency Center, youth groups and support groups.

Now some people will say, "Chaplain, quantity is one thing, but quality religious support is what I need." That is a great point and an important one.

Like I said earlier, the quality of the religious support personnel here at Jackson has impressed me. If you are wondering if unit ministry team members have enough experience, I can tell you that almost all chaplains and chaplain assistants here have combat ministry experience, extensive counseling and pastoral skills training.

Additionally, all chaplains are ordained ministers within their denominations. The installation chapel services are led by men and women of extraordinary vision, who see their role as your spiritual leaders as a blessing and God-ordained responsibility, not just an extra duty.

Your spiritual leaders are very interested and are actively talking about how they can make a difference for you, the extended military community. One recent example of



Courtesy photo

Students of the U.S. Army Chaplain Center and School Basic Officer Leadership Course prepare to serve breakfast to volunteers during a Homes for Troops build last month at Lake Carolina.

serving the military community is when the Installation's Chaplains Office, ChapelNEXT congregation and the U.S. Army Chaplain Center and School joined together with Homes for Troops last month to help build a home for an area wounded warrior, Staff Sgt. Ronell Bradley and his family. Bradley was seriously injured in Iraq in 2005 and lost both legs in an IED attack.

The Fort Jackson religious community came together, serving breakfast to 200 volunteers and helping build this deserving family a new home in the Lake Carolina subdivision. (See the video at <http://vimeo.com/19930492>.) Working together for the good of the community; that's

the kind of attitude and heart that makes spiritual care at Army installations great.

There are a lot of good things happening at Fort Jackson and "Victory Starts Here" in more ways than military training.

It is my hope that you and your family will become involved in one of the many quality religious activities and will take advantage of the countless benefits of an active spiritual community.

Interested in getting plugged in? You can find a comprehensive list of all these services at <http://www.jackson.army.mil/ICO/worship%20schedule.pdf>.



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
 - 6 p.m. Transitions Christian service, Anderson Street 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
 - 8 p.m. Mass, McCrady Chapel (SCARNG),

McCrady Training Center

- 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 Blvd., 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



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

Children get a SMART start

Program teaches life, leadership skills

By **THERESA O'HAGAN**
Family and MWR

Through a grant made available by the Boys and Girls Club of America, "Start SMART" and "Stay SMART" programs teach Fort Jackson children the skills they need to resist peer pressure and make good decisions. SMART stands for skills mastery and resistance training.

Start SMART focuses on 10 to 12-year olds. Stay SMART focuses on children 13 to 15. Dominie Thomas and Vareshia Smith have been facilitating the Start SMART program.

"We focus on prevention and bullying awareness," said Clarissa Rickman, School Age Services, program director. "We use role playing which the children enjoy, watch videos and have guest speakers. We work on building awareness of and aversion to at-risk behaviors."

The goal is to prepare the children to enter middle school.

"We want them develop skills before going into middle school that will help them cope with and overcome the peer pressure they will face. The dangers children face today are growing. It's no longer just kids being kids," Rickman said.

SMART Start features engaging, interactive small group activities that increase participants' peer support, enhance their life skills, build resiliency and strengthen their leadership skills.

The program is offered as part of the SAS program's curriculum. Youth are expected to attend at least 10 out of 12 sessions and perform 10 hours of community service to graduate from the program.

"The hard work and dedication of the participants is rewarded with a trip to Frankie's Fun Park, an ice cream social and a lock-in at the end of the program — all free of charge," Rickman said. "Start SMART has fully impacted our youth's decision-making skills and their life skills."

The lock-in is also open to all Start SMART alumni.

Rickman and Thomas have seen participants in the program transform.

"We had one boy in particular who was a very popular kid and the other kids wanted to be around him and many of them would emulate him," Rickman said. "Through Start SMART, he started making better choices and the

other children followed. The other kids started to see him in a different light and he accepted his position of positive role model."

People outside the program have also noticed changes in its participants.

"We had one young lady who was very shy and one of the oldest in the group," said James Andrews, director, Middle School and Teen Program.

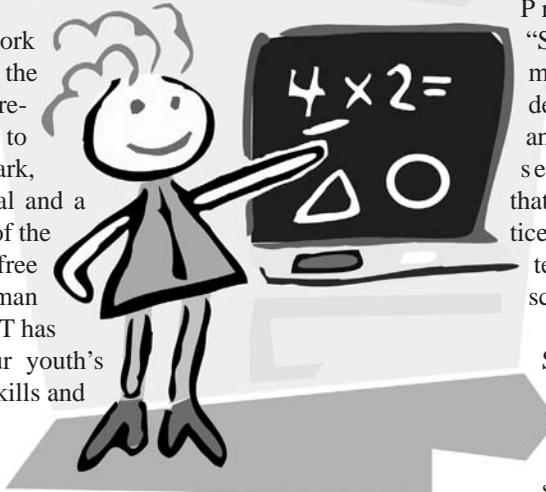
"She became more confident and had an improved self-image that was noticed by her teachers at school."

"In Start SMART, we build a foundation of skills. The

participants graduate and move on to Stay SMART where we build on those skills," Andrews said.

For more information or to enroll your youth in the next session of Start SMART, please contact Sandra Madera at 751-7451 or Rickman at 751-9802.

Note: See next week's Leader for information on the Stay SMART program for children 13 to 15.



MARCH CLASSES

The *EDGE!* offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour. Call 751-3053 for more information.

EDGE! CLASSES

❑ **Project Runway** — 3:30 to 5 p.m., Mondays, 5955 Parker Lane. For ages 8 to 15.

❑ **Bling it with the EDGE!** — 3:30 to 5 p.m., Tuesdays and Thursdays, 5955-D Parker Lane. For ages 10 to 18.

❑ **House of Cards** — 3:30 to 5 p.m., Fridays, 5955-D Parker Lane. For ages 8 to 15.

❑ **Presto! It's Magic** — 4 to 5 p.m., Tuesdays, 5955-D Parker Lane. For ages 10 to 18.

❑ **On Target with the EDGE!** — 4 to 6 p.m., Wednesdays and Fridays, meet at Balfour Beatty. For ages 11 to 18.

❑ **Leprechaun in Late Winter** — 3:30 to 5 p.m., Thursday, Post Library. For ages 6 to 10.

SKIES Classes, including Bright SKIES, are

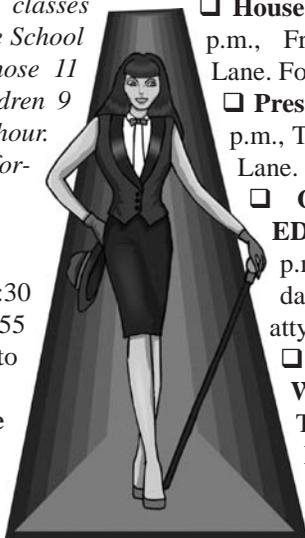
for children 2 1/2 to 18 years old. For a complete list of classes, visit <http://fortjacksonmwr/skies> or call 751-4865.

SKIES/BRIGHT SKIES CLASSES

❑ **Bright SKIES Academy** — 9 to 10:30 a.m., 5899 Chesnut Road, Mondays, Wednesdays and Fridays. For 3- to 4-year-olds. Cost is \$75 per month.

❑ **Pre-school Spanish** — 9 to 10 a.m., 5899 Chesnut Road, Tuesdays and Thursdays. For 3- to 5-year olds. Cost is \$60 per month.

❑ **Beginner Spanish** — 4:30 to 5:30 p.m., Mondays, 5899 Chesnut Road. For children 5 and older. Cost is \$40 per month.



Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the April 7 Leader must be submitted by today.

Announcement submissions are due



one week before publication. For example, an announcement for the April 7 Leader must be submitted by March 31.

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

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **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

- ❑ Mountain biking at **Harbison**, 10:30 a.m. to 12:30 p.m. The cost is \$10 per person (second person is free). For more information, call 751-3484.
- ❑ **Deep sea fishing trip**, 2:30 a.m. to 10 p.m. The cost is \$99 per person. For more information, call 751-3484.
- ❑ **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., Excilibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for "Get a pie for your reservation" brunch. For more information, call 782-8761.

WEDNESDAY

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

ONGOING OFFERS

- ❑ The 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.

Avoiding common PT test training errors

By MAJ. VANCIL MCNULTY

U.S. Army Public Health Command (Provisional)

Soldiers across the Army are gearing up for physical fitness tests. There are probably many Soldiers who are worried they may not pass.

There is good reason to worry. When a Soldier fails a PT test, it can jeopardize promotion, delay acceptance or completion of advanced military schooling, and virtually condemn an otherwise stellar Soldier to receive an average evaluation report.

Because there is so much at stake, it would be wise to understand some common training errors that may make the difference between a pass and fail score. This article will focus on safely and effectively passing the two-mile run.

ERROR #1: OVERTRAINING

Overtraining (also called overuse) occurs when the volume and intensity of an individual's exercise routine exceed his or her body's ability to recover. Overtraining leads to reduced performance and may ultimately lead to injury.

Overtraining is so prevalent in the military that it is responsible for 40 to 50 percent of outpatient clinic visits, and most of those are due to excessive running. Running programs become excessive because of the belief that increased running results in more fitness.

This belief leads to programs that have Soldiers running five days a week for extended distances. However, research shows that Soldiers who run three days a week for no more than 30 minutes have two-mile run times that are just as good as those who run five days a week.

Additionally, Soldiers who run three times a week have substantially less injury risk than those who run five days a week. Medical professionals therefore rec-

ommend that Soldiers train for a two-mile event by running no more than three days a week.

ERROR #2: SPECIFICITY

After overtraining, lack of training specificity is the next most common mistake. Specificity is an exercise principle that describes how the body will adapt precisely to the demands placed upon it. Simply stated, if you want to improve the two-mile run time, focus on training distances around two miles.

Training at greater distances (three to five miles is typical) can be a problem because greater distances require different pacing with less speed. The last thing a person who fails a PT test needs is to run at a three-mile pace to pass a two-mile test, but this is exactly what would happen if three miles were the training distance.

ERROR #3: PACING

Pacing is the even spreading out of a runner's endurance so as not to burn out prior to finishing the event in the time necessary to pass. This principle is important because the two-mile run is an aerobic event that requires sustained speed over a relatively long duration.

The biggest mistake in pacing for the two-mile run

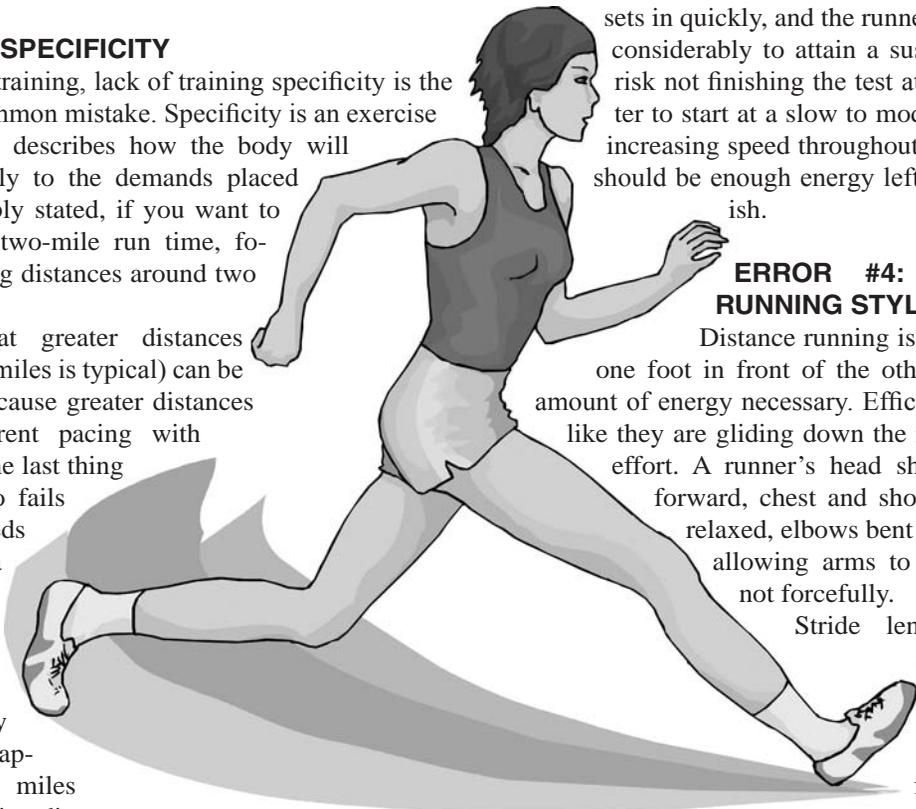
is beginning with a pace that is not sustainable aerobically (starting way too fast). Anaerobic burn-out sets in quickly, and the runner then must slow considerably to attain a sustainable pace or risk not finishing the test at all. It is far better to start at a slow to moderate pace while increasing speed throughout the event. There should be enough energy left for a strong finish.

ERROR #4: INEFFICIENT RUNNING STYLE

Distance running is all about putting one foot in front of the other with the least amount of energy necessary. Efficient runners look like they are gliding down the road without any effort. A runner's head should be straight forward, chest and shoulders should be relaxed, elbows bent about 90 degrees allowing arms to swing naturally, not forcefully.

Stride length should be short, hips should lift the knees just enough to progress the feet forward. An inefficient running style is easy to spot. Arms swing dramatically, knees come up way too high, stride length is way too long, and there is a pronounced head bounce as if the runner is bounding down the road.

All these excess movements increase the demand for oxygen and make passing the two-mile run a chore. A small change in one's running mechanics may improve overall run time.



Protein, carb balance key for ideal performance

By MAJ. VANCIL MCNULTY

U.S. Army Public Health Command (Provisional)

The old saying "you are what you eat" was popularized (but not originated) by an English nutritionist named Dr. Victor Lindlahr who published a book in the 1940s called "You Are What You Eat."

Lindlahr was a strong believer in the idea that food controls health. The last 70 years of nutrition research has provided ample evidence that Lindlahr was right — good nutrition has a profound positive influence on our health. We also now understand how important "recovery" nutrition is for athletes and how it plays a role in the prevention of injury.

Strenuous exercise such as endurance running, sprinting, or resistance training deplete energy (muscle glycogen stores) and cause muscle damage. If depleted energy is not replaced and muscle damage not repaired adequately, injury and reduced physical performance will occur. Studies of women who exercise show a negative energy balance is a risk factor for stress fractures of the bone.

While both civilian and military research have proven that consuming foods that restore energy balance overcomes fatigue, minimizes muscle damage, promotes recovery and protects against heat injury, the timing of the



nutritional intervention is critical.

Research shows that consuming a combination of carbohydrates and protein within a 60-minute window immediately following very strenuous exercise initiates repair of muscles damaged during the activity and begins the replenishment of muscle energy stores.

In fact this is the only recommendation from the Joint Physical Training Injury Prevention Work Group related to nutrition and its effect in the prevention of musculoskeletal injury.

During this time, the body is primed for rebuilding what was used or broken down during the exercise. If the nutrients are consumed more than 60 minutes after the end of the exercise bout, the body is less able to absorb the nutrients, thus diminishing the rate of recovery.

After an hour of exercise, the ideal balance of nutrients needed to allow for the most rapid replenishment of muscle glycogen to optimize and accelerate the recovery process is roughly 12 to 18 grams of protein and 50 to 75 grams of carbohydrate (a ratio of 1 gram of protein for every 4 grams of carbohydrate).

Below is a table of common foods with protein and carbohydrate content:

PROTEIN (about 7 grams each)
1 egg white
1 ounce cheese
1 ounce meat (chicken, fish, beef)
1 cup milk
1/4 cup nuts
2 tablespoons peanut butter
CARBOHYDRATE (about 15 grams each)
1/2 cup of fruit juice
Small piece of fruit
1 ounce cereal
1 piece of bread
1/2 cup pasta