

TRACKING ...

NEWS



Lynch addresses town hall group

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UP CLOSE

New feature recognizes NCOs

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SPORTS



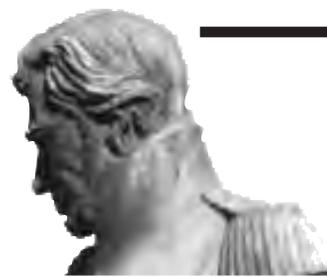
Soldier readies for 'death race'

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The Fort Jackson *Leader*



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Kid's stuff

Month celebrates military children

By **SUSANNE KAPPLER**
Fort Jackson Leader

For the 25th year, the military will salute the children of service members by celebrating April as Month of the Military Child. In accordance with this year's theme — Celebrate Military Children: The Strength of our Future — Fort Jackson Child, Youth and School Services has planned a myriad of events appropriate for all age groups.

"I think it's important to celebrate Month of the Military Child because there are a

lot of things that are exclusive to military children, for example having their dad or their mom deployed, their parents not being able to go to all of their events and activities ... and sometimes feeling they don't always have the camaraderie with not always being in the same place all the time," said Cindy Andre-Noel, CYSS Outreach Services director. "They still need to realize that they're appreciated as children and not feel like they're forgotten about."

Planning for the events started in November, and this year's schedule includes

familiar staples, such as the Family Fun Fair, as well as special events, such as a concert by the band Allstar Weekend, which gained popularity on the Disney Channel's show "Disney's N.B.T."

Fort Jackson is one of five installations chosen to host the band, Andre-Noel said.

"It's something (Fort Jackson children) typically may not be able to go to, especially on a training (installation) because parents work long hours," she said.

See **CYSS:** Page 16

True blue



Photo by JAMES ARROWOOD, Command photographer

Sgt. 1st Class Scott Wilkie, Company E, 3rd Battalion, 34th Infantry Regiment, right, receives his Expert Infantryman Badge in a ceremony Friday at Hilton Field Softball Complex. Wilkie was the only candidate designated "true blue," meaning he made no mistakes during the testing. For more on the EIB, see Pages 20-21.

Responsible drinking a safe bet

Alcohol Awareness Month begins Friday. It is an organized effort to educate the public about the problem of underage drinking and to inform communities about ways they can help prevent underage alcohol use.

For our purposes, we will focus on the challenge of responsible drinking, which we consider to be critical to ensuring alcohol consumption does not adversely affect an individual's ability to fulfill his or her legal, moral or social obligations. Further, it should never impact the Army mission, health, job performance or quality of life.

The warmer weather certainly provides the ideal backdrop for all kinds of outdoor opportunities for barbecues, get-togethers and parties where alcoholic beverages are likely to be served.

My advice to you: Have fun, but always use good judgment. Your personal safety and the safety of others are imperiled with bad decisions. Responsible drinking means that you never have to feel sorry for what has happened while you were drinking.

As you all know, we have the Army ball coming up June 11. I will say in advance that courtesy breathalyzers will be provided to those attending the event to ensure drivers are fit to get behind the wheel of a vehicle. We must think of ways we can monitor ourselves. There are a number of things that we can personally do to help you drink responsibly.

First and foremost, you need to know your limit. Having no more than one drink per hour will assist in keeping you in control. Consider that one 12-ounce bottle of beer/

MAJ. GEN. JAMES M. MILANO

*Fort Jackson
Commanding
General*



wine cooler, one 5-ounce serving of wine and 1.5 ounces of 80-proof distilled spirits are all considered one drink. There are other things that you should do as well: Eating helps slow the absorption of alcohol into the circulatory system, and you should sip your drink and accept one only when you really want one.

There are other precautions you can take. Key among these are spacing your drinks and drinking a nonalcoholic beverage (between beverages) that contain alcohol, always appointing designated drivers and avoiding alcohol if you are taking medicine.

If you choose to drink then you need to do so in a responsible, safe, sensible and healthy way. And as we all know, drinking and driving do not mix. Here are the sobering facts:

- ❑ Drunken driving, or driving under the influence, is a serious offense — not only in South Carolina — but in every state.

- ❑ South Carolina ranks ninth in the U.S. in the percentage of drunken drivers involved in fatal crashes.

- ❑ Forty percent of repeat DUI offenders pleaded guilty to lesser offenses.

- ❑ A blood-alcohol content of .08 for South Carolina is considered impaired.

- ❑ South Carolina also operates under the implied consent law, meaning if you refuse to be tested, your license is automatically suspended for 90 days, or 180 days if this is a second or subsequent offense within the past 10 years.

Another thing to remember is that a drunken-driving conviction can be costly. The fine can range from \$400 to more than \$6,000. Your license will be suspended for six months, and your insurance rates more than likely will skyrocket.

You will also be required to be counseled for alcohol abuse. And, on top of all the above, there will be administrative and potentially UCMJ-related actions taken against those who drink and drive or otherwise abuse alcohol.

The bottom line is that nothing is worth the risk of getting behind the steering wheel after having had too much to drink. Our leaders across Fort Jackson will continue to stress this important point.

Remember that one alcohol-related death occurs on our nation's roads every 31 minutes, and one alcohol-related injury occurs every two minutes.

We do not want our Soldiers or any members of the Fort Jackson family adding to those statistics. Be smart and be safe, as we need each and every one of you.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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AFAP update: Quality of life

Earlier this month, I discussed the progress we made resolving 17 of 40 quality-of-life issues at the AFAP General Officer Steering Committee in February. During the same week, AFAP delegates representing Army garrisons and commands worldwide met in our nation's capital to review and prioritize 88 quality-of-life issues that had been identified throughout the year at midlevel AFAP conferences across the Army.

As the assistant chief of staff for Installation Management and the overseer of the AFAP process, I had the privilege to speak to these delegates and impress upon them the great responsibility of identifying the most critical issues for the Army to work. Delegates were Soldiers, spouses, DA civilians, wounded warriors and survivors.

Each brought his or her own ideas, perspectives and experiences to share in the decision making process. The task before them was not an easy one, yet they met the challenge with an overwhelming sense of enthusiasm and energy. They reviewed, they discussed and they challenged each other on the issues. At the conclusion of the conference, 16 new quality of life issues were identified and reported out to senior Army leadership.

The top five issues identified to senior Army leaders are:

- ❑ ID cards for surviving children with an active duty sponsor that annotate both active duty and survivor status
- ❑ Wounded Warrior caregiver training
- ❑ Medically retired service members' eligibility for concurrent receipt of disability pay
- ❑ Military Child Development Program fee cap
- ❑ Medical retention processing time restrictions for Reserve Component Soldiers.

Currently, there is no way to annotate both dependent survivor status and active duty status on an identification card. This issue affects dependents of dual military parents when one military parent dies or children of a surviving parent who remarry a service member. This may

LT. GEN. RICK LYNCH

*IMCOM
Commanding
General*



cause undue emotional stress when survivors must justify their survivor status in order to qualify for survivor specific services. The delegates recommend ID cards annotate both dependent survivor status and active duty status to ensure survivors quickly receive all survivor services available.

Delegates also recommend providing caregivers of Wounded Warriors formal standardized training on self-care, stress reduction, burnout and prevention of abuse/neglect. Without this training, caregivers may suffer from caregiver fatigue which may ultimately lead to neglect of a Wounded Warrior or damage to the Wounded Warrior and caregivers' relationship. The implementation of formal standardized, face-to-face training for designated caregivers of Wounded Warriors is critical to those who help heal our nation's heroes.

The elimination of the 20-year time in service requirement for medically retired service members to be eligible for concurrent receipt of disability pay was also identified as an issue to be worked this year. The CRDP eliminates the offset between retirement pay and VA disability compensation. Removal of the 20-year restriction would restore the full retirement pay and VA entitlements to the medically retired service members with less than

Lynch talks budget, energy during visit

By CHRIS RASMUSSEN
Fort Jackson Leader

Lt. Gen. Rick Lynch, IMCOM commanding general, visited Fort Jackson last week to assess the Army's largest Basic Combat Training installation and offer words of encouragement to the post's Soldiers, civilians and family members.

Lynch, who began his command in November 2009, made his first visit to Fort Jackson March 24. IMCOM was activated in 2006 to reduce bureaucracy, apply a uniform business structure to manage Army installations, sustain the environment and enhance the well-being of the military community.

"I have visited 75 installations in the last 16 months and the reason I do this is to see what is going on outside Washington, D.C.," he said. "There is a world that goes on inside Washington D.C., 360 (days a year) and then there is a world that is going on outside."

Lynch began his tour of the post by meeting with Maj. Gen. James Milano, Fort Jackson commanding general, before embarking on a visit to the 120th Adjutant General Battalion (Reception) to witness some of the facility challenges leaders face.

"You are obviously showing me the areas that need the most attention," Lynch said, looking up at a gaping hole in the ceiling inside one of the company barracks. "Just hang in there and do the best you can with what you have for now."

Lt. Col. Michael McTigue, 120th commander, said he understands the financial issues.

"With budget constraints, in today's operating environment, it results in us making sure we are getting everything out of the current facilities (when possible)," McTigue said. "And the DPW (Directorate of Public Works) and battalion work to ensure we get just that."

Following a working lunch with Fort Jackson directors, Lynch hosted a town hall meeting with IMCOM employees at the Armed Forces Chaplaincy Center auditorium.

"Our Army is not going to break over the stress of our Soldiers, but it may break on the stress of our families," Lynch told a standing-room-only audience. "The strain on our families is almost unbearable. But the organization that focuses on taking care of families is IMCOM. What you are doing (at) Fort Jackson is as important as in Afghanistan."

"We touch people's lives whether it is ACS (Army Community Services), FMWR (Family and Morale, Welfare and Recreation,) family housing or emergency services. It is you magnificent people who touch lives every day," he said. "We as a nation appreciate you giving Soldiers, families and civilians a high quality of life. That is so important."

After offering words of encouragement and praise, Lynch spoke frankly about the military's \$28.3 billion deficit and said that



Photo by JAMES ARROWOOD, command photographer

Lt. Gen. Rick Lynch, IMCOM commander, speaks to civilian employees during a town hall meeting last week.

some jobs would have to be cut by the end of next fiscal year.

"Nobody is going to take your job from you as long as I am the IMCOM commander," said. "There is going to be a right-sizing initiative at IMCOM over the next few years and I need you to help me do it," he said. "Money allocated to places like Fort Jackson have to be used for what it was allocated."

Lynch also touched on the current civilian hiring freeze and said that it is not expected to end anytime soon. Even so, he praised the civilians for their efforts, despite the organization's current deficits.

"I am so impressed with our civilian workforce," he said. "What you do is as an important job as anyone else in the Army."

Following the town hall meeting, Lynch paid a visit to Fort Jackson's Honeywell facility for a briefing on the installation's energy reduction efforts.

"The Army light bill last year was \$1.7 billion, and a lot of that is unnecessary," said Lynch, who challenged installation employees to put together a list of 16 things they can do to reduce energy.

Lynch visited Fort Jackson with his wife, Sarah, who had her own full itinerary, meeting with drill sergeants' spouses, Family Readiness Group leaders and families of fallen Soldiers with Survivor Outreach Services.

The couple linked up later in the day at



Col. James Love, garrison commander, and Lynch (far right) listen during an energy-reduction briefing at the Honeywell facility last week.

the Family Readiness Center for a briefing on the post's ACS programs before visiting the 1st Battalion, 13th Infantry Regiment for a discussion on barracks furnishings.

"Lt. Gen. Lynch walked away impressed with all of the great initiatives we have here at Fort Jackson," said Col. James Love, garrison commander. "Our top issues to him were the need for a new reception battalion,

increased energy programs and the advantages of maintaining Fort Jackson as the premier BCT post in the Army.

"He was particularly impressed with the positive attitude of our employees and their dedication to providing Soldiers and families a quality of life commensurate with the quality of their service," Love said.

Chris.Rasmussen@us.army.mil

Housing Happenings

COMMUNITY UPDATES

- ❑ Geographical bachelors may now apply for on-post housing. Call 738-8275 for more information.
- ❑ 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 walking club will meet at 10 a.m., each Tuesday and Thursday at the Community Center. To register, call Alana at 738-8275.
- ❑ Conservation tip: Use kitchen, bath and other ventilating fans wisely; in just one hour, these fans can pull out a houseful of warm or cooled air. Turn fans off as soon as they have done the job.
- ❑ 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, 311 homes have been completed.
- ❑ There are a total of 709 homes demolished to date.
- ❑ Phase III demolition has started in the Pierce Terrace I area.



- | | |
|--------------------------------------------------------------|-------|
| April 1 — 4 p.m.
How to Train Your Dragon | PG |
| April 1 — 7 p.m.
Gnomeo & Juliet | PG |
| April 2 — 6 p.m.
Justin Bieber:
Never Say Never | G |
| April 3 — 6 p.m.
Gnomeo & Juliet | PG |
| April 6 — 2 p.m.
I am Number Four | PG-13 |
| April 6 — 6 p.m.
Just Go With It | PG-13 |
| April 8 — 1:30 p.m.
Imagine That | PG |
| April 8 — 7 p.m.
Unknown | PG-13 |

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

Volunteer, staff caseworkers heart of post Red Cross

By DENISE CUENIN
Fort Jackson Red Cross

Volunteer and staff case workers who connect families and service members are at the core of the Fort Jackson's Red Cross program.

Although there is a systematic approach to delivering Red Cross messages, human contact with the Red Cross caseworker is the true heart of the program.

"Nothing sits on anyone's desk" said Deborah Anderson, Casework Chair at Fort Jackson. Deborah is a retired Soldier who both does casework and trains other volunteers on the process. "If a message cannot be delivered right away, it is electronically dispatched back into the system to ensure the additional information needed to allow delivery is worked on immediately."

This work continues around the clock. After normal office hours, efforts continue in the same way from a central location, ensuring messages are not delayed.

When briefing on Red Cross services, Sandy Chambers, Fort Jackson Station Manager, frequently reminds service members to keep their families current on when and where they are training, stationed or deployed. It helps to send it in writing and not just to provide it over the phone.

During a busy month, Fort Jackson Soldiers receive as many as 250 American Red Cross emergency messages from family. Like many services on post, this volume is higher during surge periods when the number of Soldiers-in-training



Courtesy photo

Richard and Monica Fullmer are two of the volunteer caseworkers with the Fort Jackson Red Cross.

is especially high.

Last year, approximately 2,200 messages were delivered. These messages are often upsetting, concerning the death, serious illness or injury of a family member. However, there are happy messages as well, delivering the good news of healthy newborn family members.

These messages are handled by a cadre of American Red Cross caseworkers, especially trained in this work. Today's caseworkers are following in the footsteps of other Red Cross workers who have been sending and delivering emergency messages on behalf of United States servicemen and women since World War I.

Today's caseworkers leverage internet technology, to carry on the

tradition of verifying and transmitting emergency messages as part of the vital services provided to the military by this international organization.

Each year, the American Red Cross delivers more than 1.4 million emergency messages to military installations, deployed and isolated units, embassies and family residences around the world.

Family members are advised to contact their local Red Cross chapter or station when an emergency situation arises, as they are best equipped to provide the details that will allow the emergency to be verified. Along with details on the emergency, there are five items of information that families need to provide to ensure a message is delivered efficiently: Name, rank, Social Security Number, unit and unit address. This will help ensure a quicker delivery of information to the service member's command once the emergency situation is verified.

"There are many opportunities for volunteers," Chambers said. Caring individuals are always welcome. Currently, we have a very critical need for volunteers willing to fulfill leadership roles."

Those interested in volunteering can contact the Red Cross Station at 751-2943. For more information about being a caseworker or volunteering in some other capacity, visit the Red Cross office in Building 2464 to explore the various opportunities.

"Our Red Cross volunteers at Fort Jackson are a wonderful group of caring people, proudly continuing the work begun over a century ago," Chambers said.



Saluting those who serve

Nineteen Soldiers from the 171st and 165th Infantry brigades and the U.S. Army Medical Department Activity at Moncrief Army Community Hospital were recognized during last week's graduation after returning to Fort Jackson after their respective deployments.

Photo by JAMES ARROWOOD, command photographer

And the Army goes rolling along ...

New equipment gives 187th Soldiers up-to-date training

From the 187th Ordnance Battalion

Fort Jackson's Wheeled Vehicle Mechanic School recently received 10 MAXXPRO Mine-Resistant Ambush Protected vehicles, or MRAPs.

The vehicles will help as WVMS staff work on a pilot program for the Ordnance School to provide training to the Fort Lee, Aberdeen Proving Ground, Md., and Fort Jackson instructors by facilitating hands-on instruction and training, which will maximize the efficiency of the program.

The MRAP is a family of armored fighting vehicles designed for the Army and Marine Corps. The goal of the training is to provide wheeled vehicle mechanic students the chance to train on equipment that is used by the Army's deploying Soldiers.

"We are working very hard to improve our current lesson plans and to incorporate new technologies to our 91B (mechanics) courses," said Chief Warrant Officer 4 Cleveland Witherspoon, WVMS Site 2 director, referring to courses aimed at the wheeled vehicle mechanic military occupational specialty.

The MAXXPRO vehicle incorporates the latest design in armoring technology and has been tested extensively by the military.

"The V-Shaped hull design is a proven technology used in theater today, this crew capsule with a V-shaped hull is mounted on an International WorkStar 7000 chassis and deflects the blast of a land mine or IED away from the vehicle to protect its occupants," said Chief Warrant Officer 4 Garret Pickering, WVMS Site 1 director.

This vehicle is designed with operational readiness in mind and uses standardized, easily available parts to ensure rapid repair



Courtesy photo

Fort Jackson's Wheeled Vehicle Mechanic School recently received 10 Mine-resistant Ambush Protected vehicles, or MRAPs, for use by its Advanced Individual Training students. The MRAPs are the same type being used in Iraq and Afghanistan, offering mechanics a chance to train on equipment they would use overseas.

and maintenance. The armored body is bolted together instead of welded, as in other MRAPs facilitating repair in the field. The vehicle is powered by a diesel engine.

The addition of the equipment will go a long way in providing a degree of realism to training by having students train on the same equipment that is being used in Iraq and



Afghanistan, said Chief Warrant Officer 5 Luis Diaz, WVMS director.

"I am very pleased with our new equipment for training and our goal is to provide the best training to our Soldiers," Diaz said. "When I was assigned as WVMS Director my immediate goal was to ensure our (mechanic students)

received the proper training and that our school was recognized as the best in the Army. I know this new equipment will give our WVMS team the unique opportunity to train our Soldiers on one of the latest vehicle designs."

The Fort Jackson WVMS will also receive four MRAP all-terrain vehicle, or M-ATVs, a more modern and versatile version of the MRAP.

Editor's note: The addition of the MRAP to the Wheeled Vehicle Mechanic School falls under 1.1 of the Campaign Plan; transforming civilians into Soldiers.

Post Boys & Girls Club receives \$10k grant

Special to the Leader

The Boys & Girls Club of Fort Jackson has received a \$10,000 grant from the Walmart Foundation's Bright Spot for Reading initiative to launch a new reading initiative that promotes both educational and leisure reading for adolescents.

The Bright Spot Reading Center will be housed in the Youth Services Center and will officially open at 6 p.m., April 7. The center will feature books geared at youth 11 to 18 and will include programming to encourage adolescents to read more and develop a more positive attitude toward reading. Programming will include activities in drama, art and technology; field trips to plays and other

exhibitions and service learning projects in order to create reading opportunities in every area of the club. The Boys & Girls Club of Fort Jackson houses many programs for tweens and teens year round.

In addition, the Boys & Girls Club of Fort Jackson will also strengthen existing and develop new relationships with the Fort Jackson library to enhance our programs and services.

The first partnership event with the Fort Jackson Library was Saturday's Literary Fair at Hilton Field (see story, Page 11). The Literary Fair was a family event that offered age-appropriate reading activities for all ages. The first in-house program will be a monthly spoken word night. This will give tweens and teens the opportunity to express themselves with words to their peers and family.

"The Walmart Foundation's Bright Spot for Reading Initiative is essential in preparing youth for academic and life success," said Jeron A. Bailey, a DoD intern working with Child, Youth and School Services and Boys & Girls Clubs of Fort Jackson. "We are grateful to The Walmart Foundation for the opportunity to create an environment that will encourage and allow our youth to enjoy and develop an affinity for reading."

The Fort Jackson's Boys & Girls Club is located in the Youth Services Center at 5975 Chesnut Road, and provides program opportunities for more than 800 middle and high school youth each year. Those interested in joining the club or learning more about the Bright Spot for Reading Initiative or other youth programs can contact James Andrews or Jeron Bailey at 751-6387.

News and Notes

CPAC EVENT SCHEDULED

A "Getting to know your CPAC" event is scheduled for 8:30 a.m. to 4 p.m., April 19-21, in the 81st RSC Auditorium located at 1525 Marion Ave. The training is for civilian employees and those who manage/supervise civilian employees. Civilian Personnel Office representatives will be available to answer questions, provide updates and more.

GARDEN PLOTS AVAILABLE

Spots are available to housing residents in the new Family Housing Garden Plots. The plots are located in the housing area, off Gilmer Court. Call 751-7126 to sign up or for more information.

369TH CIVILIANS RECOGNIZED

Eleven civilian employees with the 369th Adjutant General Battalion were recognized during a ceremony last week. In addition to receiving certificates, those awarded were recognized by Brig. Gen. Mark McAlister, Soldier Support Institute commander.

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.

Chaplains visit



Photo by JULIA SIMPKINS, USACHCS

Chaplain (Col.) David Smartt, commandant of the U.S. Army Chaplain Center and School speaks to a delegation of chaplains from the Jordan Armed Forces who visited the school last week. The chaplains observed various on-post worship services. They also received a tour and overview of the school.

Sergeants' promotion-point system to change

By C. TODD LOPEZ
Army News Service

WASHINGTON — Beginning in June, Soldiers seeking advancement to sergeant or staff sergeant will find the Army has automated its promotion-point calculation and changed the way points are earned.

On June 1, the Army will implement modifications to the Semi-Centralized Promotion System for those applying for promotion to the ranks of sergeant and staff sergeant.

Soldiers will still earn a maximum of 800 points on the promotion-point worksheet, but where those points come from has changed.

The biggest change is that points will no longer come from either a promotion board or a Soldier's commander. Currently, Soldiers earn as many as 300 points in those two areas.

Commanders will still be able to recommend Soldiers for promotion, and boards will still provide a "go" or "no-go" for promotion — but Soldiers will no longer earn points in those areas.

"It allows us to be more fair and objective in our promotion points, as opposed to a subjective system," said Brig. Gen. Richard P. Mustion, the Army's adjutant general. "Yet it retains the responsibility of the chain of command. It doesn't undercut the chain of command in any way. In the end I think it results in us having an even higher-caliber (noncommissioned officer), focused on skills for sergeant, and leadership for staff sergeant."

Those 300 points have been moved to other sections of the promotion-point worksheet, allowing Soldiers to show they have excelled in other areas. The largest increase in points goes toward military training. For promotion to sergeant, Soldiers can now earn a maximum of 340 points for military training. For promotion to staff sergeant, Soldiers can earn 255 points. Previously, that category capped out at 100 points for both ranks.

The points have also gone up for military education, meaning the combined emphasis on military education and training has gone up for both ranks when considering promotability.

Under the current system, for instance, Soldiers seeking E-5 and E-6 earn only 50 percent of their promotion points in military education and military training. In June, that number jumps way up. For those seeking staff sergeant, about 67 percent of their points will come from military training and military education. For those seeking sergeant, that number will be 75 percent.

"The Army has an Army training, Army leader-development strategy," Mustion said. "That helps us identify what we need our sergeants and what we need our staff sergeants to do in the Army."

The general said for sergeants, the new system is "calibrated to reflect a Soldier's skills." And for those seeking staff sergeant, the emphasis is on leadership skills.

Included in those training and education points is credit for deployment. Those seeking E-5 can earn up to 30 points for their deployments — two points for each month deployed, up to 15 months. For those seeking E-6, that number is even higher. They can earn a total of 60

points for up to 30 months deployed.

That's "to recognize the development and the education and experience that's gained by our Soldiers and NCOs in those environments," Mustion said.

One major change under the new system — a change that will likely change many Soldier's points: No points will be awarded for correspondence sub-course completion. Instead, Soldiers can only earn points for finishing a course in its entirety.

Some Soldiers will see a decline in points, Mustion said. But The Army will still promote as many Soldiers as it needs.

"We'll see a significant reduction in the number of Soldiers that max out their points, which is a problem we have now," Mustion said. "While the promotion points that our Soldiers have will decline, so will the promotion cutoff. We'll still promote about the same number of Soldiers."

Another change in Soldier promotion in June is that a Soldier's calculation-point worksheet will be automatically calculated from information already in electronic Army databases.

"No longer will we have to go through the re-evaluation recomputation that we've done for many, many years," Mustion said, saying that the manual calculation process is gone. "As soon as a Soldier makes a change and it gets posted to the personnel and training system, the promotion points get recalculated. You'll be able to go in and see your promotion points went from 700 to 710, based on completing a course, or receiving an award."



187th funeral detail NCOIC recognized

Name
Staff Sgt. Mark Galiza

Unit
Company E, 187th Ordnance Battalion

Military occupational specialty
91B/wheeled vehicle mechanic

Years in service
12

Highest education
Associate's degree in liberal arts

Hobbies
Bowling and fishing



Photo by JAMES ARROWOOD, command photographer

Staff Sgt. Mark Galiza stands in front of a sign that reflects his favorite Army value, selfless service. Galiza demonstrates selfless service through his volunteerism, including volunteering for funeral detail.

If he had to choose one Army value that represents him, Staff Sgt. Mark Galiza can do so without question or hesitation: selfless service.

"This nation gave me so much," said the Kapolei, Hawaii native. "That's why I'm giving back. Being part of this nation means I give back some part of me."

Most recently, Galiza has volunteered with Homes for Troops and also participated in on-post fun run fundraisers.

Although he is an instructor/writer at the Wheeled Vehicle Mechanic School here, he said that he considers it an honor to lead funeral details for the battalion, one of his additional duties.

"I feel like it's an honor to give (this) to our fallen comrades," said Galiza, who, as a funeral detail noncommissioned officer-in-charge has worked 15 funeral details since coming to Fort Jackson last fall.

Galiza is responsible training the Soldiers who serve as pallbearers and supervising the entire process, which may include plane-side honors and providing other honors during the funeral and burial.

Recently, his team performed plane-side honors for Pfc. Kalin Johnson of Lexington March 16 at Owens Field.

Galiza also provided a detail at Johnson's funeral at First Baptist Church of Lexington and at the gravesite with a pall bearer team, rifle team and bugler. He presented Johnson's son with an American flag.

Part of ensuring that fallen Soldiers are properly honored is choosing a good team, Galiza said.

"We're looking for someone who wants to honor these Soldiers," he said. "They gave their lives; they made the ultimate sacrifice."

Galiza served in Operation Iraqi Freedom 2006-2007 and Operation Enduring Freedom 2009-2010.

— Reporting by Crystal Lewis Brown

The NCO Creed

No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army."

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

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

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

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

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

Leader deadlines

Article submissions are due two weeks before publication.

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

Announcement submissions are due one week before publication.

For example, an announcement for the April 14 Leader must be submitted by

April 7. Send your submissions to
FJLeader@conus.army.mil.





On your mark! Get set! Go!

Post event combines health, literacy; raises money for schools

By SPC. H. MARCUS MCGILL
319th Mobile Public Affairs Detachment

Nearly 100 members of the military community here braved clouds, winds and unseasonably cool conditions to participate in a literary fair and the first Patriot 5K and Dragon Mile Fun Run/Walk at Hilton Field Saturday.

Child, Youth and School Services hosted the event to give the community an opportunity to get together and enjoy healthy activities.

The event was about much more than just one goal. While the running activities were held in and around the softball complex, the literary events were taking place just outside the entrance. Some children enjoyed an inflatable fun house and slides while others got temporary tattoos and visited with a clown who came out to support the cause.

“There are teachers, principals, military members, spouses, and kids and we are all here working together for a common goal,” said Lt. Col. Bryan Hernandez, school board president and commander of the 3rd Battalion, 34th Infantry Regiment. “We’re promoting unity, education, and wellness. It’s a good bonding experience for all of us.”

The 5K was divided into male and female categories, with three participants from each group being recognized.

Brian Todd, Jack Gibson, and Pat Walsh finished in the top three for the men. Todd led all competitors with a time of 20:17.

The top three runners in the women’s run were Susanna Shipman, Amber Todd, and Brenda Jones. Shipman led the way for the female competitors.

The winner of the Dragon Mile Fun Run/Walk was 6-year-old Aleksandar Prcic, who finished with a time of 7:14.

In addition to the running awards, students were also recognized for achievements in writing, and parents were reminded about the importance of reading to their children.

“We just wanted an activity for our families. We wanted



Photos by SPC. DARRYL L. MONTGOMERY, 319th Mobile Public Affairs Detachment
Aleksandar Prcic, 6, clears a hurdle during Saturday’s Dragon Mile Fun Run/Walk at Hilton Field.

to get everybody together,” said Brian Perry, principal of Pierce Terrace Elementary School. “Part of the idea came from our wellness committee just looking to do some healthy activities with the families and our students. We also gain support for our schools and we get to build our partnership with the community.”

Perry said that multiple school and community leaders

spent more than two months planning the event. There are approximately 450 students, in grades 4K-6, at Pierce Terrace and C.C. Pinckney Elementary schools who may see long-term benefits from the day’s event.

Saturday’s experience brought together educators, service members and families as they sought to help schools.

“It’s all about the kids,” Hernandez said.

Army: Iraq on track to transition this year

By C. TODD LOPEZ
Army News Service

WASHINGTON — It's up to Iraq now to be successful in their own future, said Secretary of the Army John McHugh.

"The longer-term key for success, is the success of the Iraqi government," McHugh said, adding that in his personal opinion, "We've brought them as far as we reasonably can be expected to bring them. We've given them every opportunity and every basis upon which to succeed and now it's up to them."

McHugh and Chief of Staff of the Army Gen. George W. Casey Jr. spoke March 16 before the House Appropriations Committee — Defense subcommittee regarding Army budget and posture.

McHugh said the Army is having success in its withdrawal from Iraq, and should meet an end-of-year deadline for American forces to withdraw from country.

In terms of American forces, and retrograde of equip-



CASEY

ment back to the United States, McHugh said that the drawdown in Iraq is "going about as well as anybody could have hoped."

Now, he said, the Army is down to about 50,000 troops in Iraq, who are providing advice and assistance to Iraqi forces, with about six advise and assist brigades in country.

Additionally, the Army has significantly reduced its footprint in country from what it had been. "We're down to about 73 bases, down from several hundred at our peak and the retrograde of equipment continues ... and in very good order," McHugh said. "And we are in fact ahead of our schedule to be totally out, as the order now stands at the end of this

calendar year."

Both McHugh and Casey agreed that "development of civil society" in Iraq rests largely on the shoulders of agencies other than the U.S. military and American efforts should be led by agencies like the Department of State, for instance.

"The development of civil society really falls under the Department of State's bailiwick," Casey said. "We have redone our core doctrine in 2008 to say Soldiers will do offense, defense and stability operations — stability operations basically provides a secure environment so these other types of civil-society development can take place. We have to ask ourselves, do we really want Soldiers doing civil-society development? I really think that falls on Department of State and USAID and those kinds of agencies to do that."

Casey's comments had reflected McHugh's, who said "We need that whole-of-government approach — but I feel very confident and comfortable in having visited Iraq 16 times now, that is indeed happening."

High-profile visits



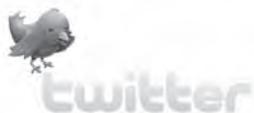
Photo by SUSANNE KAPPLER



Photo by PHILIPS B. JOHNSON, Soldier Support Institute

Above, Columbia Mayor Steve Benjamin, middle, observes a training simulation during a visit to the Soldier Support Institute Wednesday. The purpose of his visit was to get a better understanding of the SSI's mission. Also pictured, from left, Leona Plough, city councilwoman, Sgt. 1st Class William Riddle, SSI, and (far right) Col. James Comish, commandant of the Recruiting and Retention School.

At left, Richland County Sheriff Leon Lott tries out the Future Soldier Training System during a visit to the SSI Friday. The FTS is a virtual 3D training tool used by recruiters to familiarize future Soldiers with military tasks.



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Retiring from service



Photo by JAMES ARROWOOD, Command photographer

Retiring Soldiers are honored during a ceremony Wednesday at the Joe E. Mann Center. From left, Sgt. 1st Class David Prestage, Master Sgt. Jeffery Weller, Sgt. Maj. John Fulton, Command Sgt. Maj. Ricky Johnson, Command Sgt. Maj. Charlie Lakin, Sgt. 1st Class Kenneth Smith, Sgt. 1st Class Kevin Byington and Sgt. 1st Class Michael Stollar.

CYSS hosts children's events throughout April

Continued from Page 1

Whereas the concert is primarily aimed at teenagers, younger children will be able to participate in the fun during events offered at the installation's child development homes.

Pamela Patterson, director of Hood Street Child Development Center, said the events, such as an ice cream social, are open to parents and are aimed at strengthening the bonds between parents and children and between children and their peers.

"With so much going on today (in the military), it's a way to bring the families together and the children together as well," Patterson said. "The children love to see their parents coming in, especially if they're new, because (it can be) a hard transition for them."

Parents and other community members will also have the chance to be involved in the other activities throughout the month.

Andre-Noel said that a number of volunteer opportunities are available, ranging from spending an hour stuffing Easter eggs to providing crowd control at the concert.

"I think it's a rewarding experience," Andre-Noel said. "Interacting with children sometimes helps people realize all the things you go through as an adult are important, but children give you back that youth and that enjoyment and that fulfilling experience of doing something in the course of the day that's not all about you. They always seem to find a way to make you laugh and make you forget about everything else that's troubling you in the course of the day."

Andre-Noel, who is also a military spouse and the mother of two children, said she is happy to be involved in providing events to military families.

"It's always rewarding, as a mom, to see something (offered) that my child would want to go to and I would want to take

“It's always rewarding, as a mom, to see something (offered) that my child would want to go to and I would want to take my child to.”

— Cindy Andre-Noel
Child, Youth and School Services

MONTH OF THE MILITARY CHILD EVENTS

- ❑ April Foolish Dog Show, 2 to 4 p.m., Sunday, Youth Sports Complex. Registration begins at 1:30 p.m.
 - ❑ Spirit Week, Monday through April 8, Hood Street Child Development Center, daily activities for patrons
 - ❑ Health Rocks, 6:30 to 9 p.m., April 8, Youth Services Center
 - ❑ Allstar Weekend concert, April 16, 7 to 10 p.m., Youth Services Center
 - ❑ Family child care/CD home picnic, 9:30 a.m. to 11:30 a.m., April 22, Youth Sports Complex
 - ❑ Spring Jamboree and Easter Egg Hunt, 10 a.m. to noon, April 23, Youth Sports Complex
 - ❑ Flashlight Easter Egg Hunt, 8 p.m., April 23, Youth Services Center, for middle school students and teenagers
 - ❑ Parent luncheons, 11 a.m. to noon, Scales Avenue Child Development Center
 - ❑ Military Child Appreciation Day, 2:30 to 6:30 p.m., April 27, Youth Services Center
 - ❑ Hood Street parade, 9 to 9:30 a.m., April 29, Hood Street CDC
 - ❑ CYSS Month of the Military Child Fun Fair, 10 a.m. to 3 p.m., April 30, Hilton Field
- All events are free. For more information, call 751-4869.

my child to," she said. "I think sometimes people think that as military families we get it all. To me, we don't necessarily get it all; we sacrifice more than we get. And people tend to forget that."

Susanne.Kappler1@us.army.mil

Editor's note: Community members interested in volunteering should contact Andre-Noel at 751-4869.



Photo by CRYSTAL LEWIS BROWN

Capt. Emily Smith, chief of Clinical Dietetics at Moncrief Army Community Hospital, speaks with Bernard Ellison, Commissary director, during a tour Friday. The meat department was just one section in which Smith pointed out healthier choices for those trying to lose or maintain their weight.

Planning key to eating well, staying within your budget

Staying within a budget and eating healthy may seem like conflicting goals.

Many people are under the impression that purchasing healthier foods is too expensive and therefore not a realistic option. But with a little planning and strategizing, there are ways to make healthier choices at the supermarket that won't break the bank.

Some general tips apply not only to shopping for healthier food, but grocery shopping in general. The most important thing is to plan ahead of time. Plan meals ahead, including portion sizes. Inventory the food in the pantry and then make a grocery list of all the foods needed for the next seven to 14 days. Don't stray from the list when at the grocery store. Get what's on the list and get out!

Be sure not to go to the grocery store or supermarket hungry. Having a snack or meal before a shopping trip will help in avoiding tempting items and ultimately make smarter, healthier food choices. Don't forget coupons are available online or from newspapers. Really

FINANCIAL ADVICE

By MARTHA PHILLIPS
Army Community Services

pay close attention to the cost of items. A generic brand may be less expensive than the brand-name item, even with a coupon.

Plan easier meals for those extra-busy days and ask family members for input and suggestions. Planning in advance is important, but also be flexible and change menus to take advantage of weekly sales and specials on fruit and vegetables. Try to use foods that are in season, which means that they'll not only be fresher, but cheaper as well.

Buying frozen fruits and vegetables is a great way to eat healthy on a budget. Frozen produce is often half the price of fresh and can be bought in bulk to get more of a discount. Frozen produce is usually pre-washed and cut and saves preparation time. And if frozen right

when picked, frozen produce can contain more nutrients than fresh.

Remember that healthy does not always mean organic. Usually the nutritional content is the same for organic and non-organic food. The same strategy applies to brand-name items and generic or store brands.

Buying locally grown produce can be more beneficial than buying organic. Locally grown fruits and vegetables are often less expensive, which equals additional savings and the food is often fresher.

Buying bulk can save a lot of money as well. Grains, pastas, dried fruits, nuts and flours can be found in the bulk isles of your grocery or natural foods store.

Bulk food sections give a lower price per quantity ratio while saving on packaging. Be sure to choose the amount that works for the family — bulk doesn't mean a person has to buy 25 pounds of rice at a time.

For more information, contact the Army Community Service Financial Readiness Program at 751-5256.

Monthly tour provides tips for good diets

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

For those of us who may be trying to lose or maintain our weight, a simple trip to the grocery store can be overwhelming. Trans-fats, Omega fats, high fructose corn syrup; it's enough to derail any semi-healthy eating plans.



That's where Capt. Emily Smith, registered dietitian and Moncrief Army Community Hospital's chief of Clinical Dietetics, comes in. Friday, Smith hosted one of the many planned Commissary tours to help those who want a few extra tips for healthy shopping, and subsequently, healthy eating. The tours are scheduled for 8:30 a.m. the last Friday of each month and last between 60 and 90 minutes, depending on the size of the group.

The group I toured with last week was small, so Smith gave each of us three questions from her prepared list to answer. Among them were questions about the sugar content in condiments (most salad dressing tended to rate the highest), healthy meat choices and the amount of fiber in different types of breads.

Though I'd heard some of the tips before, such as "shopping the perimeter," a phrase that refers to the more healthful options being on the outer aisles in a grocery store (think produce, dairy and meat sections) while the processed items tend to be on the inside, some of the information was new. For example, though I'd long switched to wheat bread, I tended to think the multi-grain bread with the grains and oats on top would be healthiest.

But Smith pointed out that "multi-grain" was not a regulated term, meaning that from brand to brand, multi-grain could mean something different.

While those labeled 100 percent whole wheat are made of exactly that. And although the tours were primarily started as a way to provide help for those looking to lose weight, Smith fielded questions about organic food and gave options to trim both waistlines and food budgets.

So whether your goal is to lose weight or just lead a healthier lifestyle, this tour just might be the best money you never spent.

For more information about the tours, contact the Nutrition Clinic at 751-2489.

Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Omar Rivera
Company A
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Nathan Barnes

SOLDIER OF THE CYCLE
Pvt. James Berger

HIGH APFT SCORE
Spc. Jonathan Immel

HIGH BRM
Pfc. Scott Malloy



Staff Sgt. Juan Bernal
Company B
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Rebecca McLaughlin

SOLDIER OF THE CYCLE
Spc. Krystal Fye

HIGH APFT SCORE
Pfc. Mark Beasley

HIGH BRM
Pvt. Jordan Campbell



Staff Sgt. Eric Jordan
Company C
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Benjamin Williams

SOLDIER OF THE CYCLE
Pfc. Joel Buckmire

HIGH APFT SCORE
Spc. Megan Tidwell

HIGH BRM
Pvt. Brandon Wagner



Staff Sgt. Jennifer Anderson
Company D
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. David McEachnie

SOLDIER OF THE CYCLE
Pfc. Alec Orr

HIGH APFT SCORE
Pvt. Elisabeth Mayenschein

HIGH BRM
Pvt. Darin Raleigh



Sgt. Terence Dawson
Company E
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Julius Frazier

SOLDIER OF THE CYCLE
Spc. Scott Nicola

HIGH APFT SCORE
Spc. Joseph Carothers

HIGH BRM
Pfc. Koy Laurent

Photos by OITHIP PICKERT, Public Affairs Office

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Staff Sgt. Lauriston Charles

TRAINING SUPPORT
Benjamin Hannah

SERVICE SUPPORT
Felicia Grate

DFAC SUPPORT
Casse Greene

FAMILY SUPPORT
Linh Archuleta
Kendell Hendricks

Training honors



Staff Sgt. Brian Garrett
Drill sergeant
leader of the cycle
Drill Sergeant School



Staff Sgt. Russell Hansen
Distinguished honor graduate
Drill Sergeant School



Staff Sgt. Casinova Jackson
Leadership award
Drill Sergeant School



Sgt. Bernice Macias
Physical fitness award
Drill Sergeant School



Chief Warrant Officer 2 Michael Radock
Distinguished honor graduate
Warrant Officer
Advanced Course
Adjutant General School



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Want more Fort Jackson news? Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with Leader style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.

ACS Calendar of Events — April

THROUGHOUT APRIL

Child safety/child abuse awareness display — Main Post Library

SUNDAY, APRIL 10 THROUGH SATURDAY, APRIL 16

Child abuse awareness and sexual assault Awareness display — 8:30 a.m. to 4 p.m.; Moncrief Army Community Hospital

MONDAY, APRIL 4

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

Preparing the family for emergencies/natural disasters — 9 to 10 a.m.; Family Readiness Center

How the Family Assistance Center can assist families during emergencies/natural disasters — 10 to 11:30 a.m.; Family Readiness Center

TUESDAY, APRIL 5

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

Adult career assessment — 9 to 11:30 a.m.; call 751-4862 for location

EFMP family night out — 5 p.m.; Chick-fil-A, Decker Boulevard

WEDNESDAY, APRIL 6

Post newcomer orientation/tour — 9 to 11:30 a.m.; Post Conference Room

Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location

Phase II LEVY brief — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, APRIL 7

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

AER commander's referral training — 9 to 10:30 a.m.; Education Center, Room B206

Instructor-led computer training — intermediate MS Excel — 9 a.m. to noon; call 751-4862 for location

EFMP Riverbanks Zoo outing — 11 a.m. to 1 p.m.; 500 Wildlife Parkway; participants must be enrolled in EFMP; to RSVP, call 751-5256

English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

MONDAY, APRIL 11

Managing FRG funds; treasurer training — 9 to 10 a.m.; Family

Readiness Center

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

Establishing communication with families; key caller training — 10 to 11:30 a.m.; Family Readiness Center

TUESDAY, APRIL 12

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

Steps to federal employment — 9 a.m. to noon; Strom Thurmond Building, Room 222

Baby Basics workshop — 10 a.m. to 3 p.m.; For more information, call 751-6304/1071/6868

EFMP family night at EdVenture Children's Museum — 5 p.m., 211 Gervais St., \$1 per person

WEDNESDAY, APRIL 13

Job searching strategies — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222

Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location

Monthly SOS support groups — 5 to 7 p.m.; open to spouses and family members of fallen service members; for more information and to RSVP, call 751-4867

THURSDAY, APRIL 14

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

Instructor-led computer training — intermediate MS PowerPoint — 9 a.m. to noon, location to be announced

Stress management class — 11 a.m. to noon; Community Center

English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

FRIDAY, APRIL 15

Hearts Apart "Mother's Day" event — 6 to 8 p.m.; Family Readiness Center

SATURDAY, APRIL 16

Teen workshop: job search assistance — 10 a.m. to noon; call 751-4862 for location

Survivor Outreach Services: Gold Star Family spring fling luncheon — 11 a.m. to 2 p.m.; NCO Club; open to families of fallen Soldiers and special guest; call 751-4867 to RSVP

MONDAY, APRIL 18

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

FRG basic training — 8:30 a.m. to 4 p.m.; Family Readiness Center

TUESDAY, APRIL 19

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

Resume writing/interviewing skills workshop — 8:30 a.m. to noon; Strom Thurmond Building, Room 222

Starting and running a small business — 9 to 11:30 a.m.; call 751-4109 to register.

Relocation planning (stateside workshop) — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213

EFMP bowling — 3:30 to 5 p.m.; Century Lanes Bowling Center; call 751-5256 to register

1-2-3- Magic: Effective discipline for children 2-12 — 10 a.m. to 3 p.m.; call 751-6304/1071/6868 for more information

WEDNESDAY, APRIL 20

ACS-FAP pathway to resilience: Connecting the community workshop — 8:30 a.m. to 4 p.m.; NCO Club; keynote speaker: Veraunda Jackson; attorney, author, trainer and consultant

Fort Jackson spouses forum: "Spouses united in Victory" — 9 to 11:30 a.m.; Family Readiness Center

Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location

Phase II LEVY brief — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213

THURSDAY, APRIL 21

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

Instructor-led computer training — intermediate MS Word — 9 a.m. to noon; location to be announced

Anger management class — 11 a.m. to noon; Community Center; call 751-6325 to register; a class certificate is provided

English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

Army sponsorship training for Soldiers — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

Foreign-born spouses support group — 6 to 8 p.m.; Family Readiness Center

MONDAY, APRIL 25

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

Evening breastfeeding support group — 5:15 to 6:30 p.m.; for more information, call 751-6304/1071/6868

TUESDAY, APRIL 26

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

Relocation planning (stateside workshop) — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213

Become a Hero Helper — 10 to 11:30 a.m.; Strom Thurmond Building, Room 213

Lunch and learn: welding seminar — noon to 1 p.m.; Strom Thurmond Building, Room 222; scholarships will be available

WEDNESDAY, APRIL 27

Job searching strategies — 8:30 a.m. to noon; Strom Thurmond Building, Room 222

Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location

Denim Day and Walk — 11 a.m.; Semmes Lake

Phase II LEVY brief — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, APRIL 28

Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222

Financial/relocation planning for initial PCS move — 9 to 10:30 a.m.; Education Center, Room B208

How to conduct online job searches — 9 to 11:30 a.m.; call 751-4862 for location

Parent power: parenting children 13 to 18 years old — 9 a.m. to 3 p.m.; for more information and to register, call 751-6325

English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

EFMP support group — 5 p.m.; Family Readiness Center

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

The Family Readiness Center is located at 3499 Daniel Circle. The Community Center is located at 520 Brown Ave.

Post honors EIB recipients

Female captain passes Expert Infantryman Badge tests

By **SUSANNE KAPPLER**
Fort Jackson Leader

Two Soldiers received special honors Friday during a ceremony at the Hilton Field Softball Complex recognizing those Soldiers who recently completed a week of tasks to earn the Expert Infantryman Badge.

Sgt. 1st Class Scott Wilkie, a drill sergeant with Company E, 3rd Battalion, 34th Infantry Regiment, was the only Soldier who received the “true blue” designation, meaning that he completed all the tasks without making any mistakes. Capt. Michelle Roberts, commander of Company F, 2nd Battalion, 60th Infantry Regiment, was the only female Soldier who passed the test.

Wilkie and Roberts were two of 42 Soldiers who passed from a field of 97.

“This is the first year that (I’ve seen) a (woman) compete in the 27 years I’ve been in the Army,” said Sgt. Maj. Michael Love, the noncommissioned officer in charge of the EIB testing. “I think it’s great.”

Roberts, an activated National Guard Soldier, said she

believes it is her duty to be trained as well as possible in soldiering skills, which is why she did not want to pass up the opportunity to go through the test and the two-week training in preparation for the EIB.

“Male or female, we’re all Soldiers first. It doesn’t matter what your (military occupational specialty) is, it doesn’t matter what job you do for the United States Army — you’re a Soldier first,” Roberts said. “It’s good to have all the training under my belt. I know that if I go into combat now, I have confidence in myself, I can rely on myself, (and) my battle buddies can also rely on me.”

Roberts, who is a military intelligence officer, received a certificate for meeting the EIB requirements, but will not be able to wear the badge because she has a non-combat arms MOS. Lt. Col. Larry Murray, commander of the 2-60th, said he is proud of Roberts and all the Soldiers who tested for the EIB.

“I think it is a testament to the leadership here on Fort

Jackson that this testing was open to all Soldiers, regardless of branch and gender,” Murray said. “Any opportunity a Soldier gets to train on any task and be tested only makes the Soldier and our Army better.”

“Male or female, we’re all Soldiers first. It doesn’t matter what your MOS is, it doesn’t matter what job you do for the United States Army ...”

— **Capt. Michelle Roberts**
2nd Battalion,
60th Infantry Regiment

The EIB training and testing was entirely organized and carried out by NCOs, said Master Sgt. Scott Beeson, assistant EIB NCOIC.

“Just the ability for the NCOs to come together and make an event that is as big as this ... is a big part of what NCOs are about here on Fort Jackson,” he said.

The ceremony concluded a week of events that included a physical fitness test, day and night land navigation, the execution of 30 combat tasks on three combat lanes and a 12-mile road march carrying a 35-pound rucksack.

The EIB was created in 1944 to honor Army infantrymen.

Susanne.Kappler1@us.army.mil



Photo by JAMES ARROWOOD, Command photographer

Maj. Gen. James Milano, Fort Jackson’s commanding general, presents Capt. Michelle Roberts with an EIB certificate Friday at Hilton Field Softball Complex.



Photo by JAMES ARROWOOD, command photographer

Out of a field of 97 candidates, 42 met the requirements to receive the Expert Infantryman Badge in a ceremony at Hilton Field Softball Complex Friday. Soldiers had to demonstrate soldiering skills in a patrol lane, traffic control lane and urban environment lane.



Photo by SUSANNE KAPPLER

Staff Sgt. Daniel Lazinek, Company B, 4th Battalion, 10th Infantry Regiment, performs a functions check on an M9 pistol during Expert Infantryman Badge testing March 24.



Photo by SUSANNE KAPPLER

Staff Sgt. Daniel Lazinek, 4-10th, evacuates a “casualty,” which is one of the 10 tasks EIB candidates had to perform within 20 minutes during the patrol lane portion of the testing.

CMYK

CMYK

27" WEB-100

Calendar

Today

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

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

AG Corps Regimental Association golf tournament

7:30 a.m., Fort Jackson Golf Course
The cost is \$50 per person. For more information, call 751-3136.

Planting day

10 a.m. to 2 p.m., garden plot off Washington Road
Volunteers are needed to help plant a gardening plot for veterans with disabilities. Donations are also accepted. For more information, call 629-5589 or 782-2587.

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. For more information, call 751-6325.

Wednesday, April 27

March for change

11 a.m. to 1 p.m., Semmes Lake
The Family Advocacy Program will host a march against sexual assault and child abuse. For more information, 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

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

TRANSPORTATION STUDY

The Directorate of Public Works is conducting a survey to assess traffic issues and improve traffic on Fort Jackson. The responses are anonymous. The completion of the survey will take five to 10 minutes. To access the survey, visit www.gfnet.com/survey/takesurvey.asp?surveyID=mLJ455M02n811.

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 Tuesday through April 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.

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., Monday and April 18; Session 2: 2 to 3 p.m., Wednesday and April 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.

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.

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.

ACS ON SOCIAL MEDIA

Army Community Service now has a Facebook page and Twitter feed. Follow FtJacksonACS on Twitter or friend Ft Jackson ACS on Facebook.

FLTCIP OPEN SEASON

Open season for the Federal Long Term Care Insurance Program will run Monday through June 24. For more information on the program, visit www.ltcfeds.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.

Book presentation



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

Richard Tinney, left, and Eli Wishart, middle, present a book on behalf of the Congressional Medal of Honor Foundation to Chaplain (Col.) David Smartt, commandant of the U.S. Army Chaplain Center and School.



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

Strike Zone eatery opens

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

Fort Jackson's Century Lanes Bowling Center recently underwent an extensive makeover in its food service operation, including new fixtures, counters and equipment. A Strike Zone eatery has replaced the former snack bar, and includes a new menu and recipes.

The former snack bar staff stayed on to run the new Strike Zone Eatery and went through an intensive training period to prepare for the March 17 opening.

"We trained eight hours a day every day except for Sunday, from March 9 through March 16," said Juan Joubert, executive chef. "It was a very good experience. The crew had a great attitude, and they took pride and ownership in what they were doing. They were very excited."

Deborah Hewitt, Strike Zone manager, shared a similar sentiment.

"The chef turned out to be great. Everyone enjoyed working with him," Hewitt said. "Juan led the way on opening up a wonderfully improved snack bar, we were lucky to have such a professional and knowledgeable FMWR brand expert come to work with us."

All of the recipes are standardized across the Family and Morale, Welfare and Recreation Command's theme concepts. All Strike Zones have the same menu items made to very detailed specifications; however, local Strike Zones may offer menu items of local tastes and preferences with approval. Menu items include burgers, Philly Cheese Steaks, chicken, hot dogs and more.

"The recipes are outstanding and Juan created custom guide books to assist us along the way," Hewitt said.

"I think it's appropriate we opened on St. Patrick's Day. I wish our bowling center staff the best of luck with their new operation. The project brought three significant changes to improve our service to Soldiers," said Rose Ann Turner, chief, FMWR, Business Operations Division. "First, the new equipment and layout will allow the staff to prepare food more efficiently for our customers. In our old space, the equipment



Photo by **THERESA O'HAGAN**, FMWR

Tiffany Sistrunk takes a customer's order at the new Strike Zone snack bar at Century Lanes Bowling Center. Strike Zone opened March 17.

was limited, and the small space made it difficult at times to serve our customers. The newly designed space has additional equipment and is more functional. Second, the extensive training provided to our staff by the Family and Morale, Welfare and Recreation Command was extremely valuable. It has helped our folks learn how to use the new equipment and make a consistent product. Third, the recipes for the menu items are wonderful. I've heard very positive comments about all the food. I've also tasted the calzones, the pizza and the burger. Quality assurance is an important part of my job. They all tasted great and I'm confident our patrons will enjoy them as well."

The Strike Zone is open 11 a.m. to 3 p.m., Tuesday through Friday, 5 to 9 p.m., Saturdays and 2 to 8 p.m., Sundays.

Stay SMART teaches life skills

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

It's not always easy being a young person today. Things like peer pressure, dating, avoiding risky behaviors and making wise decisions can be very challenging.

Through a grant made available by the Boys and Girls Club of America, Stay SMART, which stands for Skills Mastery and Resistance Training, teaches Fort Jackson youth in the Middle School and Teen program the skills they need to resist peer pressure and make good decisions.

Stay SMART is the follow on to Start SMART, which focuses on younger youth.

Stay SMART features engaging and 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 Middle School and Teen 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.

"In Start SMART we build a foundation of skills. The participants graduate and move on to Stay SMART, where we build on those skills," said James Andrews, director of the Middle School and Teen Program. "Many of our alumni come back as mentors" Andrews said.

Stay SMART is a component of the SMART Moves, the National Prevention Program of Boys & Girls Clubs of America. The program is modeled after a school-based intervention designed to build personal and social competence in at-risk youth. The program seeks to teach youth a broad spectrum of social and personal competence skills and to help them identify and resist peer and other social pressures to use alcohol, cigarettes and marijuana, as well as to engage in other risky behaviors.

"Stay SMART reinforces family

values by supporting basic character traits like respect, honesty and self-confidence. I love it," said Jeanette Dempsey, SKIESUnlimited director and parent.

Stay SMART consists of structured small group sessions. Topics discussed include: gateway drugs, decision making, advertising, self-image and self improvement, coping with change, coping with stress, communication skills, social skills, assertiveness, relationships and life planning skills.

"Being a part of Stay SMART taught me about choosing friends carefully, saying no to drugs and not to give in to peer pressure," said Nya Averette, 12. "Stay SMART gave me the confidence to speak out and voice my opinions. I also enjoyed doing community service because it felt good to help people without looking for anything in return."

For more information or to enroll your youth in the next session of Stay SMART, please contact James Andrews at 751-3977.

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

- ☐ **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**.
- ☐ Month of the Military Child: Take yoga, zumba or both free with your child 10 and older at Andy's Fitness Center.

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.

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

Army Medicine fosters 'culture of trust'

By **REBECCA SHINNEMAN**
Office of the Surgeon General

In September 2010, the Army Surgeon General authorized the creation of a task force to design and implement a strategic initiative to build a Culture of Trust throughout Army Medicine. Army Medicine has a rich and proud heritage of bringing value and inspiring trust with our patients. As the Surgeon General stated "the Culture of Trust Initiative will permeate all facets of Army Medicine."

WHAT IS TRUST?

Trust is unique for each person. Trust for some is relying on someone to "be there." For others, it may be someone's character, competency, or the ability to consistently perform their duties. If 30 people in a room were asked for a definition of trust, there would be 30 different answers.

In fact, in current research there is no consensus on the notion or tenets of trust. Trust is a combination of relationship skills, behaviors, and choices that foster trust-based relationships between two or more people. Some of those behaviors are transparency, vulnerability, accountability, openness, and congruency. Trust is a combination of trusting, being trusted, and being trustworthy.

In health care, trust plays a critical and important



role. What is a Culture of Trust as it pertains to Army Medicine? It is a shared set of relationship skills, beliefs and behaviors that distinguish Army Medicine's commitment to our beneficiaries to provide the highest quality and access to health services. It is based on confidence; confidence that we are competent, capable, and committed; that we will tell the truth and keep our promises.

Trust, along with transparency, creates the conditions in which our internal talent thrives, our patients receive the best care, and our stakeholders trust that we, Army

Medicine, deliver what we say we will deliver.

Through the Culture of Trust Initiative, Claudette Elliott, Trust Enhancement and Sustainment Task Force director, said she hopes "to help create an organization where people are passionate about the organization they work for and the work they do. The trust level should be a seamless and outward extension of AMEDD personnel toward our patients, beneficiaries, stakeholders, co-workers and community."

Numerous articles are published every year about best workplaces in America. What are the attributes that make them the best workplace?

One manager stated in a recent article about his 2011 Top-10 company, "People stay in large part because they are happy, but to dig a little deeper, I would argue that people don't leave because they feel regarded — seen, attended to and cared for. I have stayed for that reason and love what I do for that reason."

High performance workplace equals high levels of trust.

The single most tangible attribute that will guide Army Medicine into the coming decades is trust.

As Elliott explained, "Trust is an emotion and the quality of all relationships is based on the level of trust that exists between people. Every year, billions of dollars are lost from employee disengagement, which impacts mission accomplishment," she said. "We are creating an ambiance of excellence within Army Medicine."

MACH UPDATES

MACH GOES GREEN

Any visitor to the hospital can do his or her part to help the environment. There are now two total plastic recycling bins located in the dining facility on the fourth floor.

These bins are conveniently located in high-traffic areas for hospital dwellers to discard their plastic bottles and containers. Placing recycling bins in the facility is just one of many "green" initiatives the hospital plans to begin to help the environment.

RADIOLOGY SERVICES

The Moncrief Army Community Hospital Department of Radiology provides a wide range of imaging services for Soldier, family member and retiree beneficiaries. The following services are available with an order from a physician:

- Radiology (751-4606/ 2366)
- Diagnostic Radiology/Fluoroscopy (X-RAY)
- Imaging (751-2484/2417)
- Computerized tomography (CAT SCAN)
- Ultrasonography
- Mammography
- Bone densitometry
- Nuclear Medicine (751-2248)

MACH can also provide imaging studies for off-post beneficiaries with orders from network TRICARE providers.

IN/OUT PROCESSING HOURS

The operating hours for in/out processing for Behavioral Health (including Social Work and Family Advocacy) has changed to 1:30 to 3:30 p.m., Monday through Friday. Soldiers should report to Room 7-69.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga.

Troop visit



Courtesy photo

Jessie Deberry, director of Fort Jackson's Soldier and Family Assistance Center, speaks to a group of Girl Scouts who visited and toured Moncrief Army Community Hospital Monday. The troop donated 81 boxes of cookies to wounded warriors.

FIRST RESPONDER

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

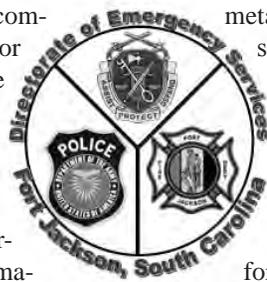
The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

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 Soldier and civilian were both charged with larceny after removing 15



metal posts from a construction site, Military Police said. The posts were recovered and the Soldier and civilian were released pending the investigation.

❑ A taxi driver was cited for not having his taxi rates posted after a traffic stop, MPs said. Taxis must have rates posted.

❑ Four civilians were issued three-year post bar letters after attempting to enter the installation illegally, MP said. Three of the civilians attempted to use invalid identification to enter the post, and it was determined that they were illegal immigrants.

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

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



#2. Advocating support for international terrorist organizations or objectives.

OP-ED

AFAP updates available online, with free app

Continued from Page 2

20 years of active service.

Some military families using Military Child Development Programs pay greater than 25 percent of their total monthly family income for childcare. The recommendation is to cap program fees at 25 percent of the military Family's total family income.

Lastly, Medical Retention Processing for Reserve Component Soldiers is limited to six months from their date of release from active duty. However, medical conditions resulting from active duty service are not always visible within the first six months of release from active duty. Extending the medical retention processing to five years would allow

Reserve Component Soldiers to receive proper medical treatment.

The remaining 11 issues identified by the AFAP delegates are survivor, medical, family support and civilian personnel issues. I encourage you to learn more about these new issues by visiting the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservices/>.

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



IMCOM
SOLDIERS · FAMILIES · CIVILIANS

The website also allows you to submit a new issue directly to your garrison or unit AFAP process, and provides AFAP brochures, articles and videos to download.

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

As I have said many times before, our Army will not break because of its Soldiers but it will break because of the stress placed upon our Soldiers and their families. Never before have we asked so much of our Army families. Because of this, the Army will continue to fully fund and staff Army

family programs and keep our promise of providing Soldiers and families a quality of life that is commensurate with their service. In order to ensure the promise is always kept, we must continue to identify inefficient, redundant or obsolete programs and services so we can redirect those resources to where we truly need them.

I challenge each of you to help us in this endeavor. In the near future, I will communicate to you where and how you can help. Moving forward, the AFAP process will not only be the identification of quality-of-life issues, but also the identification of potential offsets to resource those quality-of-life issues.

Women's history month

Soldier prepares for extreme challenge

By CHRIS RASMUSSEN
Fort Jackson Leader

First Lt. Sophie Hilaire set a Guinness World Record for women running in full battle gear and has competed in numerous marathons, including the Boston Marathon.

But it isn't fame or solely personal achievement that drives the Soldier. She does it to support charities aimed at service members and their families.

So far, Hilaire, executive officer for Company A, 187th Ordnance Battalion, has raised more than \$10,000 for different charities running in marathons.

"I have always run my races in support of military charities, an obvious choice to me since it is such a massive part of me and my family's life," said Hilaire, who is currently training to compete in the Death Race, a 24-hour adventure race described as "Survivor meets 300."

"When I noticed the website for it was *youmaydie.com*, I knew I had to do it," Hilaire said. "I am constantly on the search for new and challenging things. I just like to stay fit and have goals."

She plans on donating the money she raises competing in the Death Race to the Children of Fallen Soldiers Relief Fund.

"I have requested the funds I raise be restricted to college scholarships for children who have a parent killed in action while deployed in support of Operation Iraqi Freedom or Operation Enduring Freedom," she said. "I believe anyone with the drive to further his or her education should be able to, and someone with the obstacle of a parent KIA is a scenario I cannot even begin to comprehend."

Hilaire, who graduated from the U.S. Military Academy at West Point with a degree in business management and a minor in environmental engineering, began her quest for athletic adventures by training for half and then full marathons. But she wasn't always a runner.

"When I did my first PT test I wasn't a runner. I ran two miles in about 21 minutes," she said. "But I was able to cut that time down in half by getting on a program and training for marathons."

After running in a few mara-

thons, Hilaire decided to raise the bar and attempt to set the Guinness record for fastest marathon time for a woman wearing full battle gear. She chose the Philadelphia Marathon and set the record Nov. 22, 2009 with a time of 4 hours and 54 minutes. The previous record was held by a British soldier who finished in 5 hours and 11 minutes.

Breaking the record meant Hilaire had to wear an Army Combat Uniform, boots, Army Combat Helmet and protective vest with full body armor.

"It added about a third of my body weight. But it wasn't that bad," she said. "I was most worried about running in the boots because they would be too heavy. But I found a Nike version (of the boots) and they worked well."

She was able to raise more than \$1,500 from the event for the non-profit organization American Veterans with Brain Injuries.

"I read about the founder's son, Pfc. Chris Lynch. He was a runner who suffered a brain injury and lost his coordination to a point he could no longer run," she said. "Now he trains and competes in marathons on a hand cycle."

"It made sense to raise money for American Veterans with Brain Injuries while running in combat gear to generate awareness of this cause," she said.

The peak of Hilaire's marathon career came in 2010 when she completed the Boston Marathon in 3 hours, 29 minutes.

"Finishing it was a huge deal for me because I used to be that girl who couldn't run. It was something I really had to work for," she said. "It was such an emotional event that when I was done I wanted to do something different."

In comes the Death Race, a grueling endurance event that pits 200 competitors in the woods of Vermont against nature and man-made obstacles, such as diving into an icy river to retrieve a heavy rock, climbing a mountain carrying two buckets of water or dismantling a 500-pound hiking trail bridge and carrying it down the mountain before putting it back together.

"The race is very extreme, and we wanted the name to be extreme as well," race founder Andy Weinberg said. "We are

putting people in situations where they have to fight. The race is about not giving up. You have to push yourself mentally, physically and emotionally if you want to finish."

The course could entail anything and it changes every year. Only 10 percent who start the course finish.

"I will finish," Hilaire said. "Giving up is not an option. Physically, the fact that it lasts 24 hours will be a challenge in itself. Mentally, the will to continue moving forward is a test."

"They will also have tests that involve memorizing a list of the first 10 presidents' full names, which you get at the top of a mountain hike, then recite it verbatim at the bottom of the hike."

Hilaire, who trains morning, noon and night for the race, credits her command team for allowing her the time to get into the gym.

"I think she has a lot of intestinal fortitude to do this race," said Capt. Bryan Austin, commander of Co. A, 187th. "Her physical ability to train and still have the energy to come in and do her job is second to none. She is an outstanding Soldier."

Chris.Rasmussen@us.army.mil

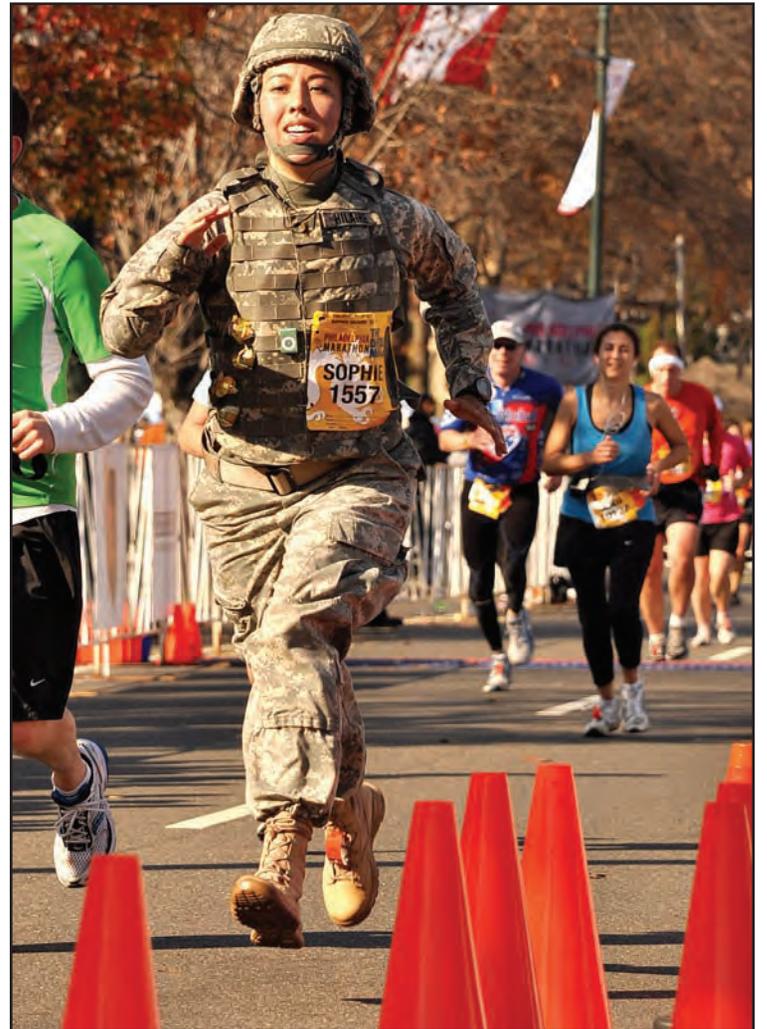


Photo courtesy ISLAND PHOTOGRAPHY

First Lt. Sophie Hilaire sprints to the finish of the Philadelphia Marathon in 2009, setting a world record.



Photo by CHRIS RASMUSSEN

Hilaire performs lateral raises at a local gym Tuesday morning while training for the Death Race. The 24-hour event is an extreme adventure race in which Hilaire will compete in June.

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.

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.

VOLLEYBALL, SOFTBALL REGISTRATION OPEN

Letters of intent for both intramural and recreational softball and volleyball are due by 3 p.m., April 19.

STRONGMAN COMPETITION

The Strongman Competition is scheduled for May 19. Contact the Sports Office for more information.

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: April 11-21; May 16-26.

A spring break lifeguard training course is scheduled from 9 a.m. to 4:30 p.m., April 4-8.

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**	14-2	NightFlyte**	15-0
Swampfoxes**	14-3	LOD**	12-2
MEDDAC	12-3	SSI/TSB	8-7
81st RSC**	9-5	80th**	7-4
120th	9-7	187th	6-7
2-39th	8-6	4-10th	5-8
SCNG**	7-7	1-61st	4-5
1-34th	7-7	81st	4-9
3-34th	6-10	2-60th**	4-10
1-13th	3-14	165th	1-13
Enforcers**	2-13	193rd	out
TFM	0-13	3-60th	out
171st	out		

*Standings as of Wednesday morning
**Denotes recreational teams

Darts standings

Team	Points
187th	23
Sharp shooters	20
165th	14
1st CivDiv	12
TFM	13
4-10th	10
193rd	8
120th	7
3-34th	2

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



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