

TRACKING ...

NEWS

Motorcycle rally
a smooth ride

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IN FOCUS



Post hosts retiree,
active duty events

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SPORTS



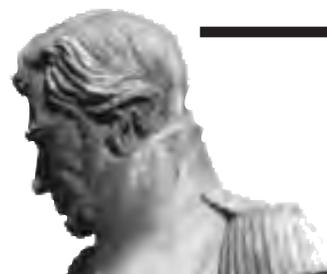
Strongest Soldiers
compete for title

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The Fort Jackson *Leader*



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Slice of LIFE



Photo by SUSANNE KAPPLER

Retired Col. Bobby Bacon points to himself in a 1960s White House photo with President Lyndon B. Johnson. Bacon, then protocol officer for the chief of staff of the Army, was attending a ceremony for a Medal of Honor recipient.

LIFE magazine veteran shares story

By SUSANNE KAPPLER
Fort Jackson Leader

Fort Jackson supports about 46,000 retirees who make their home in the Midlands. And while the post provides numerous opportunities for retirees to gather, such as last week's Retiree Appreciation Days event, it is sometimes difficult to capture each of their unique stories.

Retired Col. Bobby Bacon is just one such retiree who has a story to tell; a story that led him to being in one of the world's

most famous photographs to the hills of Fort Jackson.

In 1964, as a captain, he was sent on his first tour of duty in Vietnam, where he served as an adviser to a South Vietnamese battalion. While leading troops through the Mekong Delta in the spring of that year, famed war photographer Larry Burrow took a photo of Bacon that soon after graced the cover of LIFE magazine.

Later, during a stint as protocol officer for Army chiefs of staff Gen. Harold Johnson and Gen. William Westmoreland,

he was involved in organizing the funerals of Sen. Robert Kennedy in 1968 and former president Dwight Eisenhower in 1969.

One of his most influential assignments though, may have been as commander of Fort Jackson's 2nd Infantry Brigade from January 1976 to July 1977. His brigade was selected by TRADOC to pilot a program to test the possibility of gender-integrated Basic Combat Training. Up to that point, the Army trained women separately and

See **RETIREE:** Page 6

Be Army Ready this hurricane season

After witnessing a horrendous month of tornado outbreaks across the South as recent as this week, we easily realize just how devastating weather can be and how important it is to be adequately prepared for severe storms.

Next week, we shift our focus to the next seasonal weather threat — hurricanes. As we all know, hurricanes can be catastrophic on the coastline and dangerous to those living several hundred miles inland.

Although hurricanes rarely imperil the southeastern coast and South Carolina before fall, June 1 is the official start of hurricane season, and the season ends Nov. 30. Currently, we are in the middle of this year's National Hurricane Preparedness Week, which runs through Sunday.

For the 2011 hurricane season, forecasters are predicting that there likely will be 16 named storms, nine hurricanes and five major hurricanes, defined as Category 3 or higher and with winds of 111 mph or greater. An average season for the Atlantic region has 11 named storms, six hurricanes and two major ones. Last year, there were 19 storms, 12 hurricanes and five major storms.

Regardless of how the season unfolds, I expect that Fort Jackson community members will be ready. We should all make ourselves familiar with a number of things so that we are capable of dealing with these

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



serious weather threats. Many of you may be already familiar with the Ready Army website.

There is a wealth of information that can be found there, <http://www.acsim.army.mil/readyarmy/> on how to be prepared for hurricanes.

The Ready Army Program, which has been in existence for several years, is a proactive community awareness resource to empower our Army communities so that we can develop individual and family plans for all types of hazards.

Ready Army uses consequence and crisis management. What that means is that to be Ready Army, you will need to get a kit, make a plan and stay informed.

Families should put together portable emergency kits that include items for family members with special needs

and for pets. Some of the items that you will need to include in the kit are at least a three-day supply of water and nonperishable, easy-to-prepare food, a manual can opener, flashlight, a first aid kit, and important papers.

Your plan needs to take into consideration a family communications procedure because there might be a good chance that your family members could be in a various places. Knowing how to stay in touch with one another will eliminate fear and confusion should disaster strike. Practice your plan and stay informed.

Each year on Fort Jackson, we drill for a couple of days so that all Soldiers thoroughly understand what they need to do should a hurricane head our way. This exercise is a very serious and synchronized effort, make no mistake.

It requires the interaction of many of our units and activities, all working in a simultaneous, coordinated and efficient way to maximize protection and resources for our Soldiers, family members and civilians in the event of a disaster. But preparation doesn't stop with drilling. We must maintain that same readiness at the individual level.

The bottom line is that we need to be able to execute, and to be able to execute smoothly on short notice. You need to be able to put your personal plans in action.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Courtesy photo

Staff Sgt. David Garland, far right, a drill sergeant with Company B, Task Force Marshall, observes a group of cadets during a competition at Camden Military Academy. Garland was one of two drill sergeants from the company who were chosen to judge approximately 300 cadets in a three-hour drill competition at the school. The judging was part of a partnership formed between Task Force Marshall and the school. Drill sergeants have also visited the school to speak with the students about the military and to interact with them.



The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@conus.army.mil.



Photos by SUSANNE KAPPLER

Dozens of motorcyclists head out for a ride during Tuesday's annual Victory Thunder Motorcycle Rally.

Post bikers ride for safety

By SUSANNE KAPPLER
Fort Jackson Leader

More than 50 military and civilian motorcycle riders took advantage of the sunny weather Tuesday to embark on a 17-mile ride around Fort Jackson. The ride was part of this year's Victory Thunder Motorcycle Rally at the Solomon Center. The annual event invites bikers to learn about motorcycle safety, enjoy camaraderie and participate in a bike show.

Staff Sgt. Kevin Foxworth, Headquarters and Headquarters Company, 120th Adjutant General Battalion (Reception), said he learned his lesson about motorcycle safety soon after he started riding six years ago.

"I got cut off and laid my bike down," Foxworth said. "The injuries I sustained, I wouldn't have had them had I worn my protective equipment."

Foxworth said he escaped with bruises and lacerations, but has made it a point since to wear his protective gear and advises fellow riders to do the same, even during the summer heat when it might not be the most comfortable thing to do.

Whereas Foxworth attended the rally as a bike safety inspector, fellow rider Sgt. Scott Saucier, HHC, 187th Ordnance Battalion, said he wanted to take advantage of the opportunity to ride with fellow Soldiers. He said he thinks keeping safety in mind when riding a motorcycle is his duty as a Soldier.

"You see a lot of people wearing their military vests with T-shirts and shorts," he said. "That's the one time you'd probably



Chaplain (Maj.) William Wehlage, U.S. Army Chaplain Center and School, judges a bike during the Bike Show portion of Tuesday's event.

get into an accident."

The leading problem with regard to motorcycle safety among Soldiers is speeding, said Col. James Baker, executive director for operations for the Combat Readiness/Safety Center at Fort Rucker, Ala.

"Most recently, our concern has been excessive speed," said Baker, who was the guest speaker at the rally. "It's about people making bad decisions in the moment on the motorcycle."

Baker said that, statistically, Soldiers are 10 times more likely to be involved in a serious motorcycle accident than car accident. He said the standard profile of a fatal motorcycle accident involves a Soldier riding

a sport bike by himself and going too fast. He recalled a recent deadly accident that involved a Soldier speeding at more than 140 mph.

Baker said he thinks that motorcycle rallies can help prevent accidents by emphasizing safety through the command and through peers.

"It's a command-sponsored event that sends the message to people on Fort Jackson that the command cares about motorcycle safety," he said. "And, the people who are going to ride, by and large, are senior folks who demonstrate responsible motorcycle habits to (other) Soldiers."

Susanne.Kappler1@us.army.mil

MEMORIAL DAY EVENT SET

A wreath laying ceremony in commemoration of Memorial Day is scheduled for 9 a.m., Monday at the Andrew Jackson statue near Gate 1.

The event will include a color guard, Soldiers in period uniforms and a 21-gun salute. Members of the Gold Star Wives and the Society of Military Widows will be special guests.

The guest speaker will be Maj. Gen. James Milano, Fort Jackson's commanding general. Gate 1 will be closed to traffic from 8:15 to 9:45 a.m., Monday.

News and Notes

ARMY BALL TICKETS AVAILABLE

Tickets to the 2011 Army Ball, scheduled for 5:30 p.m., June 11 at the NCO Club, are available. To purchase tickets, call Capt. Valencia Burns at 751-9592. Dress is business suits/formals for civilians and dress greens or dress blues for Army members. Child care will be available. Transportation afterward will also be available for those who do not have a designated driver.

SCHOOL TEMPORARILY RELOCATES

Pierce Terrace Elementary School staff will temporarily relocate to C.C. Pinckney Elementary School from June 13 to Aug. 1 as the school undergoes asbestos abatement. Anyone needing to contact school staff or register a student can call 782-1772 or 787-6815 to do so. Office staff can also assist parents in person at Pinckney, which is located at 5900 Chesnut Road.

SCHOOL REGISTRATION BEGINS

Summer registration for the 2011-2012 school year begins June 21. Registration is 8 a.m. to noon, Tuesday through Thursday from June 21 to July 14; and July 26 to Aug. 10. There will be no registration from July 18 to July 22. Registration will resume 9 a.m., Aug. 16. Students registering that day will begin school the following day.

Documents required for new registration include:

- Copy of certified birth certificate
- Current orders and military sponsor ID card
- Proof of immunizations
- Housing lease agreement or letter from housing verifying family is on waiting list
- If sponsor is a step-parent, marriage license, spouse's ID card or verified DEERS form is required.

Age requirements are as follows:

- Pre-K: must be 4 on or before Sept. 1
- Kindergarten: must be 5 on or before Sept. 1
- 1st grade: must be 6 on or before Sept. 1

Registration packets may be picked up any day during office hours, 8 a.m. to 4 p.m.

For more information, call C.C. Pinckney Elementary School at 787-6815 or Pierce Terrace Elementary School at 782-1772.

Housing Happenings

COMMUNITY UPDATES

- ❑ A water outage is scheduled from 9 p.m., Thursday to 5 a.m. the following morning. The outage will affect residents on and near Imboden Street, Chesnut Road, Terrel Court, Burt Road and Harley Court.
- ❑ Retirees living on post are invited to tour the S.C. State Museum during a free tour May 26. A limited number of free tickets are available. Call 738-8275 for more information and for tickets. Attendees must provide their own transportation.
- ❑ Balfour Beatty will be providing free ice cream for their ice cream truck starting in June. The ice cream will be free to on-post residents. Stay tuned for details.
- ❑ Walking Club has now ended. Join Balfour Beatty for other events throughout the summer.
- ❑ Nominate any well-kept yards for Yard of the Month. Send nominations to Alana at 738-8275 or email ayoungblood@bbcgrp.com. Self-nominations are also welcome.
- ❑ Charcoal and gas grills may not be used for cooking indoors and may not be located closer than 10 feet from a building or enclosed shelter. Propane tanks may not be stored in buildings. Tanks must be detached and stored outside. Improper grilling and storage can pose a fire hazard.

CONSTRUCTION UPDATES

- ❑ To date, 363 homes have been completed.
- ❑ A total of 796 homes have been demolished to date.
- ❑ Families residing in the completed senior NCO area should enter and exit via Capers and Owens roads. Mills Road to Brown Avenue is closed because of Phase II construction.
- ❑ Families residing near Legge Court should enter and exit via Lee Road. Furman Smith Road is inaccessible.



May 26 — 5 p.m. Hanna	PG-13
May 27 — 4 p.m. Karate Kid	PG
May 27 — 7 p.m. Source Code	PG-13
May 28 — 6 p.m. Scream 4	R
June 1 — 1 p.m. Source Code	PG-13
June 1 — 4 p.m. Scream 4	R
Adults: \$4.50 Children (12 and younger): \$2.25 Visit www.aafes.com for listings.	



Photos by CHAN FUNK, Fort Jackson Directorate of Public Works

Leslie Coolidge, one of 12 students in the 2011 Midlands Master Naturalist Course, peers at an American kestrel during the group's trip to Fort Jackson last week. The program is coordinated through Clemson University.

Post becomes outdoor classroom

By **STANLEY RIKARD**
DPW Wildlife Branch

Although they come from different backgrounds, they share the same goal, to become a certified South Carolina master naturalist. And the on-post field trip Friday provided by Fort Jackson's Wildlife Branch brought 12 adult students one step closer to achieving their goal.

The 2011 Midlands Master Naturalist Course is part of a state-wide program coordinated by Clemson University. This year's class is hosted by the South Carolina Wildlife Federation. The course combines 12 days of outdoor training during May and June with an additional 30 hours of approved nature-oriented volunteer service.

"The mission of the program is to create a corps of citizen volunteers well-trained in the fundamentals of natural history, nature interpretation and the interface of humans and nature. This empowers them to contribute their time and talents to responsible, science-based environmental stewardship," said Austin Jenkins, course instructor.

Jenkins is a naturalist who teaches biology at University of South Carolina- Sumter, and has had a hand in graduating three classes of master naturalists.

Josh Arrants and Stanley Rikard, both in the Directorate of Public Work's Wildlife Branch, began coordinating with Jenkins earlier this year and offered to provide a class field trip for the course.

"American kestrels and Eastern screech owls nest in our 60 manmade nest boxes in May," said Arrants, "We felt this was a great opportunity to have the class observe and assist in banding the nestlings."

The class also learned about the Longleaf pine ecosystem on Fort Jackson, and the plant and animal communities the installation supports. Included was a briefing on endangered plant and animal species located here, and how Army training is compatible with natural resource management.

"I did not realize until the field trip that the installation has such broad wildlife management programs in place," said Anne Goodall, a student. "I'm very impressed with the Army's training of Soldiers while at the same time caring for our state's natural resources."

In addition to visiting Fort Jackson, the class will take field trips to Landsford Canal State Park, Congaree Swamp National Park, Goodale State Park, Carolina Sandhills National Wildlife Refuge, Columbia Canal Plant and other locations within an hour of Columbia.

"We greatly appreciate the opportunity to come and have a hands-on experience banding American kestrels today. This was an activity that we did not have available to us at our other field trip locations," Jenkins said. "My students now have a better understanding of the installation's natural resource programs, and the importance the Army places on managing these training lands."



Students band an American kestrel, a type of bird found on Fort Jackson, during a field trip of sorts as part of a master naturalist course.

Retiree witness to military, political history

Continued from Page 1

Army trained women separately and differently from men.

Bacon recalled that some of the drill sergeants and cadre were not initially enthusiastic about the prospects.

"It was kind of interesting. There were pros and cons. One of the things was that all the women were high school graduates when they came in. And (a lot of) the guys were Category 4s (without high school diploma)," he said. "You'd have things like assembly and disassembly of a rifle, ... verbal tests and things like that — we had all the women acing these tests, and (some of) the guys just weren't equipped to get it all. ... But on the other side, the physical side of it, a lot of women who came in were having difficulty with the physical fitness."

The Army deemed the pilot a success and started implementing integrated basic training in February 1977.

"It was a real smart move, a real good move. And I think both genders benefit from it," Bacon said.

Bacon's first memory of Fort Jackson dates back to 1942 when he was 8 and his father was training to deploy to World War II Europe.

"(The country) was so great in so many respects, because everybody was totally focused and gave everything they could to the war effort, to the Soldiers. I would go with my mother to the Red Cross and wrap bandages for hours and hours and hours," Bacon said.

He said he remembers riding his bicycle on the installation and going for a swim in what is now Heise Pond.

"The lifeguards were German prisoners of war," he said. "Fort Jackson would remind me of what a summer campground would be for kids these days.

Bacon's father and brother both attended the Military Academy at West Point, and for Bobby Bacon, following their footsteps was a logical choice.

"I never thought about doing anything else or going to any other college," he said.

He graduated West Point with a bachelor's of science in communications in 1956, and was a classmate of Norman Schwarzkopf, who later obtained the rank of general and served as commander of U.S. Central Command during the Gulf War in 1991.

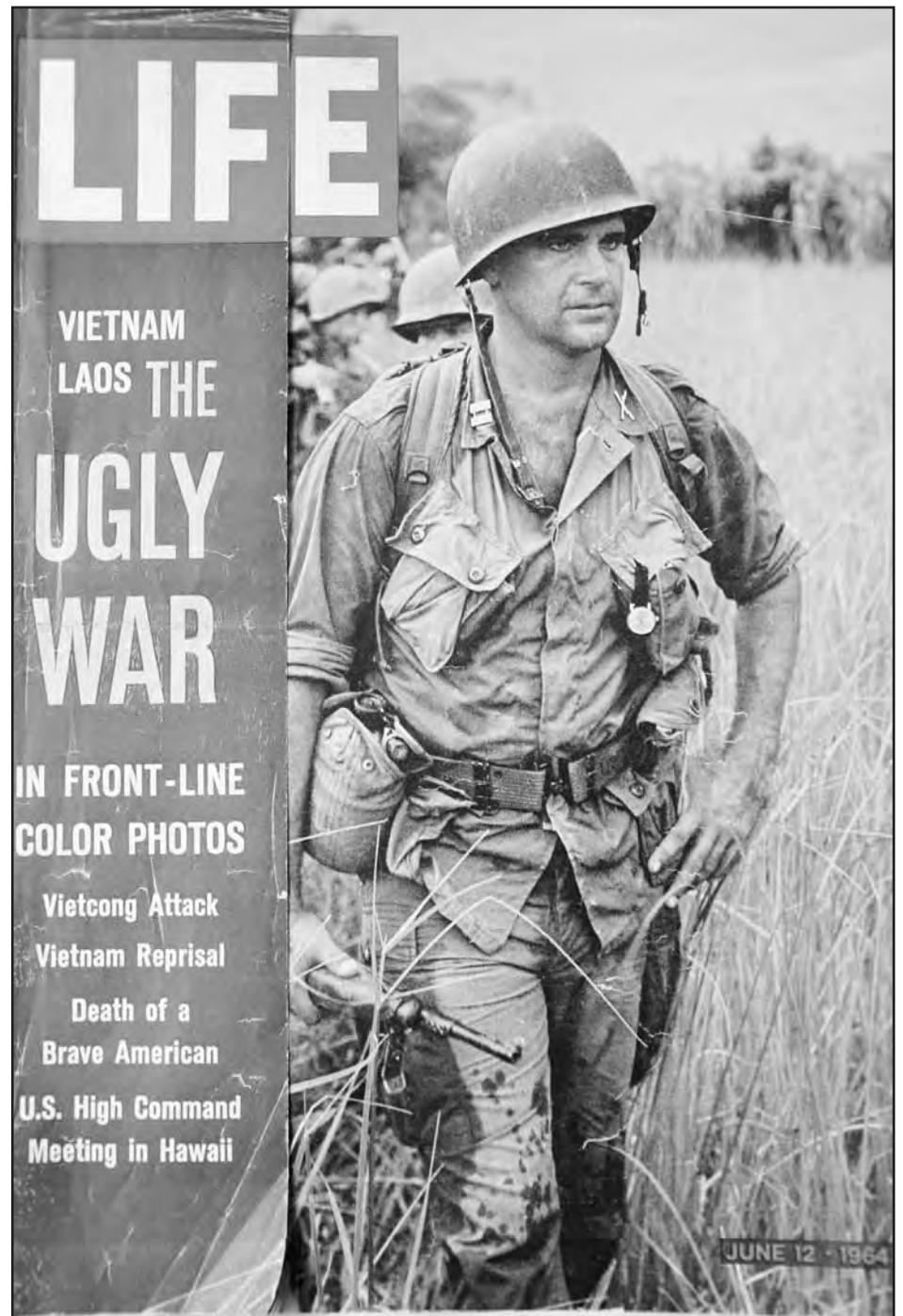
Today, Bobby Bacon's primary connection to Fort Jackson is through his wife, Sun, who works at the post's Clothing Initial Issue Point.

Robin Bacon, one of Bobby's three sons, said he believes his father was offered assignments that would have advanced his career further, but instead chose to keep his family rooted to allow his children to stay in the same schools. Robin, who works as a teacher and football coach at Spring Valley High School, said he wanted to uphold the family tradition and serve in the Army, but was unable to do so because of vision impairment.

He said that even though growing up as a military child included moving a lot and leaving friends behind, he is proud of his father's service.

"We really need to reflect on all the positive things the military has done. ... The many things we've been granted are based on the blood of our service members overseas," he said, adding that he appreciates events, such as last weekend's Retiree Appreciation Days and Armed Forces Day, to honor the military. "I think it's fantastic. ... The sacrifices these people make — if you're a military brat you understand these things."

Susanne.Kappler1@us.army.mil



Above, Bobby Bacon, then a captain, is featured on the June 12, 1964 cover of LIFE magazine. The photo, taken by Larry Burrows, shows Bacon leading a group of South Vietnamese soldiers through rice fields in the Mekong Delta. Bacon served two tours of duty in Vietnam, the second in 1969 and 1970 as a battalion commander. Left, Bacon shows his military awards on display at his home in Northeast Columbia. Among his decorations are the Silver Star and the Bronze Star with two valor devices. Bacon was stationed at Fort Jackson from 1976 through 1983. He retired from the Army as a colonel in 1985. After his retirement, he served as an observer to the peace keeping mission on Egypt's Sinai peninsula and as a contractor at Incirlik Air Base in Turkey. Bacon has three sons, Robin, Bill and Bruce.

Photos by SUSANNE KAPPLER

DoD must avoid 'salami slicing' budget

By **FRED W. BAKER III**
American Forces Press Service

WASHINGTON — Defense Secretary Robert M. Gates said he is determined that the department not fall victim to the mistakes of the past, “where the budget targets were met mostly by taking a percentage off the top of everything, the simplest and most politically expedient approach both inside the Pentagon and outside of it.”

“That kind of ‘salami-slicing’ approach preserves overhead and maintains force structure on paper, but results in a hollowing-out of the force from a lack of proper training, maintenance and equipment — and manpower,” Gates said during a speech at the American Enterprise Institute for Public Policy Research Tuesday. “That is what happened in the 1970s — a disastrous period for our military — and to a lesser extent during the late 1990s.”

In delivering his last major policy speech during his tenure as defense secretary, Gates laid out the department’s cost saving initiatives over the past few years, and outlined what he expects from a comprehensive review he launched last week.

Gates said the review should ensure that future spending decisions are focused on

priorities, strategy and risks, and are not simply a math and accounting exercise.

“In the end, this process must be about identifying options for the president and the Congress, to ensure the nation consciously acknowledges and accepts additional risk in exchange for reduced investment in the Department of Defense,” Gates said.

Gates said the analysis will include going places that have been avoided politically in the past, such as re-examining military compensation levels, retirement, pay and pensions and spiraling health care costs.

The review also will examine force structure — the military’s fighting formations such as Army brigades, Marine expeditionary units, Air Force wings, Navy ships and supporting aviation assets.

“The overarching goal will be to preserve a U.S. military capable of meeting crucial national security priorities even if fiscal pressure requires reductions in that force’s size,” Gates said.

“I’ve said repeatedly that I’d rather have a smaller, superbly capable military than a larger, hollow, less capable one. However, we need to be honest with the president, with the Congress, with the

American people, indeed with ourselves, about what those consequences are — that a smaller military, no matter how superb, will be able to go fewer places and be able to do fewer things,” he said.

Gates said that in considering cuts, some assumptions that historically have been used to guide defense funding should be questioned.

For example, the assumption behind most military planning since the end of the Cold War has been that the United States must be able to fight two major regional wars at the same time.

“One might conclude the odds of that contingency are sufficiently low, or that any eruption of conflicts would happen one after the other, not simultaneously,” the secretary said. “What are the implications of that with respect to force structure, and what are the risks? One can assume certain things won’t happen on account of their apparently low probability.

“But the enemy always has a vote,” Gates added.

Still, those are the kinds of scenarios the department and U.S. officials need to consider, he said.

“If we are going to reduce the resources and the size of the U.S. military, people

need to make conscious choices about what the implications are for the security of the country, as well as for the variety of military operations we have around the world if lower priority missions are scaled back or eliminated,” Gates said.

American needs to understand that a smaller pool of forces could mean greater impacts on troops and families, should the United States find itself in another protracted war.

“To shirk this discussion of risks and consequences — and the hard decisions that must follow — I would regard as managerial cowardice,” Gates said.

In the end, the secretary said, the tough choices ahead are about the kind of role the American people — accustomed to unquestioned military dominance for the past two decades — want their country to play in the world.

“Since I entered government 45 years ago, I’ve shifted my views and changed my mind on a good many things as circumstances, new information, or logic dictated. But I have yet to see evidence that would dissuade me from this fundamental belief — that America does have a special position and set of responsibilities on this planet,” Gates said.

TRADOC visit



Photo by Susanne Kappler

At the head of the table, from left, Kim Milano, wife of Fort Jackson’s commanding general, and Jill Cone, wife of the new TRADOC commander, Gen. Bob Cone, speak to a group of spouses at the Drill Sergeant School during the Cones’ visit to the post Thursday. At right, Gen. Bob Cone, far right, observes a Soldier running on a zero-gravity treadmill at the 120th Adjutant General Battalion (Reception). Last week’s visit here was Cone’s first as TRADOC commander.



Photo by James Arrowood, command photographer



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

Students go 'round the world

Pierce Terrace hosts International Day

Leader staff report

Parents, students, staff and other visitors were transported around the world during Pierce Terrace Elementary School's annual International Day event Friday.

Students representing 12 countries paraded in front of the school during the event, which is in its 20th year.

"It's just to celebrate the diversity of the families at Fort Jackson," Brian Perry, the school's principal, said. "(Because this is) a military post, there's diversity everywhere."

In addition to the parade, the students recited the Pledge of Allegiance in both English and Spanish, and were treated to a vocal performance by "One Life," a local teen music group, whose members include the twin sons of one of Pierce Terrace's teachers.

Afterward, attendees got a taste of each country's local fare with a food sampling and participated in a variety of games and activities.



Photos by CRYSTAL LEWIS BROWN

Patricia Brouwer, Pre-K teacher, leads her class — which is representing Puerto Rico — in the International Day parade at Pierce Terrace Elementary School Friday. Twelve countries were represented.

"The International Day is a culmination of our work that we've done through the year," said Wanda Beatty, who chairs

the school's Multicultural Committee. "We serve children whose parents are from all over the world and who have traveled all

over the world. This helps the children be able to value and understand other cultures."



Above photo, Chase Dutart, 7, and Christopher Moore, 8, steer their gondola during last week's International Day event. The duo was part of a class that represented the country of Italy. At right, a dragon leads the class representing China in last week's event. Each class studied a country throughout the school year in preparation for the International Day celebration, which culminated the students' work.





Photo by SUSANNE KAPLER

Sgt. Angel Smith, a drill sergeant with Company C, 3rd Battalion, 34th Infantry Regiment, hits the dirt during her battalion's Best Warrior competition.

Fort Jackson NCO of the Year named

Name

Sgt. Angel Smith

Unit

Company C, 3rd Battalion, 34th Infantry Regiment

Military occupational specialty

31B/Military Police

Hobbies

Spending time with her boyfriend, working out, anything outdoors.

With a middle name like "Amerika" it seems that Sgt. Angel Smith was destined to become a Soldier. And as Fort Jackson's recently named NCO of the Year, Smith has definitely lived up to her patriotic name.

The Ohio native joined the Army Reserves in 2004 and transferred to active duty in 2006. She has been at Fort Jackson

since last summer.

But her route to the Army sounds like the beginning of a joke. When asked what made her decide to join the Army, her answer is succinct:

"My father was a recruiter, and he was low on his quota," she said.

And though her enlistment was initially a means to an end, she said she always knew she would join the military.

"I wanted to follow in my father's footsteps," she said. "Almost everyone in my family is in the Army," she said. The list includes her father, grandfather and a host of uncles.

"There is a certain sense of pride when you are in the military," Smith said. "I wanted to get out and do something I was proud of."

Her father is the one who insisted that his daughter be named America, and as a compromise with Smith's German mother,

spelled it with a "k."

Smith said being named the post's NCO of the Year culminated weeks of hard work for her. At 24, Smith said she was the youngest competitor in the post's Drill Sergeant of the Year competition, in which she competed earlier this month.

She was also one of two women who competed for the Expert Infantryman Badge, an honor reserved for infantrymen. Though women are not allowed to serve as infantrymen, Smith tried out anyway.

"I saw everyone else was doing it, so I wanted to do it," she said. "I love a physical challenge."

Though Smith did not meet the requirements, she said both the DSOY and EIB testing prepared her for the tasks necessary to become NCO of the Year.

"I was proud my hard work paid off in the end," Smith said.

But becoming the NCO of the Year

would not have been possible without her unit, Smith said, specifically because training and competing meant she would be off the trail for a while.

"I credit a lot to my chain of command; I credit my study partners," she said. "If they hadn't done it, I wouldn't be here."

Smith's success is an example of what she advises for junior Soldiers.

"Just because you have a bad day, don't base the (entire) Army off of it," she said. She added that Soldiers should take advantage of Army schools and other educational programs the Army has to offer.

"So many people want to stay close to home. Take this opportunity to go see the world."

— Reporting by Crystal Lewis Brown'

Editor's note: See next week's *Leader* for an introduction to Fort Jackson's *Platoon Sergeant of the Year*.

Retirement Review



Photo by JAMES ARROWOOD, command photographer

Retiring Soldiers were honored in a ceremony at Post Headquarters Wednesday. From left: 1st Sgt. Michael Steyer, Maj. Patrick Garland, Maj. Barry McManus, Sgt. 1st Class Leroy McFadden, Sgt. Maj. Monica Dixon, Sgt. 1st Class Michael Carter, 1st Sgt. Christopher McKeown, 1st Sgt. Jimmie McGee Jr., Master Sgt. Russell Ste.Marie, Sgt. 1st Class Naajiy Asaad, Sgt. 1st Class Nickey Cantrell, Sgt. 1st Class Marvin Mckay, Sgt. 1st Class Ronald Parker, 1st Sgt. Douglas Schuckman, 1st Sgt. Frederick Green, Staff Sgt. Patricio Reyes, Master Sgt. Frank Nodine.

A helping hand



Photo by BOBBY LATHAM, Bulow BioTech Prosthetics

Soldiers with the NCO Academy pour concrete as part of a service project in which they built a 25-foot ramp for a Columbia amputee who was unable to enter her home. Along with building the ramp, the 30 Soldiers also did a variety of yardwork around the home.

Here comes the queen



Photo by CRYSTAL LEWIS BROWN

Sgt. 1st Class Rodney Ross, 2nd Battalion, 39th Infantry Regiment, escorts his daughter, Zariah, in a parade at Pierce Terrace Elementary School Friday. Zariah is South Carolina's Miss Christian Debutante 2011, which is sponsored by the Gospel Music Workshop of America.

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.

Calendar

Friday

Commissary tour

8:30 a.m., Commissary

For more information, call 751-2115.

Tuesday, June 14

Fatherhood recognition ceremony

1:30 p.m., Solomon Center

Thursday, June 16

Tobacco cessation orientation

3 to 4 p.m., Moncrief Army Community Hospital, third floor staff conference room
For more information, call 751-5035.

Housing events

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

Tuesday

Car seat safety check

1 p.m.

Any residents who have their child safety seats checked will receive a safety certificate and a giveaway.

Announcements

RED CROSS RELOCATION

The Fort Jackson office of the American Red Cross has moved to 9810 Lee Road.

DES CLOSURE

The Directorate of Emergency Services administrative offices, including vehicle registration, will close at 11:30 a.m., June 2. All offices will resume normal

operations June 3.

HR FOR SUPERVISORS

A human resources course for supervisors is scheduled from 8 a.m. to 4:30 p.m. June 20 through 23 at the 81st Regional Support Command auditorium. For more information, call 751-5063/1167.

SAT TESTING

The Education Center will administer the SAT June 8. Testing is available to eligible service members only. For more information and to register, call 751-5341/5342.

JUVENILE CURFEW POLICY

The Fort Jackson Juvenile Policy has been recently updated. Children 14 and younger must be indoors from 9 p.m. to 6 a.m. during the week and 10 p.m. to 6 a.m. on weekends, unless accompanied by a parent or guardian.

Children 15 to 18 must be indoors from 10 p.m. to 6 a.m. during the week and midnight to 6 a.m. on the weekends, unless accompanied by a parent or guardian. Violations of this policy should be reported to Military Police. Those who violate the policy may be subject to disciplinary action.

DISASTER PREPAREDNESS

Are you prepared in the event of a natural disaster? Take a few minutes to put together an emergency preparedness kit and be sure to include water, non-perishable foods, flashlights, battery-powered or hand-crank radio (NOAA Weather Radio if possible), extra batteries, a first-aid kit with medications & medical items, multi-purpose tool (i.e. Gerber), sanitation and personal hygiene items, copies of personal documents, cell phone with charger, family and emergency contact information, extra cash and anything else you might deem

necessary.

For more information on disaster and emergency preparedness, visit www.redcross.org or call 1-866-GET-INFO.

MACH NUTRITION CLINIC

The following class is scheduled:
— Cholesterol and high blood pressure class, 2 to 3 p.m., today.

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

SSN REMOVAL

Beginning in June, Social Security Numbers will no longer be printed on DoD ID cards. The new ID card will have a DoD ID number in place of the Social Security Number. Current ID cards should not be replaced until the card is within 30 days of its expiration date. For more information, visit www.dmdc.osd.mil/smartcard.

FLTCIP OPEN SEASON

Open season for the Federal Long Term Care Insurance Program will run 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. Send all submissions to FJLeader@conus.army.mil. For more information, call 751-7045.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those orga-

nizations or events that directly relate to service members and their families.

MILITARY APPRECIATION GAME

The Columbia Blowfish baseball team will celebrate military appreciation night at 6:15 p.m., June 4 at Capital City Stadium. Tickets are free for military ID card holders. Before the game, members of the local community will re-affirm the Community Covenant. A fireworks display is scheduled for after the game.

VETERAN JOB FAIR

A free employment, business-opportunity and education even for job seekers with a military background is scheduled from 11 a.m. to 3 p.m., June 2 at The Speedway Club, Charlotte Motor Speedway, Concord, N.C. For more information, visit www.recruitmilitary.com or www.legion.org.

Sports shorts

SKIES SPORTS CLASSES

SKIESUnlimited is now offering beginner tennis lessons for children 5 to 18 years old. The classes are scheduled for Tuesdays and cost \$40 per month. SKIESUnlimited will also offer Start Smart enrichment classes from June 6 through Aug. 5. Classes will be offered in baseball, football, soccer, basketball and golf. For more information, call 751-6777.

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 military, civilian employees and family members. Visit www.fortjacksonmwr.com/fitness/webtrac.mwr.army.mil/webtrac/jacksonrectrac.html. Call 751-5768 for more information.

SUMMARY COURTS MARTIAL

Anyone with debts to or by the estate of Pfc. Zachary G. Geinzer must contact 1st Lt. Jeffery R. Holden Jr., the appointed summary courts martial officer of Geinzer's personal effects. Geinzer passed away May 5 in Columbia. Contact Holden at 713-494-8593 or by email at Jeffery.Holden@us.army.mil.

SSI visit



John Argodale, right, deputy assistant secretary of the Army for financial operations, tours the Soldier Support Institute's Warrior Training Area during a visit to Fort Jackson last week. During his visit, Argodale observed financial management training and participated in the Financial Management Workshop May 18 through 20. Also pictured are Col. Stanley Brown, left, commander of the U.S. Army Financial Management Command, and Command Sgt. Maj. Jeffrey Green.

Courtesy photo

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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Marcus Person
Company A
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Todd Besier

SOLDIER OF THE CYCLE
Pvt. Christopher Dillon

HIGH APFT SCORE
Spc. Nasim Ghayoumi

HIGH BRM
Pvt. Vasily Voronin



Staff Sgt. Andrew James
Company B
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Dickerson Huskey

SOLDIER OF THE CYCLE
Pfc. David Wilkinson

HIGH APFT SCORE
Spc. Celeste Winslow

HIGH BRM
Pvt. Randall Nelson



Staff Sgt. Seth White
Company C
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Richard Cary

SOLDIER OF THE CYCLE
Pvt. James Sutton

HIGH APFT SCORE
Spc. Casey Anderson

HIGH BRM
Pvt. Ryan Turner



Sgt. 1st Class Kester Dozier
Company D
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Travis Smith

SOLDIER OF THE CYCLE
Spc. Vena Thipsuwan

HIGH APFT SCORE
Pfc. Mariah Strong

HIGH BRM
Pvt. Bill Garkey



Staff Sgt. Jimmy Morgan
Company E
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Adrian Camarena

SOLDIER OF THE CYCLE
Pvt. Tyler Sloan

HIGH APFT SCORE
Spc. Vitalie Sarov

HIGH BRM
Pfc. Craig Banta



Staff Sgt. Christina Hansel
Company F
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Preston Ray

SOLDIER OF THE CYCLE
Pfc. David Mizer

HIGH APFT SCORE
Pfc. David Mizer

HIGH BRM
Pvt. Edward Smith

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Staff Sgt. Jorge Lopez

SERVICE SUPPORT
John Keegan

DFAC SUPPORT
Christopher Outen

FAMILY SUPPORT
Darlene Geise

Training honors



Sgt. 1st Class Barbara Posey
Drill sergeant leader,
U.S. Army
Drill Sergeant School



Sgt. 1st Class Robert Camp
Leadership award,
U.S. Army
Drill Sergeant School



Sgt. Meliza Rodriguez
High PT award,
U.S. Army
Drill Sergeant School



Sgt. 1st Class Jennifer Williams
Honor graduate,
U.S. Army
Drill Sergeant School

SUBMISSION GUIDELINES

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For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609. For information about display advertising, contact Kathy at 786-5681.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the June 9 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the June 9 Leader must be submitted by June 2.

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

For more information, call 751-7045.



At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
Officers' Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 2 p.m.
Palmetto Falls Water Park	751-3381	**Closed for season**
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; 4:30 to 7 p.m.
Pools, Legion	751-4796	**Closed for season**
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday-Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at fjleader@conus.army.mil.



Post salutes armed forces

Leader staff report

Past, present and future Soldiers were honored during Fort Jackson's combined Retiree Appreciation Days and Armed Forces Day activities Friday and Saturday. The celebration included golf, bowling and bingo competitions, a ceremony at Hilton Field and a health and benefits expo at the Solomon Center.

"This is a very proud day for Fort Jackson," said Maj. Gen. James Milano, Fort Jackson's commanding general.

During the ceremony at Hilton Field, veterans and retirees were applauded for their service, Soldiers with the 187th Ordnance Battalion participated in the pass in review and future Soldiers were sworn in. Maj. Gen. Robert Livingston, adjutant general for South Carolina, who was the guest speaker, applauded all who

made the decision to serve the nation.

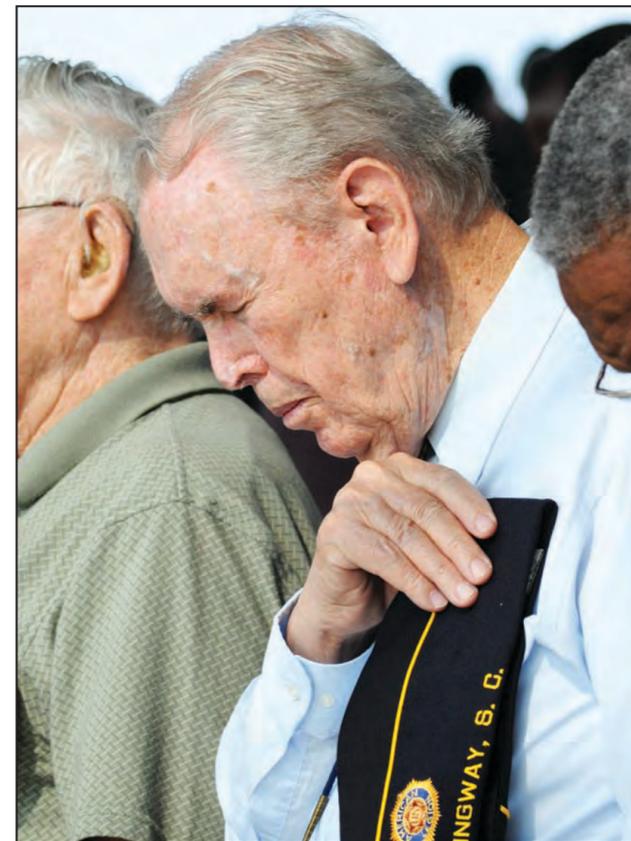
"They understand the world," Livingston said. "They understand our country's place in the world. And they step up and do the right thing."

Milano, who administered the oath of enlistment to a group of recruits, commended the future Soldiers on making a "huge commitment" while the nation is at war.

"I don't care if they serve for three years or for 33 years," he told the veterans in attendance. "Their service is something, like yours, that nobody can ever take away from them."

For retirees like Tom Sanford, a retired master sergeant who served in Vietnam, the celebration was a way to reconnect with the Army and former battle buddies.

"I get to see people I've known a long time ago," Sanford said.



Left, Leland Lewis, a World War II veteran from Hemingway, bows his head in prayer during the Retiree Days and Armed Forces Day ceremony Saturday at Hilton Field. Below, 1-year-old Dylan Horst takes the wheel of a M-151A2 military utility tactical truck. The vehicle, provided by the Celebrate Freedom Foundation, was one of many static displays at Hilton Field Saturday for Armed Forces Day. The interactive displays highlighted different eras and areas of military history and included tanks, unarmored vehicles, an AH-1F Cobra helicopter and weapons such as the M249 SAW machine gun and M16A2 rifle.



Above, new Army recruits take the oath of enlistment during a ceremony at Hilton Field Saturday. The oath was administered by Maj. Gen. James Milano, Fort Jackson's commanding general. Left, Maj. Bethany Deschamps, right, a registered dietitian with Moncrief Army Community Hospital, discusses nutritional care with Persida Guevarra, whose husband is retired from the Army, at the health and benefits Expo Saturday at the Solomon Center. The expo introduced retirees and their family members to services available to them. Fort Jackson supports approximately 46,000 military retirees who live in the Midlands.

Photos by SUSANNE KAPPLER



CMYK

CMYK

27" WEB-100



Photo courtesy www.babylovesdisco.com

A group of children shake, rattle and roll during a Baby Loves Disco dance party event.

Disco inferno hits post

Baby Loves Disco tour heads to Fort Jackson

By **THERESA O'HAGAN**
Family and Morale, Welfare and Education

The Baby Loves Disco Superhero tour comes to post June 2, 5 to 8 p.m. at the Solomon Center. This free event celebrates the superhero in everyone — moms, dads, and children.

“Come and shake it . . . or cape it,” said Andy Blackman Hurwitz, Baby Loves Disco co-founder.

The first 25 families to RSVP to 751-4869 for this family event will receive a free gift upon arrival. Child, Youth and School Services is hosting the event and will provide a light dinner.

Children and parents are encouraged to dress up like their favorite superheroes (or just wear their regular street clothes) and show that moms, dads, and kids of all sizes have special powers worthy of superhero status.

Expect a disc jockey and emcee-hosted dance party, crafts, mini manicures and pedicures and plenty of other activities

for children and parents.

Baby Loves Disco is literally a “mom and pop” operation that was started a few years ago in a Philadelphia nightclub by two parents who were looking for alternatives to the usual children’s activities.

In November, Baby Loves Disco went to Fort Stewart, which was Hurwitz’ first military function, which he described as an “amazing” and “emotional” experience for him and his staff.

“It’s not just kids not having their parents home, but worrying about their safety. We’re a family dance party, and we’re a company run by a families,” he said. “It just went right to our hearts, and we didn’t think twice about it.”

Hurwitz said that first military-affiliated event has had a profound effect on him and the staff and inspired them to want to do more.

“It’s one of those things that you think you know what it is going to be like. None of us had ever been to a military installation before, so we didn’t know what to expect.

“We’ve played some of the biggest nightclubs in the country. We played in front of 10,000 people at Central Park, but this has been, for all of us, probably the best experience we’ve had all year.”

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the June 9 Leader must be submitted by June 2.

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

SATURDAY

- ☐ **Palmetto Falls Water Park** opens for the season; 11 a.m. to 7 p.m. Call 751-3475 for more information.
- ☐ Lake Beach Bash, **Weston Lake**, 11 a.m. to 6 p.m.
- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

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

WEDNESDAY

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

EDGE! CLASSES

- ☐ **Let 'er Roll Bowling**: 3:30-5 p.m., Tuesdays, Century Bowling Lanes
- ☐ **Eat Right Cooking School**: 3:30-5 p.m., Thursdays, 5955-D Parker Lane.
- ☐ **Monday with a Mad Genius**: 3:30-5 p.m., Wednesdays, Post Library.
Call 751-3053 for ages and costs.

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.

Mindfulness practices help ease stress

By **LISA YOUNG**

U.S. Army Public Health Command

Do the inevitable stresses of daily living leave you feeling like you are missing out on the joys of life?

Would you be interested in learning how to slow down to enjoy life, moment by moment?

Since 1979 there has been a growing interest in what is called “mindfulness” practices. Mindfulness can be defined as a conscious, present-centered awareness in which each thought, feeling or sensation is purposefully acknowledged and accepted in the present moment with a non-judgmental attitude of curiosity, openness and acceptance.

Although inspired by Buddhist teachings, there is nothing religious about mindfulness, and it can be practiced independent of religious or cultural influence.

Throughout the past 30 years, there has been an increase in the study of mindfulness. Current research suggests that mind-

fulness practices are useful in the treatment of pain, stress, anxiety, depression, disordered eating and addiction.

Most recent studies on mindfulness have looked at this new field as a psychological tool capable of stress reduction and the elevation of positive emotions. Studies inquiring into “mindfulness-based stress-reduction” interventions have produced the following findings:

- Benefits of improved immune system
- Increase in positive affect and a faster recovery from a negative experience
- Reducing distractive behaviors to reduce stress
- Emotional regulation and focused breathing resulting in positive responses
- Declines in mood disturbance and stress

Research centered on mindfulness as a tool to elevate and sustain positive emotional states found that meditation practices showed:

- Increases over time in purpose in life and social support, and decreased illness symptoms

- Increased brain and immune function
- Higher subjective well-being promoting the perception of “having enough.”

Mindfulness has been used as treatment for post-traumatic stress disorder at Veterans Administration hospitals. U.S. Army Ranger Monty Reed stated in an interview for CNN that a therapy that incorporates mindfulness has helped him with the chronic pain, flashbacks and anger resulting from a parachute jump accident.

He said, “Mindfulness is a belief system that I use to change my attitude toward bad things that happen to me, and that gives me control of the results or the outcome.”

Mindfulness is also used to help patients with eating disorders, such as weight loss, binge eating, anorexia or bulimia. It teaches patients to focus on the present and eat food with purpose on purpose. The idea is to be aware of any judgments that occur with the eating process, release them, and concentrate on how the food tastes.

When used as a part of therapy for depression and anxiety, psychotherapists have included mindfulness techniques to

manage negative thought patterns. Some approaches are focusing on each inhale and exhale of breathing to gain a sense of control, or choosing to visualize a calming time or place that brings a sense of peace.

To experience a deeper sense of living in the moment, try some of the following simple mindfulness exercises:

- Meditation
- Deep breathing
- Listening to music
- Observing your thoughts
- Journaling

Virtually any activity can be a mindfulness exercise if you bring a heightened sense of focus to what you are doing right then. Try it and find yourself less stressed and more grounded in the present moment.

For more information about mindfulness and stress reduction, go to:

The Center for Mindfulness in Medicine, Health Care and Society, <http://www.umassmed.edu/content.aspx?id=41252>

National Center for Complementary and Alternative Medicine, <http://nccam.nih.gov/health/meditation/overview.htm>

Calcium, exercise good for the bones

By **BETHANN CAMERON**

U.S. Army Public Health Command (Provisional)

A healthy body with strong bones is vital to overall health and quality of life. Bones play many roles in the body. They provide structure, protect organs, anchor muscles and store calcium.

Many Americans suffer from bone disease and fractures, and many of these could be prevented. Half of all women and one in four men will break a bone. As of 2010, 10 million Americans already have the disease.

Osteoporosis, sometimes called “porous bone” is a disease of the skeletal system. A person’s bones become weak and brittle. This disease increases the risk of bone fractures, usually in the wrist, hip and spine. According to the U.S. surgeon general, by 2020, half of Americans aged 50 years or older will be at risk for fractures from osteoporosis.

Men and women of all ages and ethnicities can develop osteoporosis. A number of factors can increase the likelihood of developing osteoporosis. Risk factors that can’t be changed include:

- Being older than 50
- Being female
- Being thin and having a small body size
- Having a family history of osteoporosis

Risk factors that can be controlled are:

- Diet
- Physical activity/exercise

It is important for people to build bone as young adults so they reach their peak bone mass in order to maintain bone health. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Inadequate calcium in the diet and inadequate physical activity early on could result in a failure to achieve peak bone mass in adulthood. Bone mass declines in older adults, increasing their risk of osteoporosis.

The best defenses against developing osteoporosis are eating plenty of calcium-rich foods and doing weight-bearing physical activity. These actions build strong bones and enhance bone mass.

CALCIUM

Calcium is a mineral needed by the body for healthy bones and teeth, and proper function of the heart, muscles and nerves.

Good sources of calcium include:

- Dairy products: low fat or nonfat milk, cheese and yogurt
- Dark green leafy vegetables: bok choy and broccoli
- Calcium-enriched foods: orange juice, cereal, bread, soy beverages and tofu products
- Nuts: almonds

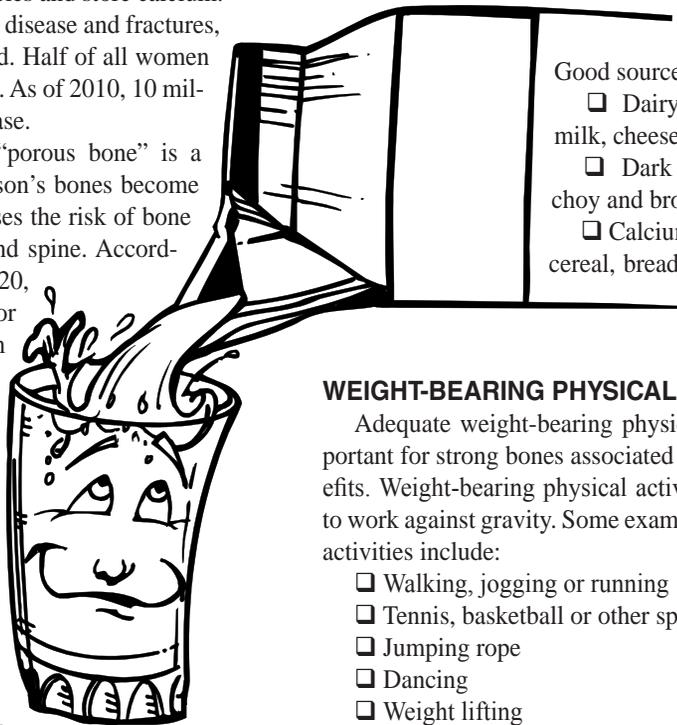
WEIGHT-BEARING PHYSICAL ACTIVITY

Adequate weight-bearing physical activity early in life is important for strong bones associated with many positive health benefits. Weight-bearing physical activities cause muscles and bones to work against gravity. Some examples of weight-bearing physical activities include:

- Walking, jogging or running
- Tennis, basketball or other sports
- Jumping rope
- Dancing
- Weight lifting

To reduce the risk of developing osteoporosis, include weight-bearing physical activity into an exercise plan to keep your bones healthy. Adults should have at least 30 minutes of moderate physical activity most or all days of the week. Children should have at least 60 minutes of moderate physical activity most or all days of the week.

For more information on osteoporosis and bone health: The National Osteoporosis Foundation, <http://www.nof.org>; National Institutes of Health, <http://www.nlm.nih.gov/medlineplus/osteoporosis.html>; Dietary Guidelines for Americans, <http://www.health.gov/DietaryGuidelines/>



MACH UPDATES

BEHAVIORAL HEALTH SERVICES

Active duty family members at Fort Jackson may request a referral through their primary care manager or self-refer for a Behavioral Health service by calling directly to the clinic to make an appointment. The services offered are:

Social work Services — Providing individual, marriage, family, grief/bereavement and Post Traumatic Stress Disorder therapy and counseling. 751-2235

Family Advocacy Program — Providing 24-hour/7 days a week crisis intervention services for all victims of child abuse/neglect, elderly abuse/neglect, and spousal abuse. 751-2235

Child Psychiatry Services — Providing individual counseling and medication management for children and adolescents. 751-5911.

Adult Psychiatry Services — Providing psychiatric medication management, individual counseling and psychiatric evaluations. 751-5911.

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. To be eligible, Soldiers must have 18 months left of active duty service. For more information, call 751-5406.

CATARACT EVALUATIONS

All military retirees and dependents with TRICARE benefits are eligible for a cataract surgery evaluation. Some patients may be eligible for premium implants. Call 751-5406 for more information.

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 civilian was issued a 15-day post fishing bar letter for fishing at Messer's Pond without a vehicle control card, Military Police said. The control card is a requirement for those fishing in a range area.

❑ A civilian was charged with a cell phone violation after being stopped for using a cell phone while driving, which is against Fort Jackson regulation, MPs said.

❑ A Soldier was charged with driving with an expired registration and driving in a restricted area after being stopped for driving through a physical training zone, MPs said. Vehicles are restricted from driving through PT zones from 6 to 7 a.m.



TIP OF THE WEEK

❑ With summer approaching, many people are turning to outdoor cooking, specifically grilling. But there are a few tips everyone should follow to keep themselves and their family members safe.

Barbecue grills should be kept clean.

Grease that builds up on grills can cause fires that are difficult to extinguish. Regulation requires that barbecue grills only be used outdoors at least 10 feet away from any building or structure.

Furthermore, grills should not be used under shelters or on wood porches. Propane gas tanks must be stored outdoors away from any heat source. Propane gas grills may be stored in a garage after the grill has sufficiently cooled and the propane gas tank has been removed from the grill.

Do not light a gas grill with the top closed and do not allow gas to accumulate in the grill before actuating the igniter. These actions could cause an explosion. Charcoal grills should never be left unattended. Do not use any other flammable liquid other than charcoal lighter fluid to light charcoal.

Do not apply lighter fluid to charcoal that has already been lit. Finally, when grilling is complete thoroughly soak coals with water until they have been completely cooled.

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



#10. Family ties to known or suspected international terrorist or terrorist supporters.

Court-martial

Sgt. 1st Class Frederick Owens was convicted in a general court-martial May 19-20 at Fort Jackson. Owens was an instructor and cadre member at the U.S. Army Chaplain Center and School. At the time of the court-martial, he had more than 15 years of military service.

A military judge convicted Owens of one specification of violating the command policy prohibiting illegal associations

between permanent party Soldiers and Soldiers-in-training, one specification of aggravated sexual contact, one specification of indecent exposure, one specification of assault, and one specification of adultery.

He was sentenced to be confined for 12 months, reduction of rank to E3 and to be discharged from the Army with a bad conduct discharge.

LEGAL

Law protects military during PCS move

By 1ST LT. ADAM WOLRICH
Legal Assistance Office

Many military personnel and their family members who are changing stations this summer will rent or lease homes at their next duty station. Federal law provides some protection to military tenants who, due to their military service, have to terminate their leases early. However, ensuring that a "military termination clause" is included in the lease can provide even a greater level of protection.

MILITARY TERMINATION CLAUSES

A military termination clause gives one party to the lease, usually the military member, the option to end the lease before the agreed upon ending date. Sometimes a landlord who is also a military member will include the right to end the lease upon retirement from the military. Renters should not assume, however, that the military termination clause permits the early termination of a lease upon (anyone's) retirement unless it says so explicitly.

OPERATION OF A MILITARY TERMINATION CLAUSE

Generally, the renter and the landlord agree that if certain conditions are met, the renter may notify the landlord that he or she intends to end the lease on a certain date.

Ordinarily, the renter is required to provide the landlord with at least 30 days' written notice of his intent to terminate the lease early. The renter may also be required to inform

the landlord of the reason he wishes to end the lease, citing the appropriate language in the termination clause, and to provide supporting documentation.

For example, if the tenant is being transferred to another installation, the termination clause may require the tenant to provide his landlord with a copy of permanent change of station orders.

CONDITIONS THAT COULD PERMIT THE EARLY TERMINATION OF A LEASE

Renters (and landlords) should keep in mind that a lease is a contract. Consequently, before signing the lease, both parties should be satisfied that the conditions for early termination are reasonable. The following are conditions, often included in military termination clauses, which provide military tenants with the option of ending a lease early:

❑ The military tenant has received permanent change of station military orders to transfer to another duty station that is more than a specified distance from the former duty station (such as 20 miles);

❑ The military tenant has received military orders requiring the tenant to move into government quarters;

❑ The military tenant is retiring or being released from active duty;

❑ The military tenant has received temporary duty orders, temporary change of station orders or is deploying for a specified period exceeding a certain amount of time (such as 60 days) to an area more than a specified distance (such as 40 miles) from where the premises is located; and/

or

❑ The military tenant has leased/rented the property before relocating or moving to an area, and the orders change to a different area before occupying it.

FEES FOR ENDING A LEASE EARLY

Some states have laws that permit the landlord to charge the renters for early termination, even if the renter used the military termination clause. Also, some military termination clauses may explicitly state this.

If a landlord will not agree to include a military termination provision, prospective renters should check with the local housing office and the legal assistance office before signing a lease.

Fort Jackson Legal Office

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

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

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

God asks us to turn our 'but' around

By **CHAPLAIN (CAPT.) SCOTT KING**
3rd Battalion, 13th Infantry Regiment

"Turn your 'but' around."

I know, an unusual phrase for the chaplain's article, but let me explain. In our walk of faith, God calls us to do things that often stretch us beyond our own natural abilities. We may face difficulties and struggles in life for which we see no solution. Or we may feel God tugging at us to reach out to those in need around us. Perhaps we're being challenged to give more of our time and resources to the ministry of others.

Well, if you are at all like me, you respond to these situations by saying, "Yes, God, but. ..." And we go on to explain to God how we really do want to trust him and to follow his leading, but But we're too weak. But we're not educated enough. But, we don't have the resources. But, we don't have the time. But, we don't know what to say. But, we don't have the right personality. But, we're scared to step out in faith.

And because of all of our "buts," we fail to experience all that God wants to do in and through our lives. We end up missing wonderful opportunities to be a blessing to

others, and to be blessed by God as well.

Now, if I were to ask you, "Is God faithful? Is he trustworthy? Does he make good on his promises?" You would probably answer, "Yes, of course." Then why is our response to him so often times, "But, Lord ...?"

When faced with a dilemma that seemed overwhelming to his disciples, Jesus told them, "With man this is impossible, but not with God; all things are possible with God" (Mark 10:27).

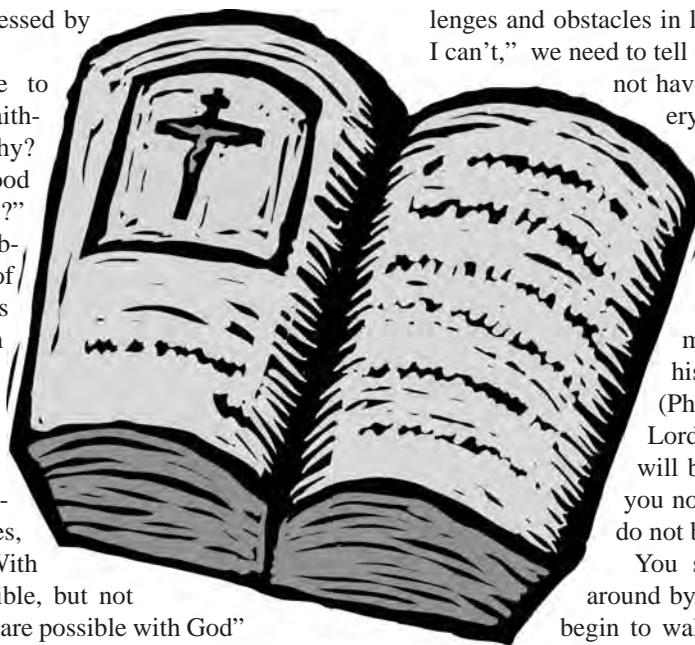
Yes, we can't, but God can. Therefore, we need to turn our "buts" around. When facing difficulties, chal-

lenges and obstacles in life, instead of telling God, "But I can't," we need to tell ourselves, "But God can." I may not have the strength, but "I can do everything through him who gives me strength" (Phil. 4:13).

I don't have the faith, but "the one who calls you is faithful and he will do it" (I Thess. 5:24). I don't have the resources, but "my God will meet all your needs according to his glorious rich in Christ Jesus" (Phil 4:19). I feel alone, but "the Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged" (Deut. 31:8).

You see, when we turn our "buts" around by saying, "but God can," we will begin to walk in the fullness of God's rich blessings for our lives. We will overcome the

fears, doubts and shortcomings that keep us from trusting him and growing in our faith. So, turn your "but" around.



PROTESTANT

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

Protestant Bible Study

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

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

Protestant Youth of the Chapel

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

CATHOLIC

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

- Wednesday

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

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

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

ADDRESSES, PHONE NUMBERS

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

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the June 9 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the June 9 Leader must be submitted by June 2.

The Leader



welcomes timely submissions.

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

For more information, call 751-7045.

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





Photos courtesy Fort Jackson Sports Office

Nicole Hayman, with the Training Support Battalion, flips a tire during last week's competition. Hayman was the overall women's winner.

Post gets Army Strong

Soldiers compete in Strongman competition



Left, Brian Jones, with the 2nd Battalion, 13th Infantry Regiment, carries a 150-pound stone during last week's Strongman competition

Leader staff report

For the second year in a row, Brian Jones with Company F, 2nd Battalion, 13th Infantry Regiment, took home the title in the overall male category of the 2011 Strongman in the post competition.

Nicole Hayman, with Company C, Training Support Battalion was crowned the overall woman.

The annual competition, which was held at the Hilton Field Softball complex, pitted 38 competitors in three events; a tire flip, stone carry and the humvee pull, in which contestants actually pull a vehicle.

"That's the biggest turnout we have ever had," said Cindi Keene, Sports Office.

Winners were also awarded in male and female categories for light, middle and heavyweight.

Category winners are as follows:

Women's lightweight: Rhonda Covey

Men's lightweight: Nicholas Laplante

Women's middleweight: Nicole Hayman

Men's middleweight: Brian Jones

Women's heavyweight: Shawna Williams

Men's heavyweight: Anthony Hill

Men's super heavyweight: Bechel Crew



Jones pulls a humvee during last week's Strongman competition. Jones was the overall men's winner.