

THURSDAY, SEPT. 5, 2013

# THE FORT JACKSON LEADER

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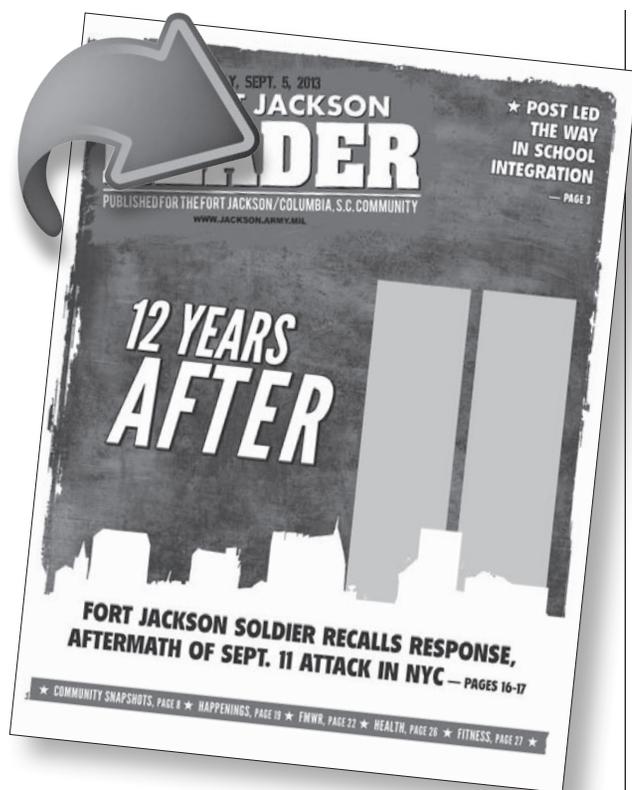
★ POST LED  
THE WAY  
IN SCHOOL  
INTEGRATION

— PAGE 3

## 12 YEARS AFTER

**FORT JACKSON SOLDIER RECALLS RESPONSE,  
AFTERMATH OF SEPT. 11 ATTACK IN NYC — PAGES 16-17**

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## ON THE COVER

Photo illustration by WALLACE McBRIDE

**Capt. Anthony Soika recalls the aftermath of Sept. 11 attacks in New York City.**

**SEE PAGES 16-17.**

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#### Fort Jackson, South Carolina 29207

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## NEWS

# Family Advocacy Program takes on domestic violence

By **ROBERT DOZIER**  
IMCOM

JOINT BASE SAN ANTONIO, Texas — The Family Advocacy Program is taking the lead this year in the Army's campaign to give Soldiers and their families the tools they need to avoid and prevent intimate partner violence. IMCOM will be making a concerted effort during Domestic Violence Awareness month in October to highlight resources and strike a chord of resiliency on Army garrisons.

"We'll have a campaign this year, activated at each garrison to highlight our programs to our Soldiers and family members," said Col. Anthony Cox, director of the IMCOM Family Advocacy Program. "Our goal is to help them capitalize on their strengths to make their domestic situation a success."

The Family Advocacy Program is a congressionally mandated program intended to prevent and reduce the occurrence of family violence and create an environment of intolerance for such behavior.

"Family advocacy is the art of bringing public awareness about family violence and prevention techniques to our Soldiers and spouses," said Novella Magwood, IMCOM family advocacy specialist and program manager for Domestic Violence Awareness Month. "We have in our program the ability to help before a situation escalates into violence."

For Soldiers and family members involved in domestic violence, early referral and intervention reduces risk, establishes safety plans and provides treatment for victims and offenders. The program manager is trained to be proactive in their efforts to provide the skills the Soldier needs most.

"We offer classes, such as anger management, financial counseling and new parent training," Magwood said. "Many times we'll get a request from the commander to go directly to the unit to conduct FAP training. This puts us in a position to meet the Soldiers and get the feedback we need to assist one-on-one."

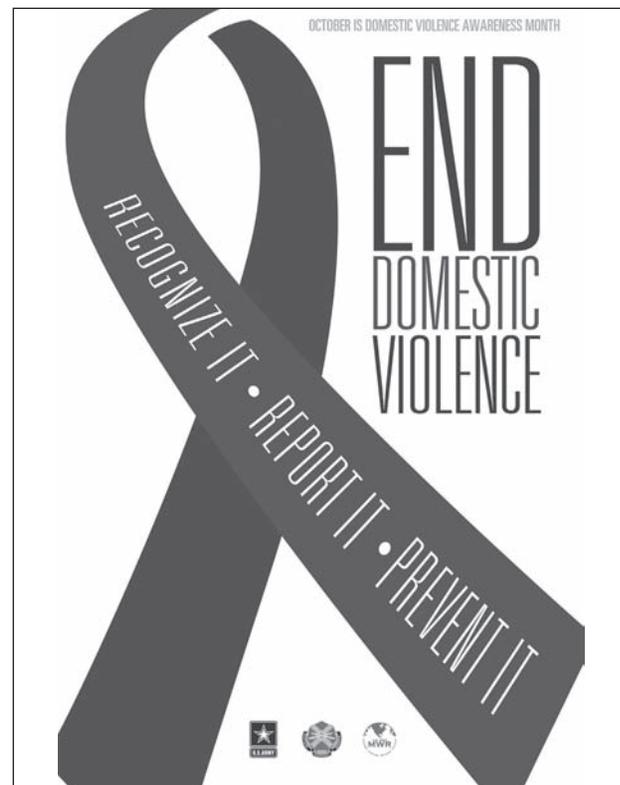
Referrals work both ways. Family advocates work through outreach to assess a situation and refer the Soldier or couple to an ACS- or chaplain-led class or to professional licensed therapists at the on-post medical treatment facility.

"Post-traumatic stress is a problem and it can become a heavy burden on the family," Magwood said. "Soldiers are encouraged to seek out help through their chain of command, but many times we see it in family advocacy first. We are an extra pair of eyes that can steer Soldiers in the right direction for the help they need."

Family advocacy works best when the Soldiers or family members come to the counselors early — before things get out of hand, and the police or command has to get involved. Programs include home visits, couples communication and or parenting classes, anger management, parent support, child classes and education. The Chaplain Family Life Centers and Family Advocacy Program treatment providers at the on-post medical treatment facilities offer marital and family therapy. These voluntary programs are designed to help families cope with stress, isolation, deployment issues and parenthood.

"One of our best customers is the expectant mother before she gives birth," Magwood said. "This is the time to get her and the father into a class together and teach them what they will face when baby comes home. Through the New Parent Support Program, often we can help set the mood and the tempo in the home and really engage the father in the parenting process."

"I remember when I was first married and frankly, we had



the usual growing pains," Cox said. "We actually did some counseling and learned to identify our own differences in communication. We realized that often tears or words spoken in frustration don't need to be taken personally. This type of counseling helped me and my wife early in our marriage."

Two issues that often contribute to domestic violence are finances and communication. For example, young Soldiers who have just moved to a new duty station can get into financial trouble quickly.

"They're young and maybe have money in their account for the first time in their lives. The temptation to spend on recreation or vanity items is too great for many," Magwood said. "If the couple is not communicating directly about managing money and credit cards, often the discussion turns to shouting. We can teach how to prioritize the money and find ways to save."

One major barrier to effective communication is when frustration turns to anger, which may lead to domestic violence. The Parenting and Healthy Marriage Program uses the ScreamFree Parenting and Marriage classes and training to provide education and awareness on effective parenting strategies, enhancing interpersonal relationships within the family and anxiety and stress reduction.

"ScreamFree training is designed to help identify the triggers for elevated communication failures," Magwood said. "ScreamFree helps make better parents and healthier couples. We've received such positive feedback that we are expanding the classes to include teenagers."

Whether a Soldier asks first, or the commander initiates the contact, family advocacy is a stigma-free zone.

"No one is judged here because we are here to help," Magwood said. "All I want is for that family to be successful. We can be the glue that helps get a family together to figure it all out."

"Soldiers fear that others will think badly of them or that their commander will take action against them," Cox said. "In fact, the biggest stigma is seeing themselves as broken or damaged. Sometimes it takes a buddy to tell us, 'You guys are having problems and need to get help.' If you hear that from your buddy, my advice is to go see the chaplain or go to ACS to get the help you need."



Leader file photo

Commanders cut the ribbon on the new Fort Jackson Elementary School, later renamed Hood Street Elementary, in 1963. It was the first desegregated school in South Carolina, opening a week after Martin Luther King's famous 'I Have a Dream' speech in Washington, D.C.

# School opening 'a historic moment'

## Fort Jackson Elementary School led the way in desegregation

By **WALLACE McBRIDE**  
Fort Jackson Leader

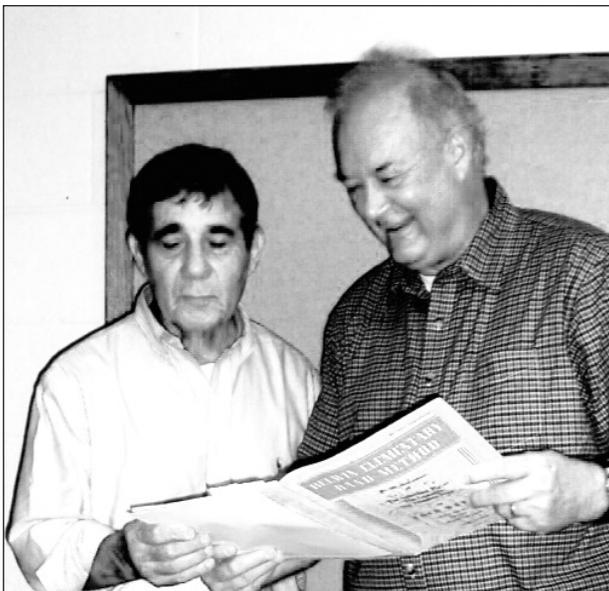
In 1963, William Fry was a gangly fifth-grade student with no real understanding of how the world was changing around him. Public schools in South Carolina were still segregated, a policy that had ceased to apply to Department of Defense schools a decade earlier.

At the time, though, there were no schools on Fort Jackson, forcing students to attend classes off post. Fry said he never gave much thought to why he went to a different school than the black children his age. That was life, he said, and those differences were beyond the control of any fifth-grade student.

But, adults on post were aware of the inequality of segregated schools, and were not happy with the situation.

"At the time, the military was very much integrated," Fry said, "but a lot of the black parents were getting upset that their children were going to a black school outside of Columbia, while the white students were going to Andrew Jackson Elementary School right outside the gates. There was a pretty rapid decision by the powers that be on Fort Jackson to build a school on post and integrate it."

The proposed school materialized quickly, he said. The process from concept to construction took roughly seven months, and Fry was among the first children to take part



Courtesy photo

**Thomas Silvester, left, Fort Jackson Elementary School's first principal, reminisces with former student William Fry during a visit to Columbia.**

in integrated education in South Carolina. The first school year for Fort Jackson Elementary School began Sept. 3, 1963, a week after Martin Luther King shared his dream

of a better America on the steps of the Lincoln memorial in Washington.

"I don't remember why it didn't register to me that some of these kids didn't go to school with me in the fourth grade," Fry said. "That was my first year on post, which was kind of a blur to me, and it didn't occur to me that my black friend down the street didn't go to school with me."

Fort Jackson Elementary School was the first elementary school in the state to offer classes to both white and black students. The school opened with nine teachers, including one black teacher and one Hispanic teacher, and 245 students in grades one through six. Fry said the school year started like any other and was free of the tensions and conflict surrounding the integration of other schools in South Carolina as they were slowly integrated during the following years.

"The school opened with no problems, and everything went very smoothly," he said.

Integration was hardly a novelty for the children living on post, since housing was already integrated. If anything, the population of the new school better represented the community in which they lived. While many states prohibited segregation, the 1954 Supreme Court ruling in *Brown v. Board of Education* deemed those laws to be unconstitutional.

# Longtime DFAC employee mourned

## Leader Staff Report

The Fort Jackson community lost one of its longtime members. Mae Hopkins, who worked in dining facilities on Fort Jackson for more than 40 years, died in August at age 60.

Hopkins was referred to as “Mama Mae” by many of the Soldiers she served.

“She worked hard at keeping good relations with others,” said Dwight Blue, the 165th Infantry Brigade operations officer. “Soldiers would return to her DFAC when visiting Fort Jackson on leave from years past, and she would ask, ‘How is your son, daughter or wife?’ by name. She even remembered certain characteristics about people.”

Hopkins most recently was the manager of the 1st Battalion, 34th Infantry Regiment DFAC. Blue recalled how Hopkins slept in the dining facility for three nights in 2011 during a winter storm that shut down Fort Jackson

to make sure Soldiers would be served hot meals.

“Mae once stated, ‘I will treat them all like my children and that’s the bottom line,’” Blue said. “She was a person who led by example.”

Barbara Johnson, one of Hopkins’ best friends and former manager of the 2nd Battalion, 39th Infantry Regiment DFAC, said Hopkins had a forgiving heart and never held a grudge.

“She was dedicated, hard working and had a heart of gold,” Johnson said. “She was straight forward. ... And 95 percent of the time she was right. ... She had no degrees, but she had a degree in life itself.”

“She truly was an angel in my mind,” Blue said. “Her love will live forever in my mind. It is all about helping others that is what Mae was about making the post and the world a better place.”

Hopkins is survived by her son, Stephfon McCoy, as well as one granddaughter and four siblings. She was buried at Greenlawn Memorial Park.



*Courtesy photo*

**Mae Hopkins, a longtime Fort Jackson employee, died last month at the age of 60.**

## CG signs CFC pledge

Brig. Gen. Bradley Becker, Fort Jackson’s commanding general, fills out his Combined Federal Campaign pledge card Tuesday. The campaign, which is the only fundraising campaign soliciting contributions from federal employees and military personnel, runs through Dec. 15. Also pictured, from left, are Staff Sgt. Matthew Mayle, 187th Ordnance Battalion; Staff Sgt. Annie Riddle, 165th Infantry Brigade; and Master Sgt. Gregory Herrera, 193rd Infantry Brigade.

*Photo by WALLACE McBRIDE*



# Events scheduled for business success

By **EDWINA GWYNN AND BARBARA MARTIN**  
*Employment Readiness Program*

The Fort Jackson Employment Readiness Program has two special events scheduled for potential business owners.

## HOME-BASED BUSINESS EXPO

Are you a military spouse looking for employment opportunities that will allow you to work from home and have a job waiting for you when you and your Soldier move? Have you considered starting a home-based business or small business that you can take with you wherever you go?

Since the economic downturn began about six years ago, about 38 million people have decided to take the path of entrepreneurship. Starting a home-based business can be a great investment and can help you stretch your household budget or add to your savings or retirement.

Many entrepreneurs have had great success in starting home-based businesses and small businesses. According to [www.businessforhome.org](http://www.businessforhome.org), a new home-based business is started every 12 seconds, and 70 percent of them succeed within three years compared to 30 percent of regular businesses.

Army Community Services is hosting a home-based business expo from 9 a.m. to noon, Sept. 17 at the Joe E. Mann Center. The event offers insights into success stories from home-based business owners.

The event provides opportunities for exposure, networking and recruitment for anyone who already has an established home-based business. For others, this is an opportunity to network, find a mentor and get started. Consider being a part of the growing work-at-home business movement.

For more information and to register, call 751-4862.

## STARTING YOUR BUSINESS WORKSHOP

Have you ever dreamed of having your own business?

Do you think having your own business is out of the question? Turning your dream into reality could be easier than you think.

The Army Community Services Employment Readiness Program has partnered with SCORE, a nationwide business counseling organization, to bring a dynamic, interactive program called "Simple Steps for Starting Your Business" to Fort Jackson. This five-part series of two-hour workshops is designed to give prospective business owners the tools, information and advice needed to succeed. Participants will learn the essentials of business startup, get action steps, and receive one-on-one mentoring.

Workshops are from 9 to 11:30 a.m., Tuesdays, Sept. 24 through Oct. 22 at the Strom Thurmond Building, Room 222.

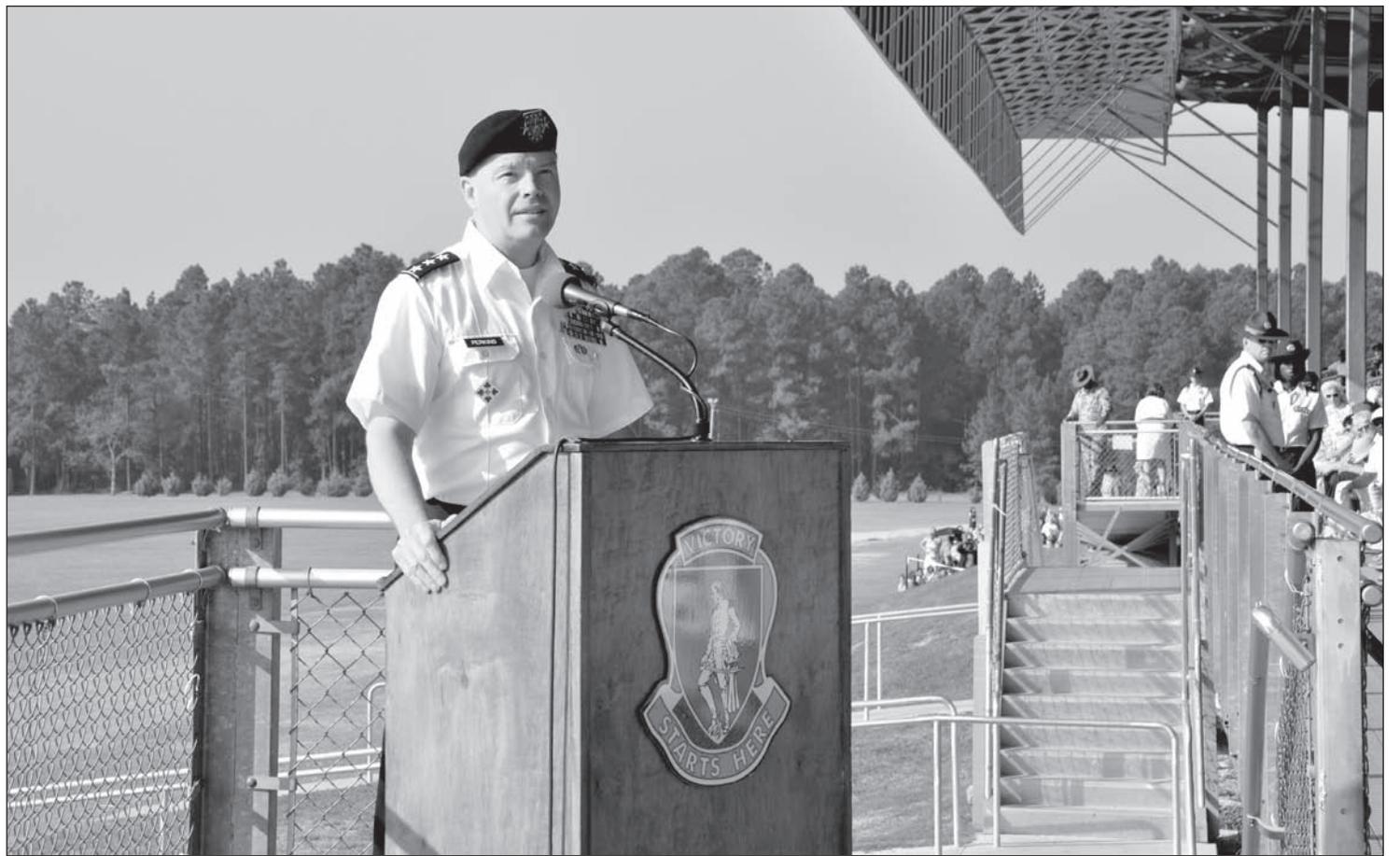
This program is free for all active service members, veterans of all service branches and family members of both. Registration is required.

For more information and to register, call 751-4862/5452.

## Graduation guest speaker

Lt. Gen. David Perkins, commanding general of the U.S. Army Combined Arms Center and Fort Leavenworth, Kan., addresses Soldiers and guests during the 3rd Battalion, 60th Infantry Regiment's Basic Combat Training graduation Aug. 29 at Hilton Field.

*Photo by DAVID SHANES, command photographer*



## News and Notes

### 9/11 COMMEMORATION

A ceremony to commemorate the 9/11 terror attacks is scheduled for 11 a.m., Sept. 11 at Post Headquarters.

### SUICIDE PREVENTION MONTH EVENTS

Retired Maj. Gen. Mark Graham and his wife, Carol, will speak at 9 a.m., Tuesday at the Solomon Center. The Gra-

ham's lost one son to suicide and another in the war in Iraq.

Helen Pridgen, director of the South Carolina Chapter of the American Foundation for Suicide Prevention, will speak at 1 p.m., Sept. 24 at the Solomon Center.

### RED CROSS RELOCATES

The American Red Cross office has relocated to 4512

Stuart Ave. The Red Cross is now co-located with the Family Readiness Center.

### SCREAMFREE MARRIAGE SEMINAR

Hal Runkel, the creator of the ScreamFree marriage program will host a seminar from 5:30 to 7:30 p.m., Sept. 17 at the Solomon Center. To register, call 751-6325.



## Follow the Leader

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## Welcome home

*Courtesy photo*

Staff Sgt. Daniel Melchiorre, 17th Military Police Detachment, and his military working dog Leo are welcomed home Monday by his wife, Amanda, and daughter, Hailey, 5. Melchiorre returned from a yearlong deployment to Afghanistan, where he served as a patrol explosive detection dog handler in support of Operation Enduring Freedom.



## Amazing Blackhawk race

*Courtesy photo*

The 171st Infantry Brigade conducts its inaugural Blackhawk Amazing Race Aug. 24th. The purpose of discussing best practices across family readiness groups within the brigade. The event included a scavenger hunt across post to identify resources available to families.

# Third Army keeps highway clean

By **STAFF SGT. TAIKEILA CHANCEY**  
Third Army/ARCENT

SHAW AIR FORCE BASE, S.C. — Motorists traveling on U.S. Highway 378, on a two-mile stretch of highway running directly in front of Shaw Air Force Base, may see a familiar name on the sign just outside the base, “Adopt-A-Highway Program ... Third Army/U.S. Army Central.”

You might even say “Team Shaw” owns this stretch of highway, however Third Army recently teamed up with the South Carolina State Department of Transportation’s Adopt-A-Highway program for the first time since their move to Sumter in 2011.

On Aug. 24, more than 35 Soldiers and civilians of Third Army volunteered to help keep the Sumter community a clean place to live, work and play.

“We’re here to demonstrate our commitment to the community, as well as our commitment to Shaw Air Force Base,” said Brig. Gen. Rex Spitler, Third Army/ARCENT chief of staff. “The Adopt-A-Highway Program was established for individuals, community, civic organizations, private businesses and industries to contribute to the effort of maintaining cleaner highways.”

“It’s a good program, and the way I see it, we signed up to serve the United States and our community and this is just one more (way) to do that,” said 1st Lt. Nathaneal Ramos, Headquarters Service Company chemical, biological, radiological, and nuclear officer-in-charge. “We want to show the community we’re not just warfighters, we’re here to help everyone by any means possible.”

As a result of the program, litter has been reduced by 59 percent in South Carolina over the past 10 years, according to the PalmettoPride, a state anti-litter and beautification nonprofit organization.

“The program is a great idea. It shows how much the Army loves the community, as well as what the Army is willing to do for its community,” said Staff Sgt. Latroy Butler, HSC supply sergeant.

“We strive to be good neighbors and teammates within our community,” said Maj. Fred Williams, Third Army/ARCENT chief of media and community relations. “The Adopt-A-Highway program contributes to Third Army/ARCENT (personnel) being seen as good role models and shows the citizens of Sumter we care about our community.”



Photo by *STAFF SGT. TAIKEILA CHANCEY*, Third Army/ARCENT

**Brig. Gen. Rex Spitler, Third Army/ARCENT chief of staff, and his wife, Rebecca, participate in the highway clean-up along U.S. Highway 378.**

# Advisers may help investors succeed

**N**avigating the world of investing requires planning. You should make sure you have the tools and resources you need to make the best decisions for yourself and your family.

In most cases, an experienced adviser will help you determine the best route to meet your goals. If investing is unfamiliar territory, your financial adviser will help you interpret information so that you understand what risks and benefits are involved.

Choosing the right adviser is more important than simply having one that carries the title. Check out the adviser's credentials, what he or she has to gain and if the fees are comparable to others. Most importantly, ensure that the adviser is looking out for your best interest and not for his or her own.

Your financial adviser should guide you to investments that fit your personality. Are you a risk-taker looking for the big returns? Or are you only willing to risk very little? Knowing your risk tolerance will help you make the best

## FINANCIAL ADVICE

By *ANGELA CROSLAND*  
*Army Community Services*  
*Financial Readiness*

decisions. A good financial adviser will determine if you are a conservative, moderate or aggressive investor before introducing you to the world of investment. Having diversification and a good mix of investments is usually the best policy.

Investing comes with a certain amount of risk. You should educate yourself before turning over your hard-earned cash to anyone. Ask your adviser questions, and if you are not satisfied, do not commit. Be comfortable with your decision and focus on your goals. For more information, call Army Community Services at 751-5256.



# Exchange discloses dividends

From the Army and Air Force Exchange Service

Soldiers and their families dining and shopping at Fort Jackson Exchange facilities last year generated a dividend of \$1,867,814.

These funds are critical to Army IMCOM G-9's ability to enhance local programs and facilities, including the Palmetto Falls Water Park, Videorama and Century Lanes Bowling Center.

"Historically, roughly two-thirds of Exchange earnings are paid to Morale, Welfare and Recreation programs with the other third used to build new stores or renovate existing facilities," said Don Sydlik, the Fort Jackson Exchange's general manager. "This structure means that authorized customers are essentially our 'investors.' Fortunately, thrifty shoppers rediscovering the value the Exchange offers allowed us to provide a healthy return on



their investment."

With a mission to provide quality goods and services at competitively low prices and generate earnings to support quality of life efforts, the dual benefit the Exchange provides military families goes far beyond the clothes, electronics and snacks on shelves.

Shoppers who visit the Exchange, either online at [www.shopmyexchange.com](http://www.shopmyexchange.com) or in person, help make the military community a better place to live and work. Purchases made in the past 10 years have provided more than \$2.4 billion to military programs such as youth services, post functions, gyms and aquatic centers.

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### Fort Jackson Gate Hours

<b>Gate 1</b>	5 a.m. to 1 p.m. .... 3:30 to 6 p.m. .... Closed .....	<b>inbound and outbound traffic, Monday through Friday</b> <b>outbound traffic, Monday through Friday</b> <b>weekends</b>
<b>Gate 2</b>	<b>Around the clock, seven days a week</b> <b>Commercial traffic on weekends only.</b>	
<b>Gate 4</b>	5 a.m. to 8 p.m. .... Closed .....	<b>Monday through Friday</b> <b>weekends</b> <b>Commercial traffic must use Gate 4 on weekdays.</b>
<b>Gate 5</b>	5 a.m. to 1 p.m. .... 3:30 to 6 p.m. .... 5 a.m. to 8 p.m. ....	<b>inbound and outbound traffic, Monday through Friday</b> <b>outbound traffic, Monday through Friday</b> <b>inbound and outbound traffic, weekends</b>



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# Soldiers 'brand' future with resume ink

By MITCHELL LEE  
IMCOM

JOINT BASE SAN ANTONIO, Texas — A national business association launched a new personal branding search engine to help transitioning Soldiers catapult their career search. The U.S. Army Installation Management Command has teamed up with the U.S. Chamber of Commerce Foundation's Hiring Our Heroes program that has opened its online Web tool for employers to search the database of service member resumes at no cost.

"This is the best transitioning tool that I have seen over the past eight years," said Mitchell Lee, IMCOM G3 Integration/Synchronization Team. "It's where a Soldier can be constantly evaluated or vetted by

employers after only a one-time upload."

This is the next step in a tool that launched in March 2013. The resume engine was designed to be a next generation online tool specifically for Soldiers. It was so successful, Hiring Our Heroes invested in this new feature to make it even better.

"The success of the Personal Branding Resume Engine has inspired us," said Ross Cohen, senior director of Hiring Our Heroes at the U.S. Chamber of Commerce Foundation. "This new employer search feature will bring us to a heightened level of participation. It's something all of our users really want to see happen."

Branding is what it is all about in employment application these days. It is how transitioning service members and veterans market themselves to employers.

"The resume engine uses the same type of technology as TurboTax, with easy drop downs and hints," Lee said. "Our veterans are now able to create an effective, one-page resume and a 90-second elevator pitch to share at a job fair or networking event. This is great."

This new feature is much more than a military occupational specialty translator. The resume engine factors in the entirety of a veteran's military service, including awards, deployments and military schooling.

"Unlike other search engines, this is free," Lee said. "The new addition of an employer search feature now allows job seekers to add their completed resumes to a database, which is searchable by employers at absolutely no cost."

The primary goal of this feature is to level the playing field for small businesses and help companies of every size find quality candidates.

Employers are required to set up an account at <http://www.resumeengine.org/> employer, and they will be vetted by the U.S. Chamber of Commerce Foundation before receiving access to the database. Once approved, employers can search for candidates by keyword, job-level and geography.

"In the first week of the search feature rollout, more than 400 companies signed up to access the resume bank," Cohen said. "Almost immediately those sign-ups generated more than 200 database searches to our Soldier resumes. This is the kind of result we were hoping for."

## This week in history

On Sept. 11, 2001, terrorists attacked the World Trade Center in New York City and the Pentagon in Washington. Hours later, President George Bush addressed the nation, "This is a day when all Americans from every walk of life unite in our resolve for justice and peace. America has stood down enemies before, and we will do so this time. None of us will ever forget this day, yet we go forward to defend freedom and all that is good and just in our world." The Basic Combat Training Museum has on display fragments of the World Trade Center and Pentagon from these attacks.

Photo courtesy of the  
BASIC COMBAT TRAINING MUSEUM



## LEADER DEADLINES

Article submissions are due two weeks before publication.

For example, an article for the Sept. 19 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Sept. 19 Leader must be submitted by Sept. 12.

Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com).

For more information, call 751-7045.



# AER announces scholarships awarded

*From Army Emergency Relief*

ALEXANDRIA, Va. — Army Emergency Relief announced the award of 3,469 scholarships under the MG James Ursano Scholarship Program for children of active duty and retired Soldiers and 1,145 scholarships under the Spouse Education Assistance Program. Award amounts vary each year based on the allotted budget and the total number of applications completed.

“We received a total of 8,854 applications for the 2013-2014 academic year which was an increase of approximately 1,500 over last year,” said Tammy LaCroix, manager for AER’s scholarship programs. “There were 4,614 scholarships awarded. More than 90 percent of the applicants who completed the entire application process received a scholarship award.”

MG James Ursano scholarships are awarded based on three criteria: financial need, academic achievement, and leadership skills (e.g. student council, ROTC). A student could qualify under one, two or all three of the criteria. AER received 6,132 MG James Ursano applications and awarded 3,469 scholarships.

Maj. Gen. James Ursano served on active duty for 33 years. Following his retirement in 1976, he served as the director of Army Emergency Relief for 10 years. Throughout his tenure as director, he was a passionate supporter of education. In 1997, the AER board of managers renamed the AER Scholarship for Dependent Children to the MG James Ursano Scholarship Fund.

AER received 2,722 applications for the Spouse Education Assistance Program and awarded 1,145 scholarships. Spouse scholarships are awarded based on financial need.

AER began accepting applications in January with a deadline of May 1 for the application and supporting documentation. For the first time, all applications and documentation were submitted online. Award notification emails were sent to all applicants before the end of June.

Army Emergency Relief is a private nonprofit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.5 billion to more than 3.5 million Soldiers, families and retirees.

For more information, visit [www.aerhq.org](http://www.aerhq.org).



*Photo by WALLACE McBRIDE*

## Ask, Care, Escort

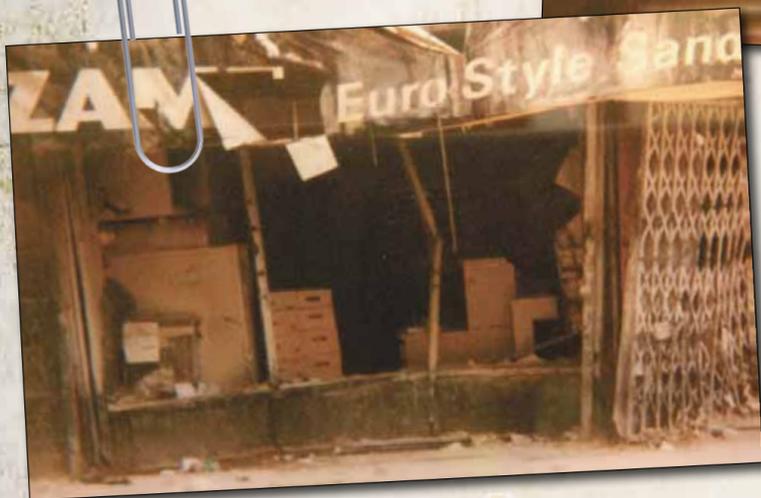
Ernestine Richardson, right, Army substance abuse manager on Fort Jackson, hands an ACE card to a motorcycle rider entering Gate 1 Tuesday while James Rowland checks the rider’s ID card. ACE, which stands for ask, care, escort, is part of the Army’s suicide prevention program. Army Substance Abuse Program employees handed out ACE cards at Fort Jackson entry points as part of the post’s Suicide Prevention Month activities.

# An unexpected battlefield

## Soldier recalls the aftermath of Sept. 11 attacks



Photos provided by Capt. Anthony Soika illustrate the extent of the destruction caused by the Sept. 11, 2001, terror attacks in New York City.



By WALLACE McBRIDE  
Fort Jackson Leader

On Sept. 11, 2001, confusion was the rule of the day in New York City.

Chaos is to be expected when two of the tallest buildings in America come crashing down. There were questions that needed to be answered, but the answers weren't coming quickly enough in the weeks that followed the attacks, said Capt. Anthony Soika, commander of Headquarters and Headquarters Company, Army Training Center and Fort Jackson.

"What was shocking to me was that people from all over the country instantly reacted to the crisis," Soika said. "By Sept. 13, Ground Zero had become so crowded by people trying to help, that nobody could get anything done. It was like a mosh pit for 50 acres."

The solution to the problem angered some people, which was probably unavoidable. Anybody who wasn't a formal representative for emergency services was quickly pushed outside of the perimeter of Ground Zero.

"A lot of people were pretty upset. There were people there from Florida, and I met cops from Phoenix, Az.," he said. "And this was just 48 hours after the fact. I thought that was shocking, that someone dropped everything they were doing, jumped in a car and drove from Arizona to New York to see if they could help. It was really heart-breaking to say, 'No, you can't help.'"

Soika hadn't been in New York for very long before Sept. 11. He had completed Basic Combat Training at Fort Jackson in 1989 before moving on to Explosive Ordnance Disposal school. He was deployed in Operation Desert Storm, leaving active duty in 1994 to join the National Guard and return to college.

With degrees in exercise science in hand, he took a job as director of physical fitness at the U.S. Merchant Marine Academy in New York.

"You don't start out as Steve Spurrier, you've got to climb the ladder," he said of the academy coaching position. "Every morning, we had remedial physical education for the students who couldn't pass the PT test. My battle rhythm each day was, I came in to do remedial PE at 5:30 a.m. for an hour, then went home and came back around 9 or 10."

When he returned to work on the morning of Sept. 11, he had been listening to a Jimmy Buffet album in his car



Capt. Anthony Soika

and missed the news reports of the first airplane to crash into the World Trade Center. He said he had not adjusted well to the inherent hostility of New Yorkers, and Buffet was a way to escape for a few minutes of the day. He said the city made him a "Parrothead."

"When I got to the academy, a good friend of mine, who was a Coast Guard officer, started to make a call on his cell phone," Soika said. "It was widely known by the people who worked there that you couldn't get cell reception on the academy grounds. I mentioned that as I got out of my car, and he blurted out, 'My wife works at the World Trade Center.' My exact words were, 'What does that have to do with anything?'"

He was told a terrorist had crashed an airplane into the twin towers. Even then, he said, he had trouble imagining the magnitude of what was happening.

"In my head, I'm thinking somebody stole a Cessna and crashed it into the building. I said she was probably fine," he recalls. "The building's gargantuan, and what's a Cessna going to do? What are the odds it's that exact office?"

When he arrived at the academy's athletic department, he found the office was a "ghost town."

"I thought there was a meeting I had forgotten about," he said. "I went to the conference room and, sure enough, everyone was there. But they were hovering around the TV

in the corner of the room. Just as I go over to look, the second plane hit the other tower."

The academy is located on the shore of Long Island Sound, and the smoke from the attacks was visible from the window, Soika said. "You could see the smoke being carried by the wind a thousand feet above the ground," he said. "We were all in shock."

Minutes later, Soika received a telephone call from his National Guard unit advising him to prepare for duty. His guard unit was a three-hour drive from the academy on Staten Island.

"All the roads were in complete gridlock," he said. "I drove mile after mile on the side of the road and through ditches with my hazard lights on."

He arrived with his unit in Manhattan around 2 a.m.

"By the time the sun came up, the orders I had were to take my crew, which was a Humvee and four Soldiers counting myself, and secure the intersection at Walker and Broadway," he said. "They were very vague orders. The last orders I got were not to let anyone into lower Manhattan. It's a very wealthy part of Manhattan and there was a lot of concern about looters. They were evacuating lower Manhattan in case there was a dirty bomb or other issues. But, if you clear the wealthy out of lower Manhattan you leave a vacuum of people who know very well that they can take whatever they want."

At the scene were 40 police officers from a dozen precincts who had been given the same orders.

Among those volunteering during the recovery was a professional football player who was easily recognizable to New Yorkers, but not so much to Soika, a Minnesota native.

"Late on the morning of Sept. 13, I see this Italian, Rocky-looking guy making his way through the crowd," he said. "I remember thinking, 'Where does he think he's going?' He looks at me and walks on by like I'm not even there."

He grabbed the man's arm, prompting an immediate response from a police officer.

"Before he could react, a NYPD cop approached and said, 'He's with me.' We're working 21-hour shifts, and I'm exhausted," Soika said. "Someone turns to me and says, 'Do you know who that was? That was Vinny Testaverde, a quarterback from the New York Jets. Well, he should have worn a name tag.'"

See **SOIKA**: Page 18

CMYK

CMYK

27" WEB-100

## September Promotions

Name	Rank
GERACI, Eric J.	CW3
DANJOINT, Moise	SGM
CINTRONFLORES, William A.	MSG
CULANDING, Albert A.	MSG
LONG, Fredrick J.	MSG
SAINZ, Jaime	MSG
SMITH, Bennie Jr.	MSG
DOHNER, Sean R.	SFC
PACIENCIA, Kyle R.	SFC
SMITH, Ryan L.	SFC
STPIERRE, Phillip A.	SFC
VANGORKUM, Darrell	SFC
LUNG, Joel J.	SSG
MARTIN, Khasim C.	SSG
MILLAPEDROZO, Pedro W.	SSG
SALAS, Ruben P.	SSG
JOHNSON, Michael D.	SSG
KEE, Jerry C.	SGT
MORGAN, Anna M.	SGT
NESSSELROTTE, Jerrvenis	SGT
ROMAN, Drupi R.	SGT
SANDERS, Kandace S.	SGT
WATERS, Latoria D.	SGT
WATKINS, Keith N.	SGT

## School

Continued from Page 3

But, a year earlier in 1953, the government required all DoD schools on military installations to be integrated no later than Sept. 1, 1955.

“There was no mention that it was a historic moment,” Fry said. “It wasn’t until 45 years later that I realized the importance of the event. And, two months later, we were dealing with the assassination of President Kennedy, which I remember vividly.”

For Fry, the new school also prompted a relationship that would change his life forever. While the school wasn’t budgeted to pay for the salary of a music teacher, the school’s principal, Thomas Silvester, was a musician, and gladly stepped up to the task of adding a little music to the curriculum.

“This was a very small school,” he said. “They had all of eight or nine classrooms at the time, and teachers had to double as a P.E. coach and what have you. Silvester, the principal, was a musician and very young at the time, as far as principals go. He started a band program in my sixth grade year.”

The experience was inspirational enough to start Fry on the path of becoming a music instructor, himself. Today, Fry lives in Columbus, Ga.

“After moving away from Fort Jackson, I went on to be in a high school marching band, and went on to teach music for 36 years,” he said. “It’s all because of Mr. Silvester starting that school band at Fort Jackson. He basically gave me a life and a career.”

Fort Jackson Elementary School was later renamed Hood Street Elementary School, and closed its doors in 2007. Today, the location is used as the U.S. Army Signal Network Enterprise Center. A historic marker to commemorate the history of the building was unveiled in 2010.

*Milton.W.McBride3.ctr@mail.mil*

## Soika

Continued from Pages 16-17

Soika spent 15 days at Ground Zero, and was later activated for another 90 days for service in New York City. The second time was to help manage security on the Brooklyn side of the Manhattan Bridge.

“We were told to stop any ‘major vehicle’ going into the city,” he said. “Well, what’s a ‘major vehicle?’ ... They were stopping all the taxi cabs that came in, and 99 percent of the taxis in New York are driven by Arabic people. We had to search every taxi, every cargo vehicle, every van ... if it wasn’t a car or a pick-up truck, it got searched.”

He said the goal was to prevent terrorists from following up on the first attacks, but the strategy proved to be a hollow “show of force.” The traffic subjected to searches was mostly made up of local employees trying to get on with their lives.

“At the other end of the bridge was Chinatown, so most of the vehicles that we searched were driven by small businessmen from Chinatown trying to deliver chicken to a restaurant, and they didn’t necessarily speak English,” he said. “I learned early that ‘xie xie’ was Chinese for ‘thank you.’ It really smoothed a lot of ruffled feathers. Instead of being the ugly American, it let them know we felt bad for holding them up for nothing.”

Semi-trucks were required to have manifests for their cargo, which had to be verified before they were allowed to pass the blockade, he said. One truck that tried to cross the barrier was carrying a 55-gallon drum of an unidentified white powder that had spilled.

### 9/11 COMMEMORATION

Fort Jackson will commemorate the 9/11 terrorist attacks in a memorial event at 11 a.m., Wednesday in front of Post Headquarters.

“The driver either didn’t speak English, or was acting like he didn’t speak English,” Soika said. “And he had no manifest. You can’t do a U-turn at the foot of a bridge, and he sure as hell wasn’t going over the bridge. It fell upon me as an NCO to make a command decision. The driver hasn’t done anything wrong, but I can’t send him on with potential anthrax, and there was nobody senior to me to defer to. So I turned to my (private) and said, ‘Train your weapon on this guy. If anything happens to me, kill him.’”

Soika took a taste of the white powder. When he didn’t immediately fall ill — or worse — he allowed the driver to pass the barricade.

“My mom hates that story,” he said.

From day to day, Soldiers weren’t sure of how long their presence would be required in New York. In the end, Soika spent 28 days in New York City before returning to work at the academy.

“We were infantrymen,” he said. “Directing traffic and searching cabs, that’s not what we do. We’ve all heard of Soldiers who don’t want to deploy. This was a case where these were New Yorkers, this was an attack on New York, it was personal and they wanted to go. Every single one of them would rather have deployed to Afghanistan for a year than spend 38 days downtown. I was really impressed by that.”

*Milton.W.McBride3.ctr@mail.mil*

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## LETTERS

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@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.

## Calendar

### Friday

**First Friday golf tournament**  
1 p.m., Fort Jackson Golf Course

### Tuesday

**Suicide Prevention Month presentation**  
9 a.m., Solomon Center  
The guest speakers will be retired Maj. Gen. Mark Graham and his wife, Carol.

### Wednesday

**9/11 wreath laying ceremony**  
11 a.m., Post Headquarters

### Wednesday

**Retired Officers' Wives Club luncheon**  
11:30 a.m., Officers' Club  
RSVP is required by 3 p.m., Sept. 6. For more information, call 788-1094 or 738-1220.

### Wednesday

**American Society of Military Comptrollers, Palmetto Chapter meeting**  
11:30 a.m. to 1 p.m., NCO Club

### Tuesday, Sept. 17

**Screamfree marriage seminar**  
5:30 to 7:30 p.m., Solomon Center  
Featuring Hal Runkel, licensed marriage and family therapist. For more information, call 751-6325.

### Monday, Sept. 24

**Suicide Prevention Month presentation**  
1 p.m., Solomon Center  
The guest speaker will be Helen Pridgen, director of the South Carolina Chapter of the American Foundation for Suicide Prevention.

### Sunday, Sept. 29

**Gold Star Mother' Day observance**  
7 p.m., Semmes Lake

### Monday, Sept. 30

**Her War, Her Voice support group**  
6:15 p.m., TBA  
The theme is "breaking issues."

### Tuesday, Oct. 8

**LTG Timothy J. Maude Leadership Lecture**  
3 p.m., Solomon Center  
The guest speaker will be Air Force Lt. Gen. Darrell Jones, deputy chief of staff for Manpower, Personnel and Services, Headquarters U.S. Air Force.

## Announcements

### AAFES CUSTOMER SURVEY

The Army & Air Force Exchange Service's Customer Satisfaction Index survey is under way through Sept. 21. Customers can participate at the Exchange.

### TUITION ASSISTANCE

Soldiers planning to use tuition assistance for fiscal year 2013 fall classes starting through Sept. 30 need to have classes requested in GoArmyEd before 11:59 p.m., Sept. 23. No exceptions will be made. Soldiers may request tuition assistance for courses starting Oct. 1. Requests are subject to availability of funds. For more information, call 751-5341.

### CALL FOR ARTISTS

The Environmental Office is looking for submission by crafters and artists for its upcycling contest Nov. 15 during

America Recycles Day. Entries have to be created from recycled or reused items. For more information, call 751-5971.

### SPORTS BRIEFS

■ Brigade games for active duty teams in flag football, softball and cross country will be held this fall. Captains' meetings are scheduled for Sept. 19.

■ Reverse sprint triathlon, Sept. 28. For active duty service members only. Names are due to the Sports Office by Sept. 19.

For more information, call the Sports Office at 751-3096.

### GIRL SCOUT MEETINGS

The Fort Jackson Girl Scouts meet regularly at 5957 Parker St. Girls of all school ages are welcome. For more information, call 708-9255 or email ftjacksongs@outlook.com.

### RETIREMENT CEREMONY

The next Third Army/ARCENT retirement ceremony is scheduled for 2 p.m., Sept. 13 at Patton Hall.

### BOY SCOUT MEETINGS

The Fort Jackson Boy Scouts and Cub Scouts meet each week at various times. For information about the troop or pack, call 409-9568.

### THRIFT SHOP NEWS

■ The Thrift Shop is looking for new board members. Please contact the store for more information.

■ In the last year, the Thrift Shop has donated more than \$22,000 to community organizations.

■ The Golden Carriage Program provides free ball gowns for spouses of ac-

tive-duty service members E5 and below.

### TARP BRIEFINGS

Annual Threat Awareness and Reporting Program briefings are offered monthly at the Post Theater. The next briefings are scheduled for 10 a.m. and 2 p.m., Sept. 17. For more information, call 751-7852/3366/3802.

### AA MEETINGS

Alcoholics Anonymous meetings take place at 9 a.m., Mondays, Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com). Announcements are due one week before the publication date.*

## Weekly honors



**PRUITT**

**Sgt. Daisy Pruitt**  
Soldier of the week  
Third Army/ARCENT

# Thrifty kid: He's going to Disney World!

## Four-year-old saves money for two years to buy amusement park ticket

By **THERESA O'HAGAN**

*Family and Morale, Welfare and Recreation*

Many kids dream about going to Disney World. Some beg their parents to take them — not Jaden Holmes, 4.

Jaden wanted to go to Disney World so badly he started saving when he was two years old. Recently, he purchased his ticket, using his hard-earned money, at Victory Travel.

“When he came into the office with his mom and dad, they purchased two tickets for themselves and then he bought a ticket with money from his piggy bank,” said Don Jackson, manager, Victory Travel. “He was so excited that he got to purchase his own ticket. It was a very proud moment for everyone.”

Jackson was so impressed he inquired about the child's favorite Disney character, which is Mickey Mouse, and contacted Disney. Mickey Mouse was also impressed and sent Jaden an autographed photo, which Victory Travel presented to Jaden Friday morning.

“In 13 years at Victory Travel, I have never seen a child so excited about going to Disney,” Jackson said.

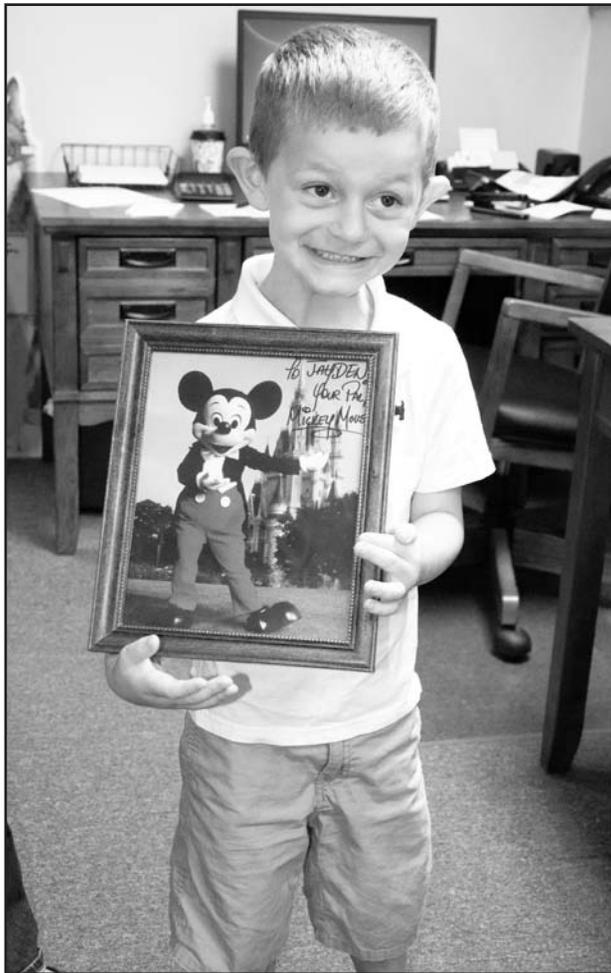
Jaden saved his \$1-a-week allowance he earned from doing chores such as laundry and feeding the family dog, Linus. He also saved his birthday money.

“We made it a family project,” said mother, Renee Holmes. “We gave him our extra change and created a Mickey Mouse fund.”

Jaden's father, Jason Holmes, Directorate of Emergency Services, also helped by checking his pockets for change every evening.

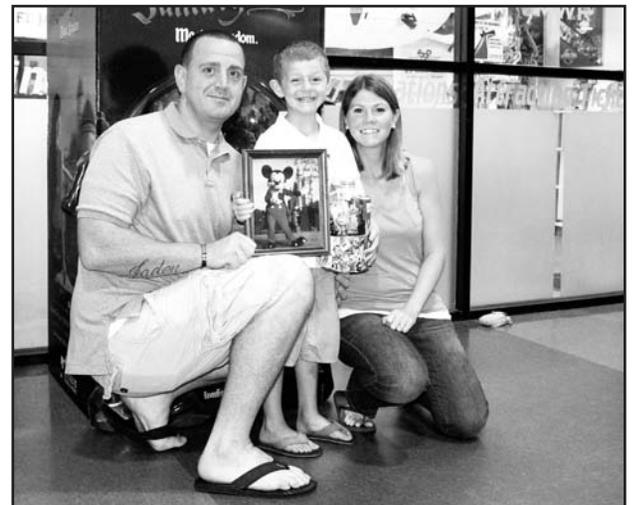
The family is scheduled to leave for Disney World next week.

“We are very proud that he followed through on the idea ... and (loved) seeing his excitement when he purchased the ticket,” Renee said.



*Photos courtesy of FMWR*

**Jaden Holmes, 4, shows off his hand-signed photo of Mickey Mouse. Jaden saved money for two years to buy a ticket for Disney World.**



**Jaden and his parents, Jason and Renee, purchase Disney World tickets at Victory Travel. The family is set to leave for Orlando next week.**

# MACH wins award for PTSD program

By **ANDRE BUTLER**

*Moncrief Army Community Hospital*

The Moncrief Army Community Hospital Department of Behavioral Health recently won the Army Medical Department Surgeon General's inaugural "Maintain, Restore and Improve (MRI) Health Award" for its innovative Combat Stress and Addictions Recovery Program.

"The CSARP program received the award because it provides a very successful five-week residential behavioral health treatment program to help Soldiers and family members deal with Post Traumatic Stress Disorder and some of the unhealthy coping mechanisms that develop due to its presence," said Col. Mark Higdon, MACH commander.

"The CSARP program uses a holistic approach that caters to the specific needs of each Soldier to maximize his or her success and life space management," Higdon said.

This inpatient program is a collaborative effort by many departments within MACH. At the core of the program are Department of Behavioral Health providers who are the clinical backbone of the program and Department of Nursing staff who provide around-the-clock care for service members enrolled in the program.

"Within the department, Joint Behavioral Health Services, Social Work Services and the Victory Care Clinic support us without fail," said Dr. Marc Cooper, chief of Behavioral Health. "And our nurses here are integral to the program. They are essential because they interact with the patients daily, and they are the ones who really get to know the individuals. If the providers aren't available, such as at nights or on weekends, the nursing staff steps in to make sure the patients are provided whatever assistance or help is required at the time."

Other key departments that contribute to the CSARP are the Departments of Ministry and Pastoral Care, Physical Therapy, Pharmacy and the Nutrition Care Division.

"When treating our patients, it is very important we provide for their spiritual, physical and nutritional needs as



*Courtesy photo*

**Col. Mark Higdon, third from left, MACH commander, and MACH Command Sgt. Maj. Vincent Bond, second from right, present Dr. Marc Cooper, chief of Behavioral Health, the MRI Award.**

well," Cooper said. "Without these departments' input and support, it would not have been possible to win the MRI Health award."

In addition, the MACH team also reached out to services across Fort Jackson for support with the program.

"We are invested in treating the whole person, which is what this award is all about. Reaching out to Army Community Services has given us the ability to provide financial advice for those in the program who are experiencing finan-

cial difficulties," Cooper said.

Leaders at the hospital recognize different agencies throughout the installation are responsible for the success of CSARP, as well as for Behavioral Health winning the MRI award.

"This award is a testament to the hard work and dedication of many folks," Higdon said. "This is not just a Moncrief Hospital good news story. This is a Team Jackson good news story."

## CSARP uses holistic methods to help Soldiers

By **ANDRE BUTLER**

*Moncrief Army Community Hospital*

Soldiers at Fort Jackson no longer have to deal with the pain of Post Traumatic Stress Disorder and addictions alone. Nor do they have to feel that seeking treatment for behavioral health concerns will negatively affect their military career.

Moncrief Army Community Hospital's Combat Stress and Addictions Recovery Program is dedicated to helping those suffering from PTSD and addictions.

"This program is one of the first I have seen of its kind that provides inpatient behavioral health care to combat veterans experiencing significant PTSD symptoms utilizing a multi-disciplinary, holistic approach," said Col. Mark Higdon, MACH commander. "Less than 5 percent of the patients require re-treatment in the future."

CSARP is a five-week treatment program. It consists of integrated care and cognitive processing therapy. After completing inpatient treatment, patients carry on treatment on the unit for two weeks for outpatient care, as well as continuing treatment with their outpatient providers, who are involved in their care while in the program.

"The program so impressed the (Maintain, Restore and Improve Health Award) selection committee that Moncrief was chosen to receive the first award from The Surgeon General. I am very proud of our team," Higdon said.

The overall goal of the CSARP is to simultaneously address post-deployment issues and unhealthy coping behaviors in a controlled, military environment with regular input from the chain of command, family members and staff familiar with the Soldier lifestyle.

"When people are experiencing emotional or addiction problems, it impacts every facet of their life," said Dr. Marc Cooper, chief of the Department of Behavioral Health. "If we only focus on certain aspects and ignore the rest, we are essentially setting them up to relapse. That is the reason CSARP is geared around comprehensive treatment."

Coping skills are emphasized during treatment.

"Service members come here to learn skills for how to cope in their community," said Maj. Norma Torres, head nurse of the program. "They sometimes need help with anxiety and anger issues so we engage them in group sessions with others to develop ideas of how to deal with what they are experiencing.

"These guys need a lot of education about their diagnosis, medications and treatment and that is part of what we do in this program," she said.

Getting to know the patient you are treating is another important aspect of the treatment plan.

"Every patient here is different, and this inpatient setting gives us the opportunity to learn more about the patient and what they are going through," Torres said. "Af-

ter a few days or so, most of them open up and share their experiences with us.

"It is a team effort, and we nurses, the providers, as well as the other patients, form a unique bond," she said. "They begin to understand that this is a safe environment for them to share and heal."

Cooper explained that a Soldier who is stationed at Fort Jackson has a unique opportunity for receiving treatment.

"Fort Jackson is a Training and Doctrine Command post, therefore, we don't have units deploying all the time," Cooper said. "The operational tempo is different."

Cooper said that makes it easier for troops to enroll in and complete the entire program.

"Soldiers here are in the best possible position to seek treatment. They can finish the treatment with little or no distractions of having to report to their unit for whatever reason," Cooper said. "And the Fort Jackson leadership supports what we are doing for the service members."

Cooper also addressed the perception that the stigma of psychiatric treatment might end careers.

"Those needing help should seek it," Cooper said. "I've treated a lot of patients with concerns about what others would say about them asking for help with PTSD and addictions. What you perceive is not reality, and service members should not use this as an excuse not to seek treatment."

# Healthy lifestyle includes nutrition

Eating clean is a key factor whenever you begin a body makeover. All the exercise we are willing to do pales in showing our progress if we do not truly make over that kitchen.

If you think workout makeovers are challenging, changing eating habits can be just as challenging if not more.

Changing nutrition can be challenging because eating is not something we quit doing, instead it is something we modify. This means that the pleasure of eating must still be dealt with. You will not quit eating, so you must learn how to eat right more than you eat wrong.

What are some steps you can take to get a better grip on healthful eating?

Start with a makeover — a kitchen makeover that is. It is almost impossible to eat right when your cupboards are filled with “no-no” foods. As you get ready for your nutritional makeover, you must do your part to help get your cravings under control. That means you need a fresh start, which begins with eliminating items that will sabotage your makeover efforts.

Try to avoid the farewell eating party. Many people eat everything in their cupboards to say goodbye to the good old days of junk food indulging. This typically is not an effective way to begin a fresh start. Instead of looking at what you can gain — which is control over your eating choices — you decide to cling to bad eating habits. We must embrace the “out with the old, in with the new” outlook and view this process as a welcome breath of fresh air.

Change does not have to be a downer, though. Try imagining how you will look from not losing control and overeating. That type of visual can help you gain victory over this challenging but doable part of a weight loss plan.

## OUT WITH THE OLD IN THE CABINET

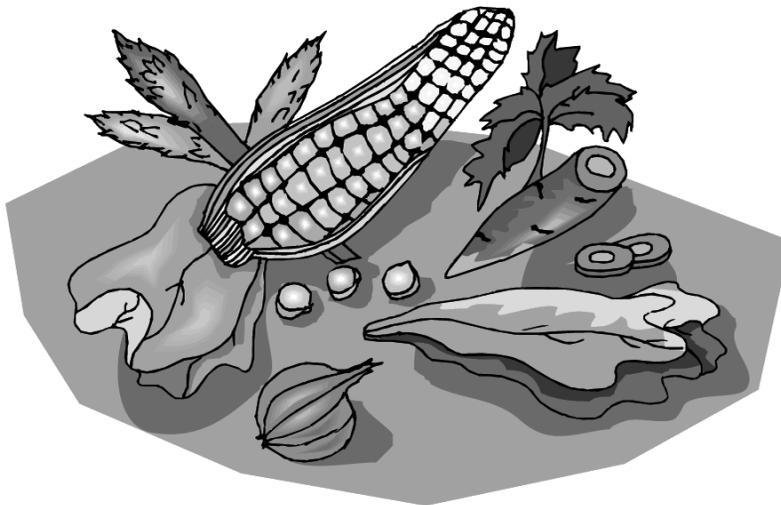
The first step is “out with the old.” Below are a list of items that should be removed from your kitchen.

- White rice, potatoes, pasta
- Boxed instant meals (the salt levels are very high)
- Salty, fried snack foods like potato chips, cheese puffs, corn chips and nachos
- Cookies
- Pastries, cakes, donuts
- Vegetable oil
- Sugary cereals
- Canned soups (the salt levels are very high)
- Canned vegetables (the salt levels are very high)

These items are processed and filled with high levels of saturated fat, calories, sodium and sugar. Eating these types of foods crush your willpower and encourage cravings for negative eating.

## THE WEIGH IT IS

By **PAMELA LONG**  
*Fitness programmer,  
Family and Morale, Welfare  
and Recreation*



## IN WITH THE NEW IN THE CABINET

Below are items to get you off on the right track. Remember, these are just to get you started. There are many healthy food choices today, so variety is definitely an option.

- Whole grains like brown rice, whole wheat pasta, barley, whole wheat bread
- Nuts, especially walnuts, almonds
- Natural peanut and almond butters
- Whole grain cereals
- Dried beans (these should become a staple)
- Lentils (another staple)
- Healthy oils like peanut, olive, sunflower, canola and sesame.
- Canned tomatoes and vegetables that have no salt added
- Tuna packed in water
- Canned salmon and mackerel

These food items are closer to their natural state and filled with antioxidant vitamin E and other nutrients that our body needs. Whole grains are loaded with fiber so we feel fuller longer. This allows you to have greater willpower over your eating choices. Cook with oils high in polyunsaturated fat like peanut or sunflower, and olive

and sesame oils which are high in monounsaturated fat — all of these are heart healthy fats.

## OUT WITH THE OLD IN THE FRIDGE

I know it may have been painful to clean out the cupboard, but we are not done yet. We must give our refrigerators a makeover as well. The same rules that applied for our pantries go for the fridge and freezer. We want to make sure we have items stocked that are healthy, full of flavor and low in fat and calories.

- Soda (sugar)
- Yogurt with artificial sweeteners (sugar)
- Barbecue sauce, soy sauce, ketchup (salt and sugar)
- Frozen entrees (salt)
- Whole milk (high fat)
- Juices (sugar)

Sodas are loaded with sugar.

Look at them as liquid candy high in calories with zero nutrients. Juices also are high in sugar and calories.

Their source of vitamins and minerals can be obtained from eating more real fruit, which is higher in vitamins and minerals, lower in sugar and calories and more satisfying because you are eating instead of drinking. Whole milk is high in fat, so replace with 1 percent

or skim milk to retain the benefits milk brings to the waist line. Ketchup, barbecue sauce and sauces in general are notoriously high in fructose corn syrup. Frozen entrees are high in sodium.

## IN WITH THE NEW IN THE FRIDGE

- Bottled water, sparkling water or filtered water
- Nonfat plain Greek yogurt (low in fat)
- Fresh fruits and veggies (all the nutrients without added sugars and salts)
- Homemade chili, soups and casseroles (these can be made in advance and frozen for future meals)
- Fresh herbs (for seasoning)
- Cracked black pepper (for seasoning)
- Crushed red pepper (for seasoning)

When you make something at home, you know exactly what goes in it and in you. It takes little time to prepare once you get into the habit of eating at home more often. Fresh fruits and veggies will provide vitamins, minerals and natural sugar to satisfy that sweet tooth.

Now, with your pantry and fridge armed and ready, you just increased your chances of succeeding in your mission to get your weight under control.