

# YELLOW RIBBON

Serving the Families of Third Army/U.S. Army Central Command and its Subordinate Units

## CG Sends August Message

It's appropriate that my first message for the Yellow Ribbon comes in the month of August, the final month of summer and the beginning of the new school year for most of us. It was my privilege, with Carol accompanying me, to address the first meeting of the teachers in the newly unified Sumter school district as the school year begins, and based on my discussions with the Superintendent, Randy Bynum, as well as the energy the teachers brought to this first meeting, I think we can expect good things from our schools here. I told them that we in the military cannot be successful unless our teachers are successful first. This will happen if we involve ourselves in our district's supporting efforts: the parent teacher organizations and student support networks that are crucial enablers of the education system itself. I'd encourage each of you to look for ways to get involved in our communities so we prove ourselves good teammates and good neighbors.

We are a continuously deployed organization. Last month, I was able to visit ARCENT personnel deployed throughout Afghanistan, Iraq, Kuwait, Kazakhstan, Kyrgyzstan and Qatar. During my visits to our Soldiers and civilians abroad, I assured them that Third Army will continue providing them with everything they need to conduct their mission. I also told them we will help in taking care of their families



back home. In order to do this, I've asked the Chief of Staff to lead the Directors and subordinate Commanders in locating all families of ARCENT servicemembers and civilians. Only once we have our families located can we tailor our efforts in a meaningful way to ensure we maintain contact with them and keep them informed. Help us do that: if you know of an ARCENT family that is not hearing from us, please make the connection and share this edition of the Yellow Ribbon. I would also encourage our FRG and subordinate unit leaders to maximize **Third Army's Facebook and Web Pages** ([www.arcent.army.mil](http://www.arcent.army.mil)) to provide the most current news to ensure

family members are well informed.

The Third Army/ARCENT Team is busier than ever preparing for the repositioning of troops and the retrograde of equipment out of Iraq, while also preparing to reverse the engines and to begin the redeployment of the first ten thousand from Afghanistan, in light of the President's directive. Now more than ever, our Soldiers, their leaders, and our families must give thought to building resiliency and the pillars that support comprehensive fitness: emotional, social, spiritual, physical, and – most especially – families. Comprehensive Soldier fitness is not just for Soldiers: the web site at <http://csf.army.mil/> has great information available to our civilians and family members, who should also avail themselves to the benefits of the program. If you haven't filled out the Global Assessment tool for families, found at this website, I encourage you to do it and learn about your own pillars of strength.

Let me close by saying how happy Carol and I are to be here, back on the Third Army/ARCENT team. We look forward to making contact with all in the coming weeks and to an exciting new assignment in this very welcoming community. Third—Always First!

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August 2011  
Volume III, Issue 6

### Important Numbers

**Emergency Operation Center**  
803-895-7171 (Shaw)

After-Duty Hours and Weekends  
803-895-7427 (Shaw)

# Family Readiness Group "Scoop"

frg@arcent.army.mil

## STEERING COMMITTEE MEETING

### NOTES

DATE: 20 July 2011

PLACE: FRG Room, Patton Hall, Shaw AFB SC

Start Time: 1140

Attendees: 25

**Directorate POCs** were reminded to provide POC information for their directorate and the importance of their participation.

### ZIP CODE ZONES

Provided purpose and mission of the Zip Code Zones. The following volunteered to be zone leaders: Angy Pierson (Spouse), CPL Leona Davis (EO), SGT Veronica Briggins (HHC), Kim Stacy (Spouse-Atl)

### FRG Facebook page

MAJ Charles Barrett (PAO) has been assigned to make the webpage more user- friendly.

### Meetings

Steering Committee meetings will be held as needed. Next meeting will be 14 September. FRG Meetings will continue to be quarterly. The next meeting is scheduled for 20 September. Zip Code Zones will meet at the discretion of its leader.

**FRG Funds** are currently used for the newcomer's orientation and FRG meetings. FRG funds are earmarked for specific events and the FRG will only hold fundraisers when money is needed to support events.

### FRG EVENTS

The following events were suggested: Back to School Function (Aug), Organization Day (Sep), Fall Festival (Oct), Ice Cream Social and Movie Night.

The FRG will host a Back to School Ice Cream Social on 15 Aug 11.

The planning committee members are: Angy Pierson (STB Spouse), SFC Tresha Jeter (IG), CPT Sophia Dalce (Surg), Rovelma Hudson (Safety), SGT Veronica Briggins (HHC), Marguitte Fland (Spouse-G4).

The Back to School Social budget is \$300.00.

Fall Festival/Organization Day will be held in October.

Committee members: Angy Pierson (Spouse-STB), CPL Leona Davis (EO), MAJ Regina Charles (HHC), Cynthia Cone (Spouse-G7)

Planning committee for Holiday Party needs to start in September. Angy Pierson provided brief breakdown of cost for the 2010 Holiday Party.

**Afghans and magnets** are for sale and are a fundraiser for the FRG. Afghans are \$40.00 each. POC for Afghan purchases is MAJ (P) Bonds @ 803-885-8049.

frg@arcent.army.mil

# NEWNAN ZIP CODE ZONE



Newnan, Ga. (June, 2011) - As their final act of giving the wives of the Newnan Zip Code Zone have collected and donated 45 teddy bears for Operation Teddy Bear. This organization sends new and slightly used stuffed toys to Soldiers overseas to hand out as part of their community outreach/goodwill missions. Leftover toys are donated to orphanages around the world. (Photo submitted by Angy Pierson, Newnan Zip Code Zone Leader)

## Double Tomato Brushetta

### Ingredients

- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette



### Directions

1. Preheat the oven on broiler setting.
2. In a large bowl, combine the roman tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
3. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown.
4. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
5. Bake for 5 minutes, or until the cheese is melted.

**SUMMER WORD SEARCH**

U G E Z J Y L A V E X S T F L  
 N O I T A C A V L G A C Y Q O  
 Q X D C O T G T T G A K V P L  
 Z T F U P F S U N F L O W E R  
 H O G Q T A C A O X A D G H X  
 H E A T G I I Q L T Q U C N Y  
 B V B D Q C N A E O H A Y W F  
 F A N P D E C S M P E Y L U S  
 G A S K B C I F R B O P A W K  
 S N V E A R P C E C C O I N O  
 F S I B B E L J T O F M L D G  
 U I O T W A K J A X M Q E B F  
 A I Y S A M L F W I V N A F O  
 I T A C E O H L N G O B Y V F  
 T F Z C G K B G O V W N P Y C

BEACH      PICKNICK      SANDCASTLE  
 BASEBALL      VACATION      HEAT  
 ICE CREAM      SUNFLOWER      BAKING  
 SWIMMING      WATERMELON      PPT

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## I'VE BEEN WATCHING YOU DAD!

Sgt. Jeremy Levens

HQS Third Army/USARCENT STB Chaplain NCOIC

I can remember that my father would take us from our family home, near Austin, TX, to Colorado each year for our annual snow skiing trip. This is one of my fondest memories with my father, and these trips were often filled with many lessons for my brothers and I: don't ski through the trees if you lack the skill, ensure you drink plenty of water even though it is cold outside to avoid dehydration, and never make Dad mad while on the 17 hour drive. I vividly remember Tumbleweed Road and Panhandle Way, the "roads of discipline," where my Father rerouted my behind after hours of my "illegal turns" along the way.

Several years after these wrong turns I have become a father. Since the momentous occasion of my wife birthing our son, I have wondered how I will become a good father. Where does the motivation come from to be a good father? Does it come from your father or another family member? A neighbor or a TV character? Does it come from fear of what might happen if you are not a good father, like your child overeating, dropping out of school, abusing drugs, or going to jail? Does it come from a higher power? The book of Proverbs mentions that a wise father trains a child in the way he should go, and when he is old he will not turn from it.

Being a good father is not about pride. It is not about how much money you make or the things that you can buy for your kids. It is not about the material legacy you leave behind to prove you did a good job. Being a good father is not about you at all!

Being a good father is not complicated, but it is difficult because it takes an investment of time. One might remember that his or her Father did the little things such as coach the baseball team, attend (in person or via Skype) scholastic tournaments, honors ceremonies, and piano recitals. You might also remember him saying things like, "you're so smart, handsome, I'm proud of you, and I love you."

So may we take time to remember the lessons we've learned from our fathers. May we consider what motivates us to be good fathers. May we leave our legacy, not compiled of things we've accomplished, but as kind, loving fathers. May we encourage our own fathers or the fathers around us to pray with their families, to love their children's mother, and to discipline with care and grace. For those of you who have never had a father who was a good example, may you find that example today in the true Father in heaven.

In closing I'll leave you with some motivating words from the child in the Rodney Atkins song, "Watching You."

*He said, "I've been watching you, Dad ain't that cool?"*

*I'm your buckaroo, I wanna be like you.*

*And eat all my food and grow as tall as you are.*

*We got cowboy boots and camo pants Yeah, we're just alike, hey, ain't we dad?*

*I want to do everything you do. So I've been watching you."*

*The Special Troops Battalion Chaplain's Office provides counseling and pastoral care for the Headquarters Third Army/USARCENT Family.*



*For more information contact:*

*Sgt. Jeremy Levens  
803-885-8015  
jeremy.levens@arcent.army.mil*

*or  
Chaplain (Maj.) Walter Marshall  
803-885-8041/  
walter.marshall1@arcent.army.mil*



Soldiers train and work in all sorts of weather including extreme heat, and mission requirements often demand intense physical activity that can cause dehydration and heat illnesses that can adversely impact mission completion.

“Physical activity is really important in the Army whether you’re doing (physical training) or any type of manual labor or being deployed in a hot climate,” said 2nd Lt. Christopher Heuer, environmental health chief, Lyster Army Health Clinic. “It’s important to find ways to compensate when your body can’t cool itself.”

Heat-related injuries were the cause of death for two Soldiers in fiscal 2010 during physical fitness training or testing, according to Alan Longshore, chief, Operations Research and Systems Analysis Division, U.S. Army Combat Readiness/Safety Center. Longshore also reported 18 non-fatal, heat related injuries, which were classified as heat stroke or heat exhaustion.

Heuer said some individuals have certain propensities that can cause them to become heat casualties. These include people who aren’t accustomed to hot weather, who are obese or overweight, who are taking certain types of drugs, who have colds or fever, who have been drinking alcohol, and people who have a history of heat injuries.

## HIGHLIGHTS

- Elderly people (65 years and older), infants and children and people with chronic medical conditions are more prone to heat stress.
- Air-conditioning is the number one protective factor against heat-related illness and death. During conditions of extreme heat, spend time in locations with air-conditioning such as shopping malls, public libraries, or public health sponsored heat-relief shelters in your area.
- Get informed. Listen to local news and weather channels or contact your local public health department during extreme heat conditions for health and safety updates.
- Drink cool, nonalcoholic beverages and increase your fluid intake, regardless of your activity level.



## Summer Energy-Saving Tips

These tips are designed to help you choose effective ways to reduce your energy bills. Some measures may not be relevant depending on climate, the age of your home and appliances, and past improvements made to your home.

The savings numbers are based on your total summer electric bill. Equipment mentioned must be electric powered for estimates to be accurate.

## Conserve Water

The more hot water you use, the higher your energy bills will be. Save money on heating water by washing clothes in cold water. You can also conserve water by installing a low-flow shower head or a dual-flush toilet.

## Save energy to save money

Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.

Install compact fluorescent light bulbs when your older incandescent bulbs burn out.

Unplug appliances when you're not using them. Or, use a "smart" power strip that senses when appliances are off and cuts "phantom" or "vampire" energy use.

Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.

Use a drying rack or clothesline to save the energy otherwise used during machine drying. If you must use a dryer, consider adding dryer balls to cut drying

## Tips to Save

1. Make it a habit to bring your lunch to work and take your break outside. You'll save money and get energized by the great outdoors.
2. Save when opting to walk instead of drive. It's free transportation and a free workout!
3. Call the customer service department for all your credit cards and ask to have your APR reduced. Often, all you have to do is ask.
4. Join the loyalty programs at your favorite stores for special deals and automatic discounts. You can save hundreds of dollars a year just on groceries.

## Monthly Green Tips

A graphic of a globe showing the Earth, with green and blue colors, positioned behind the text.

### Recycling Tips

Buy recycled paper and print on both sides.

Make recycling bins available.

Recycle your empty ink and toner cartridges.

Choose recyclable products and containers and recycle them.

## PREPARE YOUR HOME AND FAMILY

Home fires are the most common disaster that the Red Cross responds to and also the most preventable. Families need to take a few simple precautions to avoid tragedies, such as having working smoke alarms on every level of their homes and having family fire escape plans in place to help get everyone out of the house safely. The American Red Cross recommends the following when creating your family escape plan:

- Identify two ways to escape from every room in the home.
- Practice your escape plan at least twice a year.
- Select a safe location away from the home where your family can meet after escaping.
- Consider purchasing and storing escape ladders for rooms above ground level and make sure to learn how to use them.
- If you see smoke or fire in your first escape route, use your second way out.
- If you must exit through smoke, crawl low under the smoke.
- Before escaping through a closed door, feel the door before opening it. If it is warm, use your second escape route.
- If smoke, heat or flames block both of your exit routes, stay in the room with the door closed. Place a rolled towel underneath the door. Signal for help by waving a brightly colored cloth or shining a flashlight at the window. If there is a telephone in the room, call the fire department and let them know your exact location inside the home.
- Once you've escaped, stay out.



## OPERATIONS SECURITY A Guide For Family and Friends

*OPSEC is a vital element in protecting the Army's soldiers and missions, and I want to stress how vital a role every member of the team plays in ensuring that we deny our adversaries potentially useful information. Whether we are on duty or off duty, we cannot afford to let our guard down. Your diligence in OPSEC is key to ensuring our effectiveness in operations and our collective safety. Together we will succeed.*

### What Can You Do?

There are many countries and organizations that would like to harm Americans and degrade our influence in the world. It's possible, and not unprecedented, for spouses and family members of U.S. military personnel to be targeted for intelligence collection. This is true in the United States and especially true overseas!

### Be Alert

Foreign governments and Organizations collect significant amounts of useful information by using spies. A foreign agent may use a variety of approaches to befriend someone and get sensitive information. This sensitive information can be critical to the success of a terrorist or spy, and consequently deadly to Americans.

### Be Careful

There may be times when your spouse cannot talk about the specifics of his or her job. It's very important to conceal and protect certain information such as flight schedules, ship movements, temporary duty (TDY) locations, and installation activities, for example. Something as simple as a phone discussion about where your spouse is deploying, or going TDY, can be very useful to our enemies.

## UPCOMING EVENTS AT FORT JACKSON

### August

#### **12 2011 Festival of the Arts-BOSS Talent Show**

7 pm at the NCO Club. For more information, call Chuck Stoudemire at 751-0891. Get to know the Festival of the Arts, the Army's annual celebration of theater, art and music. Show your support from the front row or audition to perform on center stage. The Festival is an excellent way to get noticed as some performers go on and join Family and MWR's entertainment programs such as the U.S. Army Soldier Show.

#### **13 Old School Salute the Troops Concert**

7 pm at Hilton Field. Live performances by CeCe Penniston, Special Ed, Dana Dane, Shannon, and Chubb Rock.  
Free admission.

#### **Deep Sea Fishing Trip**

Saturday, 13 August, 2:30 am - 10 pm. \$99 for transportation/fishing ticket. Offered first to participants of cancelled trip.

#### **20 Concord Mills Trip**

8 am-8 pm, only \$10 per person for transportation. For more information please call Marion Street Station at 803 751-3484.

#### **27 2011 Marathon at Myrtle Beach**

For more information please call Pam Greene at 751-5768.

#### **Myrtle Beach Day Trip**

Saturday, 27 August, 8 am - 8 pm. \$10 for transportation with stops at Broadway at the Beach and Tanger Outlet Mall.

### September

#### **10 Charleston Day Trip**

8 am- 8 pm. \$10/person, includes transportation. For more information please call Marion Street Station at 751-3484.

#### **17 Casino Cruise**

8 pm - 10 pm. \$35 for transportation, admission, meal, taxes, 2 free drinks, \$10 of free play, and MORE!!

#### **24 Deep Sea Fishing Trip**

2:30 am -10 pm. \$99/person includes transportation and boat ticket. For more information please call Marion Street Station at 751-3484



Shaw Air Force Base

20th FSS "unleash the force" 20th FSS

**AUGUST 12**  
7:30 a.m.  
@ the Sports Complex

SHAW AFB  
**Fitness & Sports**  
**POKER RUN**

Participants receive a card at each water station - the person with the best hand at the end of the run wins! Prizes awarded!!

Register by: **Aug 10**  
Call 895-2789 or email [fitness@20thfss.com](mailto:fitness@20thfss.com)

this program is for Valid ID Card holders (age 16 and up)

www.20thfss.com

QR Code

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**Sit Up and Push Up CHALLENGE**

**August 25, 8 a.m.-4 p.m.**

This is a team event at the Fitness Center; each team consists of five (5) people max with at least one female member. Each team is given two minutes to complete as many correct push-ups and sit-ups as possible. Upon completion a grand total from each team is taken and the team with the highest score wins! We'll take a group photo of the winning team to be displayed in the Fitness & Sports Center! Winners also receive a T-shirt!

Call 895-2789 or email [fitness@20thfss.com](mailto:fitness@20thfss.com) for more information.

SHAW AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

Visit us online at [www.20thfss.com](http://www.20thfss.com) for complete information on all Fitness & Sports Center events and programs.

**2011 Deep Sea Fishing Trips!**

Join us as we travel 45-60 miles out to the Gulf Stream for Red Snapper, Amberjack, Vermillion, Grouper, Sea Bass, Triggerfish, Pompano, Cobia and more!

**Aug. 13 & Sept. 10**

Soft-sided coolers are allowed for drinks and sandwiches (one per person) or you can purchase food and drinks on board

**Cost is \$99\***

per person, per trip and includes: round-trip transportation, rod and reel, bait, fishing license, and ice for the fish you caught to bring home

Reservation deadline: 1 week prior to trip date

Call 895-0449 to sign up!

www.20thfss.com

20th FORCE SUPPORT

**Adventure Bound!**

Experience the thrill of a **10,500 Foot Tandem Jump!**

**Saturday, August 27**

Sign up today for this all-day extreme adventure! Get your adrenaline rush with a tandem jump!

Limited to 6 participants!

Cost is only \$129 per person. Maximum personal weight limit is 220 lbs. Price includes round-trip transportation, and tandem jump!

Reservation deadline: August 19

Call 895-0449 or email [outdoors@20thfss.com](mailto:outdoors@20thfss.com) for more information.

www.20thfss.com

20th FORCE SUPPORT

**Aug 1-31**

**"This is How Wii Roll"**

**Wii Bowl and Ten Pin Challenge**

Community Center - 895-3382 - [communitycenter@20thfss.com](mailto:communitycenter@20thfss.com)

Play 3 games of Wii Bowling at the Community Center and 3 games of Ten Pin Bowling at Shaw Lanes.

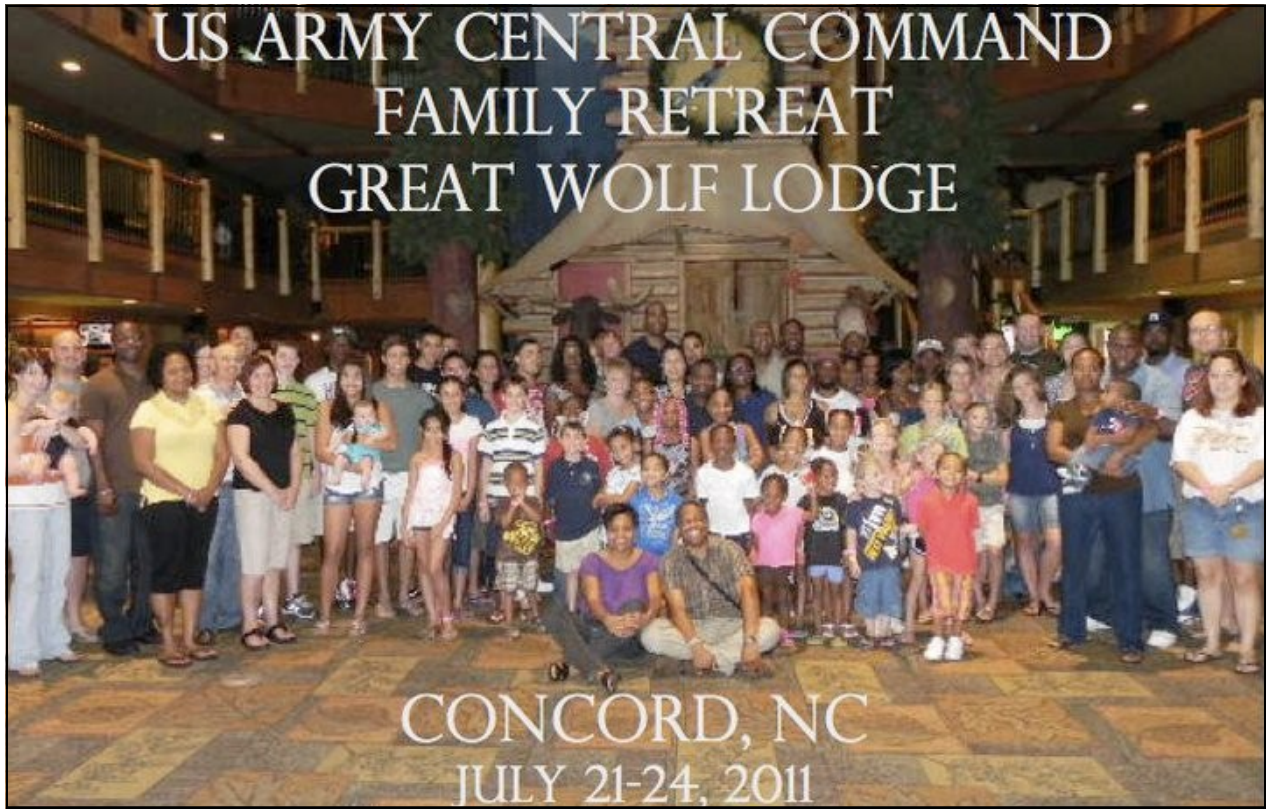
The most pins knocked down for the two types of bowling Wins 2 Carowinds Tickets! Get your Score Card Today Show us how YOU Roll!!

Shaw Lanes - 895-2732 - [bowling@20thfss.com](mailto:bowling@20thfss.com)

**\$10.00 entry fee per person**

www.20thfss.com

QR Code



Photos submitted by Sgt. Jeremy Levens, HQS Third Army/USARCENT STB Chaplain Assistant



## August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Back to School Ice Cream	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Newcomer's Orientation/Tour			

## September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 DONSA	3
4	5 Labor Day	6	7 Battalion Run	8	9	10
11	12	13	14 Hqs, FRG Steering Committee Meeting	15	16	17
18	19	20 Hqs, FRG Meeting	21	22	23	24
25	26	27	28 Newcomer's Orientation/Tour	29	30	



# Jammin' July 4th



SHAW AIR FORCE BASE, S.C. (July 4, 2011) - Staff Sgt. Nicholas Salcido, Third Army Public Affairs noncommissioned officer, greets guests at the annual Jammin' July 4th celebration at Dillon Park. The event attracted more than 30,000 people and showcased South Carolina's largest free fireworks display. Photo by Staff Sgt. Mylinda DuRousseau, Third Army Public Affairs.

**COMMANDER  
HQS USARCENT  
ATTN: FRSA -STB  
Bldg 1947, 1 Gabreski Drive  
Shaw AFB, SC 29152**

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