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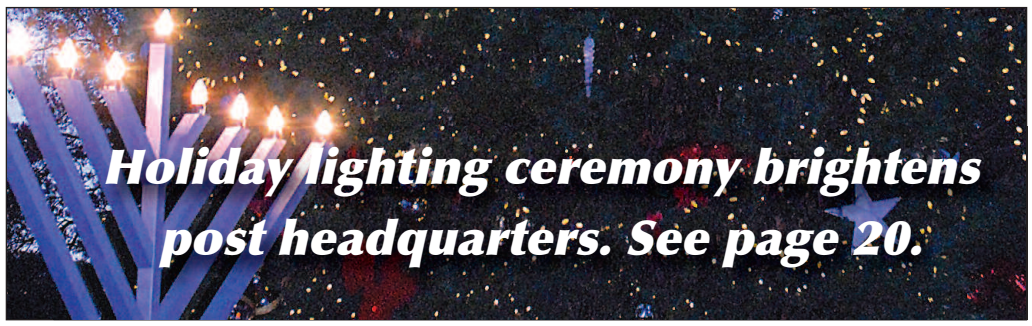

There is only one more issue of *the Leader* in 2008. If you need an announcement to run before the holidays, e-mail *fjleader@conus.army.mil* by noon, Monday.

The Fort Jackson Leader

Thursday, December 11, 2008 | Published for the Fort Jackson/Columbia, S.C. Community | www.fortjacksonleader.com

From the Commanding General

Proud legacy at base of bridge ahead

Brig. Gen. May

I have had the privilege to serve at Fort Jackson for more than four months now.

I am still pinching myself, realizing how fortunate I am to be commanding Fort Jackson.

The post is truly blessed with an abundance of resources, talent and unlimited potential.

I can't overstate how proud it makes me to lead so many professionals.

The people here and the missions they successfully complete are truly remarkable.

That fact, which is at the very core of our proud legacy, will help us certainly sustain confidence and momentum as we approach our new path.

The time has come to develop a plan with an integrated common vision to bridge Fort Jackson into a future that is even greater than its storied past.

Last month, I signed and finalized a vision statement for Fort Jackson. This vision statement provides a sense of ultimate purpose, direction and motivation for all community members and activities on Fort Jackson.

It provides an overarching concept, which will serve to focus on specific organizational goals, plans and programs.

This vision provides the direction for every member of Team Jackson to strive toward higher goals and improved per-

Continued on Page 2

Graphic by Carrie David Ford

Tradition, training and transformation form the cornerstone of Fort Jackson's vision statement.

Future envisioned

Blueprint unveiled; strategy in works

Susanne Kappler
Leader Staff

Sweeping change is on its way to Fort Jackson. As 2008 winds down, post leaders are charting a course for the future, beginning with a new vision:

"Team Jackson, a proud legacy of training American Soldiers for over 90 years, committed to transforming individuals and institutions, while at the same time providing the highest quality of life and care for our Soldiers, Civilians and Families. Fort Jackson: Tradition Training, Transformation."

"This vision statement is a guide for everyone who works or is stationed at Fort Jackson," said Mike Ryan, the installation's strategic planner. "Everyone plays an important and critical role in shaping the future of Fort Jackson."

The vision statement is the first step in creating a comprehensive strategic plan for Fort Jackson. A team of military and civilian leaders is in the process of developing a three-year campaign plan, which is scheduled to be finalized by the end of February.

"We intend to follow three general lines of operation — training; quality of life; and sustainment and support — and get it all in one master document and measure ourselves against that document," said Brig. Gen. Bradley W. May, Fort Jackson commanding general.

The vision statement serves as the foundation for the campaign plan and outlines themes that define the direction of Fort Jackson.

One important concept is the vision's "holistic approach," Ryan explained. The statement addresses "Team Jackson," which includes military and civilian personnel and family members.

"Team Jackson (members) are the Soldiers in all units; they are the civilians, from the contractor who works in the mess hall to the GS-5 in the 120th Adjutant General Battalion (Reception), to the civilian at DPTMS or Human Resources," Ryan said.

*See **Vision** Page 8*

Commanders' Corner

From the Commanding General

Proud legacy at base of bridge ahead *(continued from Page 1)*

formance as it relates to training, quality of life and supporting and sustaining our Soldiers, civilians and families who live and train at Fort Jackson.

The vision statement is the initial step in the development of strategies and plans for change.

The next step is the creation of a Fort Jackson campaign plan, which will become the comprehensive plan for the entire installation and will integrate all actions across three lines of operation — training, quality of life and support and sustainability.

I have formed a campaign plan development team, comprising key leaders from organizations across the installation, with the task of completing a Fort Jackson campaign plan no later than March 1.

Once this plan is completed, we will be able to measure our success and make adjustments where needed. This will allow Fort Jackson to continue to play a vital part in training Soldiers and protecting our country.

Our Army serves a nation at war.

Our individual and organizational approach to our duties and tasks must reflect the seriousness and sense of urgency characteristic of an Army at war.

Our Soldiers and nation deserve nothing less than that.

Our mission is vital and our obligations to the nation demand the very best in all of us — military or civilian.

Our legacy to the generations that follow must be one of selfless service coupled with strong and positive leadership. We will accomplish this task and build our legacy based upon our deeds, not our words.

I encourage each of you to become familiar with the ideas presented here, so that you can contribute to improving our Army and Fort Jackson.

• • • • • • •

Fort Jackson Vision Statement

"Team Jackson, a proud legacy of training American Soldiers for over 90 years, committed to transforming individuals and institutions, while at the same time providing the highest quality of life and care for our Soldiers, Civilians and Families."

Fort Jackson: Tradition, Training, Transformation!

Ask the Garrison Commander

Compassionate action request; locating Soldiers

Col. Dixon

Q I'm an enlisted Soldier experiencing medical issues with an immediate family member. I'm currently on assignment to Germany and would like to remain at Fort Jackson to ensure my family member's needs are met. A friend mentioned a compassionate action request. Can you explain what a compassionate action request is?

A Compassionate actions are requests from Soldiers when personal or family problems exist. There are two types of compassionate requests: temporary (resolvable within one year), and those that are not expected to be resolved within a year. Soldiers may be reassigned, deleted or deferred from assignment instructions, or attached as a result of an approved compassionate request.

Soldiers requesting reassignment may be assigned to an area other than their requested geographical preference based on availability of medical services and the needs of the Army.

For additional information, please refer to Army Regulation 614-200, Enlisted Assignments and Utilization Management, paragraph 5-14.

Q I need to locate my son who is in the Army. I have not heard from him in several months. I am not sure if he has been deployed and I need to make contact.

A Because of the Privacy Act of 1974 and for the security of our Soldiers, specific information concerning a Soldier cannot be released or addressed without a Soldier signing a privacy release form. However, parents may contact the local American Red Cross for assistance in locating their Soldier. The Columbia-area Red Cross can be reached at (803) 540-1200 or (803) 251-6000.

Garrison Fact of the Week

To find opportunities to get involved with the Army Gift Program Supporting Soldiers and Families, visit *http://giftstoarmy.army.mil/* or visit the Army Community Covenant Web site at *http://www.acsim.army.mil/community_covenant/*.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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WWII vets harmonize with today's warriors

Mike A. Glasch
Leader Staff

World War II veterans were the honored guests at a concert Sunday at the MG Robert B. Solomon Center. Originally, the performance by preacher and country singer Eric Horner — widely known for entertaining service members with his patriotic songs — was to be just for Basic Combat Training Soldiers.

However, as he addressed the Soldiers from 3rd Battalion, 60th Infantry Regiment, Fort Jackson's deputy commander Col. Kevin Shwedo admitted that once it was brought to his attention the concert would fall on the anniversary of the attack on Pearl Harbor that it, "was a no brainer," to turn the event into a time to also honor World War II veterans.

Shwedo challenged the Soldiers in attendance to think about the sacrifices made by Soldiers who have gone before them and the impact it will have on their lives and military careers.

"I want you to understand how critical it is to understand the legacy they have left for you, and the expectations they have for you as you continue to lead this country to greatness," he said.

Throughout the concert, Horner mixed his songs with words of honor, praise and thankfulness for World War II veterans.

"I like to say if you can read a book, thank a teacher," Horner said. "If you can read it in English, thank a World War II veteran."

Though they were the honored guests, the veterans in attendance were quick to express their admiration for the Soldiers of today.

"These young Soldiers get the message. I don't believe that there is too much I can say other than to keep up the good work," said Command Sgt. Maj. (Ret.) Mel Bryant. "They are strong, motivated individuals."

"People underestimate today's youth," said Master Sgt. (Ret.) Leroy Crandell. "They're more intelligent, more fit. They are really on the ball. They're great Soldiers."

Horner expressed the same sentiment.

"I was getting to talk to our World War II veterans earlier and they are known as the greatest generation," he said. "One of them looked at me and said, 'You know what? I look at these young men and women, and you know what generation they are? They're the toughest generation.'"

The concert will be rebroadcasted nationally on the American Family Radio Network.

Michael.A.Glasch@us.army.mil

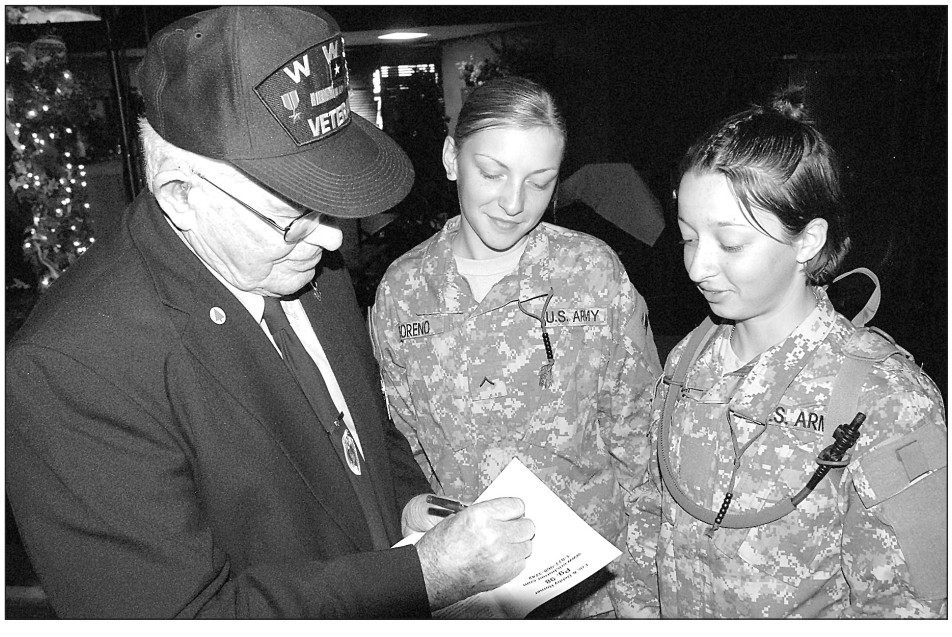


Photo by Mike A. Glasch

Command Sgt. Maj. (Ret.) Mel Bryant signs a book for two Basic Combat Training Soldiers from 3rd Battalion, 60th Infantry Regiment, during a concert Sunday at the MG Robert B. Solomon Center. Bryant was one of the World War II veterans honored at the concert which fell on the anniversary of the bombing of Pearl Harbor.

Warning holiday shoppers: CID offers safety tips for the Net

Criminal Investigation Division

FORT BELVOIR, Va., — The U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit has teamed up with the Federal Trade Commission to help Soldiers, family members and Army civilians stay safe while shopping online this holiday season.

As increasing number of consumers do the majority of their holiday shopping online and swindlers have taken notice and devised a wide range of schemes to capitalize on the relative anonymity of cyberspace. The CCIU and FTC offer the following tips to help thwart these online crooks:

Check out the seller

If you have not used a particular online shopping site, do some independent research.

Call the vendors' phone number to verify that you can reach them if issues come up with your purchase.

If there is not a phone number, you should take your business elsewhere. Also, search the Internet to see if anyone else has had a positive or negative experience with the shopping site.

Read return policies

Make sure the online shopping site has policies that meet your needs and expectations. Some sites charge shipping and handling for returns, as well as a restocking fee. Sites with unclear or questionable policies should be avoided.

Know what you're getting

Read the product description closely. If name-brand items are sold at an extremely low price, they could be counterfeit or stolen. Remember the adage: "If it's too good to be true, it probably is."

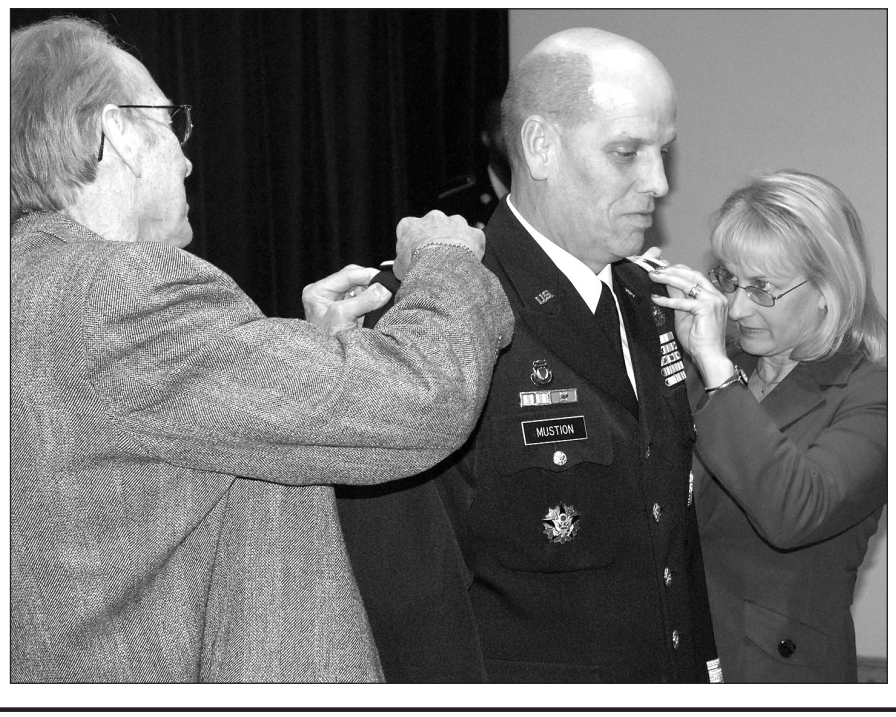
Don't fall for a false e-mail or pop-ups

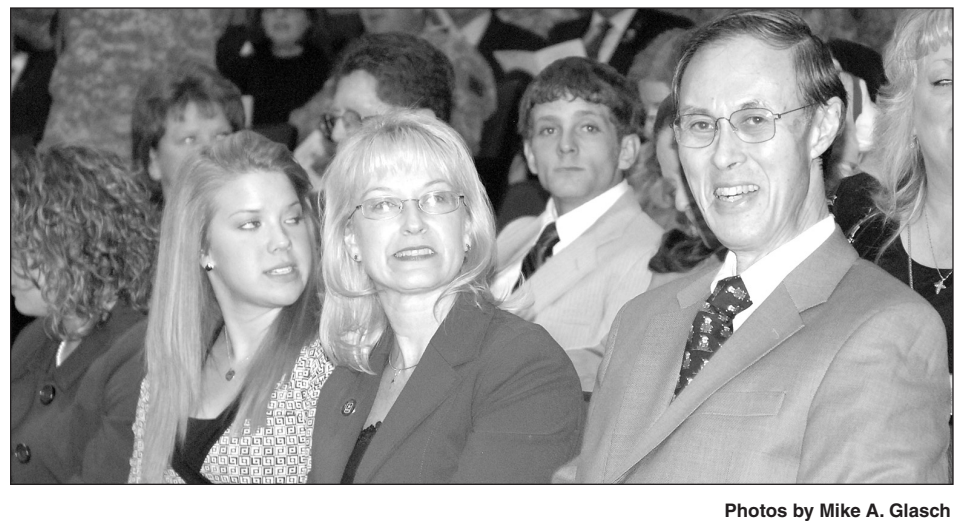
Legitimate companies do not send unsolicited e-mail messages asking for your password, login name or financial information, but scammers do.

Delete these e-mails without clicking on any links, since doing so could install spyware or other malicious programs

*See **Internet shopping** Page 16*

Mustion earns first star





Photos by Mike A. Glasch

Left: Brig. Gen. Richard Mustion, U.S. Army Soldier Support Institute commander, receives his first star-bearing shoulder boards from Paul Mustion, his father, and Kelley Mustion, his wife, during a promotion ceremony Friday at the SSI Auditorium.
Above: Dr. David S. C. Chu, undersecretary of Defense for Personnel and Readiness, was one of the distinguished guests invited to the ceremony.

Around Post

AG School AoR

The Adjutant General School's Assumption of Responsibility is set for 4 p.m., today at the Soldier Support Institute auditorium. Command Sgt. Maj. Darlene C. Hagood will also serve as the AG Regimental command sergeant major.

CFC Victory Celebration

The 2008 Combined Federal Campaign Victory Celebration is scheduled from noon to 1:30 p.m., Monday at the Officers' Club. RSVP by today by calling 733-5400/2051 or e-mail *TMorehead@uway.org*.

SSI Holiday Social

The Soldier Support Institute holiday social is scheduled for 6:30 p.m., Friday at the NCO Club. The cost is $15 for E-1 to E-6 and is $17 for all other ranks and civilians. For more information, call 751-8309.

Museum Closed

The U.S. Army Basic Combat Training Museum, formerly the Fort Jackson museum, will close from Dec. 22 to Jan. 2.

Thrift Shop Closed

The Thrift Shop will close from Dec. 23 to Jan. 5.

Roads Open

Construction is complete on Commissary Way, which leads to the commissary from Imboden Street, and Brown Avenue, which leads to the NCO Club from the housing area. Both roads are now open.

Reporting Abuse

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the military police. The 24-hour report line is 751-3113.

Program ensures Soldiers' readiness

Crystal Lewis Brown
Leader Staff

Early in his tenure as tactical support operations supervisor at Fort Jackson, Harvey J. Jackson heard a comment from a Soldier that he said bothered him.

"I got another broken weapon," Jackson recalls hearing the Basic Combat Training Soldier say. The statement made Jackson wonder.

"A Soldier is here only 10 weeks, how do you have another broken weapon?" he asked himself.

Jackson soon made it a priority to ensure each Soldier had working equipment, but despite his staff's long hours and dedication, it was nearly impossible for his team of 11 technicians to service the 20,000 weapons Soldiers used in the course of the year.

But a new U.S. Army Materiel Command program, started at Fort Jackson this year, will go a long way to ensuring the weapons, radios, night vision goggles and other equipment put into Soldiers' hands work each and every time.

The $4.8 million U.S. Army Training and Doctrine Command/TACOM Life Cycle Management Command-initiated project, called Fleet Management Expansion — or FMX — tasks TACOM to bring in outside teams to service tactical equipment for the entire post.

TACOM manages the Small Arms Readiness and Evaluation Team and the Communications-Electronics Evaluation Repair Team. SARET arrived first in late November and work is planned to continue through Dec. 20.

SARET brought 80 men and women who work up to 13-hour days on weapons ranging from M-9s to mortar rounds, said mission leader Terry Rosenthal.

"We are inspecting and repairing small arms weapons," he said. "They leave (here) mission capable, which is our goal."

The team brings more than 1,000 parts with them to be able to repair or completely refurbish the weapons, Rosenthal said. Those weapons that cannot be repaired are "coded out," or designated as unusable, and taken out of the rotation to be replaced.

Rosenthal said his teams usually work on weapons for Soldiers who are deploying or who have recently returned from deployment. This mission, he said, is not only for a different purpose than usual, it is larger. In a normal mission, the team may fix 500 weapons a day. This time, they are aiming for 1,000.

Photo by Crystal Lewis Brown

Imad Sultan, SERAT technician, inspects an M-16. Sultan is part of an 80-member team assigned to repair and refurbish all of Fort Jackson's weapons.

"For this one, we have double the teams and double the weapons," he said.

Jackson said each battalion on Fort Jackson is given a designated day to drop off weapons to be repaired.

Estimating each company has 267 weapons, Jackson said a company can have its weapons dropped off and returned within two or three hours. A battalion's worth of weapons can be completed within a day. The formula to have the weapons repaired may seem complicated, but timing is crucial. BCT Soldiers need their weapons to train, and can spare little time without them.

> *"A Soldier is only here 10 weeks. How do you have another broken weapon?"*
>
> **Harvey J. Jackson**
> Tactical Support Operations Supervisor

Next door in the weapons pool, behind a locked gate and barbed wire, another team works diligently on electronics. CEER-T has staked out a corner where they are working on radios. other members of the team are in a small, mobile trailer outside, where they are taking apart, cleaning and repairing night vision goggles.

William Bolling II, site lead for the 17-member team, said his team does all things electronic.

"You name it, I do it all," he said. "We go to the various bases and we basically fix their radios and their night vision. They bring us junk, and we give them stuff that works."

His team arrived Dec. 1. Unlike SARET, Bolling said his team is working on a smaller scale than usual. He expects his team to repair about 1,000 night vision goggles and 1,000 radios in the three weeks it will be here.

Usually, the team may have two months to repair between 2,500 and 3,000 of each for a brigade combat team.

"We'll be busy, but the way things are looking now, it shouldn't be a problem," he said, referring to the timeframe.

So far, Jackson said, both teams are off to a great start, and despite the hard work, he said it is important to remember why the job is so important.

"If it goes in the hands of Soldiers, it's our responsibility to make sure it's in good condition," he said. "It's a monumental task to get it done, and it's great for everybody."

Crystal.Y.Brown@us.army.mil

Customer Service Corner

The fiscal year 2009 Fort Jackson Army Family Action Plan Conference is scheduled from 8 a.m. to 5 p.m., Jan. 14 at the Officers' Club.

Conference attendees will include the garrison commander, the deputy garrison commander, the garrison command sergeant major, constituent group representatives, unit representatives from all organizations on Fort Jackson and the directors and managers of the organizations that support the Fort Jackson community.

At the start of the conference, attendees will be divided into two groups consisting of a mix of the constituent group representatives (Soldiers — including active duty, Army National Guard and Reserve — family members, civilian employees, retirees and veterans).

Each group then reviews and discusses the issues that have been submitted during the quarter; those that were previously deemed unattainable and those that are currently active. They will then have the opportunity to develop, discuss and prioritize the issues, as well as develop any new issues pertaining to their constituent group.

A few of the issues surfaced during AFAP conferences in previous years include:

— Providing benefits for dual-status military technicians.

— Educating veterans (who were discharged prior to the implementation of the Army Career Alumni Program) about their health care eligibility.

— Installing air conditioning in gyms across the installation.

— Preserving retiree medical and dental entitlements.

After the current year's issues are developed, each group will outbrief the commanding general and other conference attendees. The commanding general will decide which of the issues that cannot be resolved on the installation will be forwarded to a higher level. The results from this conference will be published in the Fort Jackson Leader and on the Fort Jackson Customer Management Services Web site.

The first of three non-governing council meetings was held Dec. 4 to provide the council members with an update on the planning process for the AFAP Conference.

The council was informed of the number of issues submitted for first quarter FY09, and that all issues were forwarded to the respective garrison directorates or installation agencies to be reviewed and worked. The council was informed that the Installation Action Council/AFAP Steering Committee will convene this month to discuss current issues and resolve those within the committee's capability.

Issues that remain active (not completed) will be available to be worked during the AFAP Conference.

The council was also informed that delegates from each constituent group were still needed for the conference. Approximately 28 delegates are needed to serve as constituent group representatives to vet the quality of life issues for the AFAP Conference. The following staff members are also needed: facilitator, recorder, transcriber and issue support. The staff will be trained to assist the delegates in developing their issues during the conference. Any community member may volunteer.

The annual AFAP Conference is an opportunity for members of the Fort Jackson community to voice their concerns and to take an active part in the issue resolution process. Those who want to participate as either staff or as a delegate should call 751-5256.

Issues that can be resolved at the installation level will continue to be addressed by the Community FIRST quarterly issue resolution process. For a detailed list of issues that have been submitted through Community FIRST and the status of each issue, please visit: *http://www.jackson.army.mil/WellBeing/well-being.htm*. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST logo. Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

ICE Appreciation

The garrison congratulates the Directorate of Logistics, Supply and Services Division, specifically the 3rd Battalion, 34th Infantry Regiment Dining Facility (Building 10791) and the Overflow Dining Facility (Building 3210). They have achieved a 4.75 and a 4.5 percent rating, respectively, in Employee/Staff Attitude out of a possible 5.0 for a 12-week period.

Stressing holiday safety

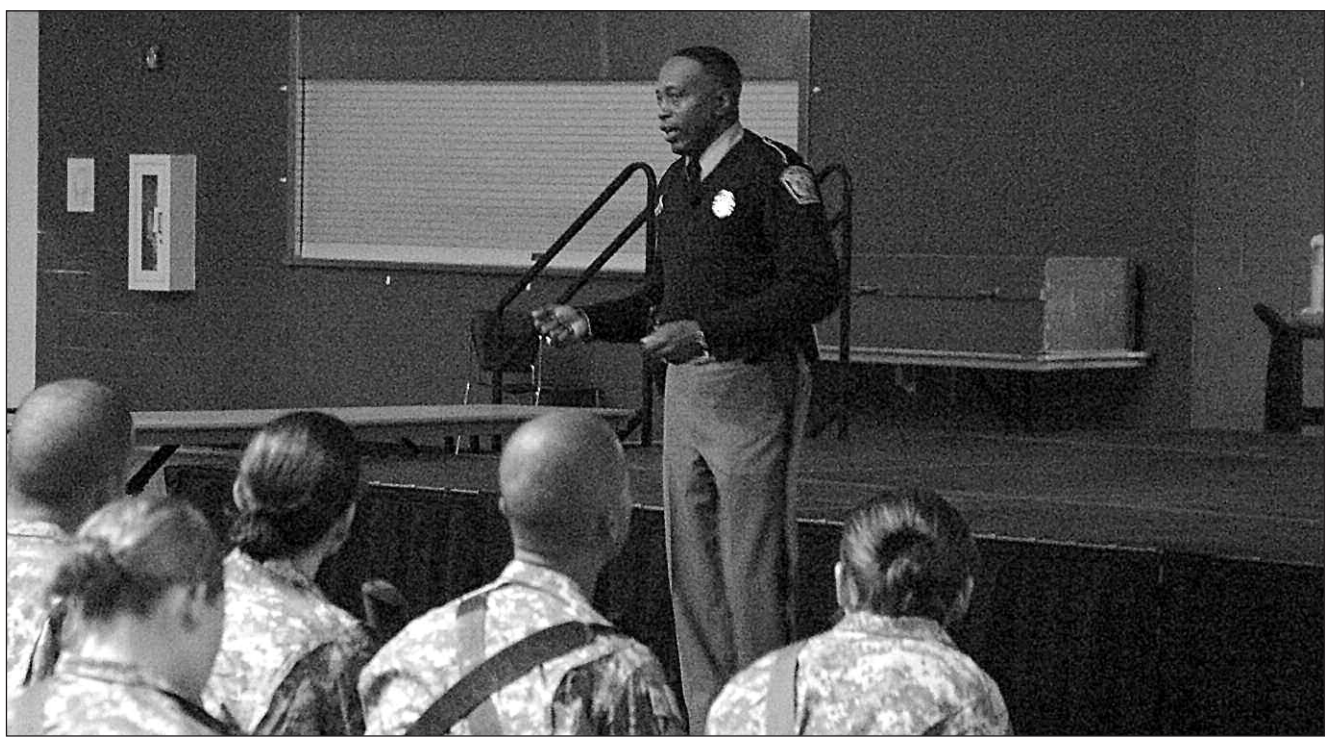


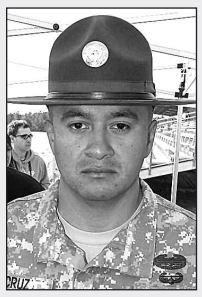
Photo by Daniel Terrill

Lance Cpl. Josif Robinson, South Carolina Highway Patrol, briefs Basic Combat Training Soldiers with Company C, 1st Battalion, 13th Infantry Regiment at the MG Robert B. Solomon Center Monday on safe driving techniques. During the holiday season, festivities coupled with relaxed attitudes lead to increased accidents.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

Staff Sgt. William Duffy
Company A, 2nd Battalion, 60th Infantry Regiment



Sgt. 1st Class Christobal Cruz
Company B, 2nd Battalion, 60th Infantry Regiment

Staff Sgt. Dawn Barr
Company C, 2nd Battalion, 60th Infantry Regiment

Staff Sgt. Timothy Dooley
Company D, 2nd Battalion, 60th Infantry Regiment

Staff Sgt. Janice Addison
Company A, 1st Battalion, 34th Infantry Regiment

Inactive Soldiers use TRICARE dental plan

Col. Michael Cuenin
DENTAC Commander

Q I am an inactive National Guard/Reservist. How do I get dental care?

A Only Soldiers on active duty for more than 30 days are eligible for care in military dental treatment facilities like those at Fort Jackson. The eligibility for care is verified by confirming enrollment in the Defense Enrollment Eligibility Reporting System.

DEERS is a computerized database of military sponsors, families and others worldwide who are entitled under the law to TRICARE benefits. Army Regulation 40-400, Patient Administration in turn outlines the regulatory guidance for this entitlement.

When not activated for more than 30 days (with valid orders and verified in DEERS) a Soldier is not entitled by law to dental care in a military dental treatment facility. For these individuals, the Department of Defense has made the TRICARE Dental Program available to obtain needed dental care while not on active duty.

The TDP offers a nationwide network of more than 57,000 participating dentists, high-quality customer service and comprehensive dental coverage designed specifically for the National Guard and Reserve Soldier.

The Web site located at *http://www.tricaredentalprogram.com/tdptws/home.jsp* outlines all aspects of the program.

Government-shared cost-shares and premiums ensure patients get the most coverage for minimal out-of-pocket expenses. Costs are as low as $11.58 per month. The link at the top "If you are a National Guard/Reservist" will direct the browser to the program information.

National Guard/Reserve sponsors are eligible to enroll in the TDP when they are not on active duty for more than 30 consecutive days.

If a National Guard/Reserve sponsor enrolled in the TDP is called or ordered to active duty for more than 30 consecutive days, he or she will automatically be disenrolled from the program during the period of activation and automatically re-enrolled upon deactivation.

The program is geared to ensure the Soldiers' dental readiness is accurate and up-to-date. The beneficiary can print a DD Form 2813 (Department of Defense Active Duty/Reserve Forces Dental Examination) and take it to his or her civilian dentist.

Once the exam is completed, he or she will fax it to (210) 295-0963 and staff will update the Dental Readiness Classification in the Medical Protection System.

Otherwise known as MEDPROS, this is a system developed by the Army Medical Department to track all immunization, medical/dental readiness and deployability data for all active and Reserve components of the Army.

MEDPROS in turn will "feed into Army Knowledge Online and update the Soldier's Dental Readiness Classification from red or yellow to green.

Editor's Note: *This monthly series of articles appearing in The Leader will answer questions about the Fort Jackson Dental Activity and questions about dental benefits at Fort Jackson.*

Lt. Gen. Metz visits

Photo by Mike A. Glasch

Lt. Gen. Thomas Metz, director, Joint Improvised Explosive Device Defeat Organization, Arlington, Va., was the guest speaker for Friday's promotion of the U.S. Army Soldier Support Institute's Commander Richard Mustion to the rank of brigadier general at the SSI Auditorium.

Vision *(continued from Page 1)*

He explained that everyone on Fort Jackson contributes to the success of the mission and that is the mindset represented in the vision.

"It's something as simple as taking the time to understand, 'I'm part of Team Jackson. No matter what type of job I have, I play an integral role,'" Ryan said. "No matter what you're doing, you give your best effort, because you realize it's part of a big picture that's bigger than you."

One major aspect of the vision statement and the campaign plan is the transformation of Fort Jackson.

"We're going to look at what we're doing and ask, 'How can we do it better?'" Ryan summarized.

Transformation affects all aspects of Fort Jackson, from short-term projects such as the development of new ranges to long-term sustainability studies, which look ahead as far as 30 years.

"It's tied into a lot of what the Directorate of Basic Combat Training is doing; analyzing lessons learned from the operational force and how we change certain things that we do so they're relevant and in line with the contemporary operating environment," Ryan said.

Furthermore, the vision connects the post's training mission to its legacy.

"Everybody who's trained here is part of that legacy that will continue," Ryan said.

That tradition includes the post's beginning in 1917 and the training of more than 500,000 troops during World War II.

While training Soldiers remains the main focus of Fort Jackson, Ryan pointed out that training encompasses more than just Basic Combat Training.

It also includes the training offered by Fort Jackson's tenant organizations, such as the Soldier Support Institute, the Drill Sergeant School, the Chaplain Center and School, and the Defense Academy for Credibility Assessment.

Whereas the vision statement outlines the intended state of Fort Jackson, the campaign plan will be a strategic road map to the future of the installation.

"The campaign plan bridges the gap between strategic planning and day-to-day execution," Ryan said. "It's an operational plan that drives Fort Jackson toward the realization of its desired strategic outcomes while continuously measuring progress toward those outcomes."

Ryan emphasized that, even though the initial plan will be finalized in February, work on the campaign plan will be an ongoing process.

"The campaign plan will be reviewed quarterly during senior leader off sites, so that it can be continuously fine-tuned," he said.

One of the main aspects of the plan will be to incorporate objectives that can be measured.

"What gets measured gets done," he said. "At the end of the day, all we're trying to do is improve Fort Jackson and have some action plans that are measurable and that we can achieve."

Although drafting the plan may be complicated and time-consuming, the motivation behind the plan is simple.

"Fort Jackson is a great place to serve our nation," May said. "Our task is to make it even better."

Susanne.Kappler1@us.army.mil

Commanding General's Standing Intent

Purpose: The Purpose of this Standing Intent is to provide Clarity and Unity of Effort to all Soldiers and Civilians on Fort Jackson. In the absence of orders, this intent statement summarizes our view of our mission.

Key Tasks:
— Live the Army Values. Soldiers and Civilians, we must Be a Role Model for all we contact.
— Discipline: is doing the Right Thing — even when nobody is watching. Take pride in our Discipline.
— All Leaders, Military and Civilian, are paid to Think. Constantly Seek Improvement.
— We accomplish nothing by ourselves. Serving here means being a part of a Team — and a Team of Teams.
— Train all things to Standard. Know the Standard and Enforce the Standard.
— Fort Jackson Soldiers must be 'Masters' in Basic Rifle Marksmanship and all aspects of First Aide.
— Leaders, at all levels, take ownership for our Barracks. Regardless of age, make them a showplace.
— Sexual Assault, in any form, is a Crime and is not tolerated here.
— When things go wrong, get Accurate Information quickly and efficiently and report to higher.
— Great Leaders, Military and Civilian, Counsel their subordinates. Be a great Leader.

Endstate: Fort Jackson is a great place to serve our nation. Our task is to make it even better. Our mission is vital and our obligations to the nation demand the very best in all of us — Military or Civilian. Our legacy to the generations that follow must be one of selfless service coupled with strong and positive leadership. We will accomplish this task and build our legacy based upon our deeds not on our words.

FEATURE

Soldier musicians tune up for the holidays

Susanne Kappler
Leader Staff

From the signal drummers in the Revolutionary War to modern-day bands, musicians have been a part of the Army since its inception in 1775.

Fort Jackson is home to the 282nd Army "Victory" Band, which is a fixture at graduations and change of command ceremonies.

This week, though, the band is trading in marches for seasonal tunes as it prepares for its annual holiday concert, which begins 4 p.m., Sunday at the MG Robert B. Solomon Center.

"This is the most wonderful time of the year, but it's also the busiest time of the year for us," said Chief Warrant Officer 2 James Bettencourt, the band's commander. The band performed at the Christmas parade in Columbia Saturday and previewed its holiday concert in Newberry Sunday.

Bettencourt is keeping a tight lip about the holiday concert's program, but promised an entertaining show.

"There should be some interesting things; there's actually a banjo part — that should be pretty funny," he said. "And we decided to bring back the '12 Days of Boot Camp,' because it went over pretty well last year."

***Leader* File Photo**

Chief Warrant Officer 2 James Bettencourt, conducts the 282nd Army "Victory" Band during the 2007 holiday concert at the MG Robert B. Solomon Center. This year's concert will begin at 4 p.m., Saturday at the Solomon Center.

In addition to Bettencourt, 33 Soldiers are members of the band. All of them had to pass a number of auditions before becoming Army musicians.

"It's a pretty good process that makes sure that quality musicians keep coming in," Bettencourt said about the bandsmen's selection.

But it takes more than being a great musician to join an Army band. The bandsmen are Soldiers first and get no break from the requirements of being in uniform.

"We qualify at the range like everybody else. We do all our Army Warrior training tasks; we meet all those to standard," Bettencourt explained. "All the Soldiers go to WLC (Warrior Leader Course); it's not a different WLC for 'band,' it's the same one everybody else goes to."

Bettencourt started his career in the Army as an enlisted trumpet player. Now, as a bandmaster, his primary responsibilities are conducting the concert and ceremonial band, choosing the repertoire and writing arrangements that are suitable for the makeup of the band.

"A lot of the arrangements that are out there are written for a 50- or 75-piece big concert wind ensemble," he explained. "Depending on the time of year, we've had as few as 28 people."

The concert band that will perform Sunday is only one of the ensembles fielded by the 282nd.

"Right now, we can break up into eight different groups and probably do about four of them concurrently," Bettencourt said.

In addition to the concert band, the band fields a brass quintet, brass quartet, woodwind quintet, jazz combo, jazz duo, small ceremonial band and full ceremonial band

"We have to rehearse every day, because it is a diminishing skill," Bettencourt said. "Each (performance) that we have has to have a rehearsal time built in."

In addition to spending time on rehearsals, performances and Soldier tasks, each band member also carries out support functions, such as supply clerk or public affairs specialist, to keep things running smoothly in the organization.

That makes for a busy schedule, which includes frequent performances off post. The musicians regularly visit high schools as part of the Army's recruiting effort and play at community outreach concerts throughout the Southeast.

"It's wonderful to go there and speak to people," Bettencourt said. "You find a lot of retired Army people who just want to chat about when they were in."

Entertaining the audiences is the most rewarding thing for Bettencourt.

"It's good to hear from the public, and when they really enjoy something, that always is a good feeling," he said.

Susanne.Kappler1@us.army.mil

FEATURE

MEPS ensures recruits meet medical standards

Susanne Kappler
Leader Staff

The recruits at the Military Entrance Processing Station come from different backgrounds and enlist in different service branches, but they have one thing in common.

At MEPS, they undergo physical and medical tests to determine if they are qualified to serve in the armed forces.

"Our job is to ensure that all applicants for enlistment meet the Department of Defense and service-specific aptitude and medical standards," said Air Force Maj. Sherman Goodwin, Fort Jackson MEPS commander.

"The medical standards are in the best interest of both the potential service members and the service," he explained. "We want each and every recruit to succeed in the service, and this precludes enlisting those with physical conditions that prevent them from doing their best in a very physically demanding environment."

All recruits are required to fill out a medical history form to disclose and explain previous and current medical conditions.

Photo by American Forces Press Service

Navy applicants Noah Rodriguez, left, and Jacques Rene have blood drawn by medical technicians at the Baltimore Military Entrance Processing Station in Fort Meade, Md.

"One of the important components of the MEPS physical, just as with any physical from any health service provider, is the medical history," Goodwin said. "During the course of the MEPS physical, the applicant reviews the form. The applicant is given the opportunity to disclose information, medical or otherwise, that may preclude service."

During the physical, doctors conduct a variety of tests, ranging from blood and urine tests to a detailed individual examination.

A recruit's medical eligibility to enlist is determined by the outcome of the tests and by his or her medical history.

"The physical at the MEPS is more or less a snapshot of the person's physical health at that moment," Goodwin said. "Some underlying conditions may not display symptoms at all times. The individual may have a condition he or she is unaware of, and if no symptoms are present at that time, the physician has no reason to further question that."

If doctors at MEPS detect a medical condition that could keep the recruit from serving in the military, there may be several courses of action. The recruit may be disqualified from military service, or he or she may request a waiver.

The decision is usually made on a case-by-case basis, Goodwin said.

Susanne.Kappler1@us.army.mil

Celebrate special days without overspending

Azure Celestine-Brown
Financial Adviser

Most of us want to make holidays and birthdays a special time for our family and friends. In these challenging economic times, however, this may require a different approach to keep expenses down. If you don't feel like you can "go all out" and spend a fortune for celebrations, there are fun and less costly approaches.

You might want to start by working on your own frame of mind. Rather than worrying about whether you can "keep up with the Jones'," see just how creative you can be at keeping costs down while still making the celebrations special.

Limiting expenses may depend on your spending habits. For example, if you always spend the holiday season at a resort in a warm climate, this might be the year to find less expensive options closer to home. If you typically throw a birthday party for your child that includes his or her "50 closest friends," consider pulling together just a few of your child's friends and taking them on a cost-friendly "field trip" to fun spots in or near your hometown.

Here are other ideas that can make your celebrations a bit more palatable from a cost perspective:

Birthdays

— Make the cake at home. Ingredients are inexpensive and the process can be fun and personalized.

— Be creative with your own party decorations. The more you make yourself, the less you need to invest on items like helium balloons that will soon go flat anyway.

— Come up with unique game ideas around the house. For example, a homemade pinata filled with candy can be a memorable birthday game.

— Set a limit on gifts. Do all you can to make the day special for your birthday boy or girl, (like making their favorite meal), but focus on buying fewer, more thoughtful gifts.

Holidays

— Make personalized greeting cards that include a customized digital picture. To really save money, send those greetings by e-mail.

— Plan ahead. Shopping for "the right" gift early in the season tends to be less expensive than having to purchase full-priced items just before the big holiday. At that point, you tend to settle for anything at almost any price.

— Use online shopping as one option. It saves time and gas from driving around to different stores. Used or overstocked items that can be purchased through some Web sites may offer tremendous savings.

— Gift cards are quick and easy. It gives recipients more freedom to choose what they really want without going overboard to make recipients happy.

— Offer something from the heart (preparing a home-cooked meal, an outdoor trip or a personalized hand-crafted gift) as a present to friends and relatives.

Consider the idea of keeping costs of celebrations under control as a creative challenge that can be fun and make the event more memorable and affordable.

Editor's Note: *Azure Celestine-Brown is a financial adviser with Ameriprise. She is also a former service member and an Army spouse at Fort Jackson.*

Local employers support civilian Soldiers

Photo by Susanne Kappler

Columbia-area employers sign a statement of support for service members in the National Guard and Reserves Dec. 3 at the Officers' Club. The signing was organized by Employer Support for the Guard and Reserve and took place in conjunction with the Association of the United States Army luncheon.

Leaders learn about equal opportunity

Photo by Daniel Terrill

Consultant Keith Arachikavitz leads an Equal Opportunity training session for Fort Jackson commanders, including the commanding general, and service leaders at the Officers' Club Dec. 3. The topic was how leaders can encourage inclusiveness and how to value the diversity within their commands.

December Promotions

Name	Rank	Unit
James D. Lander	LTC	4th FA Shaw AFB
Sheryl O. Attilee	MAJ	157th Inf. Bde.
Mark W. Lee	MAJ	HHC, Training Support Bn.
Orlan Rojasbanrey	MAJ	HHC, Training Support Bn.
Bruce E. Hood	MSG	MEDDAC
Anissa R. Jones	MSG	Co. C, 3rd Bn., 60th Inf. Reg.
Albert Schliesleder	MSG	HHC, Training Support Bn.
Joy L. Allen	SFC	HQ, Co. A, 3rd Bn., 13th Inf. Reg.
Demetrius E. Chantz	SFC	Drill Sergeant School
Ricky E. Deshaw	SFC	Co. D, 1st Bn., 34th Inf. Reg.

Name	Rank	Unit
Jason K. Garrison	SFC	Co. D, 1st Bn., 13th Inf. Reg.
Nicolasa Hernandez	SFC	Co. B, 1st Bn., 61st Inf. Reg.
Mitchell L. Hull	SFC	Co. B, 3rd Bn., 34th Inf. Reg.
Sheryl R. Hussein-Jordan	SFC	FTC, 120th AG Bn.
Thaddeus D. Ikner	SFC	Drill Sergeant School
Latoya C. McLaughlin	SFC	HHC, Training Support Bn.
Calvin Shingle	SFC	HQ, 1st Bn., 61st Inf. Reg.
Robert D. Young Jr.	SFC	FTC, 120th AG Bn.
Tina A. Currie	SSG	HHD, 193d Inf. Bde.
Justin C. Diercks	SGT	MEDDAC

Wildcats Olympics inspire esprit de corps

Sgt. 1st Class Mark Bell
81st Regional Support Command

Push-ups, sit-ups and running. They make up the foundation for the Army's physical fitness program.

Last month, Soldiers assigned to the 81st Regional Support Command reinforced that foundation with a mixture of creativity, esprit de corps and laughter during the inaugural RSC Olympics.

Armed with her clipboard and stopwatch, Master Sgt. Denise Underwood, chief paralegal noncommissioned officer for the command, promised the group of "Wildcat" Soldiers something unique.

"I would like to say that I had an awe-inspiring revelation, but the truth of the matter is that unit olympics can be found in Field Manual 21-20," Underwood said.

After the small opening ceremony, Lewis and Underwood promised the Wildcats a physical-training event that was demanding, yet fun.

Underwood said leaders must make physical training enjoyable and interactive.

"Any time something new is introduced in physical fitness training, it breaks the monotony," she said. "Making sure that the scheduled activity is a fun activity assures maximum participation."

Underwood's formula for the near 90-minute workout included a group marathon of push-ups and sit-ups, and the ironman competition.

Soldiers were quickly divided into three eight-Soldier groups — the Red, the White and the Blue teams.

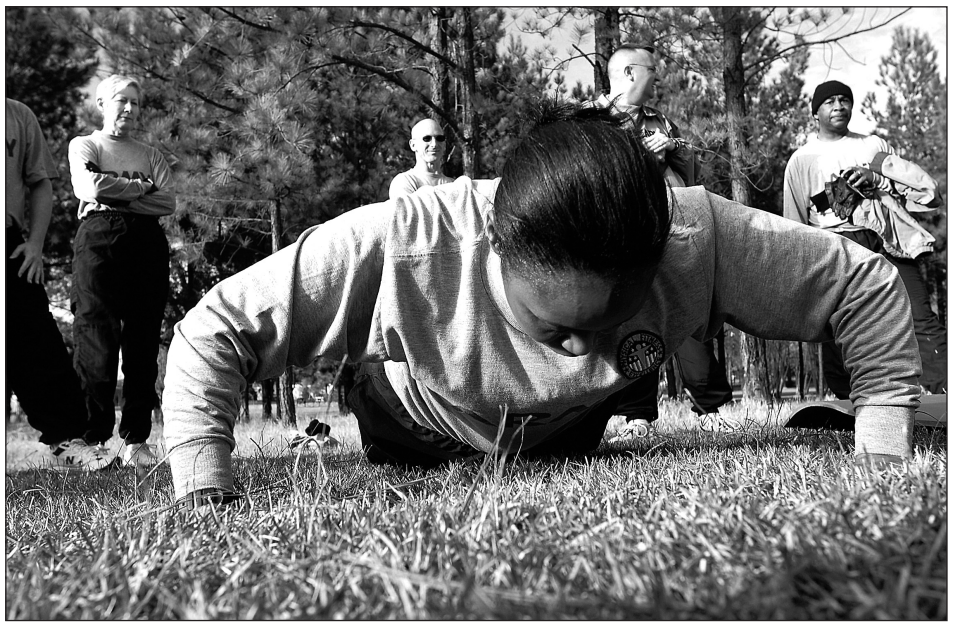


Photo by Sgt. 1st Class Mark Bell, 81st Regional Support Command

Lt. Col. Mona Bennett, the secretary of the General Staff for the 81st Regional Support Command based at Fort Jackson, participates in the push-up event during the inaugural 81st RSC Olympics held Nov. 23 at Fort Jackson.

As each team crafted its own strategies, judges quickly explained the rules, or lack thereof.

Each of the three judges was given the freedom of interpretation and execution of the rules and exercises.

> *"Since this is a team-building event, I hope that Soldiers take away a sense of belonging, accomplishment and unit cohesion."*
>
> **Master Sgt. Denise Underwood**
> 81st Regional Support Command

As each team member grasped the wet ground for his or her turn at increasing the team collective number of push-ups, the noise increased as the noticeable esprit de corps instinctively consumed everyone involved in the games.

"Esprit de corps is essential in any organization," said Command Sgt. Maj. Luis Blanco, the command's senior enlisted Soldier. "When the organization works as one, everybody is focused on the mission and on helping each other accomplish the goal. That is when we have reached a point of success in that organization."

As both Nelson and Levine finished their rounds of sit-ups, their team members chanted across the small field in hopes of distracting their opponent.

After completing more than 50 sit-ups in one minute, Levine, captain of the White team, paraded around the field like he had just scored the winning touchdown for the Detroit Lions.

"What do you have Red and Blue teams?" he asked his opponents.

With eyes rolled, the two teams continued their task at hand — to quiet any momentum driven by Levine and his lucky black socks.

Underwood quickly continued to the final competition.

Using 2-gallon jugs of water, each team selected a Soldier for the demanding task of holding the five-pound make-shift weights parallel to the ground.

Up for the task was Lt. Col. Marshall Anderson, an engineer staff officer, Chief Warrant Officer Kevin McSally, legal section administrator, and 2nd Lt. Albert Johnson, a finance officer.

After Anderson lowered his arms in defeat, McSally and Johnson were head-to-head for the day's final event.

As sweat appeared on McSally's forehead, the cheers for both Soldiers reached ear-ringing levels as the "last man" event inched closer to an end.

Calm and unemotional, Johnson slowly raised the weights above the horizontal plane to intimidate his competition.

Slowly, McSally's muscles gave way to the day's events and in the end, Johnson stood as the winner of the ironman competition.

Although the White team took the coveted tinfoil torch, the Red, White and Blue teams stood together at the end as one command with a mission to support the Army Reserve.

"Since this is a team-building event, I hope that Soldiers take away a sense of belonging, accomplishment and unit cohesion," Underwood said.

Blanco echoed her comments and said cohesion is important because it shows that the unit is working as a team and understands its mission and its purpose.

"It is important to have unit cohesion because the organization works as a team which allows for any mission to be completed successfully and timely by all members of the unit," he said.

Internet shopping *(continued from Page 3)*

on your computer.

Look for signs a site is safe

When you are ready to buy something from a seller you trust, look for signs that the site uses a secure connection — such as a closed padlock on the browser's status bar — before entering personal and financial information.

When you are asked to provide payment information, the beginning of the Web site's URL address should change from *http* to *shttp* or *https*, indicating that the purchase is encrypted or secured.

Secure your home computer

At a minimum, your computer should have anti-virus and anti-spyware software and a firewall.

Security software must be updated regularly to help protect against the latest threats. Set your security software and operating system to update automatically.

Consider how you'll pay

Credit cards generally are a safe option because they allow buyers to seek a credit from the issuer if the product is not delivered or is not what was ordered.

Also, if your credit card number is stolen, you usually will not be liable for more than $50 in charges. Do not send cash or use a money-wiring service because you will have no recourse if something goes wrong.

Keep a paper trail

Print and save records of your online transactions, including the product description and price, the online receipt, and copies of any e-mail you exchange with the seller.

Read your credit card statements as soon as you get them to make sure there are no unauthorized charges.

If members of the Army family believe they have fallen victim to an online shopping scam, CID advises to notify the appropriate law enforcement agency as soon as possible. For crimes occurring on an Army installation, contact the local CID office.

For crimes occurring elsewhere, contact the Internet Crime Complaint Center online at *http://www.ic3.gov*. IC3 is a partnership between the Federal Bureau of Investigation and the National White Collar Crime Center and serves as a clearinghouse for Internet crime complaints.

To learn more about online safety, visit the FTC's OnGuard Online site at *http://onguardonline.gov.*

To learn more about the CCIU and CID Cyber Lookout, visit *http://www.cid.army.mil/CCIU.html*

CMYK
27" WEB

Community Highlights

School opens new library

Photo by Daniel Terrill

Penelope Rawl, instructor of education, left, and Shirley O'Neal, Education Services officer, peruse the selection of ASVAB practice test books at the grand opening of the English Language School Media Center. Instructors hope to raise ASVAB scores and the English reading and speaking proficiency of its Arabic speaking students.

Keeping the Midlands beautiful

Photo by Daniel Terrill

Master gardener Karlann Brenner, second from left, instructs Rebecca Merck and other teens from Keep the Midlands Beautiful the proper way to plant a tree during an Arbor Day event at Hilton Field Saturday. Volunteers planted 400 trees and dedicated them to fallen troops.

This Week

AG Regimental Breakfast

The AG Regimental Breakfast is scheduled for 7:15-8:30 a.m., today at the NCO Club. For more information, call 751-8309.

Personal Financial Management

A self-paced Personal Financial Management course is set for 8:30-10:30 a.m., today at the Education Center, Room B-302. For more information or to register, call 751-5256/6325.

VFRG/Spouse Battlemind Training

A virtual Family Readiness Group and Spouse Battlemind Training class is set for 9-11 a.m., today at the Education Center, Room B-308. For more information or to register, call 751-5256/6325.

Reindeer Games With CYS

The Balfour Beatty Reindeer Games with CYS is scheduled for 9:30-11 a.m., Friday at the Youth Services Center. Winners of the Holiday Yard contest will also be announced today. For more information, call 738-8275.

Thrift Shop Holiday Hideaway

A Thrift Shop Holiday Hideaway is scheduled from 9 a.m. to 12:30 p.m. Monday. Another Holiday Hideaway is scheduled from 9 a.m. to 2:30 p.m., Dec. 20. Refreshments will be served. Call 787-2153 for more information.

Managing Children When Under Stress

A Managing Children When Under Stress class is scheduled from 11 a.m. to 1 p.m., Tuesday at 5616 Hood St., Room 10. For more information or to register, call 751-5256.

Arpad Darazs Singers Concert

The Arpad Darazs Singers have a concert scheduled for 7 p.m. Tuesday at the Main Post Chapel.

Military Housing Groundbreaking Ceremony

A Balfour Beatty Communities groundbreaking ceremony for military housing is scheduled for 2 p.m., Wednesday at 5790 Brown Ave.

A reception at the Officers' Club will immediately follow the ceremony.

Child Abuse Awareness

A Child Abuse Awareness class is scheduled from noon to 2 p.m., Wednesday in the Main Post Chapel. For more information call 751-5452.

Phase II LEVY Briefing

A Phase II LEVY Briefing is scheduled for 2:30-3:30 p.m., Wednesday in the Strom Thurmond Building, Room 213. For more information or to register, call 751-5452.

Financial Readiness for First-Term Junior Enlisted Soldiers

A mandatory financial readiness class for first-term junior enlisted Soldiers for whom Fort Jackson is the first duty station is set from 8:30 a.m. to 4:30 p.m., Wednesday at the Education Center, Room B-302. To register or for more information, call 751-5256/6325.

Christmas Light Parade

The Directorate of Emergency Services and Balfour Beatty Communities Christmas Light Parade is scheduled for 6 p.m. Friday in the housing area. Hot cocoa and a holiday gift will be given out starting at 5:15 p.m. and the parade will begin at 6 p.m. Parade routes are available in the Balfour Beatty Community Management Office. For more information, call 738-8275.

Upcoming

Financial/Relocation Brief

A Financial/Relocation Initial PCS Brief is scheduled for 8:30 to 10:30 a.m. Dec. 18 in the Education Center Room B-302. For more information, or to register, call 751-5256.

Red Cross Bloodmobile

A Red Cross Bloodmobile blood drive is scheduled from 9:30 a.m. to 2:30 p.m., Dec. 19 at Moncrief Community Hospital. The bus will be parked in front of the Troop Medical Clinic.

Those who donate at any blood drive throughout the state will be entered into a drawing for one of three $1,000 gift cards. Call 360-2036 to sign up for an appointment or for more information.

Thrift Shop Sale

A Thrift Shop sale is scheduled from 9 a.m. to 2:30 p.m., Dec. 20. For more information, call 787-2153.

Stress Break

Stress Break is scheduled from noon to 12:30 p.m. Dec. 23 at 5616 Hood St., Room 10. For more information or to register, call 751-5256.

CIB Association

The Combat Infantrymen's Association will have its quarterly meeting at 7 p.m., Jan. 13 at the Officers' Club. For more information, call 351-2333.

Announcements

Holiday Food Drive

The Fort Jackson chapter of the Sgt. Audie Murphy Club is conducting a Holiday Food Drive through Friday. Nonperishable food items can be donated to the 193rd Infantry Brigade, 165th Infantry Brigade, 171st Infantry Brigade and the Soldier Support Institute. For more information, call 751-0964.

EEO Award

The Fort Jackson Equal Employment Opportunity Office is soliciting nominations for the Annual EEO Civilian Supervisor of the Year Award.

Nomination packets must be received by Monday. For more information, call 751-5443.

ISO Closed

The Installation Security Office will close at 11 a.m., Dec. 19. Regular office hours will resume Dec. 22.

Holiday Gate Procedures

The holiday gate schedule from Dec. 18

CMYK

Need a friend?

Photos by Susanne Kappler

These pets need a home, from top left, clockwise: 2-year-old female cat, 2-year-old male labrador retriever, domesticated rabbit, 3-year-old female mixed breed. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.

NCO induction

Photo by Staff Sgt. Clinton Willis, Victory Support Battalion

Command Sgt. Maj. James Williams, Victory Support Battalion, congratulates Sgt. Temika McNeil and presents her with the NCO Creed and the Charge of the NCO during Victory Support Battalion's NCO Induction Ceremony Nov. 20.

to January 2 is as follows:

Gate 1 — Open 5 a.m. to 8 p.m. (Closed Christmas and New Year's Day)

Gate 2 — No change

Gate 4 — Open 5 a.m. to 2 p.m. (Closed Christmas and New Year's Day)

Gate 5 — Open 5 a.m. to 10 p.m. (Closed Christmas and New Year's Day)

Housing Area Traffic Changes

Demolition and construction will begin in the housing areas Dec. 19. Roads will be closed and redirected. Changes include:

Howie Village — Furman Smith Road at McLeod Court will change to two-way traffic starting Dec. 18. On-street parking will not be allowed from that point on. Overflow parking will be available in McLeod Court. Furman Smith Road off Lee Road will be redirected to Semmes Road and Knight Avenue.

Pierce Terrace 2 — Owens Road between Mills and Willett roads will be closed, including Wells and Yarbourgh courts. Pedestrian and vehicular traffic will be available off Willet and Chesnut roads.

Pierce Terrace 6 — Mills Road from Brown Avenue to Imboden Street will be closed, including Batson and Boone courts. Also closed are buildings 5717, 5719, 5721, 5723, 5729 and 5751. Imboden Street will remain open for pedestrian and vehicular traffic.

Bradley Court and Building 5790 — This area will be fenced off entirely. Brown Avenue will remain open for pedestrian and vehicular traffic.

Range Control Class Change

The Range Control OIC/RSO class will take place in the Education Center Room 308 beginning Jan. 5. The class will still take place every Monday and Friday, except for holidays and training holidays.

2009 Freedom Award

The 2009 Secretary of Defense Employer Support Freedom Award nominations are being accepted until Jan. 19. National Guard and Reserve Soldiers and their family members are eligible to be nominated. For more information, or to nominate, visit *www.Freedomaward.mil*.

Family Child Care Web Site

The Family Child Care Web site, *www.armyfcc.com*, offers installation program information about FCC for the general public. Interested parents may visit CYSS Central Enrollment or the FCC office to request a password to view FCC provider profiles.

Wounded Soldiers Christmas Cards

The American Red Cross is sponsoring a program to provide Christmas cards to wounded Soldiers. Those interested in sending a card or letter to a Soldier or family member can do so by using the following address: Holiday Mail for Heroes, P.O. Box 5456, Capitol Heights, Md. 20791-5456. For more information, visit *http://www.redcross.org/email/saf.*

STEM Award

Submissions for the Science, Technology and Math award are being accepted until Friday. For information on submitting a STEM-award recommendation, call the installation Equal Opportunity Office at 751-4916 or e-mail *Janeen.Simmons@conus.army.mil*

Reserve Recruiting

The 1st Battle Command Training Group in Birmingham, Ala., has openings for Soldiers of all military occupational specialties in the rank of sergeant first class through lieutenant colonel. For more information, call (205) 987-8443 or e-mail *Larry.Kingsr@usar.army.mil*.

DeCA Scholarship Applications

The Defense Commissary Agency is accepting applications for its 2009 Scholarships for Military Children Program. The deadline for applications is Feb. 18. Scholarship applications are available in commissaries or online at *https://www.commissaries.com* or *https://www.militaryscholar.org*.

AFAP Volunteers Needed

The Army Family Team Building Program is seeking volunteers for its 2009 Army Family Action Plan Conference Jan. 14. For more information or to volunteer, call 751-5256.

Holiday Mailing Deadlines

To ensure holiday cards and packages mailed to APO/FPO addresses arrive by Dec. 25, the United States Postal Service recommends the following schedule:

Priority Mail and First-Class Mail Letters and Cards — items must be mailed by today.

Express Mail Military Service — items cannot be sent to zip code prefix AE 093; items to all other zip codes must be mailed by Dec. 18.

For more information, visit *http://www.usps.com/supportingourtroops/welcome.htm*.

208th RSC Vacancies

The 208th Regional Support Group, an Army Reserve logistical unit, has vacancies in all military occupational specialties in the ranks of sergeant to lieutenant colonel.

For more information, call 751-9724 or e-mail *Glenn.Baker@usar.army.mil*.

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Community Highlights

Free After School Program for Middle School Students

The Boys and Girls Club of the Midlands will offer free after-school programs for middle-school students. Transportation home is available for $10 a week. All Army youth and dependents of Army civilian employees are eligible. For more information, call 231-3300. *www.bgcmidlands.org* or call 231-3300.

Fire Alarm Warning

If occupants of a building notice a malfunction in the fire alarm system, it should be reported immediately by calling 751-4142/7217. No one should work on a fire alarm system except authorized personnel.

Tampering with a fire alarm system, a violation of Fort Jackson Regulation 420-90 and South Carolina law, is punishable under the Uniformed Code of Military Justice. For more information, call 751-1610.

EO Training Web site

The Equal Opportunity Training Proponent is launching EO Net. EO Net provides one-stop shopping to provide EO information and training material. The site is available for anyone with a valid AKO account. For more information, visit *https://www.us.army.mil/suite/page/463396.*

ChildFind Early Childhood Screenings

Parents who live on post and have concerns about their child's development regarding speaking, thinking, moving, social and emotional skills or daily living skills can schedule a ChildFind screening appointment for possible special education services. For more information or to schedule a screening, call 782-1772.

Individual Resume Class

The Employment Readiness Program is offering Resume Writing for Beginners individual classes. Call 751-5452 for more information.

Motorcycle Safety Training

To ride a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post.

The BRC is a two-day course offered weekly. The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

Landscaping and Refuse Collection

Housing residents are reminded of the weekly landscaping schedule:

Monday — Pierce Terrace 1 and 2.

Tuesday — Pierce Terrace 3 and 4;

Wednesday — Pierce Terrace 5 and 6.

Thursday — Howie Village and Pershing area.

Friday — Pierce Terrace 7 and rain day make-up.

Residents should ensure the yard is clear of any obstacles that may prevent mowing, weeding and edging.

Refuse collection is scheduled for regular trash pick up, recyclables and yard debris and bulk trash.

No trash of any kind may be put out before to 7 p.m. the evening before scheduled pick-up day. The schedule for trash pick-up is as follows:

Monday — Pierce Terrace 1,2,3 and 6.

Tuesday — Pierce Terrace 4,5,7 and Howie Village.

Wednesday — recyclables and yard debris;

Thursday — bulk trash.

For more information, call 787-6416.

Spouse Overseas Employment

Individual appointments are available for Spouse Overseas Employment Orientation. For more information, call 751-5452.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing takes place at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Columbia Composite Squadron (Civil Air Patrol) meets at 6:30 p.m., Mondays at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail *tom.alsup@gmail.com* or visit online at *www.scwg.cap.gov*.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail *pwocjackson@yahoo.com.*

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Weight Loss Surgery Support Group meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia. The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room *www.jackson.army.mil/360/SA MC/home.htm*.

American Legion Post #182 meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. For more information, call 482-4456.

Veterans of Foreign Wars Post 4262 meets at 7 p.m., the third Tuesday of the month at 5821 North Main St. For information, call 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303 meets at 7 p.m., the third Tuesday of the month at American Legions Post 6, 200 Pickens Street. For more information, call 312-4895.

Purple Heart #402 meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post 6 on Pickens Street. For information, call 351-2333.

American Red Cross new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Ave. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruders Club. For information, e-mail *sec@fjvictoryriders.com*.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

MEDPROS training will be held 1-4 p.m., the third Friday of the month at the hospital, Room 9-83. For more information or to register, e-mail *Jaclynne.Smith@amedd.army.mil*.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail *jrodgers11@sc.rr.com*.

92nd Buffalo Chapter 20 DAV meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information, call 622-8707.

Fort Jackson Spouses' Club meets monthly. Visit their Web site, www.fortjacksonspousesclub.com, for more information about upcoming meetings and events, or contact the group at Ft.JacksonSpousesclub@yahoo.com.

The Thrift Shop board meets at 10 a.m., the second Monday of each month at the Thrift Shop. Call 787-2153 for more information.

Veterans of Foreign Wars Gandy-Griffin Post 4262 meets at 7 p.m., the third Tuesday of each month at 5821 North Main St. Call 754-1614 or 447-2320 for more information.

The Ladies Auxiliary Post 4262 meets at 5 p.m., the second Sunday of each month at 5821 North Main St. Call 754-1614 for more information.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to *fjleader@conus.army.mil*.

27" WEB
CMYK

Holiday spirit lights up the night sky

Crystal Lewis Brown
Leader Staff

Chilly weather did little to deter the many parents, children and volunteers who waited patiently for the evening's special visitor during last week's annual Christmas Tree, Manger and Menorah lighting ceremony.

Adults and children alike sipped on the complimentary hot chocolate and nibbled on cookies as the C.C. Pinckney Elementary School Chorus sang a selection of Christmas songs.

Brig. Gen. Bradley W. May was then joined by two of the chorus members to push the button that officially lit the extravagant display outside of the Post Headquarters building on Jackson Boulevard.

The 282nd Army "Victory" Band also performed at the event, and was the musical accompaniment for the chorus during a Christmas carols sing-a-long.

During the last song of the evening, sirens from a Fort Jackson Fire Department truck pierced the air, signaling the arrival of the night's special visitor from the North Pole, Santa Claus.

Hordes of excited children quickly lined up to tell Santa and his helper, Elfie McElfelf, what they wanted for Christmas.

Staff Sgt. Bruno Saraiva, who recently relocated to Fort Jackson from Fort Sam Houston, Texas, came to the ceremony with his wife, Maria, and two daughters, Giovanna, 9 months, and Alyssa, 5. Though Saraiva and his family have only been in the area for two weeks, attending the ceremony was a high priority on their to-do list.

"It was really nice," Saraiva said after the ceremony. "I've been in the Army seven years and we like to take advantage of what the Army has to offer."

Crystal.Y.Brown@us.army.mil

Teen mentors from the Fort Jackson Red Cross stand with the girls they mentor from Brownie Troop #183 as they eagerly await Santa Claus' arrival at last week's Christmas Tree lighting ceremony. In addition to telling Santa their Christmas wishes, group members passed out programs and candy canes to the other event attendees.

The brightly lit Menorah and Christmas tree, complete with presents, provides a stark contrast against the night sky.

Santa Claus decides to forgo his sleigh during his appearance at Fort Jackson's Christmas tree lighting ceremony last week, and was escorted to the event atop a fire truck.

Photos by Crystal Lewis Brown

Members of the C.C. Pinckney Elementary School Chorus entertain the crowd during a Christmas carols sing-a-long as the students and attendees wait for Santa to arrive.

CMYK 27" WEB CMYK

Army TRADOC transitions command team

Carroll Kim
TRADOC News Service

FORT MONROE, Va. — Gen. Martin E. Dempsey assumed command Monday from Gen. William S. Wallace at the U.S. Army Training and Doctrine Command headquarters on Fort Monroe.

"General Marty Dempsey — with his experience commanding U.S. troops in Baghdad, overseeing the training and equipping of Iraqi security forces and his leadership of CENTCOM — is uniquely suited to the helm of this organization at this critical time," said Secretary of Defense Robert M. Gates during the TRADOC change-of-command ceremony at Fort Monroe's Continental Park.

Dempsey, an armor officer commissioned in 1974 at West Point, most recently served as the deputy commanding general of U.S. Central Command at MacDill Air Force Base, Fla. During the period from March to October 2008, he served as CENTCOM's acting commander.

He holds advanced degrees from the National Defense University, the Command and General Staff College and Duke University. A scholar and teacher alike, Dempsey also taught as an instructor and assistant professor in the English department at the United States Military Academy at West Point.

"On Saturday morning, as I watched them practice under the watchful eye of [Command Sgt. Maj. David M. Bruner], I recall being tutored by my mentors," Dempsey said. "It's not practice that makes perfect; rather, it's perfect practice that makes perfect. It is, after all, the seemingly small disciplines and commitment to high standards that makes us who we are and binds us together as a force, an Army, in peace and in war. That's what we're committed to at TRADOC."

Photo by Pat Buffet, TRADOC Public Affairs Office

Gen. Martin E. Dempsey, commanding general of the U.S. Army Training and Doctrine Command headquartered at Fort Monroe, Va., delivers remarks during the change of command ceremony.

Dempsey also served in Operation Desert Shield and as commanding general of the 1st Armored Division during Operation Iraqi Freedom from 2003 to 2005.

He led the Multi-National Security Transition Command-Iraq and commander of the NATO Training Mission-Iraq from 2005 to 2007.

"From my experience in the past seven years at Central Command, I know that TRADOC's support to our Army's operational support has been simply flawless," said Dempsey. "Moreover, I've seen the intellectual energy that TRADOC has provided to the Army and the Joint community as we seek to balance current and future requirements. That work must continue."

Dempsey replaced Wallace, who retired with 39 years of active service.

He was TRADOC's commander since October 2005. A 1969 graduate of West Point and an armor officer, Wallace served as an adviser in the Bac Lieu Province during the Vietnam War. Wallace led the U.S. ground troops in Iraq as commanding general of V Corps in 2003. Before arriving at TRADOC headquarters, Wallace was commanding general of the U.S. Army Combined Arms Center, one of TRADOC's major subordinate commands.

During Wallace's tenure, TRADOC strengthened doctrine by releasing FM 3-0, Operations; FM 3-07, Stability Operations; and will release FM 7-0, Training for Full Spectrum Operations, Dec 16.

Founded in 1973, TRADOC's mission is to recruit and develop Soldiers, both technically and as leaders throughout their Army careers. This includes doctrine development, setting standards for the Army and preparing the Army for the future. TRADOC has more than 50,000 uniformed and civilian employees at the 32 schools on 16 installations that host its programs.

"The scope and scale of what TRADOC does for our Soldiers and Army is phenomenal," Casey said. "From recruiting to basic training to 32 schools spread across 16 installations teaching more than 3,000 courses to half a million Soldiers every year... make no mistake about it, TRADOC is the architect of the Army."

Language program gives deploying Soldiers head start

C. Todd Lopez
Army News Service

WASHINGTON — The Defense Language Institute has developed a "Headstart" program to help deploying troops gain skills in Arabic, Pashto and Dari — languages spoken in Iraq and Afghanistan.

With conflicts ongoing in these two nations, there's a need for at least some Soldiers to have knowledge of the languages spoken there. A recent study by the House Armed Services Committee highlighted the need for increased language capability in the armed forces.

"Only a small part of today's military is proficient in a foreign language and until recently there has been no comprehensive, systematic approach to develop cultural expertise," committee members wrote in their report.

The Defense Language Institute's "Headstart" program is one path that can help Soldiers develop language skills. Headstart is a computer-based, self-directed language learning program aimed at military members getting ready to deploy.

The program offers lessons in five languages, including Dari, Pashto, Persian Farsi, Mandarin Chinese, and the dialect of Arabic used in Iraq.

The self-guided program takes between 80 and 100 hours to complete. After completing the course, Soldiers should be able to hit the ground in a new country with enough language skills to conduct business and have limited communication with civilians in the local language, according to the DLI commandant.

"You'd be able to take care of the survival-needs level of speaking requirements," said Col. Sue Ann Sundusky, commandant, DLI, Foreign Language Center. "Even effectively conduct conversations and ask questions about a broad range of topics and understand a significant amount of the answers coming back. You'd certainly be able to communicate if you worked through the program."

Sandusky said Headstart begins like every language program, in that all new language learners will need to learn numbers, colors, quantities, key verbs and key verb constructs. But the Headstart language program is designed primarily for military members on military missions and so the program is designed from that perspective.

"It's basic language learning in a military context," she said. "Every beginning student learns to count, and the basic military language student needs to learn to count too — but we can contextualize that in a way that it is meaningful. What are you counting? Are you counting money, houses, people in a crowd?"

Each Headstart language program is made up of two sections, including "sounds and script" and "military." The sound and script portion of the program involves 10 modules that help Soldiers learn the four "modalities" of the language, including reading, writing, speaking and listening in the target language.

The lessons in the military portion show questions and phrases in English and in Dari script. The program also shows transliterated phrases, where the Dari words are spelled out in Latin letters, so students can better learn to pronounce the words.

And on the screen, a digitally animated "avatar," either a Soldier in battle gear or an Afghan civilian, speaks each phrase or question aloud.

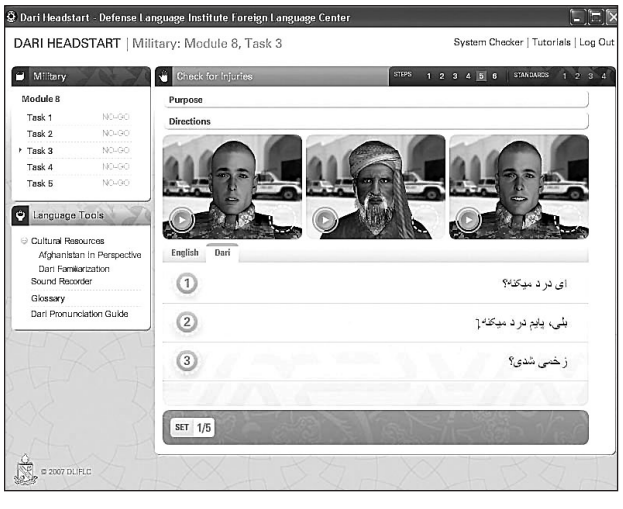


Photo by the Defense Language Institute

In this screenshot from the Headstart software, a program that teaches Soldiers a foreign language, students listen as each avatar speaks a phrase.

The Headstart program also includes links to online "field support modules" at *http://fieldsupport.lingnet.org*, that cover an array of cultural topics on nearly 40 countries. The cultural information is produced by members of the DLI staff and is largely original material, Combacau said.

All five language version of Headstart are available from the DLI's Web site at *http://fieldsupport.lingnet.org/products/headstart/* and are also available on CD-ROM. Nearly a million copies of the Iraqi Arabic and Dari language programs have been distributed so far.

Army Family Covenant Update

Scales Avenue CDC offers infant child care

Theresa O'Hagan
Family and Morale, Welfare and Recreation

Finding good care for an infant can be challenging at best, but Scales Avenue Child Development Center has space available.

"All of our staff is CPR and first aid certified," said Thomas Manigo, director of Scales Avenue CDC. The CDC also meets the higher requirements set by the Department of the Army and holds a National Association for the Education of Young Children accreditation.

Scales has numerous infant spaces available and offers an infant-to-staff ratio of 1-to-4 for infants 6 weeks to 12 months old and a ratio of 1-to-5 for infants 12 months to 18 months old.

Tours of the facility are available upon request before enrolling.

"We have an open-door policy and encourage parents to visit their children anytime," Manigo said.

Regular care hours are from 5:15 a.m. to 6:30 p.m., Monday through Friday.

In response to the need for extended child-care hours, the Scales Avenue CDC extended its operating hours from 4:30 a.m. to 8 p.m., Monday through Friday, and from 5 a.m. to 6 p.m., Saturday for mission-related child care.

Parents who intend to use the extended hours should inform Ernestine Dollarson, assistant director, Scales Avenue CDC, of their intent. In addition, documentation from the sponsor's unit will be needed to verify the work hours.

The extended operating hours are provided at no additional cost as long as they are for mission-related care and Army Family Covenant funding is available to offset any costs.

Other community members interested in using the extended operating hours, including the Saturday hours, may do so, but there will be a cost for the care (hourly or daily, depending on the number of hours used). Families using respite care through the Exceptional Family Member Program may also use the Saturday hours. For hourly reservations, call 751-6221.

To enroll your infant at Scales, you must first register with the Central Enrollment Office. Eligible Child, Youth and School Services customers are no longer required to pay a registration fee.

The extended operating hours are part of the initiatives to meet the provisions of the Army Family Covenant.

Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

Magruders Pub is open for lunch for family members from noon to 4 p.m., Thursdays.

Friday

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magruders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magruders Pub, and the cover charge is $3 for military and $5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers' Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers' Club is open to everyone.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is $3 for military and $5 for civilians. The event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.

Meet at Marion Street Station at 3 a.m. for an **Ocean Fishing Trip**. The cost is $95.

Visit the library at 10 a.m. for **Books By You Scrapbooking**.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club.

Enjoy **Family Day at the Youth Center,** 2-6 p.m.

Monday

The **NCO Club** presents a **full lunch buffet,** featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for $7.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magruders Pub.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magruders Club** at 7:30 p.m. Cover charge is $3 for military and $5 for civilians.

The **Information Exchange Council** will meet 9 a.m. in the Post Conference Room.

Ongoing Offers

• The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is $7 for adults and $3.75 for children.

• The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is $7 for adults and $3.75 for children 4-10 years old.

• The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

• The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

• **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, $28 per ticket, and Six Flags, $27 per ticket, for the 2008 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

• **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 and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

— Registration, call 751-4865.

— Six weeks-kindergarten, call 751-6221/6230.

— Grades 1-5, call 751-1136/6387.

— Grades 6-12, call 751-3977/6387.

— Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

• Enjoy resort accommodations for between two and six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

• **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. For more information, call 751-4865.

Dealing with HIV or AIDS in the workplace

BethAnn Cameron
U.S. Army Center for Health Promotion and Preventive Medicine

Human Immunodeficiency Virus is the virus that causes Acquired Immune Deficiency Syndrome. HIV is spread by unprotected sex (vaginal, oral or anal) with an infected person, or by sharing needles or syringes with someone who is infected. It can pass from an infected woman to her unborn child at birth or through breast-feeding. Although most blood is tested for HIV, it can be spread through blood transfusions.

HIV destroys the immune system, reducing a person's ability to fight infections and certain cancers. A person may have the virus and have no signs or symptoms for several years. Symptoms of HIV can imitate other illnesses.

The only way to know if a person has HIV is to get an HIV test. The U.S. Centers for Disease Control and Prevention recommends people get tested as a routine part of their medical care.

Many people are living with HIV. In 2008, the CDC estimated that 56,300 people were newly infected with HIV. Through June, there were 2,815 Soldiers identified with HIV; 655 of them were still serving.

At the same time, 2,877 Department of Army civilians were living with HIV infection.The Air Force, Navy and Marine Corps also have personnel who are HIV infected. Veterans Affairs Veterans Health Administration cares for more than 22,000 HIV-infected veterans, most are 40-60 years old.

Anyone could be working with someone who is HIV infected or who has AIDS. A person cannot be infected through everyday work activities with an infected co-worker. HIV cannot be transmitted through casual contact such as a handshake, a sneeze or a hug, or from sharing cups, dishes, tools, telephones, computers or office equipment. A person cannot "catch" HIV from air, food, water, insects or animals, or become infected from a toilet seat, a water fountain or a doorknob.

If any person has an injury at work involving blood, avoid direct contact with the blood. Practice universal precautions. If handling blood, use protective equipment, a barrier such as a cloth, or wear latex or vinyl gloves. Wash your hands with soap and water afterward.

Having HIV does not mean the end of a person's career. There are federal laws that prohibit discrimination against HIV-infected people such as the Americans with Disabilities Act of 1990. Army Regulation 600-110, "Identification, Surveillance and Administration of Personnel Infected with Human Immunodeficiency Virus (HIV)," addresses workplace issues and practices in the Army. It provides specific guidance to commanders regarding HIV education and prevention, counseling, treatment and workplace issues such as confidentiality and protection of disclosure of HIV status.

The disclosure of a Soldier's HIV status is on a "need to know" basis for medical reasons and fitness for duty. Soldiers who have HIV cannot be separated from service against their will because they are infected. They are not deployable, but may be reassigned.

Army civilians who are HIV infected or have AIDS are also protected by this regulation and federal law. They can work as long as they have acceptable work performance and pose no safety or health threat to their co-workers. Workers infected with HIV may choose to withhold their status from co-workers or to disclose it. Disciplinary action can be taken against people who refuse to work with HIV-infected people.

Take an active role in response to HIV and AIDS. Know the facts about HIV to help foster a compassionate environment. Practice the workplace policies as governed by regulation and law.

For more information, visit *http://www.cdc.gov/hiv/*, *http://afhsc.army.mil/msmr_pdfs/2008/v15_n06.pdf*, *www.hivtest.org* or *http://www.hiv.va.gov/*.

Consider holiday shopping a fitness session

COMMENTARY

Maj. Thomas Hundley
Moncrief Army Community Hospital

Every so often, I come across a person or an event that inspires me to write — like the "Black Friday" shopping frenzy at the post exchange, Wal-Mart and Best Buy after Thanksgiving. I witnessed my fellow citizens of Columbia and the Soldiers and families of Fort Jackson standing in lines at 4 a.m. (some earlier than that) waiting to get their shop on. I saw young and old, big and small, male and female, stretching and flexing their muscles in preparation for their anticipated shopping marathon.

This sight was all too reminiscent of the beginning of the Army PT test. So I asked myself, if these people can get up this early to shop, why is it so hard for them to get up for daily exercise? We can categorize this as one of those things that make you go, "Hmmm!"

Since shopping seems to serve as the ultimate motivator, I want to provide some useful tips to help maximize your fitness efforts while shopping this holiday season. These tips will provide some helpful information to prevent unnecessary injuries and pain. We will call this the holiday shopping fitness session:

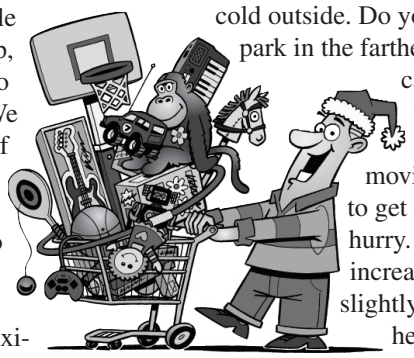
Maj. Thomas Hundley

The Mall Madness March

Most malls contain more than one mile of square footage. Do yourself a favor and take advantage of every square foot of space as you search for that new wardrobe. Because it's cold outside, you can take advantage of the indoor walking while burning calories and improving your fitness.

The Parking Lot Power Walk

The malls, stores and PX will be packed with shoppers in search of the next bargain. And I just mentioned that it's cold outside. Do yourself a favor and park in the farthest parking spot you can find. Then power walk like Oprah Winfrey's character in the movie *The Color Purple* to get out of the cold in a hurry. That short burst will increase your heart rate slightly and improve your health as well.



The Energy Synergy

As you partake in hours of walking, shopping and gift-bag lifting, your energy will begin to fade. This is especially true if your shopping buddy happens to be one of those "serious" shoppers. It may be six hours before you see your next meal. So, to avoid an energy meltdown, I encourage you to take along some portable snacks like granola bars, fruit or trail mix. This will prevent you from overeating at your next meal and preserve your energy while shopping.

The Plasma TV Press

For those of you who purchased that 42-inch Plasma television, (and purchased them all before I could get mine), I would like to remind you that those boxes are heavy. When lifting heavy items, I recommend that you use the assistance of a shopping buddy. Also, when you bend down to lift, begin your upward lifting motion with your legs first. This technique will help to prevent unwanted muscle spasms and back injuries.

My final advice is to always drink an adequate amount of water to avoid dehydration. These tips should help to keep you safe, healthy and fit through the holidays.

Pharmacy closure

The refill pharmacy and the pharmacy at Troop Medical Clinic will be closed 12:30-2:30 p.m., Dec. 19 for a holiday party. The main pharmacy will operate at minimum staff during that time. The refill pharmacy and the main pharmacy will close at 4:30 p.m., Dec. 26.

Vaccine shortage

Moncrief Army Community Hospital is experiencing a manufacturer's shortage of shingles vaccine (Zostavax). The vaccine will not be available for three to four months.

Flu shots

Flu shots are now available for all age groups. Flu shots will be given at the Commissary from 10 a.m. to 4 p.m., Friday. For more information, call 751-0358.

New location

The TRICARE Service Center and offices for the Exceptional Family Member Program have moved to the 10th floor of Moncrief Army Community Hospital.

New beneficiary form offers options

Capt. Jeniffer G. H. Cox
Legal Assistance Attorney

Last August, the Army created a new "Record of Emergency Data Form" or DD Form 93. This is the form Soldiers fill out and certify each year to record who will receive their pay and allowances, death gratuity, and specify who should be notified if they are injured or killed while on active duty.

All Soldiers who completed a DD Form 93 after July 1 are required to complete a new form. Any Soldier who completed the form before July 1 has the option to complete a new form. There are several important changes to the form that every Soldier should note.

The death gratuity is a one time non-taxable payment of $100,000 made when a Soldier is killed on active duty or within 120 days of separation if the death is caused by a service-related disability. The death gratuity is intended to help survivors deal with the financial hardship that accompanies the loss of their Soldier.

Before the revision of DD Form 93, the Soldier was not able to specify who should receive the death gratuity. For example, if a Soldier was married, the gratuity would automatically be paid to the Soldier's spouse.

However, the revised form specifically allows the Soldier to designate up to 10 different people to receive the death gratuity in $10,000 increments. This allows Soldiers to designate anyone they choose to receive the amount, including non-family members. Any portion of the death gratuity that is not designated will pass according to the law.

One of the most common situations is a divorced Soldier with underage children. The Soldier may want to designate the funds to be used to take care of the children, but may not want his or her former spouse to control the funds.

The Servicemembers' Group Life Insurance forms allow the designation of a trustee to be made to prevent minor children from receiving SGLI funds outright, which would require the courts to get involved and have the former spouse potentially named as the conservator for the child. DFAS will only allow the designation of people, not trustees.

New guidance suggests Soldiers name the minor children directly and then in the remarks section designate who will be the guardian of the property of the minor children designated in the will. Soldiers who are interested in this or other types of possible designations should contact the Legal Assistance Office for an appointment to discuss their particular situations.

If a married Soldier chooses to designate someone other than his or her spouse to receive all or a portion of the death gratuity or SGLI, the spouse will be notified that the Soldier has chosen to do so. The spouse will not be notified about whom the Soldier named or the amount that the Soldier designated to the other person.

Soldiers also have the opportunity to designate a person to act as a non-medical attendant in the event that the Soldier is injured while on active duty. The role of the non-medical attendant is to assist the Soldier once the Soldier is released from an in-patient hospital stay, but may not be fully recovered enough to perform activities of daily living, such as bathing and dressing.

If a Soldier is eligible for a non-medical attendant, the person named will receive orders and may receive some reimbursement or per diem. Each case is reviewed individually by medical staff to determine if a Soldier needs a non-medical attendant.

However, if a Soldier has designated a person to be his or her non-medical attendant, it can speed up the process.

The non-medical attendant is not automatically entitled to make medical or financial decisions for a Soldier. Soldiers who wish to name someone to make medical decisions on their behalf if they are injured or ill and unable to make those decisions, need to have a medical power of attorney (for medical decisions) or a durable power of attorney (for financial decisions). Soldiers can have these documents drafted at the legal assistance office.

The revisions to DD Form 93 provide Soldiers with the flexibility to make decisions that are most beneficial to their individual situations. Soldiers should take the opportunity to review the document carefully to ensure that it reflects their wishes.

Editor's Note: *This article is intended for information purposes only and is not intended as legal advice. The Legal Assistance Office has appointments available for Soldiers to discuss DD Form 93, SGLI forms, medical powers of attorney, durable powers of attorney and other estate planning documents with an attorney.*

Operation Hours

Fort Jackson's Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, is open 9 a.m. to 4 p.m., Monday through Thursday.

For appointments, call 751-4287. The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m., Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

What is so special about Christmas?

Chaplain (Maj.) James E. Smith Jr.
Family Life Chaplain

What does Christmas mean to you?

Christmas, obviously means different things to each of us. It could mean the recollection of days long since past; days filled with fond and fanciful memories.

It could mean days packed with busy schedules that leave you frustrated and looking for relief.

It could be the time of year when family comes around to clutter your house, sleep on the couch, air-mattress and the floor. And certainly, with the commercialization of Christmas, the true meaning can easily be lost.

Christmas holds an assortment of meanings for each of us. So, what does Christmas mean to you?

I believe Christmas should be a time of hope and expectation. But even more than that, Christmas should be a time of joy and fulfillment.

There is not much any of us can do about our schedules, or about the fond memories of the past. There may not be much we can do about the family and friends we have been blessed with in our lifetime. All of those things are out of our control.

Granted, some things are out of our control. That does not mean that we are powerless or without any strength. We can, and should, do everything in our power to make Christmas all that it should be.

The way that we can do this is to redirect our focus away from the commercial aspects of Christmas and place our attention on the spiritual significance of this season. To me, a joyful and fulfilling Christmas is a time of receiving and giving.

Christmas, for me, celebrates that an unparalleled divine resource was given to humanity — the gift of the Savior.

Christmas is further distinguished by the meager offering of three kings. The kings represent us as the ones who receive God's gift with open hearts and thankful spirits. They express their gratitude to God for giving joy to the world and for giving the world the opportunity to be at peace, with all humankind knowing what goodwill is about.

Have a merry Christmas and take some time to contemplate what Christmas truly means to you.

Protestant

■ Sunday
8 *a.m. and 10:45 a.m.* Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next Chaplain School
■ Wednesday *7 p.m.* Gospel Mid-week Service Daniel Circle Chapel

Protestant Bible Study
■ Monday
7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)
■ Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
■ Thursday
9:30 a.m.-noon Women's Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
■ Saturday
8 a.m. Men's Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

Protestant Youth of the Chapel
■ Sunday
5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
■ Wednesday
6:30 p.m. Main Post Chapel

Catholic

■ Monday-Friday
11:30 a.m. Mass (Main Post Chapel)
■ Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
■ Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian

■ Sunday
8 a.m. Memorial Chapel

Islamic

■ Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
■ Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

Jewish

■ Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Church of Christ

■ Sunday
11:30 a.m. Anderson Chapel

Latter Day Saints

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

Addresses, phone numbers

Daniel Circle Chapel
3359 Daniel Circle, Corner of Jackson Boulevard, *751-4216*
Main Post Chapel
4580 Strom Thurmond Blvd., corner of Scales Avenue, *751-6469*
Bayonet Chapel
9476 Kemper St., *751-4542*
Family Life Chaplain
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), *751-5780*
Anderson Street Chapel
2335 Anderson St., Corner of Jackson Boulevard, *751-7032*
Education Center
4581 Scales Ave.
Magruder Chapel
4360 Magruder Ave., *751-3883*
120th Rec. Bn. Chapel
1895 Washington St., *751-5086*
Memorial Chapel
4470 Jackson Blvd., *751-7324*
Chaplain School
10100 Lee Road, 751-8050

VSB retires cup with third straight win

Susanne Kappler
Leader Staff

The Commander's Cup trophy found a permanent home during Fort Jackson's 6th Annual Sports Banquet Wednesday at the MG Robert B. Solomon Center. Victory Support Battalion won the award for the third straight year, which means the battalion can keep the floating trophy.

"The bottom line is: It's not for us, it's for the guys who were on the teams," said Lt. Col. Richard Smarr, VSB commander, before giving a word of warning to the other teams.

"Today, we're all on the same team, but look out for next year," he said.

Throughout the year, Soldiers competing in post athletics for their units earned points toward winning the Commander's Cup.

This year, VSB finished with 1,431 points, ahead of the Training Support Battalion (1,116 points) and the 187th Ordnance Battalion (890 points). For the third year in a row, Soldier-athletes from the 3rd Battalion, 13th Infantry Regiment earned the most points among the basic training battalion.

During the sports banquet, individual competitors and teams were recognized for their participation in athletic programs on post.

"This past year, more than 1,500 Soldiers have participated in the Fort Jackson sports program; along with 500 or so civilians on the recreational side of the sports program," said Cindi Keene, sports coordinator. "More than 120 teams were involved in the competition, which earned their units Commander's Cup points."

Participation was up from last year, but Keene is hoping to get even more Soldiers involved in on-post athletics in 2009.

"It builds up the morale within their respective units," she said. "It is exciting to see rivalry between the units and new champions among us."

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Photo by Susanne Kappler

Victory Support Battalion Commander Lt. Col. Richard Smarr, left, and VSB Command Sgt. Major William Huffin Jr., right, are presented with the Commanders' Cup by Col. Clarence Hilton, Fort Jackson deputy chief of staff and Cindi Keene, sports coordinator, Wednesday during the sports banquet at the MG Robert B. Solomon Center.

VSB rallies late to capture title

Daniel Terrill
Leader Staff

This year's flag football season went down to the wire as two underdogs battled in the championship game at Hilton Field that ended with Victory Support Battalion rallying for a late touchdown to defeat 2nd Battalion, 39th Infantry Regiment, 12-7, Thursday night.

2-39 was clinging to a 1-point lead with less than a minute left in the game.

VSB's Nicholas Hatchett broke through the gritty 2-39 defensive line and scored with 25 seconds left.

The two favorites were knocked out during the semifinals, said TJ Canty, Fort Jackson's assistant sports coordinator. VSB (8-2) was ranked second in its division, and 2-39 (5-5) was ranked fourth.

"I was surprised that either one of them made it," Canty said. "Tonight was a good game, I'm proud of them."

Both teams agree this season started shaky, but the teams gelled to finish strong.

"This season we came out with a lot more new players, so it took a few games for us to really start working together," said Robert Lively, 2-39's team captain.

Photo by Daniel Terrill

Nicholas Hatchett, VSB, dashes through 2-39's defense in the final minute of the Flag Football Championship at Hilton Field Thursday. VSB scored and held on to win, 12-7.

"For the past two seasons, 2-39 has made it to the playoffs with mostly veteran players," said Michael Broner, 2-39 quarterback. "This year we only had three veteran players."

VSB quarterback John Taylor said he and his teammates had similar problems, but after a few games and seeing each player's ability, they just started to click.

"We're not trying to play outside of our ability," he said. "There is no one person on this team who is the superstar. The team is the superstar. That's why we were able to beat some of the teams we weren't supposed to beat."

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For youth sports, call 751-5610/5040; For golf information, call 787-4437/4344; For sports information, call 751-3096.

Sports Briefs

Basketball

Letters of intent for intramural and recreational winter basketball are due to the Sports Office by 3 p.m., Tuesday. All players must have a DoD ID to participate. The coaches meeting will be in early January, with the season beginning shortly after that.

'Hoop Shoot' Contest

The Elks National Free Throw "Hoop Shoot" Contest is set for 4:30-7:30 p.m., today at the Youth Center. The contest is open for children 8-13 years old. Winners will advance through district, state, regional and then national competitions. For more information, call 751-5040.

Sports Banquet

The Sports Banquet is scheduled for 11:30 a.m., Wednesday at the MG Robert B. Solomon Center. For more information, call 751-3096.

Youth Basketball, Cheerleading

Registration will be accepted until Monday for youth basketball and cheerleading. The season for both runs December through February. Practices will be once a week for 4-7 year olds and twice a week for 8-18 year olds. Games are played Saturdays. The fee for basketball is $40 for the first child and $36 for siblings and includes a jersey, shorts and a trophy. The fee for cheerleading is $30 for the first child and $27 for siblings and includes a skirt, a top and a trophy.

Volunteer Cheerleading Coaches

Volunteer youth cheerleading coaches are needed. Experience is desired, but not mandatory. Volunteers get the "coaches discount," when their children also play sports — 100 percent for the first child; 50 percent for siblings.

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.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the Week

A hit-and-run motorist caused $1,000 in damages to a Soldier's car parked at the Recruiting and Retention School Nov. 25, Military Police said. The car's left rear door was dented and scratched.

No injuries or damages were reported in a brush fire at Anzio Range Nov. 25. The Fort Jackson Fire Department and MPs responded to the fire, which was quickly contained. The cause of the fire is unknown.

A civilian sustained head and leg injuries in an accident at the Main Post Exchange Nov. 25. The woman tripped over a display rack, MPs said. She received medical treatment by Fort Jackson Emergency Medical Services personnel.

An accident at Gate 2 resulted in $1,000 in damages to a bus. The civilian driver of the bus was cited for speeding, MPs said. The driver struck a gate barrier, which resulted in damages to the bus's left rear storage area.

Provost Marshal's Tip of the Week

Fort Jackson contractors may renew their decals for 2009 at the Department of Emergency Services, Building 5499, or the Vehicle Registration Office, Strom Thurmond Building, Room 114.

Documentation required for vehicle registration is as follows: driver's license, contractor ID dated 2009, or contractor letter with an expiration date 2009 or later, state vehicle registration and insurance.

Remember to take a notarized letter if the vehicle to be registered is not registered to you or you may have the person accompany you to our office.

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

FORCE PROTECTION THOUGHT OF THE WEEK

Defeating the threat requires a dedicated, long-term effort!