

THURSDAY, FEB. 14, 2013

THE FORT JACKSON LEADER

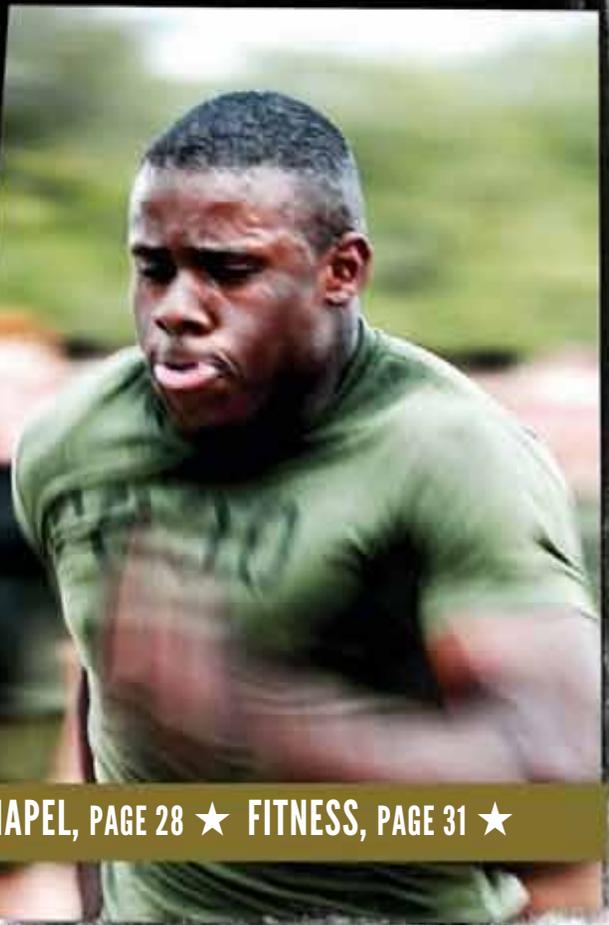
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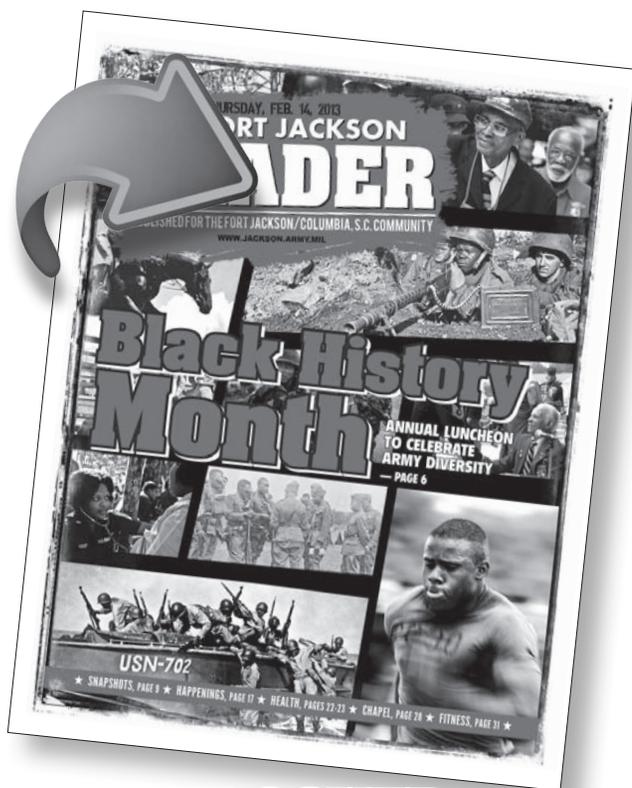
Black History Month

ANNUAL LUNCHEON
TO CELEBRATE
ARMY DIVERSITY

— PAGE 6



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ON THE COVER

Photo illustration by WALLACE McBRIDE

Fort Jackson will recognize Black History Month this week with a luncheon Tuesday at the Solomon Center. SEE PAGE 6.



Fort Jackson, South Carolina 29207

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COMMANDER'S CALL

Post proud of partnerships

It takes a team to make things happen

One of my seven command principles is "Be a Team Player." Team players are those who establish trust with other team members and always complete three tasks: coordinate, collaborate and cooperate, the three C's. I am proud to say that we are an effective team player within Columbia, the Midlands and South Carolina.

My special thanks to all of Team Jackson. It's because of your hard work and dedicated efforts that we are considered to be one of the most effective team players in the city and state.

We have teamed up with various community organizations, businesses and universities to make people — service Members, Families, Civilians, Veterans and Retirees — our number-one priority on and off post.

Over time, we have built trust and used the three C's in maintaining these relationships.

Our effort with longtime team member, the Greater Columbia Chamber of Commerce is a great case in point. The chamber spearheads and helps us with a number of our activities for our Soldiers, Families and Civilians, such as job fairs for veterans and military spouses, community service projects and military Family friendly programs. Day in and day out, we are team members working toward a common goal of people first by using the three C's.

In addition, we partner with Lake Carolina Development for a program called, "Military Ambassadors." We have coordinated to create this initiative for our military Families who live in the Lake Carolina and Northeast Columbia areas to provide services such as Family readiness groups, military child programs and other Fort Jackson services because of their distance from post.

These are just a few instances that make us a key team player in the city and state. Keep up the good work, Team Jackson!

Our collective efforts can change our post and city for everyone. As many of you see every day in your workplaces, when we work together it builds collective competence and mutual trust. The effects of mutual trust will ultimately result in a change of environment that can fill our entire post and every single community team member.

This is what I like to call a contagious winning attitude.

We can accomplish any challenge efficiently with teamwork — which leads me to tell you about a great opportunity to work with some of our biggest team members in the community: the City of Columbia, University of South Carolina, SCANA, and many other businesses for an initiative called One Columbia: CityServe.

CityServe is an intensive week of service designed to involve thousands of Columbia citizens across all city domains (business, education, government, faith community, military, social sector, arts) working together to improve our city.

This is an opportunity for us to roll up our sleeves and work together for the continual improvement of quality of life in our city, and our military communities. Our efforts

will help with ongoing community engagement projects that fall under the Army Community Covenant. This will make the City of Columbia a better place for all service members, Families, Civilians, Veterans and community members to serve and live.

Over the years, we have fostered and maintained our bonds of trust within the community to provide quality of life

programs for our Army Family and the city to enjoy such as: Come See your Army Tour, Columbia Blowfish Baseball Club, National Night Out, Military Retiree Appreciation Day, Adopt-A-School program, Special Olympics, and Richland County Sheriff's Department — D.A.R.E. Program, just to name a few.

I encourage our Soldiers, Families, and Civilians to take advantage of the programs, get involved in the community and continually be a key team player.

It takes a strong community team effort to make our post and the city even better. Our teamwork has been and must continue to be nothing short of Army Strong. We have solid community team members who play a vital effort in ensuring we have a great city to serve, live and enjoy. We are truly grateful for all of our team members and their efforts.

Remember, team members are vital to any great purpose. We take pride in knowing that we have great team members, and we are a great team player in achieving a shared goal of people first.

Victory Starts Here and Army Strong!

Victory 6

**By BRIG. GEN.
BRYAN T. ROBERTS**

Fort Jackson
Commanding General



Follow Brig. Gen. Bryan T. Roberts at www.facebook.com/FortJacksonCommandingGeneral

OEF veteran receives Medal of Honor

By **C. TODD LOPEZ**
Army News Service

WASHINGTON — President Barack Obama placed the Medal of Honor around the neck of former Army Staff Sgt. Clinton Romesha during a ceremony Monday in the East Room of the White House.

Romesha is the fourth living service member to receive the medal for service in Operation Iraqi Freedom or Operation Enduring Freedom. The former Soldier earned the Medal of Honor for actions Oct. 3, 2009, at Combat Outpost Keating, Kamdesh District, Nuristan Province, Afghanistan.

On that morning, Combat Outpost, or COP, Keating, manned by only 53 Soldiers and situated at the bottom of a steep valley, came under attack by as many as 300 Taliban fighters.

During the fight, the perimeter of COP Keating was breached by the enemy. Romesha, who was injured in the battle, led the fight to protect the bodies of fallen Soldiers, provide cover to those Soldiers seeking medical assistance, and reclaim the American outpost that would later be deemed “tactically indefensible.”

“Throughout history, the question has often been asked, why? Why do those in uniform take such extraordinary risks? And what compels them to such courage?” the president said. “You ask Clint and any of these Soldiers who are here today, and they’ll tell you. Yes, they fight for their country, and they fight for our freedom. Yes, they fight to come home to their families. But most of all, they fight for each other, to keep each other safe and to have each other’s backs.”

The White House ceremony was attended by several hundred, including lawmakers, defense leaders, Romesha’s family, and team members from Romesha’s own Bravo Troop, 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division. Also present were Secretary of Defense Leon E. Panetta, Chief of Staff of the Army Gen. Ray Odierno and Sgt. Maj. of the Army Raymond F. Chandler III.

The president said that upon learning he would receive the Medal of Honor, Romesha displayed the brand of humbleness typical of many Soldiers.

“When I called Clint to tell him that he would receive this medal, he said he was honored, but he also said, ‘It



Photo by *CHUCK KENNEDY, White House*

President Barack Obama awards former Staff Sgt. Clinton Romesha the Medal of Honor for conspicuous gallantry, during a ceremony in the East Room of the White House Monday.

wasn’t just me out there, it was a team effort,” the president said. “And so today we also honor this American team, including those who made the ultimate sacrifice.”

Included among those who died in the fighting that day in Afghanistan were, Staff Sgt. Justin Gallegos, Sgt. Christopher Griffin, Sgt. Joshua Hardt, Sgt. Joshua Kirk, Spc. Stephan Mace, Staff Sgt. Vernon Martin, Sgt. Michael Scusa, and Pfc. Kevin Thomson.

“Each of these patriots gave their lives looking out for each other,” Obama said. “In a battle that raged all day, that brand of selflessness was displayed again and again, Soldiers exposing themselves to enemy fire to pull a comrade to safety, tending to each other’s wounds, (and) performing ‘buddy transfusions,’ giving each other their own blood.”

The president said on that day, it wasn’t just Rome-

sha who earned recognition for his actions, it was dozens of Soldiers. From that battle, Soldiers earned 37 Army Commendation Medals, 27 Purple Hearts, 18 Bronze Stars and nine Silver Stars, the president said.

“These men were outnumbered, outgunned and almost overrun,” Obama said. “Looking back, one of them said, ‘I’m surprised any of us made it out.’ But they are here today. And I would ask these Soldiers, this band of brothers, to stand and accept the gratitude of our entire nation.

“God bless you, Clint Romesha, and all of your team,” the president said. “God bless all who serve. And God bless the United States of America.”

The president then asked that the Medal of Honor Citation be read, and following that, he placed the medal around Romesha’s neck.

Fort Jackson Gate Hours

Gate 1	5 a.m. to 1:30 p.m.inbound and outbound traffic, Monday through Friday 1:30 to 9 p.m.outbound traffic, seven days a week
Gate 2	around the clock, seven days a week Commercial traffic on weekends only.
Gate 4	5 a.m. to 9 p.m.Monday through Friday closed weekends Commercial traffic must use Gate 4 on weekdays.
Gate 5	5 a.m. to 9 p.m.seven days a week



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for breaking news and updates.

News and Notes

BLACK HISTORY MONTH EVENTS SET

The Fort Jackson community will celebrate Black History Month with a luncheon scheduled from 11:30 a.m. to 1 p.m., Tuesday at the Solomon Center. The guest speaker will be U.S. Rep. James Clyburn. Tickets cost \$10. For more information and to purchase tickets, contact an equal opportunity adviser, the Equal Opportunity Office or your unit's equal opportunity leaders.

TAX CENTER OPEN

The Fort Jackson Tax Center is open from 10 a.m. to 7 p.m., Monday through Friday. It is located at 4283 Jackson Blvd. For more information, call 751-JTAX (5829).

THIRD ARMY CG NOMINATED FOR FOURTH STAR

Lt. Gen. Vincent Brooks, commanding general of Third Army/ARCENT was nominated by the president for appointment to the rank of general and assignment as the commanding general, U.S. Army Pacific, Fort Shafter, Hawaii. A successor to Brooks has not been nominated yet.

AER CAMPAIGN TO BEGIN

The Army Emergency Relief Campaign is scheduled to begin with a ceremony at 10 a.m., March 1 at the Joe E. Mann Center. The campaign will run March 1 through May 15. Campaign results are expected to be announced June 7.

INSTALLATION TOWN HALL MEETING SET

Two installation town hall meetings are scheduled for March 12 at the Solomon Center. The first meeting will start at 9 a.m.; the second meeting will start at 6 p.m. Installation representatives will give brief updates on various topics, which will be followed by an open-floor discussion.

LEGAL NOTICES

Anyone with debts owed to or by the estate of Chief Warrant Officer 4 Shawn C. Adolphus Sr. must contact Capt. Marshan Daymon, the summary court martial officer for the Soldier. Adolphus passed away Jan. 19 in Georgia. To contact Daymon, call 885-7462 or email Marshan.Daymon.mil@mail.mil.

Anyone with debts owed to or by the estate of Sgt. Timothy W. Brown must contact 1st Lt. Marcus Nix, the summary court martial officer for the Soldier. Brown passed away Jan. 26. To contact Nix, call (210) 573-1272 or email Marcus.Nix@us.army.mil.

Installations remain strong

From IMCOM

SAN ANTONIO — Army installations will continue to hire the critical career fields from firefighters to child-care workers, said Lt. Gen. Mike Ferriter, commander of the U.S. Army Installation Management Command.

In January, Headquarters, Department of the Army provided guidance regarding a department-wide hiring freeze and release of term and temporary civilian personnel. In that guidance, authority to approve exceptions to the hiring freeze is delegated to commanders of Army Commands, Army Service Component Commands, Direct Reporting Units and the Administrative Assistant to the Secretary of the Army for Headquarters, Department of the Army and its Field Operating and Staff Support Agencies. The above authority delegates hiring authority to the IMCOM commanding general.

"I am authorizing the hiring to continue in the following program areas to ensure we continue to provide programs and services in support of critical missions, na-

tional security, safety of human life and the protection of private property," Ferriter said.

Garrisons are given approval to hire firefighters, security guards, civilian police, air traffic controllers, life-guards, Sexual Harassment/Assault Response and Prevention program staff (permanent and term), Alcohol and Substance Abuse Program counselors, and — regardless of funding source — Child, Youth and School Services staff in accordance with IMCOM Command and Headquarters, Department of the Army hiring guidelines.

"Because of the important nature of installation management business, we will review hiring requests at each garrison and can make additional approvals to ensure critical missions continue," Ferriter said. "We have spoken with every garrison commander or deputy and command sergeant major throughout IMCOM ... to ensure they understand the importance of our mission. The Army leadership remains committed to providing the best possible support to Soldiers, families, civilians and our Soldiers for life."

FORT JACKSON CIVILIAN EMPLOYEE TOWN HALL MEETINGS

Fort Jackson has scheduled town hall meetings for civilian employees. Each meeting will begin with a brief from Brig. Gen. Bryan Roberts, Fort Jackson commanding general, followed by a brief from the Civilian Personnel Advisory Center, concluding with a question and answer session. The meetings aim to present command information and discuss the impact of government budget reductions on Fort Jackson. Meetings are scheduled for the following times;

9:30 to 11 a.m.	Tuesday	Post Theater	MEDDAC and DENTAC employees
10 to 11:30 a.m.	Wednesday	Post Theater	U.S. Army Training Center; Training Support and Schools Directorate; Soldier Support Institute; Armed Forces Chaplaincy Center employees
3 to 4:30 p.m.	Wednesday	120th Adjutant General Battalion (Reception) Chapel	U.S. Army Garrison; Directorate of Logistics; Fleet Management Expansion; Mission and Installation Contracting Command; Network Enterprise Center
1:30 to 3 p.m.	March 1	Post Theater	open to civilian employees of all organizations

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Black History Month event set for Tuesday

U.S. Rep. James Clyburn scheduled to speak at next week's Solomon Center luncheon

By **WALLACE McBRIDE**
Fort Jackson Leader

U.S. Rep. Jim Clyburn is scheduled to be the guest speaker at this year's Black History Month luncheon at Fort Jackson Tuesday.

The theme for this year's event is "At the Crossroads of Freedom and Equality," a concept meant to highlight progress made since the creation of Negro History Week in 1926 by historian Carter G. Woodson. The first celebration of Black History Month occurred at Kent State in February of 1970, with the federal government formally recognizing the expansion in 1976. Today, both the United States and Canada recognize Black History Month in February.

"This is not just about black history," said Sgt. 1st Class Charolette Whittaker, 165th Infantry Brigade equal opportunity adviser. "It's about history, period."

"I think that the Army's strength is diversity," said Col. Odie Sheffield, commander of the 165th Infantry Brigade. "And we have a fantastic guest speaker coming. (Clyburn's) been involved with the government and community organizing since he was a teen. His visit is

great for us; it's great for the community; and it's great for Fort Jackson."

Whittaker said the process of inviting Clyburn to speak at the Fort Jackson event involved only a single step.

"I just got on the website and sent him a request," she said. "I asked him to come and speak, and he said yes."

Clyburn ran for the 6th Congressional seat in 1992 as one of five African American candidates following the creation of the new black majority district during reapportionment. He went on to win the general election, and to become South Carolina's first African American to serve in Congress since Reconstruction.

This year's luncheon also marks the 50th anniversary of the March on Washington for Jobs and Freedom, one of the biggest Civil Rights rallies in American history, as well as the 150th anniversary of the Emancipation Proclamation.

The luncheon takes place 11:30 a.m. to 1 p.m., Tuesday at the Solomon Center. Tickets are \$10 and can be purchased from unit equal opportunity representatives, Whittaker said.

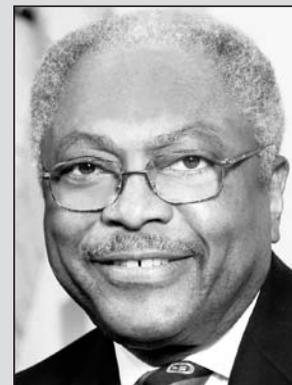
"It takes a lot of unit support to pull this off," she said.
Milton.W.McBride3.ctr@mail.mil

About the speaker

James Clyburn is the U.S. Representative for South Carolina's 6th congressional district, serving since 1993, and the Assistant Democratic Leader since 2011.

He was born and raised in Sumter, the eldest son of a fundamentalist minister and a cosmetologist. He graduated from South Carolina State University in Orangeburg with a bachelor's degree in history. His first job was teaching social studies at C.A. Brown High School in Charleston.

Clyburn ran for the 6th Congressional seat in 1992 as one of five African American candidates following the creation of the new black majority district during reapportionment. He went on to win the general election, and to become South Carolina's first African American to serve in Congress since Reconstruction.



U.S. REP. JIM CLYBURN

Schools adopting new attendance policy

By WALLACE McBRIDE
Fort Jackson Leader

The Fort Jackson School District is working to implement a student attendance policy created by the Department of Defense Education Activity.

Created last year by the DoDEA, a field activity of the Office of the Secretary of Defense that provides a comprehensive pre-kindergarten through 12th grade curriculum for military children, Fort Jackson schools are beginning to both implement and fine tune the policy.

"Basically, the purpose of an attendance policy is that we believe it makes a difference for students to be in school," said Gael Coyle, school district assistant superintendent. "Students are not successful if they don't have the school work and they don't have the resources to be successful. We want to intervene and give children and families the support that they need."

Among the events that can qualify a student for "excused absences" are personal illnesses, medical, dental, or mental health appointments, serious illness in the student's immediate family, religious holidays and "unique circumstances."

"The principals do have the ability to grant excused absences in unique family circumstances," Coyle said. "For example, if a military member is deployed, and the family needs integration time following the deployment or before the deployment ... that's another 'unique circumstance.'"

If the family knows in advance that leave will be taken, schools can provide parents with information to make sure children do not fall behind in class, she said. Advance notice also helps teachers prepare for absent students.

"We do an educational plan to make sure that child has what he or she needs," she said. "Especially if we have many students leaving, it takes a great deal of time to prepare good educational plans."

Coyle distributed copies of the atten-

dance policy to school board members during last week's meeting, asking for input on how to proceed with it. She highlighted a need for recommendations on how to handle students with 10 or more unexcused absences.

Late arrivals are also handled as absences, though most "tardy" arrivals count for a fraction of a single absence. Students who are consistently late to school can eventually rack up a significant number of absences, she said.

"When a child comes in late, it disrupts learning for the rest of the class, not just for the child who comes in late," Coyle said.

"I think it's very, very important that there's a balance struck," said Maj. Kelley Osborne, school board president. "Obviously, you've got to have rules, but at the same time you've got to have some flexibility given all the students we have with military families. I also like that the principals have the authority to make a judgment call on whether it's a valid absence

or not."

Here are a few of the highlights of the DoDEA attendance policy:

All students are required to attend school for 180 instructional days per school year.

Academic penalties will not be imposed for excused absences.

Whenever a student needs to be out for more than five days, the teacher will provide a Student Educational Monitoring Plan to lessen the impact of a student missing instruction in class.

The policy establishes a balance between the need for military families to spend time together following deployment, while emphasizing the importance of education. (The schools) have and will continue to be as flexible as possible in accommodating the precious time families have together but flexibilities and accommodations have limitations, especially when they impact student performance and attendance at school.

Milton.W.McBride3.ctr@mail.mil



Photo by WALLACE McBRIDE

Pierce Terrace flag has historic background

Joanne Close, den leader of Cub Scout Pack 89, helps Cub Scouts raise a new flag over Pierce Terrace Elementary School last week. The Feb. 9 event marked the 103rd anniversary of the Boy Scouts of America, and included a flag that flew over the White House on Nov. 6, the day of last year's presidential election. The Cub Scouts is a family program designed for boys who are in the first grade through fifth grade.



Photos by WALLACE McBRIDE

Airborne chopper

Left, the helicopter displayed outside of the Basic Combat Training Museum is lifted off the ground by a crane and mounted onto a pole Friday. The museum's outside display area is currently being renovated. As part of the renovations, the museum will be closed Feb. 25 through March 8. Above, Thomas Singleton welds the helicopter onto a steel pole.



Making the financial love connection

Many say that opposites attract. It could be because people are attracted to certain attributes and personalities.

Whatever the reason, attitudes about money in relationships can also differ greatly. Usually, you have a spender and a saver. Occasionally, you will find that both partners are spenders (caution, trouble ahead) or both are savers. This can be the source of many conflicts in a relationship.

Ideally, a person would find out what type of financial habits and history a person has before making a serious commitment. Taking time to discuss financial philosophies can eliminate many conflicts in the future. For example, is your partner a person who believes in splurging on wants while putting needs on the back burner? Or, will your partner skip an occasional date night in order to watch his or her bank account grow?

Finding middle ground is important to having financial harmony in a relationship. No particular person

FINANCIAL ADVICE

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

should win while the other loses. Finding compromise and knowing how to negotiate is important.

Many people are not naturally financially savvy and need to receive some guidance. Seeking financial guidance from a financial professional can ensure that both partners in a relationship have their voices heard. A financial counselor can help you and your partner set smart financial goals and assist in designing a plan to reach them.

To talk to a financial counselor, call Army Community Services at 751-5256.



Obama announces Afghanistan drawdown

By **KAREN PARRISH**
American Forces Press Service

WASHINGTON — U.S. troops in Afghanistan will decrease by 34,000 the coming year, President Barack Obama announced Tuesday in his annual State of the Union address.

“After a decade of grinding war, our brave men and women in uniform are coming home,” he said early in his remarks to a joint session of Congress. Later in the speech, the commander in chief outlined his plan for troops in Afghanistan, now numbering about 66,000.

“Already, we have brought home 33,000 of our brave servicemen and women,” he said. “This spring, our forces will move into a support role, while Afghan security forces take the lead. Tonight, I can announce that over the next year, another 34,000 American troops will come home from Afghanistan. This drawdown will

continue. And by the end of next year, our war in Afghanistan will be over.”

The president credited “the troops and civilians who sacrifice every day to protect us. Because of them, we can say with confidence that America will complete its mission in Afghanistan, and achieve our objective of defeating the core of al-Qaida.”

America’s commitment to a unified and sovereign Afghanistan will endure beyond 2014, Obama said, but the nature of that commitment will change.

“We’re negotiating an agreement with the Afghan government that focuses on two missions: training and equipping Afghan forces so that the country does not again slip into chaos, and counter-terrorism efforts that allow us to pursue the remnants of al-Qaida and their affiliates,” he said.

Defense Secretary Leon E. Panetta, in a statement, said he welcomes the commander in chief’s announcement. The figure was based, he said, on Marine Corps

Gen. John Allen’s strategic recommendation of a phased approach to decreasing the force.

Allen turned over command of NATO’s International Security Assistance Force and U.S. forces in Afghanistan to Marine Corps Gen. Joseph F. Dunford Jr. during a ceremony in Kabul, Afghanistan, Sunday.

The secretary said in his statement that in consultations with the president and his national security team, “I strongly supported General Allen’s recommendation and I believe the president’s decision puts us on the right path to succeed in Afghanistan.”

Panetta said he is confident Dunford will have the combat power he needs to protect coalition forces, continue building up Afghan forces, and “achieve the goal of this campaign to deny al-Qaida a safe haven to attack our homeland.”

Panetta noted the United States, NATO and the Afghan government agreed in Lisbon in 2010, and affirmed in Chicago in

2012, that Afghanistan will assume full responsibility for its security by the end of 2014.

“We are on track for that goal,” he said, “and we will maintain a long-term commitment to Afghanistan including through the continued training and equipping of Afghan forces and counter-terrorism operations against al-Qaida and their affiliates.”

The American people should never forget 9/11 is the reason their men and women are fighting in Afghanistan, Panetta said.

“After more than a decade of great sacrifice and hard-fought progress, we are now on a path to an Afghanistan that cannot be used as a launching pad for attacks against our nation,” the secretary said.

“Our troops on the ground will continue to be in a tough fight, and they will continue to face real challenges, but our fundamental goal is now within sight,” he concluded. “Thanks to their continued dedication and sacrifice, I believe we will prevail.”

Calendar

Friday

Hearts Apart and Foreign Born Spouses Valentine's celebration

6 to 8 p.m.; Joe E. Mann Center
For more information and to register, call 751-9770/1124. Registration is required by Feb. 12.

Wednesday

Shred day

9 a.m. to 1 p.m.; Recycling Center
For more information, call 751-4208.

Tuesday, Feb. 26

The ROCKS, Inc. meeting

6 p.m.; Post Conference Room
For more information, email jacquia.l.robinson@us.army.mil

Tuesday, March 5

2013 Hiring our Heroes veterans event

9 a.m. to noon; Solomon Center
To register, visit www.hoh.greatjob.net.

Friday, March 29

Women's History Month luncheon

11:30 a.m. to 1 p.m.; Solomon Center
Tickets cost \$10. For tickets, contact an equal opportunity adviser or the Equal Employment Opportunity Office.

Announcements

LACROSSE CLINIC

A lacrosse clinic led by players with the Charlotte Hounds is scheduled from 1 to 4 p.m., Feb. 24 at Darby Field. The clinic is open to the Fort Jackson community. For more information, call 751-4251.

FCC PROVIDER TRAINING

Family Child Care provider training is scheduled from 8 a.m. to 4 p.m., Feb. 22-29 at the Joe E. Mann Center. Military spouses living on post and off-post child care providers registered with the Department of Social Services may apply to become certified to provide child care to military families in their homes. For more information, call 751-6234.

CYSS LITERARY FAIR

A literary fair is scheduled for March 2 at the Solomon Center. Students 7 to 18 years old are encouraged to submit an original poem or story to School Support Services to be featured in the fair's "Original Poetry and Stories Corner." Submissions are due 5 p.m., Feb. 26. For more information, call Ann Gordon at 751-6150.

BASKETBALL TOURNAMENT

A three-on-three basketball tournament is scheduled for 9 a.m., March 30 at Patriots' Park. Players must be 18 or older. Registration is open now. For more information, call 751-7146.

OFFICE RELOCATIONS

The Personnel Movements Branch and Carlson Wagonlit offices have relocated to the Strom Thurmond Building. The Personnel Movement Branch is in Room 107. Carlson Wagonlit is in Room 100.

YOUTH SPORTS REGISTRATION

Registration for track and field (ages 6-14) and soccer (ages 3-5) runs through March 1. Registration for T-ball (ages 3-5), baseball (ages 6-14) and softball (ages 6-14) runs through April 8. For more information, call 751-5040/7451.

RED CROSS NEEDS VOLUNTEERS

The American Red Cross on Fort Jackson is looking for people interested in volunteering as courtesy cart drivers at Moncrief Army Community Hospital. Volunteers must have a valid driver's license and no accidents or speeding violations in the last three years. For more information, call 751-4329.

SAT, ACT TESTING

The Fort Jackson Education Center will administer SAT testing Feb. 22, March 8, April 5, May 3 and June 7. ACT testing is scheduled for Feb. 8, March 15, April 12, May 10 and June 14. Testing is available to eligible service members only. For more information and to register, call 751-5341.

MUSEUM CLOSURE

The Basic Combat Training Museum will be closed Feb. 25 through March 8 for outdoor renovations.

LIFEGUARD CLASSES

Family and Morale, Welfare and Recreation is offering lifeguard certification classes every month. For more information, call Amanda Orduno at 751-4796.

SOCCER SIGN-UP

Letters of intent for unit-level 11-person soccer are due to the Sports Office Feb. 21. For more information, call 751-3096.

BLACK HISTORY MONTH 5K

Registration for the Black History Month 5K fun walk/run is open. The run is scheduled for 8 a.m., Feb. 23 at Hilton Field Softball Complex. Race-day registration is open from 6:30 to 7:30 a.m. Pets or bicycles are not allowed. For more information, call 751-3096.

SCHOLARSHIP APPLICATIONS

Army Emergency Relief is now accepting applications for the MG James Ursano scholarship. The scholarship program assists spouses and children of active and retired Soldiers in obtaining a four-year undergraduate degree.

Recipients must apply each year and may receive assistance for up to four years. For more information, visit www.aerhq.org.

COMMISSARY NEWS

Students can now apply for the 2013 Scholarships for Military Children Program. The program awards at least \$1,500 at each commissary. Applications must be turned in to a commissary by close of business Feb. 22. For more information, visit www.commissaries.com or www.militaryscholar.org.

THRIFT SHOP NEWS

The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below. No winter clothing will be accepted after March 6.

Applications for the summer hire program can be picked up at the Thrift Shop. Applications may not be turned in before April 9.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Send your announcements to fjleader@gmail.com.

Community announcements may be edited to comply with Leader style and Public Affairs regulations.

Announcements are due one week before the publication date. For more information, call 751-7045.

Housing happenings

MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties. Interested residents should call Vicki Greer at 751-7567.

PERMISSIVE TDY

To validate permissive temporary duty for house hunting purposes, report to the Housing Services Office. Failure to do so will result in the Soldier being charged leave for the entire period. For more information, call 751-5788/7566/9323.

RECREATIONAL VEHICLES

Boats, campers, trailers, jet skis and other recreational vehicles must be stored in the RV storage lot on Essayons Way. These vehicles are not permitted to be parked in the housing area. To reserve free space and for more information, call 751-9339.

MUSTACHE BASH

A mustache party is scheduled for 3 to 5 p.m., Feb. 26. The party will include a meet and greet with Joshua Vlaso, author of "Mustache Mayhem and Other True Stories." Registration is required by Tuesday. To register, email ayoungblood@bbcgrp.com.

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

CPAC CORNER

WEINGARTEN NOTICE

When an employee whose position is included in a bargaining unit reasonably believes that discipline may result from an investigative interview or examination by an agency representative, the employee may request union representation before proceeding with the investigative interview or examination.

Under the provisions of Chapter 71 of Title 5 of the US Code (5 USC 7114), the Union which serves as the exclusive representative of a recognized bargaining unit in an agency shall be given the opportunity to be represented at such investigative interview or examination if the employee reasonably believes that the examination may result in disciplinary action against the employee or the employee requests representation.

In addition to investigations or examinations conducted by supervisors, this right can also apply to investigations or examinations conducted by Army or DoD representatives of the Inspector General, Military Police, or Criminal Investigation Division if the employee reasonably believes that such investigation may result in discipline, and the employee requests representation.

Some points to remember about Weingarten Rights:

- Examinations may include criminal and non-criminal investigations.
- Representation may be requested at any time during the interview.

Performance discussions and counseling sessions ARE NOT considered to be investigations or examinations; nor are meetings held only for the purpose of imposing disciplinary action, which do not involve the gathering of information, nor any examination or interview of employee.



Friday, Feb. 15 — 7 p.m.
Gangster Squad R

Saturday, Feb. 16 — 2 p.m.
Jack Reacher PG-13

Sunday, Feb. 17 — 2 p.m.
Gangster Squad R

Wednesday, Feb. 20 — 1:30 p.m.
The Guilt Trip PG-13

Wednesday, Feb. 20 — 4:30 p.m.
Gangster Squad R

For more listings, visit www.aafes.com or call 751-7488.

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.

Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

Saluting this BCT cycle's honorees

Training honors

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Robert Vetter**
Company A
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Tiarra Huff

SOLDIER OF THE CYCLE
Pvt. John Spell

HIGH APFT SCORE
Pfc. Peter Carol

HIGH BRM
Pfc. Matthew Michel



**Staff Sgt.
Arnold Gerodias**
Company B
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. David Laporte

SOLDIER OF THE CYCLE
Pvt. Fanny Towns

HIGH APFT SCORE
Spc. Robert Carr

HIGH BRM
Spc. Tommy Zaharris



**Staff Sgt.
Alex Fernandez**
Company C
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Nicholas Tosches

SOLDIER OF THE CYCLE
Spc. Anthony Zambrano

HIGH APFT SCORE
Pfc. Clint Kirksey

HIGH BRM
Pvt. Matthew Milke



**Staff Sgt.
Edward Jervis**
Company D
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Cierra Gillingham

SOLDIER OF THE CYCLE
Spc. Tyler Hensley

HIGH APFT SCORE
Spc. Tyler Hensley

HIGH BRM
Spc. Tyler Hensley



**Staff Sgt.
Matthew Sitz**
Company F
1st Battalion,
13th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Jose Hernandez Salines

SOLDIER OF THE CYCLE
Spc. Sean Gilchrest

HIGH APFT SCORE
Pfc. Scott Vela

HIGH BRM
Spc. Preston Hughes



COLLINS

**Warrant Officer
Timothy Collins**
Honor graduate
Warrant Officer
Basic Course
Adjutant General School

Watch Fort Jack-
son video news
stories and
Victory Updates
at <http://www.vimeo.com/user3022628>.

Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel

Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Homeschoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

Toastmasters International

Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307

Alcoholics Anonymous open meeting

Wednesdays and Fridays, 9 to 10 a.m., 9810 Lee Road. For more information, call 751-6597.

American Red Cross volunteer orientation

Wednesdays, 1 to 4 p.m., and Thursdays, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

Sergeant Audie Murphy Club Association study hall

Thursdays, noon, NCO Academy conference room, www.facebook.com/FJSAMCA.

MONTHLY

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4

Second Monday of the month (September through June), 6 p.m., 511 Violet St., West Columbia, 467-8355 or gblake12@sc.rr.com.

Weight Loss Surgery Support Group

☐ Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.
☐ Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St.,

ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

Adjutant General's Corps Regimental Association, Carolina Chapter

Second Tuesday of the month, 11:30 a.m. to 1 p.m., Magruder's Pub and Club, 751-3014.

Fort Jackson Homeschoolers

Second and fourth Tuesday of the month. For time and location, call 419-0760 or email johnlazzi@yahoo.com.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

American Legion Riders Motorcycle Group (ALR Chapter 195)

Second Tuesday of the month, 7:30 p.m., American Legion Post 195, 534 Wildwood Lane, Lugoff, 699-2598 or alrpost195@gmail.com.

Fleet Reserve Association Branch and Unit 202

Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or turner6516@gmail.com.

The Rocks Inc., James Webster Smith Chapter

Third Tuesday of the month, 6 p.m., Post Conference Room.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Sergeant Audie Murphy Club Association

First Wednesday of the month, noon, Daniel Circle Chapel, www.facebook.com/FJSAMCA.

Better Opportunities for Single Soldiers Adopt-A-School program

Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest Heights Elementary School, 751-1148.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 11:45 a.m. to

12:45 p.m., Single Soldier Complex, Building 2447, 751-1148.

Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail sec@ffvictoryriders.com.

American Legion Riders Motorcycle Group

Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail William.huffin@us.army.mil.

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Ladies Auxiliary VFW Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Ladies Auxiliary VFW Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Gold Star Wives, Palmetto Chapter

Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguiar@yahoo.com or visit www.combatvet.org.

Ladies Auxiliary Louis D. Simmons Post 215

Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.

American Legion Louis D. Simmons Post 215

Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.

To submit a recurring meeting, email the name of the group, when and where the meeting takes place and contact information to fjleader@gmail.com.



TENNIS SET

Athletes working to build competitive club on post

By WALLACE McBRIDE
Fort Jackson Leader

Launching a tennis club on an Army post is not for the faint of heart.

It is neither an environment that features many tennis fans, nor the kind of nurturing environment needed to keep a social club running. The population on an Army post is largely transient, something Lt. Col. Stephen Hardy knows a little about. He is part of a small band of athletes trying to breathe life into a tennis club at Fort Jackson.

"Whoever likes to play can show up on the designated day and have pick-up games," said Hardy, proponent chief of the Financial Management School at the Soldier Support Institute. "That's kind of what we're doing right now. We're showing up on Saturday mornings and just playing. It's a good mix of people who show up."

The catch?
"I'm leaving," he said. "I'm retiring next month."

And he's not the only one. Maj. Jacob Gin, one of the club's six members, as well as the chief of human resources for Mon-

crief Army Community Hospital, is also leaving the area thanks to Permanent Change of Station orders. Another member is currently unable to play because of a leg injury.

"We'll need more folks, and unfortunately we have a lot of folks leaving," Gin said. "We've got a lot of turnover to deal with."

The club formed last September with an eye toward competing in city leagues in the Columbia area, said Col. Jamie Houston, DENTAC commander. The roving nature of military life is not the only obstacle in the way of creating a successful, competitive tournament.

"We're looking for serious tennis players," Houston said. "We like to do this for fun, but we have more fun when we win. I'm 58, so one day I'll tone it down a little bit. But, if you play someone better than you or worse than you, it's not much fun because you can't get any rallies going."

The goal, he said, is to get a club of 10 members so they can compete in city leagues.

"Typically, you don't run into a lot of military people with tennis backgrounds," Gin said. "They tend to be golfers, runners or hunters ... rarely do you see guys with a tennis racket. It's a very unique situation to have a handful of guys come to-

gether on Fort Jackson to play tennis."

Hardy said he was surprised to find so much interest in tennis on Fort Jackson.

"I've been playing since high school in the '80s, but since then I've basically been playing here and there," he said. "I didn't start playing again until recently, when I came to Fort Jackson. There are a lot of guys here that play."

Gin said he'd like the club to be formally recognized by the Columbia city leagues.

"Col. Houston has been trying to get the word out to the community that we've got this team," Gin said. "So we can come together through tennis and develop some bonds. We'll need a much better turnout. When you want to compete with the city leagues you need a roster of eight to 10 strong, committed."

"I'd like to get to the point where we can eventually play with other teams off base," said club member Rene Rinehart, chief of occupational health at MACH. "That would be a long-term goal."

"We still don't have a team name, but we're leaning toward 'The Aces,'" Houston said. "With this story, hopefully we'll get some new players."

Milton.W.McBride3.ctr@mail.mil

Lt. Col. Stephen Hardy, Col. Jamie Houston, Maj. Jacob Gin and Rene Rinehart are part of a tennis club on Fort Jackson looking to beef up its roster.

CMYK

CMYK

27" WEB-100

MACH names employees of the year

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Col. Mark Higdon, commander of Moncrief Army Community Hospital, and MACH Command Sgt. Maj. Vincent Bond announced the hospital's 2012 employees of the year during a ceremony at Victory Conference Room.

"It is very important that we recognize those who perform above their daily duties to make our organization a top notch medical treatment facility for our patients," Higdon said. "And these folks deserve the awards presented to them here today."

This year's awardees are Darlene Wilbur, Nutrition Care Division, category one; April Nokia, Quality Management Division, category two; and Jay Pringle, Operations Division, category three.

The Civilian Awards Board considered the Medical Command's criteria for employee of the year when selecting the Medical Department employees of the year.

According to the MEDCOM criteria, employees must make contributions that enhance the organization's accomplishment of the MEDCOM strategic objectives and mission, teamwork and public image. They are to possess a professional attitude toward self and others and a willingness to share credit with other team members.

Employees considered should be commitment to excellence demonstrated by responsive public service, continuous improvement and stewardship of resources.

Personal initiative, creativity and professionalism are to be reflected in the employee's performance of daily duties. Customer service response rounds off the list of criteria set forth by MEDCOM.

"You can tell the quality and degree of patient and family-centered care and service we are providing at Moncrief by looking at all of the employees standing before us," Higdon said. "The criteria set forth by the board confirm these are deserving awardees ... It is fortunate our staff consists of professionals who possess the insight and



Photo by ANDRE BUTLER, Moncrief Army Community Hospital

Moncrief Army Community Hospital's employees of the year are, from left, April Nokia, Quality Management Division; Jay Pringle, Operations Division; and Darlene Wilbur, Nutrition Care Division.

know-how to make our facility run a more efficient (way) daily. These are the skills and talents we need in order to continue giving our community the best health care possible."

The employees of the year compete in three categories. Category one is for GS-8 and below non-supervisory and WG-11 and below employees. The second category includes GS-9 and above employees in non-supervisory positions; and category three is GS-14 and GP-14 in supervisory and managerial positions.

"What makes these competitions even harder is we can only have one winner in each category," Bond said. "From where I stand, everyone here is a winner. And this recognition ceremony is for you. You each have contributed a lot to making this hospital one of the best in the Army."

The employees of the year received a \$2,000 cash award and will compete for MEDCOM employee of the year honors. Each winner was also presented the Achievement Medal for Civilian Service.



**Your health care
is a click away**

**Moncrief Army Community Hospital
Integrated Health Clinic
Medical Home**

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.



MACH UPDATES

TRICARE CHANGES FOR RESERVES

Beneficiaries enrolled in TRICARE Reserve Select or TRICARE Retired Reserve need to switch to an electronic form of payment. TRICARE now only accepts monthly premium payments using recurring automatic payments by credit or debit card or by recurring electronic funds transfer from a linked bank account. For more information and to set up automatic payments, contact your regional contractor. Contact information is available at www.tricare.mil/contacts.

ACCESS CALL CENTER CHANGE

Moncrief Army Community Hospital beneficiaries will no longer be able to call the Access Call Center to leave a voice

message to request an appointment, effective Friday. Patients may call the Access Call Center at 751-CARE (2273) to schedule an appointment from 7:30 a.m. to 4 p.m., Monday through Friday, or visit www.tricareonline.com

MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by MACH's Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 3:15 to 4:15 p.m. the first Wednesday of the month at MACH, Room 8-85. "Lunch with the Dietitian" will be offered the second Wednesday of the month in the MACH Dining Facility from 12:15 to 12:45 p.m. For more information, call 751-2489.

Like the Leader on Facebook.
Log on to your account
and search for "Fort Jackson Leader."

WTU Soldiers win silver in Warrior Games

By **ANDRE BUTLER**

Moncrief Army Community Hospital

Soldiers from the Warrior Transition Unit at Fort Jackson recently traveled to Fort Benning, Ga. and won the overall silver medal in the Warrior Games. Teams from Fort Stewart, Ga. and Fort Gordon, Ga. also participated in the four-day competition.

Games included events such as volleyball, cycling, wheelchair basketball, archery, track and field, and swimming.

Team Jackson medaled in competitions ranging from group to individual sports. The team also won a silver medal for the overall team competition.

“Overall we finished second,” said Staff Sgt. Bryan Kyzer, WTU. “But if we had more time to practice, I have no doubt that we would have brought home the gold.”

Members of the team experienced different emotions during the games, but some feelings remained constant — camaraderie, being a part of a team and helping your teammates throughout the week.

“I had a great time,” said Spc. Cody Monty, WTU. “For me, the individual efforts were nice, but the team sports were better because they brought us together as one.”

“The camaraderie is what stands out to me,” Kyzer said. “Whether it was me cheering someone else on, or the team competing in an event, you could feel the support.”

Relationship building is something else the group highlighted.

“We had time to bond with one another,” Kyzer said. “And now I have noticed that we have developed better relationships with one another.”

The competition with other teams showed members of Team Jackson they



Photo by STAFF SGT. TOMEKA DeBRUCE, Moncrief Army Community Hospital

Soldiers with the Fort Jackson Warrior Transition Unit compete against teams from Fort Stewart, Ga. and Fort Gordon, Ga. in the Warrior Games at Fort Benning, Ga.

are not alone in their fight to transition back to active duty or transition to civilian life.

“Just seeing the other guys who were competing against us meant a lot,” 1st Lt. Daniel Lewis said. Each installation had its own strong points, but seeing them compete and how they acted and their drive gave me inspiration. It let me know that there are others like us out there, and we are not alone in our situation, no matter what it may be or where we may be in our recovery.”

The WTU Soldiers won 11 individual medals and second place as a team.

GOLD

- ☐ Sgt. 1st Class Dwayne Lewis; men’s shot put, discus and archery
- ☐ Spc. Aundi Carty; women’s 50-meter dash and women’s 100-meter dash

SILVER

- ☐ Team Jackson overall
- ☐ Lewis; men’s air pistol competition
- ☐ Sgt. 1st Class Ingrid Velez; women’s 50-meter dash
- ☐ Spc. Cody Monty; men’s shot put

BRONZE

- ☐ Cody; 30-kilometer cycling
- ☐ Velez; women’s 100-meter dash and women’s shot put

Leadership starts with setting example

By **CHAPLAIN (CAPT.) KEN REID**
3rd Battalion, 13th Infantry Regiment

Several years ago, I had the privilege to coach junior varsity baseball at my former high school. As would most rookie coaches, I questioned whether I could coach at this level, having never coached. I remember asking myself the simple question, "Where do I begin?" As I reflected back on my own experiences — 23 years old at the time and a baseball player since I was 6 — I decided to begin with the basics of the game. We reviewed basic fielding, pop flies and base running.

During the infield drills I noticed the shortstop was overplaying the ball. I yelled out, "Stop overplaying the ball." I found myself repeating what was said to me when I, too was overplaying the ball many years earlier.

The difference between me and the young man I was coaching was that he said what I had wanted to say but never did. "Coach, what do you mean by 'overplaying the ball?' Can you show me what you mean?"

Instantly, I stopped what I was doing and gave the bat to one of the other players and asked him to hit the shortstop some balls as I stood behind him to observe his technique while charging the ball. What I noticed was that his feet were not pointing in the right direction to complete

the play without throwing the ball into the dirt and making the first baseman work overtime. Once I took notice of his improper balance, I began to rethink my initial approach toward coaching this team.

My new strategy became what I would call "leading by demonstration." I took it upon myself the task of physically demonstrating what right looks like for every position. Within a few days, my hands-on example became the pattern that the players could build on.

A few weeks later was opening day. The players were confident and secure in their ability to function at a higher level of performance than they had anticipated. By the end of the season, my team had finished in third place. Even more astonishing, the absolute slowest runner on the team led the team in stolen bases. He was able to accomplish this for the same reason the entire team was a success. I took the time to physically demonstrate what right looks like, and players simply repeated what they had learned.

If we as leaders took the time to demonstrate our intent the results would be astounding. Soldiers, like ball players have learned the basics of Soldiering. However, in order for them to exceed the standards, we as leaders must demonstrate what superior performance looks like. Once Soldiers can see the higher standard, they will follow and duplicate our efforts.



PROTESTANT

- Sunday
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

- 6 p.m. Gospel prayer service, Daniel Circle Chapel
- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

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

CATHOLIC

- Monday through Thursday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 8 a.m. IET Mass, Solomon Center
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 - 11 a.m. Mass (Main Post Chapel)
 - 12:30 p.m. Catholic youth ministry, Main Post Chapel

- Wednesday
 - 7 p.m. Rosary, Main Post Chapel
 - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

- Wednesday
 - 3 to 5 p.m. LDS family social, Anderson Street Chapel
- Wednesday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Chaplain Family Life Center**
5460 Marion Ave (to the side of the POV lot), 751-4961
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

Stages to change your mind and body

Changing any part of life for a healthier upgrade is a bonus. Getting healthy and exercising more is a topic and thought on many minds. Many people make a mental effort to begin a healthier lifestyle, but their efforts fall short, and they end up right where they started or worse.

So what happened? How could someone go from being so geared up to get healthier to abandoning the mission? This often happens when we have not gone through the Stages of Change.

Just like most things in life; getting ready to live healthier is a process. Skipping over one or more of these steps in most cases ends in a failure to execute the new desire for better health. As we take a deeper look and break down each of the five stages of change/readiness, if applied properly, we can each take our health and fitness to the next level. For some of us, that is the beginning. For some of us, it is a crossroad. And for some of us, it is the next voyage.

There are five stages of change. The first stage is the pre-contemplation stage. At this stage we are not ready to even acknowledge that we need a change. Think of how you might rationalize your eating indulgences. You might say things like, "I only have this once in a while," or, "A little bit won't hurt me," or, "I work hard and deserve these harmless goodies," or, even, "when I am ready to give it up, I will."

We must accept that a person who feels this way is not ready for change and forcing the issue could create damage to another area of your relationship with this loved one. At this stage, although others can recognize the need to make some healthy changes, the person cannot. I have found that the best approach at this stage is to be an example of healthier living. When a person is ready, he or she will move on from this stage.

If the healthier living example exhibited by friends and family is working, you move into the next stage called, contemplation. You realize something needs to change, but what? You also realize you are not really interested in changing. The thought of giving up certain pleasures is a real turn-off. But feeling your body get heavier and heavier is a turn-off as well.

You are back and forth in your thoughts about what to do. You are not yet prepared to make any changes in your life, but you are thinking hard about the consequences of not changing.

If the urge within you won't ease up, you find yourself in the preparation stage. Everyone in your life seems to be on a healthier path and, for the most part, sticking to

THE WEIGH IT IS

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it. This makes you consider that maybe you can do this. You can think of friends who had some rough times, but have hung in there, and it does not seem as hard for them anymore. You decide to talk with them about the ups and downs of the changes they made to see how you can possibly do it, too. Even if it requires more effort than you originally thought it would, you are beginning to believe it is worth the effort.

You might begin by reading articles on steps to getting healthy and learn that your kitchen pantry needs a makeover. You embrace this possibility and begin mental preparation of out with the old (junk food) in with the new (whole grains). You are encouraged to start exercising by doing something physical that you love, walking, for example. This shows you have made arrangements (preparations) for change.

So, it is not as bad as you thought. You are not only reading and talking about healthy living, but you are in action, and you are living healthy. Based on what you read, you know to take things slowly and to develop a more long-term relationship with a healthy lifestyle by not getting caught up and place undue pressure on making the scale go down. Your meal choices are slightly different, and the change in texture and taste is not too overwhelming because you made minor changes and

have plans to gradually increase the change in ingredients and food selections. Walking began with some aches, but as you settle into your second and third week, it is not so bad (you are even looking forward to it). You were invited to a zumba class and accepted the invitation. You are actively involved in your wellness. You have even begun keeping an exercise and food journal, which helps with your consistency.

You are feeling good about yourself and your approach to healthier living. Your confidence is growing. You have faith in really being able to do this.

Time is passing and you are still hanging in there. You are even doing more than you thought you ever would. You are not only embracing the changes you made in your health, but you are settling into the maintenance of change. This is when you keep up the good work and continue your five-day regime of outdoor walking

and your new love of weight training twice a week. You have a new love for fresh fruit, grilled fish and whole grains. You even look forward to trying and sharing new recipes. At this stage, it is important to renew your commitment to your lifestyle and remain conscience of old habits and unhealthy behaviors that could make you slide back.

We all want to be in the maintenance stage of our healthier lifestyle. It is a great idea to surround yourself with likeminded people.

You can feed off each other and gain strength to explore even more creative ways to stay on track and keep your lifestyle at this level.

Change is not easy, but when approached in steps that are designed to create lasting impressions, change can be long term. If you are at the early phase of change, please know that it is worth the effort to go through the process. The end result may not only help your health, but change your life.



WINTER BASKETBALL STANDINGS

MEDDAC.....	5-2	2-39th	2-2
LOD	4-0	MPs.....	1-2
SF	4-1	USADSS.....	1-2
187th.....	4-2	1-13th	0-2
NF.....	3-1	VA.....	0-2
1-34th	3-2	1-61th	0-3
SSI	3-3	120th.....	0-3
2-60th	2-1	TFM	0-5
175th.....	2-1	Standings as of Tuesday	

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LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Feb. 28 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Feb. 28 Leader must be submitted by Feb. 21.

Send your submissions to fjleader@gmail.com.

For more information, call 751-7045.

