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# The Fort Jackson Leader



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# A new course

## Resilience school to open on Fort Jackson

By **SUSANNE KAPPLER**  
*Fort Jackson Leader*

When Gen. George Casey, Army chief of staff, discussed Comprehensive Soldier Fitness during his visit to Fort Jackson in July, he said the installation had great potential to be an important part of the program. That potential will be realized with the opening of the Army's master resilience training school on Fort Jackson, which is scheduled for April.

The school will host a 10-day course based on the positive psychology program developed at the University of Pennsylvania. About 1,800 Soldiers and civilians are ex-

pected to attend the course annually.

Lt. Col. Scott Heintzelman, director of Victory University, which oversees the school, said that every One Station Unit Training drill sergeant and Advanced Individual Training platoon sergeant eventually will participate in the training. In addition, one noncommissioned officer per brigade and battalion, one DA civilian per brigade, as well as other key cadre and trainers, will attend the school, he said. Eventually, the Army plans to expand the program to include family members.

Army officials have been working since May with the university's instructors to tailor the program for military use.

"Soldiers are going to (learn) life skills and coping skills — skills that are going to help them be better and more effective leaders," said Sgt. Maj. Stanley Johnson, headquarters TRADOC, who is serving as a liaison between Victory University and the University of Pennsylvania.

Command Sgt. Maj. Teresa King, Drill Sergeant School commandant, participated in the training at the University of Pennsylvania last year. She said Soldiers will benefit greatly from learning resiliency skills.

"(The course), in my mind, readies people recovering from a hardship or going

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## Fighting the cold



Photo by STEVE REEVES

**Soldiers with Company C, 3rd Battalion, 13th Infantry Regiment, wear knit caps and gloves as protection against the cold during a recent training exercise. Safety experts say that when training in cold weather, Soldiers must be vigilant to guard against cold-weather injuries. Story on Page 3.**

# Reader input keeps *Leader* relevant

In any excellent organization or community, effective communication is absolutely essential. Here on Fort Jackson, that statement is extremely relevant as we continue to evolve and take on more missions.

We are fortunate in that our post newspaper, *The Fort Jackson Leader*, keeps us pretty up to date with command information by producing an edition each week that is tailored to the interests and informational needs of our organization and community. The casual reader might think or assume that the news process is automatic.

Well, it's not. There is no computer program in the newsroom of the Public Affairs Office that predicts the next mission we will undertake, the next winner of the next Soldier competition, the next list of promotions, the next organizational concept or the next training development that might revolutionize the way we do things.

There is no automatic means that alerts editors and reporters to what should be assigned and what should be covered and what types of editorial contributions might have the greatest impact on the greatest number of the Fort Jackson readership — to include Soldiers, family members, retirees and civilians affiliated with the post.

None of this is magic. Nor, on the other hand, is any

**BRIG. GEN.  
BRADLEY W. MAY**  
*Fort Jackson  
Commanding  
General*



of this happenstance. There is a lot of planning and decision-making that goes on behind the scenes in producing a publication each week customized for the Fort Jackson audience.

One of the primary functions of a command information vehicle — such as the *Leader* — is to support the command's internal informational objectives. That is, the newspaper designs its policies to provide you with information that will help you better perform your missions.

I think the *Leader* meets that requirement from both an operational and community perspective. The *Leader* does this by keeping a close ear to what the leadership

deems important and the happenings around post that interest the entire demographic audience. The *Leader* wants to continue to provide us with the most pertinent information that it can by keeping its finger firmly on your pulse. The *Leader's* staff is committed in providing us with timely and accurate information.

To ensure that it stays on point, the *Leader* is asking for your support. On Page 11 of today's *Leader*, you will find a readership survey. A Web link to this survey can also be found on the Fort Jackson homepage.

There are only 15 questions to the survey and it won't take much of your time to answer them. Most of the questions are easy and involve multiple-choice selections or scaled responses. The results will go a long way in helping the *Leader's* staff members to determine whether they are tracking properly and customizing the paper's content for the Fort Jackson readership.

The survey will also provide an indication and a mile marker as we continue to expand our online and electronic capabilities of disseminating information to you. I am counting on you to participate in the survey. This is a win-win scenario. The better we inform the *Leader*, the better the *Leader* informs us.

Army Strong!

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson *Leader* are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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To submit articles, story ideas or announcements for the community page, write the Fort Jackson *Leader*, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).

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Staff writer ..... Sharonda Pearson  
Staff writer ..... Kris Gonzalez

Ask the garrison commander about:

## Child care for single parents

*I am a single parent with long duty hours. Why isn't there any child care available on Fort Jackson to meet the needs of single parents?*

There is child care available on Fort Jackson to meet the needs of single parents. Some of the Family Child Care providers on Fort Jackson offer extended hours to assist parents in meeting their mission requirements.

The Central Enrollment Office can refer parents to providers who offer extended care. In addition, Fort Jackson has three Child Development Homes that offer extended hours care, including Saturday care.

The Scales Avenue Child Development Center and School Age Services Program also offer such services.

The Scales Avenue CDC is open 4:30 a.m. to 8 p.m., Monday through Friday, and 5 a.m. to 6 p.m., Saturday. The School Age Services Program is open 4:30 a.m. to 6:30 p.m., Monday through Friday, and 5 a.m. to 6 p.m., Saturday.

Two of the Child Development Homes operate from 4 a.m. to 9 p.m., Monday through Friday, and 5 a.m. to 6 p.m., Saturday. The third CD home operates evenings only — Monday through Friday — and provides services for school age children.

Children in the School Age Services after school program who need care after 6:30 p.m. are picked up by the staff at the CD home and provided an evening meal and activities until picked up. Information on all these services is available through the CYS Central Enrollment Office at 751-4865.

*What is arrearage of pay?*

An arrearage of pay is the amount of pay that is provided to the surviving beneficiary of a retiree at the time of the retiree's death. The amount of pay is determined by the number of days that the retiree survived in the month in which he or she passed away. For example, if a

**COL.  
LILLIAN A. DIXON**  
*Fort Jackson  
Garrison  
Commander*



retiree dies on the 15th of the month, then the beneficiary for arrearage of pay would receive 15 days of retirement pay.

*What is DA Form 2339?*

DA Form 2339, the Application for Voluntary Retirement, is used in the retirement request process. It is a chronological detail of the dates of military service for enlisted Soldiers.

The amount of actual active federal service time credited for retirement pay is determined by the information provided on this form. The information on the DA Form 2339 includes prior service, Reserve and National Guard and inactive time.

### FACT OF THE WEEK

During school year 2008-2009, Child, Youth & School Services provided child care and youth activities to 2,706 families with 4,232 children and youth. More than 29% of the families using Child, Youth & School Services Programs are single parents or dual military.

To submit questions for "Ask the Garrison Commander," call 751-2842, or e-mail [scott.nahrwold@us.army.mil](mailto:scott.nahrwold@us.army.mil).

# Cold front leads to extra precautions

By **STEVE REEVES**  
Fort Jackson Leader

On a recent blustery day when temperatures barely rose above freezing, Sgt. 1st Class Chandra Davis kept a close eye on the Soldiers of Company C, 3rd Battalion, 13th Infantry Regiment, as they trained in combat-movement tactics.

“You actually have to make them drink water,” said Davis, a drill sergeant for 3-13th. “They don’t want to drink water when it’s cold outside like this.”

But, just like in hot weather, it’s critical to stay hydrated, even when weather conditions are frigid. Dehydration is just one of the many hazards faced by Soldiers training in cold weather.

Drinking water and eating more calories than usual are two ways of warding off cold-weather injuries, said Don Busbice, a safety specialist with the Fort Jackson Safety Center.

“To maintain body heat in winter, the body needs 25 to 35 percent more calories,”

said Busbice, who trains units on cold-weather injury prevention. “You have to eat and drink, especially when it’s cold out.”

Cold weather has certainly been an issue at Fort Jackson in recent days as arctic fronts have blasted South Carolina and the rest of the Southeast with icy winds. The temperatures are expected to moderate through the weekend, but winter weather is far from over.

However, it doesn’t have to be freezing for hypothermia and other cold-weather injuries to strike. Anytime the temperature falls to 60 degrees or below is when injuries can happen.

Hypothermia is when the body’s temperature drops due to exposure to the wind or water. It’s a dangerous condition that, if severe enough, can sometimes lead to death.

Other common cold-weather injuries are: chilblains, superficial ulcers of the skin that occur when repeatedly exposed to cold; frostbite involves the freezing and destruction of exposed skin, usually the extremities such as fingers and toes; trench foot or im-

mersion foot is due to repetitive exposure to wet, non-freezing temperatures.

Some people are more at-risk for cold injuries than others, Busbice said. For example, African-Americans are four times more likely to suffer cold-weather injuries than Caucasians, and women are twice as likely as men to end up with a cold-related injury. Other risk groups include people 45 and older, and tobacco users.

Busbice said chilblains and mild hypothermia are the two most common cold-related injuries at Fort Jackson.

“Any injury here is a concern,” Busbice said. “An injury that we prevent will keep a Soldier on task for training and to graduate.”

Drill sergeants and other cadre are taught to recognize the warning signs of cold-weather injuries and how to instruct Soldiers to dress properly, such as using layers of clothing that can be added or removed as conditions change.

Drill sergeants are also instructed to make sure Soldiers keep their feet dry and

change their socks often. Drill sergeants keep a close eye on their Soldiers because many new trainees are reluctant to complain, no matter how cold they get.

Many training sites at Fort Jackson are stocked with “warming tents” equipped with heaters or stoves so that Soldiers can get a respite from the cold weather.

But Busbice said the use of heaters in enclosed spaces can create another cold-weather danger: carbon-monoxide poisoning.

“Carbon-monoxide poisoning is a big fear of ours,” Busbice said. To prevent it, cadre receive instructions on how to use the warming tents properly.

Cold weather rarely stops training at Fort Jackson, though commanders can modify training exercises if conditions are especially cold.

“If it gets too hot, we’ll stop training,” said 1st Sgt. Frederick Green, Company D, 1st Battalion, 61st Infantry Regiment. “We don’t usually do that in cold weather.”

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## Tax Center scheduled to open next month

By **KRIS GONZALEZ**  
Fort Jackson Leader

If you’re anxious to pay Uncle Sam his dues, or eager to get your refund, you may have to wait a few weeks longer than you expected this tax season.

The Fort Jackson Tax Center is projected to open in February, almost two weeks later than in years past.

The Staff Judge Advocate Office is waiting for confirmation on which building the center will be housed in this year, said Capt. Scott Somerset, Tax Center officer-in-charge.

The Tax Center is expected to offer free state and federal tax filing to service members, family members and retirees from Feb. 3 until about April 24, Somerset said, which gives late filers some time after the April 15 deadline to get their taxes filed.

Volunteer Soldiers and civilians have already been trained by the Internal Revenue Service system and are ready to begin crunching the numbers once the center’s location has been determined, he said.

All patrons need to do is bring the following documents and a volunteer will electronically file their tax information (some or all may be applicable): an unlaminated Social Security card; W-2(s) and 1098 forms; a blank check with routing number; last year’s tax returns; investment dividend forms; interest statements; property tax and interest paid on homes and mortgage statements.

Last year, more than 4,000 patrons were assisted. This year, Somerset said he expects the same amount, if not more.

For more information, call the Legal Assistance Office at 751-6151.

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*Photo by KRIS GONZALEZ*

**Sgt. Jason Martin, left, 157th Infantry Brigade, gets tax assistance from Fort Jackson Tax Center volunteers Spc. Doremus Thomas, 193rd Infantry Brigade, and Staff Sgt. Jessica Thompson, MED-**

# Civilians learn Army leadership skills

By **STEVE REEVES**  
Fort Jackson Leader

A group of about 65 local business leaders visited Fort Jackson Tuesday to learn about Army leadership principles.

The visitors were part of Leadership Columbia, a program sponsored by the Greater Columbia Chamber of Commerce that aims to enhance young leaders' understanding of the community.

Kevin Markland, a commercial lender with Wachovia Bank and a member of the Chamber of Commerce, said the visit to Fort Jackson was meant to give the young businessmen and women a different perspective on leadership than they might get from the civilian world.

"We try to expose them to leadership skills development, and Fort Jackson is certainly a good place to do that," Markland

said. "There are certainly leadership skills taught in the Army that have carry-over into the business community."

The visitors spent the morning in classroom training sessions and then heard from several of Fort Jackson's senior leaders. They also had the opportunity to spend time in a weapon simulator and experience the same training Soldiers at Fort Jackson go through.

Chaplain (Col.) Christopher Wisdom, deputy commandant of the U.S. Army Chaplain Center and School, said developing leaders is a priority in the Army, and said businesses should create an environment in which people can feel comfortable in reaching beyond their comfort zones and trying new things.

"There is nothing more important to the future of an organization than the manner in which it is led," Wisdom said. "There is

“ There is nothing more important to the future of an organization than the manner in which it is led.

— **Chaplain (Col.)** **Christopher Wisdom**  
deputy commandant,  
U.S. Army Chaplain Center and School

nothing more important to the future of a leader than the process by which he or she grows.”

Brig. Gen. Bradley May, Fort Jackson post commander, told the group that the environment and climate of any organization is critical to success.

"You don't want to work in a negative environment," May said, "because, quite frankly, life is too short. You want to live

life with a passion.”

May said motivating people is the same for any organization, whether it is a military unit in combat or a civilian corporation.

"It's about making people feel appreciated and that they are valued," he said. "People want to feel like they are part of a winning team."

Don Jenkins, a retired naval officer and managing director of the Leadership Development Institute, said the visit to Fort Jackson provided a unique view of leadership that many never see.

"Our young leaders need to understand how critical individual character is in their development," Jenkins said. "They need to understand that the kind of courage displayed by the Soldiers they see at Fort Jackson is the same kind of courage they need to show in the business community."

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## Practice makes perfect



Photo by **SHARONDA PEARSON**

**A Basic Combat Training Soldier with 2nd Battalion, 13th Infantry Regiment practices simulated Urban Warfare Training in preparation for upcoming live-fire exercises.**

## DoD modifies Stop Loss policy

By **DONNA MILES**  
American Forces Press Service

WASHINGTON — The fiscal 2010 defense budget extends payments to service members involuntarily extended on active duty under the so-called "Stop Loss" program, but those who received a bonus for voluntarily re-enlisting or extending their service after being involuntarily extended no longer qualify for retroactive Stop Loss pay.

The Defense Department put the new policy into effect last week, modifying eligibility for retroactive special pay to comply with Section 8108 of the 2010 Defense Department Appropriations Act, which took effect Dec. 19.

Service members affected by the new policy who already received Stop Loss payments will not be required to repay them, defense officials said. However, all outstanding applications from affected service members will be returned, along with an explanation of the change in law that makes them no longer eligible to receive the payments, officials said.

Department officials announced in March their intention to eliminate the Stop Loss policy, which kept service members on active duty beyond their contracted end-of-service date.

While the services work to phase out the policy, officials authorized a special pay of \$500 a month for anyone retained on active duty due to Stop Loss. Retroactive payments applied for anyone who served on active duty between Sept. 11, 2001, and Sept. 30, 2009, and the fiscal 2010 defense budget extended that authority through September.

Service members were able to begin submitting their claims for retroactive Stop Loss special pay Oct. 21.

# Specialized courses offer head start

By KRIS GONZALEZ  
Fort Jackson Leader

Last week NASA announced its Kepler space telescope detected five new planets beyond our solar system. Scientists predict within the next five years they'll discover planets capable of supporting life. Mark Smagner, post range operations specialist, said he wouldn't be surprised if his own son, Brad, discovered an exoplanet or some remote galaxy at some point in the near future.

"Brad takes every cardboard item he can find and builds elaborate rockets with scopes and other instruments to explore space," Smagner said. "At such an early age, he's already gotten a head start at launching a career as an astronaut."

That passion for exploration is why Smagner and his wife decided to enroll Brad, 8, in the NASA Explorer School at Forest Lake Elementary School in Columbia, he said.

The NASA Explorer School incorporates NASA content and programs into science, technology and mathematics, and is one of the 30 magnet programs offered to students living in Richland School District Two. Magnets are available to students living at Fort Jackson beginning in sixth grade.

Richland Two's magnet programs integrate in their curriculum specific themes, such as science and the performing arts, allowing students to delve into areas that interest them, and work with students and teachers with similar talents and strengths. The purposes of magnet programs, according to the district Web site, include encouraging creativity, maintaining high standards, and creating an awareness of career opportunities relative to the fields of study in which students may be interested.

"All of the magnet programs in this district are excellent," said Sheila Porter, a science teacher at Spring Valley High School, who substituted at some of the district's magnet programs last year. Porter said she

## Application deadline nears for area's magnet programs



Photo by BETH PHILLIPS, North Springs Elementary School

**STEMS teacher Audrey Andrieski assists Sarah Porter, 7, as she works on a computer program that will be used to manipulate a LEGO robot.**

witnessed the gains students made as they participated in the specialized programs.

"Some of the magnets offer the most rigorous programs in the district," she said. "Some are very difficult, with hours of homework, and the students are expected to perform to standards the program requires. But because they have smaller class sizes and most of the kids are more motivated to focus on their academics, they are usually better behaved."

Porter's daughter, Sarah, 7, participates in the Science Technology Engineering and Mathematics School, or STEMS, at North Springs Elementary School in Columbia. Since starting the magnet program in Au-

gust, Sarah has advanced well above her grade level in a lot of areas, Porter said.

"Sarah is reading about two grade levels above her grade," she said. "She's doing math at least a level higher, if not two. I wouldn't be surprised if she's two levels higher in math by the end of the year."

Porter said she believes Sarah's advances are due to the hands-on, project-based curricula of the STEMS program.

### EXPANDED CHOICE PROGRAMS

Roger Wiley, Richland Two's registrar, said families, much like the Porters, choose to apply for magnet programs because they are attracted to qualities of the specialized

programs. Families who desire to have their children attend specific schools for other reasons, such as proximity to work and child care, may apply through the Expanded Choice program.

"This program offers parents and students residing in Richland District Two the opportunity to request permission to attend a school other than the school for which they are zoned," Wiley said.

Expanded Choice programs are available to students living at Fort Jackson, beginning in seventh grade.

Andree Hubbard and her husband, Capt. Joseph Hubbard, case manager at the Warrior Transition Unit of the Moncrief Army Community Hospital, zoned for an elementary school that does not offer a Child Development Center. For that reason, their daughter Ashley, 6, attended a CDC at Sandlapper Elementary last year. This year, they decided to take advantage of the Expanded Choice program to enroll Ashley in Sandlapper's kindergarten class.

"Ashley was already familiar with her friends and the teachers at Sandlapper, so I thought it would be better for her to go there, rather than make her to go to a new school where she would have to make new friends and have new teachers," said Hubbard. "I thought she would have trouble adjusting."

Parents who exercise any of Richland Two's choices or transfers must provide transportation for their children to and from school.

Parents may apply electronically now until Jan. 29 for the Expanded Choice and magnet programs. Selection is by random lottery.

Military families who move here after the choice deadline may apply to any of the Expanded Choice schools that are not over capacity, an accommodation not afforded to non-military residents, Wiley said.

Application forms are available at [www.richland2.org](http://www.richland2.org). For more information, call 738-3314.

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## BOSS corner

Better Opportunities for Single Soldiers has the following events scheduled for January:

- ☐ Jan. 20 — BOSS meeting at the BOSS office
- ☐ Jan. 22-24 — Ski trip to Gatlinburg, Tenn.
- ☐ Jan. 26-28 — I A.M. STRONG campaign. The campaign is a partnership

between BOSS and the Sharpe Program to deter sexual harassment and sexual assault in the military. BOSS will distribute information materials across the installation.

For more information, call Sgt. Arnita Miles at 751-1148 or e-mail [Arnita.Miles@us.army.mil](mailto:Arnita.Miles@us.army.mil).

## CPAC CORNER

### Weingarten Notice (representation rights)

"Weingarten" rights are those rights that entitle bargaining unit employees to union representation in meetings with employees in connection with an investigation.

The Federal Service Labor-Management Relations Statute establishes three conditions that must be met for a meeting to be considered a "Weingarten" meeting:

1. One or more agency representatives are examining (questioning) a

bargaining unit employee in connection with an investigation;

2. The employee reasonably believes that the examination may result in disciplinary action against the employee; and

3. The employee requests union representation.

For more information, and for specifics regarding an employee's Weingarten rights, visit <http://cpol.army.mil/library/permis/4122.html>.

# Sustainability management starts here

By **SHARONDA PEARSON**  
Fort Jackson Leader

Fort Jackson is known throughout the Army as a Basic Combat Training Center of Excellence. But the post is also quickly establishing itself as a leader in environmental initiatives.

“Fort Jackson prides itself on being a center of excellence in all (environmental sustainability) areas,” said Tamera Warren, program coordinator of the Sustainability Management System. “Managing activities that could inadvertently harm the environment is crucial to achieving the overall mission of the Army. Sustainability ensures that natural resources are available for training, and that a healthy environment can be enjoyed by Soldiers, civilians and their families,” she said.

Gail Graban, environmental branch chief, credits the success of environmental efforts at Fort Jackson to consistency created by the SMS program.

“Historically environmental departments consisted of several different programs that worked independently of each other,” he said.

Now, all of the environmental programs are tied together through the SMS program, he said, which “makes them more consistent and stronger across the board.”

Some examples of the post’s environmental initiatives include its recycling program and trash clean-up projects. Workers also strive to minimize the post’s “footprint,” by planting trees and shrubs to offset those that may be cut down during construction, and by using more environmentally friendly ammunition during training.

Warren said that another reason for the success of the SMS program is the level of assistance from on and off-post environmental agencies.

One of the more active on-post organizations is the Garrison Gardeners. The volunteer-based organization, which is led by garrison commander Col. Lillian Dixon, is responsible for maintaining the natural landscaping at each gate and around Fort Jackson.

Jim Olsen, GISP plans specialist, said the work done by the gardeners is more than just cosmetic.

“The Garrison Gardener program not only is a wonderful vehicle for volunteers to improve the landscape of the installation, but it has proved to be a fantastic way for us to test and put into practice sustainable techniques,” he said.

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## About 1,800 to attend 10-day course each year

Continued from Page 1

through a hardship to come out better than they were before,” she said. “People tend to view challenges and hardships negatively, but now, I think with the resiliency skills (taught) in this program, they will welcome them and use them to better themselves.”

Heintzelman said that the idea is for graduates of the program to teach those skills in their units.

The classes will be taught by civilian and military instructors. The hiring of 22 civilians is already under way. In addition, 13 Soldiers will be assigned to the school.

Heintzelman said that the combination of military and civilian staff is an ideal way to ensure continuity while maintaining a staff that connects to its students.

“You have military (staff) that can connect right away — a constant influx of new people — tempered by long-term civilian employees who will hopefully serve for (a long time) and develop some real expertise in the area,” he said.

The school is scheduled to open with a pilot class April 5, which will be taught by University of Pennsylvania faculty, assisted by the school’s civilian instructors. The first

group of students will include graduates of the AIT Platoon Sergeant Course and the Soldiers who will work at the school.

The first regular class will not begin until May 24, which gives the faculty time to review lessons learned from the pilot class.

“When we finish on April 16, we have five weeks to make any changes, to conduct any kind of retraining, to do anything else before we start teaching our first class,” Heintzelman said. “Even then, we start teaching only small numbers of students through the end of July. It’s not until August that we start doing our full capacity. There’s sort of a deliberate gradual ramp-up.”

The capacity will be two simultaneous classes of 60 students.

Heintzelman said standing up the school is a massive logistical effort for Fort Jackson.

“Almost every key leader on Fort Jackson is directly involved in making it happen,” he said.

The training will be conducted in the former Company E, 369th Adjutant General Battalion barracks on Magruder Avenue, which is undergoing \$2.5 million in renovations

to make it suitable for its new function. The work started just before Christmas and is scheduled to be completed mid-March.

“The facilities will be quite nice,” Heintzelman said. “That’s a significant amount of money (spent) in a short period of time. ... We’re basically taking troop barracks and converting them into classrooms.”

Bryan Tempio, resident engineer with the U.S. Army Corps of Engineers on Fort Jackson, said that despite the short suspense, the project is on track.

“Normally we have a lot of time to do something like this,” said Tempio, whose office manages the construction contract. “Everybody’s cooperating and understands the urgency behind (the project).”

The building will include classrooms of various sizes and office space.

“It’s going to be set up almost like a university,” Heintzelman said. “We’re trying to replicate, down to the lowest level of detail, how it’s done at the University of Pennsylvania. That program has been successful, it’s been tested; and so we’re trying to take that exact program and replicate it here.”

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### IN THE KNOW

Master resilience training is one of four elements of the Army’s Comprehensive Soldier Fitness program. The program is designed to strengthen Soldiers’ psychological, emotional and mental well being through individual assessments as well as virtual and classroom training.

The other three elements of the Comprehensive Soldier Fitness program are:

— Global Assessment Tool: An online assessment that evaluates a Soldier’s emotional, social, spiritual and family strength.

— Comprehensive Resilience Modules: Online tools to develop emotional, social, spiritual and family strength.

— Sustainment Resilience Training: Build Soldiers’ inner strength. The training will be applied throughout a Soldier’s career.

## Housing Happenings

### COMMUNITY UPDATES

☐ The ribbon cutting for JNCO housing units is scheduled for Jan. 21, 10 a.m. at 77 Bradley Court. The ceremony will be followed by a reception at the Community Center at 520 Brown Ave.

☐ The community management office will be closed Jan. 18 in observance of Martin Luther King Jr. Day.

☐ The community management office will be closed Jan. 22. The office will relocate to the Community Center, 520 Brown Ave. and reopen Jan. 25.

☐ As the area is experiencing colder than usual temperatures, heat pumps in homes may not reach the maximum temperatures. When

temperatures drop below freezing, remember to leave the water faucets dripping to keep pipes from freezing.

☐ Residents who refer a friend who moves to Fort Jackson will receive \$300. Residents who refer a friend from off post will receive \$600.

☐ Residents who complete a comment card after coming in contact with Balfour Beatty Communities staff have a chance to win \$100. Winners are chosen monthly.

### DEVELOPMENT UPDATES

☐ JNCO / Community Center

— Painting and touch-ups are in the finishing stages at the Community Center. The center will open Jan. 21.

— Nine homes on Bradley Court are undergoing final inspections.

— The remaining Phase 1 homes are in various stages of framing, painting, windows and appliance installation.

☐ Senior NCO

— Concrete slabs are being poured and framing continues.

☐ Company grade officers

— All homes in Phase 1 are in the final stages and are scheduled for turnover to residents this month.

☐ Field grade officers

— Grading, site work and land preparation continues.

☐ Soldiers and family members are urged to exercise caution near the construction sites.

# Vacation trip reveals kernels of truth

**H**appy New Year, everybody! I'm happy to say that I've returned from the land of delirium and I'm still sane, though completely spent.

We had the bright idea of taking advantage of the wonderful deal Disney World offered to military families. Getting a five-day ticket for \$99 and a free ticket for my hubby was just too sweet for us to pass up.

Since I am Miami-born, Disney World always brings a smile to my face. I remember running through the different countries at Epcot Center, tasting all of the amazing food. I had a blast on the water slides and floating down lazy rivers until the sun set only to enjoy amazing fireworks shows with spirited Disney music.

I don't have to tell you that going to Disney as the parent of a 3-year old and a 1-year old was a completely different experience. Since I had such a rude awakening during my holidays at Disney I figured I should share it with you to soften the blow for your trip. Or at least make you giggle a little bit reminiscing on the time when you endured the land of delirium. I've come back with a few kernels of truth for you.

1) Never take an infant and a princess-crazed preschooler to Disney World. It was truly my daughter's dream come true. She was surrounded by all of her favorite princesses, got primped, prettied and fussed over in the castle, and was never pestered about nap time. The child was sure that she had died and gone to heaven every single day of our trip.

## COMMENTARY

By **CURSHA  
PIERCE-LUNDERMAN**  
*Special to the Leader*



My baby boy, on the other hand, wondered when the crazy form of torture would end. I think he finally concluded that the trip was payback for the turmoil he inflicted on our lives during his first two months of life and decided to grin and bear it. Seriously, the baby was miserable after about an hour in the park. So if the kiddo is still in a diaper, just leave him or her at home.

2) Old rules still apply. For some strange reason, parents believe that just because they have paid a few hundred dollars for tickets and made a road trip, their children will miraculously act like angels once in the theme park.

Not so. The same kid who is a terror at home, will undoubtedly throw a tantrum right in the middle of Main Street, U.S.A. Countless parents were seen dragging their tired, crazed kid through the park shouting, "You better

get up now! We're not going home yet!" I felt bad for those parents, because we've all had those days, and I quickly gave my daughter the evil-eye to make sure she didn't try the same stunt.

3) Last, and most importantly, people are nuts. I saw so many examples of the extent to which people are nuts, it's hard to provide you with just a few concrete examples.

People literally collided with parades or immovable objects because they were completely oblivious to their surroundings. Families stood in line for nearly an hour to pay \$30 a piece for matching Disney neck lanyards.

Obviously, the economy is alive and well at Disney World. That whole recession nonsense must be a sham. People have plenty of money to spend; they just save it for a blow-out trip to Disney. Maybe the delirium of Disney makes everyone forget that they are broke, which brings us right back to the truth that people are nuts.

All of the craziness and humor of Disney World made for an amazing trip, one that we will never forget. Thanks to Disney for remembering military families; it was a great time to make new memories that will come in handy down the road. It's a good thing too, because we won't be going back again until 2015.

*Editor's note: Cursha Pierce-Lunderman is a military spouse and local writer. She is also a member of the Army Reserves.*

## Harvest Hope



Photo by NANETTE WILSON, C.C. Pinckney Elementary School

From left, C.C. Pinckney Elementary School students Tarah Bridge, 12, Savannah Torrez, 12, and Tyler Willis, 9, carry food for the Harvest Hope Food Bank. The school collected 605 pounds of food last month in honor of former Fort Jackson Schools' employee Ellen Martin.

## Toy joy



Photo by KRIS GONZALEZ

Thelma Gibson, C.C. Pinckney Elementary School principal, and Chris Fortier, with the 2nd Battalion, 39th Infantry Regiment Family Readiness Group, sort through bags and boxes of toys. The 2-39th recently delivered the donated toys to the school.

# Army Family Covenant delivers progress

On Oct. 8, 2007, the Army unveiled the Army Family Covenant, institutionalizing the Army's commitment to providing Soldiers and families — active, Guard, and Reserve — a quality of life commensurate with their quality of service. However, as I travel around the Army meeting with Soldiers and families I'm surprised to find that many are not familiar with the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life to Soldiers and families.

We are delivering the Army Family Covenant with a focus on five specific areas: standardization and funding of existing programs and services; increasing accessibility and quality of health care, improving Soldier and family housing; ensuring excellence in schools, youth services and child care; and expanding education and employment opportunities for Family members.

Some accomplishments over the past two years include: standardized Army community staffing and programs at all garrisons; added 1,079 Family Readiness Support Assistants positions to provide administrative and logistical support to commanders and FRG leaders; funded Exceptional Family Member respite care, providing up to 40 hours of care per month for fam-

**LT. GEN.  
RICK LYNCH**  
*Installation Management  
Command  
Commanding  
General*



ilies; increased primary care visits to more than 7 million people, meeting access standards for 90 percent of acute, routine and specialty appointments; authorized TRICARE standard coverage for more than 500,000 eligible members of the Selective Reserve and their family members and lowered the co-payment; funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in fiscal year 2009, introduced the First Sergeants Barracks Initiative to enhance single Soldier quality of life; reduced financial burden on Army families by eliminating CYSS registration fees and reducing program fees; collaborated with more than

373 school districts to support military-connected students transferring to new school districts; and increased placement of military spouses through the Army Spouse Employment Program, a partnership with Fortune 500 companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do. I am dedicated to deliver on the Army leadership's promise to continue to provide the best care and quality of life possible to Soldiers and their families. Our commitment to delivering the Army Family Covenant is non-negotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive. We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things. Many times we immediately start talking about negative items, and many of those conversations are based on anecdotal evidence without firsthand knowledge. Let's be grateful for what we have, and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army, and our nation. Together we are making history.

## NEWS

### Group reviews community issues

Customer Management Service, in partnership with Army Family Action Plan recently facilitated the First Quarter Installation Action Council/AFAP Steering Committee.

The council was chaired by the garrison commander and attended by representatives from numerous post organizations and agencies. The Installation Action Council meets once a quarter to review issues that have been raised by the Fort Jackson Community through the Community FIRST Process.

As part of keeping the Fort Jackson community informed, the following issues and responses are provided:

**Issue:** Unauthorized parking at handicap drop off and pick up only zone is impeding access to authorized users at Moncrief Army Community Hospital.

**Recommendation:** Add additional signage, increase patrols and enforcement.

**Response:** The staff duty desk monitors the drop off zone and if a violation occurs, duty desk staff is instructed to contact Directorate of Emergency Services to report the violation.

**Outcome:** The council deemed this issue complete.

**Issue:** Aggressive driving in the traffic circle poses a safety hazard and increases the potential of accidents, injuries, stress and road rage.

**Recommendation:** Increase traffic control procedures in the traffic circle.

**Response:** Traffic control procedures have been increased and rules are being enforced.

**Outcome:** The council deemed this issue complete.

**Issue:** On-post residential security for graduation activities.

**Recommendation:** Restrict housing to vehicles with DoD decals plus add Military Police presence during Basic Combat Training graduations and Family Days.

**Response:** A checkpoint is in place on Chesnut Street to restrict unauthorized vehicles on family and graduation day events. Military Police have doubled patrols to secure the area and enforce rules. The additional security is only in place during graduation hours in restricted areas. Unauthorized vehicles include taxis. Approxi-

### CUSTOMER SERVICE CORNER

mately 750 citations for violations were filed October through December.

**Outcome:** The council deemed this issue complete.

**Issue:** Free child care for family members who need self-help and other treatment support.

**Recommendation:** Provide hourly care for spouses of Soldiers who need treatment from self-help groups and treatment centers.

**Response:** Community members who need free child care need to coordinate the approval of those services with the agency from which they are seeking support. The council agreed that community members need to coordinate their own arrangements for child care.

**Outcome:** The council deemed this issue unattainable.

**Issue:** Handicap access to Warrior Transition Unit barracks.

**Recommendation:** Provide adequate facilities that comply with the Americans with Disabilities Act.

**Response:** The barracks where WTU Soldiers are housed is ADA compliant. Soldiers require wheelchairs will not be housed at the Single Soldiers barracks.

**Outcome:** The council deemed this issue unattainable.

**Issue:** Wounded Warrior handicapped parking.

**Recommendation:** Add designated Wounded Warrior parking slots at key post facilities.

**Response:** A system is already in place to obtain handicap decals when proper documentation is submitted to prove disability. Instructions on how to obtain a handicap decal are available at Vehicle Registration and Directorate of Emergency Services.

**Outcome:** The council deemed this issue unattainable.

### News and notes

#### FCC ORIENTATION

Family Child Care orientation is scheduled from 8 a.m. to 4 p.m., Jan. 25-29, at the Joe E. Mann Center. Register by Jan. 18 at 751-6234.

#### RETENTION AWARDS CEREMONY

The Commanding General's Retention Luncheon is scheduled for 11:30 a.m., Jan. 21, at the Officers' Club.

Purchase tickets from the Installation Retention Office or brigade career counselors.

#### HOUSING RIBBON-CUTTING CEREMONY

The Junior Enlisted Housing Ribbon-Cutting Ceremony is scheduled for 10 a.m., Jan. 21, at 77 Bradley Court.

A reception will immediately follow at the Community Center, 520 Brown Ave.

#### LEADERSHIP GUEST SPEAKER SERIES

The Leadership Guest Speaker Series will resume at 3 p.m., Jan. 27, at the Fort Jackson Theater.

The series is mandatory for company commanders, first sergeants and above. Civilian supervisors are encouraged to attend.



**Jan. 15 — 6 p.m.**

Blind Side PG-13 129 min.

**Jan. 16 — 5 p.m.**

Everybody's Fine PG-13 95 min.

**Jan. 10 — 5 p.m.**

Blind Side PG-13 129 min.

**Fort Jackson**

**Reel Time Theater**

(803) 751-7488

Closed Monday, Tuesday and Wednesday

**Ticket admission**

ADULTS \$4

CHILDREN (12 and younger) \$2

Visit [aafes.com](http://aafes.com) for listings

# Take the Leader reader survey

Have you ever had a story idea that you thought would be great for *The Fort Jackson Leader*? Would you like to see more features about Soldiers excelling in their careers or additional coverage of Armywide issues?

Perhaps you would like more information about youth happenings, and answers to questions like how you can get your child enrolled in that great magnet program you

heard about. Well, now is your chance to let *The Fort Jackson Leader* know what issues are important to you.

The *Leader* staff is asking you to help us achieve our goal of informing, educating and entertaining the Fort Jackson community — our Army family — by completing a short survey. The survey is designed to provide insight into what you, our audience, would most like to see in the paper this

year. The information provided will help the *Leader* staff relay command information in a way that is most relevant to you.

To ensure that we have the opportunity to receive feedback from each of you, the survey is accessible several ways. Completed surveys can be dropped off at the Public Affairs Office in person or by mail at 4394 Strom Thurmond Blvd., Fort Jackson, S.C., 29207 or by fax at 751-2722. Sur-

veys can also be dropped off at any ICE drop box, which are located throughout post.

The survey will also be available online.

Those connected to Fort Jackson's network can complete the survey at <http://bit.ly/8lXtNi> by clicking on the respond to survey button. All other interested parties can access the survey at <http://bit.ly/6chAh1>.

**Please select the category that best fits your response for the below questions.**

1. What is your affiliation with the military? Please select only one option.
- Active military
  - Military spouse
  - Retiree
  - Veteran
  - DA Civilian
  - Contractor
  - Visiting Relative/Friend of Graduating Soldier
  - Other (Please specify)
- 

2. What is your age category?
- Younger than 18
  - 18-24
  - 25-35
  - 36-45
  - 46-55
  - 56+

**Please provide information involving the readership of The Fort Jackson Leader by answering the following questions.**

3. The *Leader* newspaper is published weekly. In the past three months, about how many issues of the newspaper have you read?
- All
  - Most
  - A few
  - None

4. On average, how much time do you spend reading each issue of the publication?
- Less than 5 minutes
  - 5-10 minutes
  - 11-20 minutes
  - 20 + minutes

5. How do you most commonly access the *Leader*?
- Print
  - Online

6. Where do you usually pick up a copy of the print version of the *Leader*?
- On-Post
  - VA Hospital
  - SC National Guard
  - Fort Jackson Credit Union
  - Local Restaurant (Please specify)
- 
- Other (Please specify)

**Please rate the quality of content of The Fort Jackson Leader by answering the following questions.**

7. In general, how useful is the information in the *Leader*?
- Very useful
  - Sometimes useful
  - Not at all useful

8. How accurate do you find the information in the *Leader*?
- Very accurate
  - Somewhat accurate
  - Not at all accurate

9. How interesting is the information in the *Leader*?
- Very interesting
  - Somewhat interesting
  - Not at all interesting (Please specify)
- 

13. Please rate the following sections of the *Leader*

	Most important	Important	Unimportant
Around Post	_____	_____	_____
Chapel	_____	_____	_____
Commanders' Corner	_____	_____	_____
DHR (ASAP)	_____	_____	_____
Family Page	_____	_____	_____
First Responder (Cops)	_____	_____	_____
FMWR	_____	_____	_____
Happenings	_____	_____	_____
Health	_____	_____	_____
Legal/Inspector General	_____	_____	_____
Reserve Reports	_____	_____	_____
School	_____	_____	_____
Sports	_____	_____	_____
Up Close (Features)	_____	_____	_____
Op/Ed	_____	_____	_____
Vetting Veterans	_____	_____	_____

**Please help The Fort Jackson Leader staff select which content should be included in the publication for the 2010 calendar year by answering the following questions.**

14. What articles or information would you like to see in future issues of the *Leader*? Please select all that apply.
- Opinion/editorial
  - Human Interest
  - More personality features and historic features about Fort Jackson
  - Brief articles on the surrounding community
  - Perspectives from BCT Soldiers
  - Feature articles about Soldiers
  - More on sports and MWR events
  - Job vacancies
  - Other
- 

15. Please provide any additional comments and/or suggestions regarding The Fort Jackson *Leader*

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## At your service

### phone numbers and operating hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-4329/5923	Monday-Friday; 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4:30 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2-10 p.m.
Bowling, Ivy Lanes	751-4759	
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday, Thursday 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday; 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7593	Monday-Thursday, 8-11 a.m. and 1-3 p.m.
Defense Military Pay Office	751-6669 (Soldiers) 751-4914 (Civilian)	Monday-Friday, 8-11:30 a.m. and 12:30-4 p.m.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday- Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday through Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Closed Monday-Wednesday
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times
Officers' Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m. (open to nonmembers); Sunday brunch, 11 a.m. to 2 p.m. (members)
Palmetto Falls Water Park	751-3381	closed Monday; Tuesday-Saturday, 11 a.m. to 7 p.m.; Sunday, 1-7 p.m. <b>**Closed for season **</b>
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; closed Saturday and Sunday <b>**Closed for renovations**</b>
Pools, Legion	751-4796	Monday-Friday, noon to 7 p.m.; closed Saturday and Sunday <b>**Closed for season **</b>
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 9 a.m. to 6 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Lee Road	782-0590	Monday-Friday, 7 a.m. to 8 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday and Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday- Thursday, 9 a.m. to 3 p.m.
Vanguard Gym	751-4384	
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).  
This information is published monthly in *The Fort Jackson Leader*.

## Calendar

### Today

**Martin Luther King Jr. Day luncheon**  
11:15 a.m., Solomon Center

### Domestic violence support group

Noon, 5615 Hood St.  
The Family Advocacy Program support group will focus on self-esteem, ways to prevent domestic violence, financial and employment assistance and more. Call 751-6344 for information.

### Thursday, Jan. 21

#### Retention Awards Luncheon

11:30 a.m., Officers' Club  
Purchase tickets from the Installation Retention Office or brigade career counselors.

#### The Rocks Inc. meeting

5:30 p.m., Post Conference Room  
RSVP by Jan. 20 at 751-1898.

### Friday, Jan. 22

#### A.T. E.A.S.E. Survivor

6-8 p.m., Main Post Chapel  
Child care available — reservations appreciated. RSVP by calling 708-2869 or 708-0656, or e-mail [At.ease.jackson@gmail.com](mailto:At.ease.jackson@gmail.com).

### Tuesday, Jan. 26

#### ACAP professional lecture

9-11:30 a.m., ACAP Center  
The Army Career and Alumni Program has scheduled a "Marketing Yourself for a Second Career" professional lecture for officers and senior enlisted noncommissioned officers who plan to leave service within five years. Call 751-6062/4109 for information.

### Wednesday, Jan. 27

#### Guest speaker series

3 p.m., Fort Jackson Theater  
Mandatory for company commanders, first sergeants and above.

## Housing events

*All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call 738-8275.*

### Today

**Neighborhood Huddle**  
10 a.m.

### Monday, Jan. 18

Offices closed for Martin Luther King Jr. Day

### Tuesday, Jan. 19

**National Popcorn Day**  
11 a.m. to 3 p.m.  
Come by for free popcorn.

### Thursday, Jan. 21

**Breakfast on the go**  
7:30 a.m., Chesnut and Imboden streets

## Announcements

### COME SEE YOUR ARMY TOURS

The next "Come see your Army" tour is scheduled for Feb. 19. These monthly tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch at a military dining facility; and shop for souvenirs. Call 751-1474/5327 to reserve a spot.

### ISSUE SUBMISSION MONTH

Issues are now being collected for the 2010 Army Family Action Plan Conference. Issues must not affect only an individual, but must affect Soldiers, family members, retirees or civilian employees. Issues may pertain to any subject that affects military quality of life.

Submit an issue online at [www.jackson.army.mil/wellbeing/survey.htm](http://www.jackson.army.mil/wellbeing/survey.htm) or complete a hard copy at the installation's designated ICE boxes. The issues will be discussed at the AFAP Conference, Feb. 3-4. Call 751-6315 or e-mail [Veronica.Jacksonpatrick@us.army.mil](mailto:Veronica.Jacksonpatrick@us.army.mil).

### SOUL LINE DANCING

Soul line classes are 6-7 p.m., every Tuesday and Friday at the Solomon Center.

### MILITARY CHILDREN SCHOLARSHIP

Scholarship applications for the 2010 Scholarships for Military Children Program are available at <http://www.commissaries.com> or at <http://www.militaryscholar.org>.

Unmarried dependent children younger than 21 (or 23 if enrolled as a full-time student at a college or university) of active duty, Reserve, National Guard and retirees are eligible. Applications are due Feb. 17. One scholarship per store will be awarded.

This year's essay topic: "You can travel back in time; however, you cannot change events. What point in history would you visit and why?"

### AAFES SWEEPSTAKES

AAFES customers will have the opportunity this month to win a trip for two for the 45th Annual ACM Awards in Las Vegas. Ten other winners will receive a custom acoustic vintage guitar, valued at approximately \$200. Entries will be accepted through Jan. 21, and the drawing is scheduled for early March.

### RED CROSS RELOCATION

The American Red Cross has relocated to 2464 Anderson St., Tower 4, third floor. The building is located behind the Shoppette on Marion Avenue. Hours of operation are 7:30 a.m. to 4:30 p.m.

### MAIL HANDLERS COURSE

The Mail Handlers Course is sched-

uled for Tuesday, Jan. 26 and Feb. 10 at the Fort Jackson Education Center, Room B206. The Mail Orderly Course is scheduled from 8:30-9:15 a.m. and the Mail Clerk Course is scheduled from 9:30 a.m. to noon. Advance enrollment is necessary. Call 751-5335 for information.

### FREEDOM AWARD NOMINATIONS

Nominations for the 2010 Secretary of Defense Employer Support Freedom Award are being accepted through Jan. 18. The award is the highest recognition given by the federal government to employers for their outstanding support of employees who serve in the National Guard and Reserve. For nomination information, visit [www.freedomaward.mil](http://www.freedomaward.mil), or call 703-380-9262.

### THRIFT SHOP

The Thrift Shop hours of operation are 9 a.m. to 3 p.m., Tuesday and Wednesday, and Thursday, 9 a.m. to 5 p.m. Consignments are accepted until 12:30 p.m., Tuesday, Wednesday and Thursday.

### TRIBUTE TO FREEDOM

Operation Tribute to Freedom is an outreach program designed to work in conjunction with public affairs offices to honor Soldiers who have or are currently serving in support of Operation Iraqi Freedom/Operation Enduring Freedom through media, speaking and event opportunities. Call 751-5327 for information.

### WEAPONS REGISTRATION OFFICE

The Weapons Registration Office has moved to Room 226, Strom Thurmond Building. Office hours are: 7:45 a.m. to 4:30 p.m., Monday through Friday. Call 751-6929/5887/5856 for information.

### TRAINEE DISCHARGE CLOSURE

The Fort Jackson Trainee Discharge Detachment of Company D, 120th Adjutant General Battalion (Reception) will be closed Monday in observance of Martin Luther King Jr. Day.

## Off-post events

### YOUTH ADVOCATES DISCUSSION

In celebration of Martin Luther King Jr. Day, the Richland County Public Library will host Dismantling the Cradle to Prison Pipeline: Four Crusaders for Successful Children, a program looking at the advocacy efforts of four community leaders, at 7 p.m., Tuesday, in the Bostick Auditorium, Main Library, 1431 Assembly St.

### RCPL LUNCH & LISTEN

The Richland County Public Library's Lunch & Listen is scheduled for 12:30-1:30 p.m., Jan. 21, at the Main Library. Columbia-based singer/songwriter Victoria White will perform.

### ASHEVILLE AMBLERS WALKERS

The Asheville Amblers walking club from North Carolina is hosting a 5/10K Historic Capital City Walk, 11 a.m., Jan. 23. The walk will begin at the Columbia Metropolitan Convention Center, 1101 Lincoln St. The free walk will take participants on a historic tour of Columbia. Visit [www.ava.org](http://www.ava.org).

### RECRUIT MILITARY EXPO

A free employment, entrepreneurship expo for veterans, transitioning active duty, Reserve and National Guard Soldiers, is scheduled Jan. 28 at the Lowe's Motor Speedway, Charlotte, N.C. To register, visit <http://www.recruitmilitary.com>.

### FREE MULCH AVAILABLE

Keep the Midlands Beautiful is offering free mulch at the Clemson Institute for Economic & Community Development, 900 Clemson Road (near the Richland County Recycling Dropoff Center), while supplies last. The mulch is made from ground Christmas trees. Be sure to bring the necessary tools (pitchfork, bucket, bag, etc.) to load the mulch.

Call 733-1139 for information.

## CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo. Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

Become a friend of CMS on Facebook by logging on to [www.facebook.com](http://www.facebook.com). Search for CMS Fort Jackson.

"Let your voice be heard!"

# Hearts Apart offers help for separated families

By **PATRICIA GUILLORY**  
Army Community Service

Hearts Apart is a support network sponsored by the Fort Jackson Army Community Services Center. As a part of the Army Family Covenant, this support group has been established for military families who are waiting for their service member to return home from an unaccompanied tour.

The Hearts Apart family support network links military family members with other families who are left behind due to the sponsor's mission requirements.

ACS wants to ensure it provides military families a supportive group setting for activities, opportunities to learn about available resources (on and off post), and the ability to network with other military families who are living in the local area without their military sponsor.

The ongoing contact of a supportive group and/or a friendly gathering seems to offer the greatest comfort to those separated from their loved ones. The Hearts Apart Waiting support group, sponsored by ACS, offers families an opportunity to connect with old and new friends, and provides information and quality support to waiting family members of military and DoD civilian personnel.

The military command realizes that family well-being can affect a Soldier's ability to focus on his or her mission. The Hearts Apart support group helps to ensure that the family is supported while the Soldier is away. Through informal programs, Hearts Apart can provide supportive fellowship, education, referral, and assistance.

Hearts Apart encourages families to maintain contact with their command and unit Family Readiness Group. Families that live either too far from the unit or from other military families can stay connected through the resources available on-line and in their community.

## HOW DOES HEARTS APART WORK?

Hearts Apart is designed to assist family members and

make prolonged separations more bearable. When a Soldier is leaving on a deployment or an unaccompanied tour of duty, ACS staff works with his or her command to obtain accurate contact information for the family.

Once the family is identified, ACS makes every effort to reach the family to assess the need for services and information, provide answers to questions with ongoing information updates, and act as liaison with military and civilian organizations.

ACS invites spouses to participate in Hearts Apart support meetings to share fun-filled activities such as monthly birthday celebrations, holiday events, arts and crafts activities such as scrap-booking, powder puff mechanics, self-defense and much more.

Hearts Apart activities will differ to meet the needs and special interest of the individuals involved, i.e., groups with many small children may tend to be child focused with emphasis on playgroups while groups with more male spouses and older children might focus on sports events and fishing. Ongoing support from ACS, as well as from old and new friends and Hearts Apart meetings, make separations easier to handle.

## HOW IS HEARTS APART STRUCTURED?

Hearts Apart is not formally structured; instead, people are invited to meetings and events focusing on sharing some ideas about things to do. It is both a fun-filled, relaxing and informative time to meet with other spouses and families in similar life situations. The group usually meets monthly for activities such as bowling, skating, pizza and movie nights, book clubs, card games, parties for children or making arts and crafts or special holiday gifts for the absent family member now living abroad or in another area of the U.S. for specialized training, etc.

For more information on this group, contact Patricia Guillory at 751-7489 or e-mail [Patricia.Guillory@jackson.army.mil](mailto:Patricia.Guillory@jackson.army.mil).

## FMWR calendar

### THURSDAY

- Visit Century Lanes for food, fun and bowling.
- Magruders Pub and Club is open for lunch.
- Victory Bingo, 2-11 p.m.
- Sleepy story time, 6:30-7 p.m., post library. Come in your PJs and go home ready for bed.
- Hit the trail with the EDGE! Biking 101, 4-6 p.m., Youth Services Center.

### FRIDAY

- Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- Visit the Officers' Club, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- Get Brown around the EDGE! with baking classes, 5-6:30 p.m. Open to 11-18 year olds. Free for middle school students and teens.
- Dance to a variety of music provided by DJ Randall at Magruders Club, 9 p.m. to 3 a.m. Magruders Club is located in the back of Magruders Pub. Cover charge is \$5 for civilians and \$3 for military.

### SATURDAY

- Step Team practice, 2 p.m., dance room at the Youth Services Center.
- Victory Bingo, starts at 4 p.m.
- Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.
- Deer stand repair day. Help out, 8 a.m. to 3 p.m. Meet at Marion Street Station.

### SUNDAY

- Family day at the Youth Services Center, 2-6 p.m.
- Traditional brunch, 11 a.m. to 1:30 p.m., Officers' Club. Coat and tie are no longer required. T-shirts, running attire and flip flops are not permitted. Call 751-4906/782-8761 for reservations.
- Victory Bingo, 10:30 a.m. to 8 p.m.

### TUESDAY

- Victory Bingo is closed.
- Hit the trail with the EDGE! Biking 101, 4-6 p.m., Youth Services Center.
- The EDGE! DiY Beauty, 3:30-5 p.m. For ages 11-18. Free for middle school students and teens.

### WEDNESDAY

- Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- Get your party on at the NCO Club, 8 p.m. Cost is \$5 for military, \$7 for civilians.
- Learn more about nutrition. Join the discussion, 4-6 p.m., Post Library.

### ONGOING OFFERS

Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work to meet mission requirements and parents who are in the National Guard or Reserve during battle training assembly. Child and youth programming is available to other parents at an hourly or daily rate.

Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for some hotels.

For details, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller.

Fort Jackson is installation number 164.

Victory Travel has special offers for a variety of dinner shows and attractions.

**THIS IS A TOY,**

**Never point a gun at yourself or someone else.**

Over the last couple years, more than a half dozen Soldiers lost their lives when someone intentionally pointed what they believed to be an unloaded weapon at themselves or someone else and pulled the trigger. Always treat weapons as if they're loaded.

**THIS ISN'T.**

**CHECK IT OUT TODAY!**

**RANGE & WEAPONS SAFETY TOOLBOX**

<https://safety.army.mil/rangeweaponssafety>

ARMY STRONG

U.S. ARMY COMBAT READINESS SAFETY CENTER

ARMY SAFE IS ARMY STRONG

BAND OF BROTHERS & SISTERS

# With God, life's tests can strengthen us

By **CHAPLAIN (MAJ.) GLENN PALMER**  
*U.S. Army Chaplain Center and School*

*"His disciples came and took the body and buried it; then they went and told Jesus."* (Matthew 14:12)

One day, a father who was tired of his teenager complaining about life, took him into the kitchen. The father then filled three pots with water. He added carrots to one pot, an egg to another, and coffee beans to a third. The father turned the heat under each pot on high and let each pot of water boil.

After about half an hour, he removed the food items from the pots and put them on plates. He then asked the teenager what he had learned. The teenager had no clue.

The father then explained that the contents of each pot

had been exposed to the same challenge: boiling water. The carrot went in sturdy but turned to mush. The egg went in fragile but turned hard. The coffee beans, however, changed the hot water around them, producing a pleasing and attractive aroma.

Many of us have been exposed to the "boiling water" of war, trauma, separation, PCS moves and homesickness. We can't change what has happened to us, how we feel about it or how it affects us.

However, we can choose how we respond to those circumstances. We can turn to mush, becoming hardened, bitter and sarcastic or — because God takes what men intend for evil and turns it to good — we can become the coffee bean that has become "better, not bitter." We can have a positive and life-giving fragrance, influence and impact on others.

We can become "better, not bitter" in spite of what we have been through by going to and by praying to God, the one who reframes, heals and refreshes and transforms death into life, chaos into order and despair into hope.

We can become "better, not bitter" by making wise and moral, ethical and mature, and life-affirming decisions; by taking care of ourselves spiritually, physically and emotionally; by offering and asking for forgiveness; by sharing with others; by serving others; by talking to and listening to each other; and when we meet a brother or sister who is thirsty and in need of a cup of cold water, by simply turning on a waterfall.

View each day as a gift from God, and know that God can and does and will use us, you and me, the aroma and fragrance of God to make a foul world smell just a little better.



## PROTESTANT

- Sunday
  - 9 a.m. and 10:30 a.m. Magruder Chapel
  - 9:30 a.m. Main Post Chapel
  - 9:30 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
  - 9:30 a.m. Solomon Center (Hispanic)
  - 9:40 a.m. Moncrief Army Community Hospital
  - 10:45 a.m. Post-wide Sunday School (Main Post Chapel)
  - 11 a.m. Memorial Chapel
  - 11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
  - 6 p.m. Prayer Service Magruder Chapel

## Protestant Bible Study

- Monday
  - 7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)

- Wednesday
  - 7 p.m. Anderson Street Chapel
  - 7 p.m. Gospel Mid-week prayer/Bible study Magruder Chapel
  - 7 p.m. Gospel Congregation's Youth (Magruder 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

- Saturday
  - 11 a.m. Magruder Chapel (third Saturday)
- Sunday
  - 5 p.m. Main Post Chapel

## CATHOLIC

- Monday-Thursday
  - 11:30 a.m. Mass (Main Post Chapel)
- Sunday
  - 8 a.m. Mass (Solomon Center)
  - 11 a.m. Mass (Main Post 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

## ANGLICAN/LITURGICAL

- Sunday
  - 8 a.m. Anderson Street 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 Street Chapel

## LATTER DAY SAINTS

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

## ADDRESSES, PHONE NUMBERS

### Daniel Circle Chapel

3359 Daniel Circle, corner of Jackson Boulevard, 751-4478

### 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

## FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

### Col. Ronald F. Taylor

*Director,*

*Emergency Services/Provost Marshal*

### Sgt. Maj. Glen W. Wellman III

*Provost Sergeant Major*

### Billy Forrester

*Fire Chief*



a little too much to drive home safely, but didn't want to call a cab to avoid having to leave your car overnight?

The Directorate of Emergency Services wants drivers who choose to drink and drive to know they face the real possibility of being caught.

Drivers who are planning to drink should develop a plan before they begin. Find a buddy who does not drink and give him or her your keys; put a little extra money in your wallet for a cab; and know the numbers to the local cab companies. If you find yourself in a situation where you have had too much to drink and need a ride home, call a friend, family member or a coworker.

Soldiers can always call their unit chain of command for help getting safely home after drinking too much.

The most important thing that can be done to prevent getting a DUI is to make a plan before you depart for the party. Your career, life or the life of another could depend on the plan, so develop a solid one.

Go out, have fun, be smart, have a plan, don't drink and drive. Your car will not miss you for one night.

### CASES OF THE WEEK

□ A civilian was issued a ticket for inattentive driving after her damaged car was discovered at the commissary, Military Police said. The civilian drove her car into a gate barrier while entering post and then fled the scene in her vehicle, MPs said. The car was identified by the damage caused in the accident, which consisted of scratches on the door, a shattered window and a broken mirror, MPs said. The gate barrier received minor scratches.

□ MPs were called to investigate a possible damage to private property after a civilian reported that someone had removed the stem cap from a tire on his moped, causing the tire to deflate. No other damages were discovered, and the tire was re-inflated.

□ A motorist was issued a ticket after running a red light at the intersection of Strom Thurmond and Jackson boulevards, MPs said.

### TIP OF THE WEEK

Have you ever been at a party and drank

**crimestoppers**

**1-888-559-TIPS**

[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

## FORCE PROTECTION THOUGHT OF THE WEEK

### The Third Sign of Terrorism

#### # 3 Tests of Security

Tests of security or probing are techniques terrorists would use to attempt to gather data. These are usually conducted by driving past or even penetrating the target, moving into sensitive areas, and observing security or law enforcement response. Specific areas of interest to terrorists would include how long it takes security or law enforcement to respond to an incident.

### CONTACTING THE LEADER

□ To contact the *Leader* e-mail [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil), or call 751-7045.

# TRICARE offers choices for retirees

From *TRICARE Management Activity*

Retiring from a career in the active-duty military offers a lot of choices that may not have been available to a person while serving in uniform. Along with choices about where to live and what to wear, there are also choices to be made regarding health care.

While active-duty service members must use TRICARE Prime or Prime Remote, retirees who are not eligible for Medicare may be eligible for TRICARE Prime or choose TRICARE Standard or Extra. Each program has advantages pertaining to cost, location and convenience.

If space is available, retirees may opt for continuing care in a military treatment facility with a primary care manager through TRICARE Prime. Retirees opting for such treatment must re-enroll and pay annual fees of \$230 for an individual and \$460 for a family. Retirees who choose to enroll in TRICARE Prime at an MTF will receive care based on the same access-to-care standards as all other Prime beneficiaries.

Retirees who move to a location that is not near an MTF, or where Prime is not offered, may find TRICARE Standard or Extra to be the best options. TRICARE Standard is a flexible, affordable plan that gives beneficiaries and their

eligible family members a greater choice of providers, no enrollment fees, waiver of cost shares for most preventive health care services and the same low catastrophic cap as TRICARE Prime.

TRICARE Extra offers even lower out-of-pocket expense if beneficiaries use network providers. Although there is no enrollment fee for TRICARE Standard and Extra, a deductible of \$150 for individuals and \$300 for a family must be met before cost-sharing begins.

Under TRICARE Standard and Extra, most beneficiaries retain the same access to pharmacy benefits through a local MTF or the TRICARE Mail Order Pharmacy, as well the option to use the TRICARE retail pharmacy network.

Retirees may also be eligible for certain medical and pharmacy benefits from the Department of Veterans Affairs in addition to TRICARE retiree health care benefits. If eligible, members can receive care under either program. For more information, go to <http://www.va.gov/health>.

The U.S. Family Health Plan (USFHP) is available in six areas of the country for those who enjoyed TRICARE Prime while on active duty. Beneficiaries enrolled in USFHP may not receive care at an MTF or participate in TRICARE pharmacy options, but pharmacy options are a part of USFHP. For more information about USFHP and

locations where it is offered, go to <http://www.usfhp.com>.

The TRICARE Overseas Program Standard option is available to retirees planning to live outside the United States. Retirees and family members must meet a deductible before cost-sharing begins and file their own claims for reimbursement for covered health services.

TRICARE recommends beneficiaries consider all available options and plan well in advance to ensure a smooth transition post-retirement. When choosing TRICARE Prime, be sure to have an enrollment package to the appropriate regional contractor by the 20th of the month before the retirement date or Prime coverage could be delayed.

Always remember to update the Defense Enrollment Eligibility Reporting System with any new personal information, including a new address. Automatic coverage by TRICARE Standard and Extra or TOP Standard occurs after retirement as long as DEERS information is current. It's easy to do online at <https://www.dmdc.osd.mil/appj/bwe/>.

Learn more about retiree health care options, including the retiree dental program, online at <http://tricare.mil/my-benefit>, or visit a TRICARE Service Center. Contact information and other beneficiary assistance locations can be found at <http://www.tricare.mil/contactus>.

## MACH updates

### NO-SHOWS / CANCELLATIONS

Every no-show appointment results in a loss of resources and prevents other patients from gaining access to medical care. To cancel an appointment after duty hours, call 751-2904. From 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

### MACH CLOSES ENROLLMENT

Because of a shortage of on-post primary care providers, active duty family members will no longer be able to enroll for services at MACH. Family members will have a choice of Primary Care Managers in the TRICARE Prime network in the civilian community.

### ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. If you need assistance obtaining orthopedic care, call the referral center at 751-2363.

### OUT-PROCESSING POLICY

Soldiers must now clear the Army Substance Abuse Program, Social Work Services and Behavioral Health prior to leaving the installation. The Soldiers' out-processing will include a review of medical records and provide an opportunity for the Soldier to receive care or information at his or her gaining installation.

Out-processing hours are 8-11 a.m.,

Tuesday and 1-4 p.m. Thursday, at MACH, Room 7-90. Call 751-2235.

### NUTRITION CLINIC

The following classes will be offered this month:

— Cholesterol and high blood pressure class: Today, 2-3 p.m., Room 8-85; Jan. 21, 2-3 p.m., Room 8-85

— Army Weigh to Stay Class: Jan. 25, 2-4 p.m., Room 8-85

To register, call 751-2115/2363 or 751-CARE (2273).

### TRICARE ONLINE

TRICARE Online is an interactive site that offers Moncrief-enrolled TRICARE

Prime beneficiaries the ability to book appointments with their primary care managers and receive information on Moncrief clinics and services.

TOL also offers a medication interaction checker, general health and wellness resources, and separate games and health information for children. Visit [www.tricare.mil](http://www.tricare.mil) for information.

### DID YOU KNOW?

January National Health Observances are: Cervical Health Awareness Month; National Birth Defects Prevention Month; Thyroid Awareness Month; Glaucoma Awareness Month; National Radon Action Month; National Folic Acid Month.

# Soldiers, players bond at bowl game

By RICH LAMANCE  
Army News Service

SAN ANTONIO — The Army's number-one opportunity to honor some of its greatest heroes, wounded warriors, future Soldiers and the nation's top high school football athletes unfolded Saturday during the All-American Bowl all-star high school football contest at the Alamodome.

It was the Army's 10th time to sponsor the event that saw the West team dominate the East, 30-14, in front of a crowd of 34,126 and a nationally televised audience.

During pregame activities, 90 Soldier-heroes, representing active duty, Reserve, and National Guard, were paired with a player from either the West or East teams and introduced at midfield prior to kickoff. The Soldier-heroes represented Soldiers who were awarded the Silver Star, Bronze Star or Purple Heart for actions during previous deployments.

This year, during a series of weeklong activities leading up to game day, the Department of the Army Soldier of the Year, the Army's NCO of the Year, along with the Recruiter of the Year and both active-duty and Reserve Drill Sergeant of the Year were also honored.

"There are so many great people who serve our country, and it has been a great honor and opportunity for me to interact with some of the greatest football players in the country, many who will get the opportunity to go on to the NFL," said Sgt. Clancey Henderson, the Army's Soldier of the Year, currently stationed at Fort Riley, Kan.

The 2010 contest also saw a player matched with his Soldier-hero dad. 1st Sgt. Aleki Potoae, first sergeant of Company C,



Photo by SGT. 1ST CLASS MARK BELL, 81st Regional Support Command

**Capt. Tamara Bruch, 81st Regional Support Command, visits with Cedric Ogbuehi, a football player from Allen High School in Allen, Texas, during U.S. Army All-American Bowl events Jan. 10 in San Antonio.**

1st Battalion, 23rd Infantry, Fort Lewis, Wash., was matched with his son, Sione, a 6-foot-3, 285-pound defensive end with the West team.

"It means a lot to be here as a Soldier-hero and have my son playing in the game," said Potoae. "In 2003 I was here as part of a detail and brought my son back a hat and a game coin to help motivate him. It's very important for young people, like my son, to understand what the Army represents and the opportunities available for those who work hard and take the education and experience."

As in previous years, Soldier-heroes attended a series of events that offered op-

portunities for them to interact with the nation's top athletes that ranged from a barbecue social to skills competitions and an award banquet and presentation.

"This week has been tremendous," said Sgt. 1st Class Robert A. Barnes, a Soldier-hero assigned to the 101st Airborne Division at Fort Campbell, Ky. "I've had an opportunity to meet so many wonderful people, from all walks of life, both military and civilian, to include the player that I'm sponsoring, and his family. I've been involved in several eating events and an event that highlighted country singer Darryl Worley."

"What impressed me the most was the

size of the players and how intrigued we have been with one another," said Spc. Jason L. Whitehorse, a New Mexico native also stationed at Fort Campbell. "Even though I've never been here before, or met anyone here, both the Soldier-Heroes and players have really impressed me."

The history of the game and the stories of self sacrifice and courage of Soldiers hit home with one Soldier-Hero who met face-to-face with two legends from both sides.

"While in the lobby of my hotel, I was called over by a man who wanted to thank me for my service," said Army Reserve Staff Sgt. Michael Smith, a chemical weapons NCO with the 375th Chemical Company in St. Louis, Mo. "After talking to him for a while, I noticed a huge ring on his finger. When I asked about it, he held it up with pride and told me he had been a head coach years ago and this was his ring from that time.

"He asked me if I had ever seen the movie, 'Remember the Titans.' I told him that I had seen it and that it was a great movie. He tapped his chest and said, 'Coach Boone, nice to meet you.'

"It was amazing sitting there talking to an icon of American football," continued Smith. "Not three minutes later, I got onto an elevator and a man asked me how I was doing. I explained that I had just met Coach Boone and talked about how great it was to meet an American legend.

"The man smiled and reached into his pocket and pulled his hand out to shake mine. He then said, 'Now you've just met another legend,' then handed me a coin and walked out of the elevator. When I examined the coin, I realized it was Major General Brady, a Medal of Honor recipient from the Vietnam war."



## Tee time

**Kim Ip, of Columbia, braves temperatures as low as 19 degrees to practice her golf swing and get some exercise Jan. 8 at the Fort Jackson Golf Club. Her friend Sonok Norris is awaiting her turn.**

Photo by KRIS GONZALEZ

## Sports shorts

□ Darts letters of intent are due Jan. 21. League play will begin Jan. 28, 5:30 p.m. at Magruder's Pub. For more information, call the Sports Office at 751-3096.

### LEADER INFORMATION

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

□ Announcements are due one week before the scheduled publication. For example, an announcement for the Jan. 28 *Leader* must be submitted by Jan. 21

□ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

□ For information on how to submit, call 751-7045.

□ Fax classified ads to 432-6157 or mail to: *The Fort Jackson Leader*, P.O. Box 1137, Camden, S.C., 29020. Classified ads can also be e-mailed to: [skaress@ci-camden.com](mailto:skaress@ci-camden.com).

To place a display ad, contact Kathy at 786-5681.