The Fort Jackson
Leader

Thursday, February 11, 2010 | Published for the Fort Jackson/Columbia, S.C. Community | www.jackson.army.mil

TRACKING ...

NEWS

AFAP conference raises concerns
PAGE 3

Housing top issue at town hall event
PAGE 3

FAMILY

CDCs offer free extended care
PAGE 9

INDEX

Commanders	2	FMWR	18
News	3-8	Health	19
Schools	10	Police	21
Around Post	11, 14	Chapel	23
Happenings	15	Sports	24

Marching on

Photo by KRIS GONZALEZ

Fort Jackson community members gathered Feb. 6 to re-enact a march commemorating the Orangeburg Massacre of 1968. The event was the first of two Black History Month programs scheduled for this month.

Walk initiates post black history events

By KRIS GONZALEZ
Fort Jackson Leader

Visitors to Fort Jackson last weekend may have noticed a group participating in what, from a distance, looked like a civil rights march.

But the group of Fort Jackson Soldiers, civilian employees and family members gathered at the Solomon Center Feb. 6 were actually honoring Black History Month with the first of two scheduled events.

Some waving signs reading, "Equal rights," "Freedom is knocking" and "No justice, no peace," the community members re-enacted a march commemorating the Orangeburg Massacre, an incident that occurred Feb. 8, 1968, in which South Carolina policemen fired upon a group of college students who were protesting segregation at an Orangeburg bowling alley. Two young men and a 17-year-old-boy were killed that night, while 27 other men and women were injured.

During the re-enactment, participants walked from the Solomon Center to a location near the former Hood Street Elementary School, where they stopped at 11 markers and listened to Soldiers describe the events leading up to and following the 1968 massacre.

Lillie Glover Foxx, military personnel processing assistant for the 171st Infantry Brigade, said even though she was only 14 years old at the time of the massacre, she remembers the anguish of that night as if it happened yesterday.

"The memory never goes away," Foxx said. "The pain, the hurt, it never goes away. It was a sad, bad time. I remember thinking, if it could happen here, it could happen anywhere."

Foxx lived just minutes from where the massacre took place at the campus of South

See EVENTS: Page 7

Fort Jackson celebrates black history

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

As all of you probably know, each year Fort Jackson holds a number of significant events for the observance of African American/Black History month, which runs the entire month of February. This year has been no exception.

The observances got under way with a morning march last Saturday to commemorate the tragic events of the Orangeburg Massacre. For those of who are not familiar with what took place down the road from us in Orangeburg, let me recap.

The Orangeburg Massacre was a tragic event in 1968 when local police officers fired into a crowd of young people protesting segregation at a bowling alley. Three young men were killed and 28 others were wounded. Two of those who were killed were South Carolina State University students. The other was a local high school student.

The event's planners this year decided that it is a good idea to focus some attention to events that have occurred in South Carolina. In keeping with that theme, there was a showing of the Sidney Poitier-Burt Lancaster film classic, "Separate but Equal," which depicts a monumental high court challenge of racial segregation in our schools.

Next Wednesday, the annual African American History Month luncheon will be held. James T. McLawhorn Jr. of the Columbia Urban League will be the guest speaker for the event. The roots of African American History Month can be traced back to 1926, when Dr. Carter G. Woodson first initiated "Negro History Week." Fifty years later, in 1976, the Association for the Study of Afro-American Life and History — which is an organization founded by Woodson — extended the weeklong celebration to last an entire month.

Each and every year, Fort Jackson observes African American/Black History Month to recognize and revisit the achievements and contributions that African Americans have made throughout our society. Our community has an opportunity to learn about the rich African American culture and the many achievements that have taken place over the years.

Last year the African American/Black History Month celebration took on monumental historic significance when our great nation elected its first African American as our president and commander in chief. That was a milestone and represented a very resounding victory in the very long journey African Americans have endured. But the journey continues because the mission of eradicating prejudices and social injustice is incomplete.

Each year African American/Black History Month reminds us of the path that we have traveled so far and what challenges lie ahead. It has been a long road, indeed, tracing the experiences of free blacks in a land that once tolerated slavery to the Oval Office, the absolute pinnacle of a political destination.

I think it is important that we remind ourselves of the difficulties that African Americans have faced in the greatest nation on earth. Furthermore, we dare not forget the sacrifices along this continuous quest toward equality. I can only pray that the lessons learned will never be forgotten.

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.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson.

The civilian printer is responsible for commercial advertising.

For display advertising rates and information: call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail skaress@ci-camden.com or fax (803) 432-7609.

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.

Commanding General .....Brig. Gen. Bradley W. May
Garrison Commander .....Col. Lillian A. Dixon
Public Affairs Officer ..... Karen Soule
Command Information Officer .. Joseph Monchecourt
Editor ..... Crystal Lewis Brown
News editor/Staff writer..... Susanne Kappler
Online editor/Staff writer..... Mike A. Glasch
Staff writer ..... Kris Gonzalez

Ask the garrison commander:

What is EFMP respite care?

COL.
LILLIAN A. DIXON
Fort Jackson
Garrison
Commander

What is Exceptional Family Member Program Respite Care?

EFMP respite care is a program that provides a temporary rest period for family members responsible for regular care of persons with disabilities.

Care may be provided in the EFMP respite care user's home or other settings, such as special needs camps or child care and enrichment programs. Family members can receive up to 40 hours of respite care per month based on the condition of the EFMP family member and availability of funding.

Respite care is not designed to serve everyone enrolled in EFMP. To apply for EFMP respite care and obtain additional information contact the EFMP staff at Army Community Service, Strom Thurmond Building, Room 120 or call 751-5256.

How can a Soldier request the removal of derogatory documents from his or her performance file?

There are provisions in Army Regulation 600-37, Chapter 7, that allows the Soldier to request the documents be transferred from the performance data to the restricted data in his or her Official Military Performance File for the intent served. The documents must have been on file for at least one year before a Soldier can request their transfer. The Soldier must apply by memorandum directly to the president of the Department of the Army Suitability Evaluation Board.

What does the phrase "investigation or board of officers" mean?

In accordance with Army Regulation 15-6 (Procedures for Investigating Officers and Boards of Officers), this phrase relates to an administrative fact-finding procedure designated as an investigation or a board of officers. The proceedings may be informal or formal. Proceedings that involve a single investigating officer using informal procedures are designated as investigations. Proceedings that involve more than one investigating officer using informal procedures or a single investigating officer using formal procedures are designated as a board of officers.

FACT OF THE WEEK

There are 51,251 Soldiers enrolled in EFMP, which is 10 percent of the Army population. There are 45,681 family members enrolled in EFMP, two-thirds of which are children; 16 percent of all Army families are enrolled in EFMP. Out of all family members enrolled in EFMP, 90 percent are diagnosed with asthma.

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

To contact the *Leader* about story ideas or announcements, e-mail *FJLeader@conus.army.mil* or call 751-7045..

Housing draws praise at town hall

By SUSANNE KAPPLER
Fort Jackson Leader

Members of the Fort Jackson community met at the Solomon Center Tuesday for the installation's quarterly town hall meeting. As during recent meetings, on-post housing was the center of interest for many in attendance.

James Harper, Balfour Beatty Communities project director, announced that the ongoing construction will force the temporary closure of parts of Imboden Street. The road will be closed between Mills Road and Faison Court. The starting date and duration of the closure depends on weather conditions. Residents can access Imboden Street via Brown Avenue. Harper said that the school bus stop on Burt Road will not be affected by the closure.

Harper added that construction is on target with the projected timeline and that new homes are being turned over to residents on a consistent basis.

On-post residents expressed their satisfaction with the completion of the first new homes earlier this year.

"(The house is) beautiful. It is enjoyable. It's open. We are enjoying it so much," said Tiffany Moss about the new home her family of seven recently moved into. "We like to be in a handicapped-accessible house for one of our children, who (has) special needs. It is so wonderful to know that he is safe."

Karen Padgett, community manager with Balfour Beatty Communities, said the new Community Center has become a popular spot for residents.

"Everybody is really enjoying it," she said. "It is packed in the evenings."

To increase the on-post occupancy rate, homes are now available to DoD civilians and military retirees, Padgett said. The new houses are reserved for service members only, though.

Other items discussed were:

— Parents raised concerns about incidents of inappropriate conduct in on-post schools. School officials said the problem was being addressed. Col. Lillian Dixon, garrison commander, met with the parents after the town hall meeting. The school superintendent and principal will engage in follow-on meetings with parents.

— Army Community Services introduced its New Parent Support Program, which is designed for parents of children younger than 3.

— AAFES plans to upgrade several of its facilities this year. The food court at the Main Post Exchange will be expanded to allow room for 490 diners. The current capacity is 288. In response to a question from a previous town hall meeting, Jason Rosenberg, general manager, explained that the Post Theater can be booked for private events including fewer than 60 people, but only on posted opening days. Also, the theater will remain open to the public, but a section can be reserved.

— An operational security briefing outlined the importance of OPSEC not only for Soldiers, but also for family members.

The next town hall meeting is scheduled for May 4, 6 p.m. at the Post Theater.

Susanne.Kappler1@us.army.mil

Prayer breakfast

Photo by SUSANNE KAPPLER

Chaplain (Col.) Samuel Boone, commandant of the U.S. Army Chaplain Center and School, speaks at Wednesday's National Prayer Breakfast at the NCO Club. Boone spoke on the theme of "Your values, my values, our Army Values."

Photo by KRIS GONZALEZ

Participants of Fort Jackson's Army Family Action Plan conference gather at the Family Readiness Center Feb. 4 to discuss issues that were presented to the post's leadership.

AFAP conference raises issues

By KRIS GONZALEZ
Fort Jackson Leader

Immediately following a yearlong deployment in Iraq, Staff Sgt. Dionne Timaul, received orders to move to Fort Jackson. Once she arrived, Timaul said she was given very little time to settle her family and help them adjust to having "Mommy" back.

With the growing rate of single parents serving in the military, Timaul said her story is unfortunately becoming all too common.

But fortunately, Timaul said, she was able to represent single-parent service members and voice her concerns during Fort Jackson's annual Army Family Action Plan conference, Feb. 3-4 at the Officers' Club.

Timaul was among 32 volunteer delegates who met with subject matter experts to discuss possible solutions to quality-of-life issues for Soldiers, family members, retirees and DA civilians.

The delegates, who were trained by AFAP facilitators weeks before the conference, prioritized and presented their top concerns and recommended solutions to Scott Nahrwold, deputy garrison commander, and Col. Kevin Shwedo, deputy commanding officer.

The issues presented at the conference will be reviewed at the installation level. Some matters may be resolved locally, while some will go higher for resolution, with the possibility of having a broader impact.

In addition to addressing the needs of single-parent Soldiers, the conference participants narrowed down the following six issues as the most critical at Fort Jackson and that need to be addressed by the next AFAP conference in 2011: increasing living accommodations for single Soldiers; ensuring the timeliness of initial pay for new and returning Soldiers; expanding education to transitioning Soldiers regarding programs for family members with special needs; extending education benefits to retirees' spouses and increasing awareness of the Civilian Wellness Program.

After listening to the group's recommendations, Shwedo reminded the participants that the Army's number-one priority is to support Soldiers in areas such as Iraq and Afghanistan who are putting their lives on the line. Second priority, he said, goes to Soldiers in training, and making sure they have skill sets that they need to be successful within combat. After that, he said, the commanding generals are concerned with the improving both Soldier and family quality of life.

"There were a lot of great issues discussed today," Shwedo said. "There were a lot of good things presented that I believe are truly actionable. We'll look at each issue and provide it all of the energy it needs to do as many things as we can."

Kris.Gonzalez1@us.army.mil

CONTACTING THE LEADER

❑ To contact the *Leader* about story ideas or announcements, e-mail *FJLeader@conus.army.mil* or call 751-7045.

❑ To place a classified ad, e-mail *skaress@ci-camden.com* or call 432-6157.

Peers remember passionate Soldier

By SUSANNE KAPPLER
Fort Jackson Leader

Family, friends and co-workers bid an emotional farewell to the late Capt. Tony Brannon during a memorial service Feb. 4 at the Post Theater. Brannon, the commander of Company E, 3rd Battalion, 34th Infantry Regiment, was portrayed as a dedicated family man, Soldier and athlete.

Brannon, 38, died in a car accident Jan. 30.

Lt. Col. Bryan Hernandez, commander of the 3-34th, described Brannon as an outstanding company commander with a passion for command.

"It was evident in all that he said and did," Hernandez said. "That made my job easy, because I knew he was down in the trenches with his company, ensuring that his Soldiers were preparing for war. I could ask for no better commander, and I will miss his determination and that passion for command."

Brannon's enthusiasm and commitment was evident in all areas of his life, said Capt. Nichole Propes, Directorate of Basic Combat Training, who commanded Company A, 3-34th while Brannon was the unit's executive officer.

"If there was one word that I could use to describe Capt. Brannon, it would be 'passionate,'" she said. "He was passionate about taking care of his family and spending time with them. During football season, he would quietly pass me a copy of his son's game schedule, so he could be there to coach. He would take the time to attend recitals or make sure that his daughters had what they needed for dance and for school."

Photo by SUSANNE KAPPLER

Chaplain (Lt. Col.) Bart Physioc, installation chaplain, pays his respects to Capt. Tony Brannon during a memorial service Feb. 4 at the Post Theater.

Chaplain (Capt.) Charles Scott, 3-34th battalion chaplain, said that Brannon was well-loved by his company and known for taking care of his Soldiers.

"One of the things Tony loved to do for his company was an end-of-cycle celebration at his home," Scott said. "He loved to cook steaks on the grill and just hang out and enjoy everyone else's company."

Brannon also had a reputation for being a fierce competitor in sports.

"If you were on the field, you had better been ready to play. If you were on the court, you'd better get out of his way, because he was coming at you," said Cindi Keene, intramural sports director, who has known Brannon since he was stationed on Fort Jackson as an enlisted Soldier in 2002.

Scott said that Brannon's competitive nature brought out the best in those who played against him.

"It didn't matter if it was fantasy football, officer (physical training) or intramurals — Tony wanted to win and hated to lose. But that was OK. Because if you ever won against Tony, you know that you earned it," Scott said. "But it was his competitive spirit that made you want to try harder — Tony's desire and skill ... made you better."

Propes summed up what was expressed by all who spoke during the service.

"I consider myself truly blessed to have served alongside him, and I'm also a better officer and better person for that," she said.

Susanne.Kappler1@us.army.mil

Clothing swap

Photo by KRIS GONZALEZ

Amy Dudzienski is looking for dresses for her daughter, Lillian, 5, at a clothing swap at the Community Center. The swap was hosted by the Exceptional Family Member Program and the New Parent Support Program.

CPAC CORNER

DoD Codes of Conduct

PROHIBITED PERSONNEL PRACTICES

Prohibited personnel practices are those things a federal employee with personnel authority may not do.

Federal employees have personnel authority if they can take, direct others to take, recommend, or approve any personnel action.

This includes appointments, promotions, discipline, details, transfers, reassignments, reinstatements or any decisions concerning pay, benefits, training, and any decision to order psychiatric testing or examination.

A personnel action now also includes any significant change in duties, responsibilities, or working conditions which is inconsistent with the employee's salary or grade.

People with personnel authority — managers and supervisors — are charged with avoiding prohibited personnel practices.

LEADER ANNOUNCEMENTS

❑ Community submissions to the *Leader* should be typed and no more than 45 words.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the Feb. 25 *Leader* must be submitted by Feb. 18.

❑ Stories are due two weeks before the scheduled publication. For example, an announcement for the Feb. 25 *Leader* must be submitted by today.

❑ Send all submissions to *FJLeader@conus.army.mil*.

❑ 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.*

❑ For display advertising, call Kathy at 786-5681.

❑ Follow us on Twitter at *www.Twitter.com/FortJacksonPAO*. Log on to your Facebook account and become a Leader "fan" by visiting *http://bit.ly/10gj2x,* or go to *www.Facebook.com* and search "Fort Jackson Leader."

Singer headlines 'I A.M. Strong' tour

By TIM HIPPS
FMWR Command

ALEXANDRIA, Va. — Recording artist Leigh Jones said she is humbled to headline the I. A.M. Strong tour headed to 24 Army installations during the next two months.

The concert and comedy show is designed to raise awareness about the prevention of sexual assault and harassment among Soldiers and military family members.

"I love to meet these men and women face to face and shake their hands and look right into their eyes and just thank them for all they have done for us," said Jones, who will be joined on the tour by hip-hop band Animate Objects, professional comedians and Soldier talent. "We are so, so lucky to have them in our lives, so to be able to do a small thing like this is a big deal."

IF YOU GO

The I A.M. Strong tour will be on Fort Jackson Monday, 3 p.m. at the Solomon Center. Singer Leigh Jones is headlining the event. The event is free and open to all DoD ID card holders.

The Army G-1 presentation, produced by the Army Entertainment Division of the Family and Morale, Welfare and Recreation Command, is dedicated to eliminating sexual assault.

The I. A.M. Strong acronym stands for intervene, act and motivate others to stop sexual harassment, assaults and sexually offensive language, innuendo and gestures that create an environment friendly to abuse. Toleration of these acts among troops has been reduced to zero, Army leaders say. Strong, quite simply, is the Army way.

Jones' album, "Music in my Soul," features "Free Fall," a song that delivers part of the Army's message during the tale of a defiant girlfriend who stands her ground against being subjected to her boyfriend's convenience.

"We want to encourage people to be strong," Jones said. "We want to encourage the prevention of suicide and sexual harassment. We hear that's a big thing among Soldiers, which is such a shame. We just want people to stay positive."

Photo by TIM HIPPS, FMWR Command

Leigh Jones sings to a Soldier during a performance at Fort Belvoir last year. Jones will headline the I A.M. Strong tour to help raise awareness about preventing sexual assault and harassment.

Military Saves Week programs promote financial readiness

From Army Community Services

Personal bankruptcies have doubled in the past decade, about 43 percent of American families spend more than they earn each year and the average American household carries $8,000 in credit card debt.

These are serious statistics that also affect those who serve in the military. It is because of these reports that Fort Jackson will recognize Military Saves Week Feb. 21-28.

Military Saves is a DoD-wide financial readiness campaign to persuade, motivate and encourage service members and their families, as well as the wider military community, to reduce debt and save money every month, thereby ensuring personal financial readiness and positively impacting the nation's personal/household savings rates.

Military Saves encourages:

— Developing a personal financial plan

— Establishing good credit

— Saving a portion of each paycheck

— Enrolling in the Service members' Group Life Insurance, the Thrift Savings Plan, and when eligible, the Savings Deposit Program

While Military Saves is an ongoing campaign, the entire military community comes together to focus on financial readiness during Military Saves Week, the last Sunday in February to the first Sunday in March.

— Who is eligible to join? Active duty, National Guard and Reserve service members, DoD civilians, retirees, veterans, DoD contractors and family members of all ages.

— Why Join? To be part of a global movement dedicated to personal financial stability and to be committed to exercising good financial habits. Army Community Services financial experts encourage you to join by signing "The Saver Pledge."

Visit *www.militarysaves.org* and fill out the pledge. Savers who enroll online receive electronic newsletters and e-wealth coach advice.

Army Community Services will host three "Lunch and Learn" seminars Feb. 22-24, 11:30 a.m. to 1 p.m. Topics are: "Women and Money," "Retirement Planning and the TSP" and "Cost of Credit and the New Credit Card Rules."

For more information on Military Saves, call 751-5256 or e-mail *Madelyn.Mercado@us.army.mil.*

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 with 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*. Search for CMS Fort Jackson.

"Let your voice be heard!"

CONTACTING THE LEADER

❑ To contact the *Leader* about story ideas or announcements, e-mail *FJLeader@conus.army.mil* or call 751-7045.

❑ To place a classified ad, e-mail *skaress@ci-camden.com* or call 432-6157. Classified ads can be faxed to (803) 432-7609, Attn: Leader classifieds or mailed to The Fort Jackson Leader, P.O. Box 1137, Camden, S.C. 29021. Classified ads are free for service members who are selling personal items. Please limit the ad to 40 words.

Events salute black history

Continued from Page 1

Carolina State University, she said. With almost no media coverage of the events, Foxx said she and her family found out about the killings through friends in her neighborhood.

A freshman at Orangeburg High School, Foxx was one of a small number of black students at the predominately white school. She said she and her friends kept to themselves for a while after the incident, but soon participated in marches at the high school and in surrounding areas.

Foxx said she became passionate about teaching tolerance and making sure events such as the massacre would not occur in the future.

"When something like this happens," she said, "you want to try to do whatever you can to help improve the situation and continue to move forward."

Educating the public, especially younger generations, about South Carolina and its history is what Sgt. 1st Class Chetoria Jackson, equal opportunity adviser for the 165th Infantry Brigade, said she had in mind as she planned Saturday's events.

"We just wanted to bring awareness about something that happened in a place not too far from here," Jackson said, "To show (how) what should have been a simple protest somehow went wrong and had an impact on our culture."

Photo by KRIS GONZALEZ

Staff Sgt. Roberto Gadson, drill sergeant with Company E, 1st Battalion, 61st Infantry Regiment, describes the events of the 1968 Orangeburg Massacre to community members participating in a commemorative event Feb. 6.

Following the re-enactment, Jackson arranged for a showing of the movie "Separate but Equal," a film highlighting the Briggs vs. Elliot trial, a case that challenged segregation in Clarendon County. It was the first of four cases combined into Brown v. Board of Education, in which the U.S. Supreme Court officially declared segregation unlawful in public schools.

The Fort Jackson community will continue its celebration of Black History Month during a luncheon from 11:15 a.m. to 1 p.m., Feb. 17 at the Solomon Center. James T. McLawhorn Jr., president of the Columbia Urban League, will be the guest speaker.

For tickets, contact Jackson at 751-4247, or call the unit equal opportunity adviser.

Kris.Gonzalez1@us.army.mil

Housing Happenings

COMMUNITY UPDATES

❒ Balfour Beatty Communities offices have moved to the new community center at 520 Brown Ave. The phone number remains the same, 738-8275. The community center features an Internet cafe, game/meeting room, cardio room, full kitchen, boundless playground, volleyball pit and soccer field. Office hours are Monday-Thursday, 7:30 a.m. to 6 p.m., Friday 7:30 a.m. to 4 p.m and Saturday 10 a.m. to 2 p.m. Residents can reserve the commmunity center for functions on a first come, first served basis.

❒ 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.

❒ On-post housing is now open to retirees and DoD civilians. For more information, call 738-8275.

❒ LifeWork events are free and open to all residents. To register, or for more information, e-mail *cowilliams@bbcgrp.com* or call 738-8275. Join the LifeWorks e-mail list and stay informed. Stop by the management office for a calendar of events. Visit *www.ftjacksonfamilyhousing.com.*

❒ Neighborhood huddles are scheduled twice a month and representatives are on hand to provide residents with updates. The next meeting is today at 10 a.m.

❒ Volunteers are needed to serve as mayors and vice mayors in the housing community. For more information, call Vickie Grier at 751-7567.

DEVELOPMENT UPDATES

❒ JNCO / Community center

— The basketball, volleyball and tennis courts are nearly complete. Cold weather and rain has not permitted stripping of the courts.

— Families are being relocated from Phase 2 areas.

— The buildings in Phase 1, which are not yet completed, are in various stages of framing, painting and windows and appliance installation.

❒ Senior NCO

— Framing has started and concrete slabs are being poured.

❒ Company grade

— All buildings of Phase 1 have been turned over.

— Families living in the Phase 2 area are relocating.

❒ Field grade officer

— Grading, site work and land preparation coninues.

— Senior officer and company grade homes of Phase 1 are complete. — A constant number of JNCO homes will become available shortly.

— Preparation for Phase 2 is under way. Families are being relocated. Vacant units are tested for asbestos and prepared for demolition.

— All residents are reminded to be aware and safety-minded when near the construction sites.

Gates: Afghan strategy bears fruit; Iraq on track

By DONNA MILES
American Forces Press Service

WASHINGTON — Noting signs that the new strategy in Afghanistan "is beginning to bear fruit," Defense Secretary Robert M. Gates said during an interview earlier this week that the effort to build up Iraq's security forces and move forward with the U.S. drawdown plan there remains on track.

Gates spoke with Fox News Channel's Greta Van Susteren while visiting Rome, also addressing issues ranging from the Pakistani military's operations in South Waziristan to Iran's uranium enrichment activities.

The secretary noted signs of a possible turnaround in Afghanistan, as expressed last week at the NATO Ministerial in Istanbul by Army Gen. Stanley McChrystal, the top U.S. and NATO commander on the ground. "He thought the situation was still serious, but no longer deteriorating," Gates said.

"I think we are beginning to see the impact of the Marines going into Helmand province. We are beginning to see the impact of increased forces in other places," Gates said. "I think part of what many of us are feeling is that there's an intangible increase in confidence and hope, both on the part of the Afghans, but also on the part of the nations that are with us in there, trying to help.

"There are some small signs that the strategy that Gen. McChrystal is following is beginning to bear fruit," he added.

But Gates emphasized that the fight is far from over. "It is still going to be a hard fight. There's some very hard days ahead," he said.

The new strategy measures success, not in how many Taliban are killed, but by how many Afghans are protected, the secretary noted. As the Taliban's momentum begins to reverse, Gates said he expects more lower-level militants to put down their weapons and rejoin Afghan society through President Hamid Karzai's reintegration effort.

Gates said he's seeing initial indications that reintegration is working.

"We have to do two things: create conditions in which [former Taliban] can have a job and provide them security to protect them and their families [from Taliban reprisals]," Gates said. "But the key is, it seems to me, is that reconciliation has to be on the terms of the Afghan government and consistent with the Afghan constitution."

Turning to Iraq, Gates said Army Gen. Raymond Odierno, the top U.S. commander there, is "pretty comfortable" with the arrangements made to ensure a responsible drawdown of U.S. forces.

"The Iraqi security forces have continued to improve. We will continue that training role with them through 2011. We'll continue to do counterterrorism operations with them," Gates said. "But we are pretty much on schedule" with the drawdown plan.

Gates pointed to the recent, high-visibility attacks as al-Qaida's desperation to inflict ethnic division and make a comeback. "All the information we have points to al-Qaida in this," he said. "They are somewhat resurgent. That's why we will continue to work with the Iraqi security forces in trying to take these guys out."

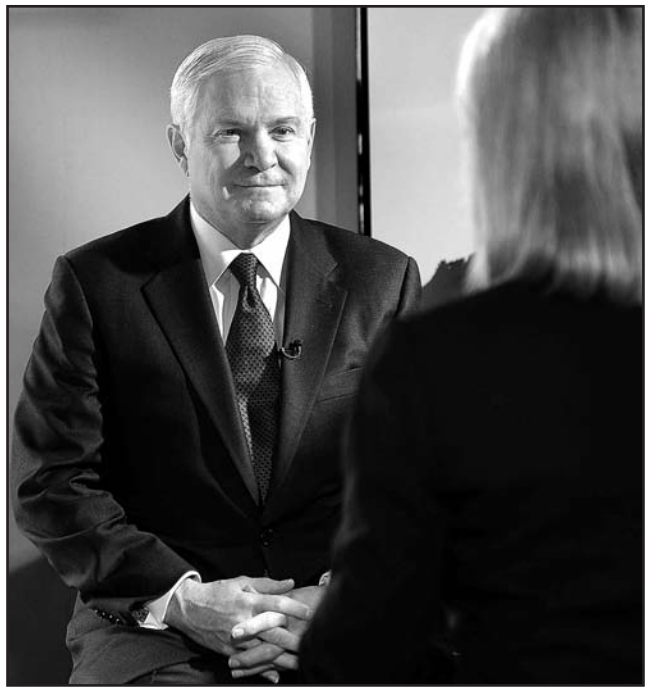


Photo by CHERIE CULLEN, American Forces Press Service

Defense Secretary Robert Gates speaks with Greta Van Susteren of Fox News Feb. 7.

Meanwhile, he said he's reassured that the political process in Iraq, which, although not progressing as smoothly as hoped, is proceeding democratically. "When it comes to politics in Baghdad, reality is, these guys are trying to solve their problems politically rather than with guns," he said.

Regarding Pakistan, Gates acknowledged the strong offensive the Pakistani military is conducting in South Waziristan and elsewhere around the country — one he said is exceeding all expectations.

"If you had told me 18 months or two years ago that the Pakistani army would be operating in South Waziristan, that they would have gone in the Bajaur Agency (within the Federally Administered Tribal Areas), that they had gone into Swat (Valley), I would have thought that would have been a miracle," he said.

"We always want them to do more," Gates said. "They push back. They are going to do it their own way. We will help as much as possible."

He reiterated the message he delivered while visiting Islamabad last month. "We are in this car together, but we recognize on your side of the border (with Afghanistan)º, you are in the driver's seat and you've got your foot on the accelerator," he said.

News and notes

FORT JACKSON TAX CENTER

The Fort Jackson Tax Assistance Office will open Tuesday at 4203 Sumter Ave., near the intersection of Sumter and Gregg streets. Office hours are 9 a.m. to 4 p.m. For more information and to schedule an appointment, call 751-5829 (JTAX).

BLACK HISTORY MONTH

The Black History Month luncheon is scheduled for Wednesday, 11:15 a.m. at the Solomon Center. James McLawhorn Jr., president of the Columbia Urban League, will serve as guest speaker. Contact the Equal Employment Opportunity Office, unit equal opportunity adviser or unit representative for ticket information.

"COME SEE YOUR ARMY" TOURS

The next "Come See Your Army" tour is scheduled for Feb. 19. Community members are invited to learn about various aspects of Basic Combat Training.

Call 751-1474/5327 to reserve a spot.

FREE COMIC BOOK AT AAFES

Captain America, and other superheroes, are coming to Fort Jackson in a new Marvel comic book that will be offered free at the Main PX. *The Promise* is the eighth free Marvel comic offered exclusively through AAFES. For more information, call 787-1950, ext. 100.

REEL TIME THEATERS

Feb. 11 — 2 p.m.		
Sherlock Holmes	PG-13	128 min.
Feb. 11 — 5 p.m.		
Precious	R	109 min.
Feb. 12 — 6 p.m.		
Youth in Revolt	R	90 min.
Feb. 13 — 2 p.m.		
Alvin and the Chipmunks: The Squeaquel	PG	88 min.
Feb. 13 — 6 p.m.		
Leap Year	PG	97 min.
Feb. 14 — 6 p.m.		
Youth in Revolt	R	90 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* for listings

Love the root of Soldiers' missions

COMMENTARY

By YVONNE CORPPETTS
Special to the Leader

Sade, a 1980s singer and songwriter, has a new song out titled "Soldier of Love." The song appears to be about a person struggling to maintain her faith in finding love because "it's a wild, wild west" and she's doing her best to "stay alive with the will to survive."

The song itself I find enjoyable, but the title reminded me of "Soldiers of love" in the Army. I remember my father, a senior Army NCO, coming home from work, sitting in his lounge chair and pulling off his combat boots.

I'm sure there were days he had to be strict with those in his charge, but at home, he was a loving father and husband and he was loved by us. There are thousands of men and women in the Army, like my father, who have families and friends whom they love and are loved back just as much.

Although Army personnel must be diligently trained and prepared to fight in combat at all times, there is a time and season for everything, including peace. The Army has many Soldiers of love. When you see the image of a Soldier on foreign soil, stretching out his or her hand to a scared child, that's love. When a Soldier holds a wounded buddy to tell him to hang on, that everything will be OK, that's love.

When a child clings to Mommy or Daddy until the last moment before deployment or you hear the sounds of crying family members, it's love. The cheer from greeters after troops return from deployment is love.

When survivors honor through memory their fallen comrades or pay respect to their families, it's all about love. And let's not forget the community service that the men and women of the Army provide, who call home wherever they happen to be for the moment.

Too often the image of the Army is that of war. Parents become fearful of their son's or daughter's decision to join the military. It becomes a labor of love, however, for parents to release children from their safety net into the wild so they can find their true "self" and discover their place in this world.

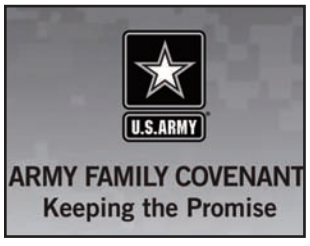
The Army is not all about war, but is about establishing and maintaining peace among many nations. Ironically, sometimes it takes war to create peace, yet despite the contradiction there is honor, compassion, and yes love. When you break through the tough exterior of those lean, mean, fighting machines, you will find Soldiers of Love because the world is the wild, wild west and they are doing their best.

Yvonne Corppetts is a retired Air Force officer who currently lives in Elgin.

Covenant covers extended child care for Soldiers

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

Capt. Cherby Allen, battalion logistics officer for Task Force Marshall, said she remembers the long hours she worked in 2008 as a company executive officer for the 3rd Battalion, 60th Infantry Regiment.



As a single parent, the mobilized Reserve Soldier said it was important that she find child care that accommodated her busy schedule. Fort Jackson's Child, Youth and School Services' extended care program provided that care.

"I kind of knew about the extended services from when I was here in 2008," said Allen, whose now 5-year-old son still uses the services at Scales Child Development Center. "Sometimes I wouldn't get home until after 6. They even provided weekend and overnight services if I needed it."

What Allen didn't know is that just a year earlier, in 2007, those services may not have been available for free.

There are two CDCs on post. Scales is open Monday-Friday, 4:30 a.m. to 8 p.m., and Saturday, 5 a.m. to 6 p.m. The Hood Street Center, which provides hourly care, is open Monday through Friday, 7:30 a.m. to 5:30 p.m., and the first and third Friday of each month, 6-11 p.m. Two additional centers are scheduled to open in July.

The Child Development Homes provide child care in a home setting by paid staff members. The homes operate at various hours and can accommodate Soldier's children from 4 a.m. to 9 p.m.

Photo by CRYSTAL LEWIS BROWN

Spc. Jessica Gonzalez checks her 14-month-old son, Kristian, into the Scales Child Development Center. Scales is one of several on-post child care facilities that offer extended service hours.

The extended care services, which are available at the Scales CDC, some of the post's Child Development Homes and even through some of the Family Child Care providers, are but one of the numerous quality-of-life programs made possible through funding from the Army Family Covenant. Already, the on-post child care center fees include up to 12 hours each day in services. The extended care is for Soldiers whose children need care beyond that.

According to Rose Edmond, CYSS chief, Allen is one of many single or dual military families who uses the services. In December alone, she said, more than 1,200 children used the extended-care programs, with some children using the care multiple times. That translates to about $15,000 in care, she said. The extended care is provided Monday through Saturday, and Sunday for National Guard and Reserve Soldiers. The care is free for those Soldiers who are deployed or whose mission requirements make the care necessary. Soldiers must get a memorandum signed by the unit commander in order to receive the free care, Edmond said.

Though the services are not new, Edmond said, the Army Family Covenant makes it possible to now offer them for free.

"Soldiers used to have to pay for that," she said.

A recent addition to the extended care services provides dinner for teens at the Youth Services Center whose parents' mission requirements have them being picked up after normal duty hours.

Though Allen's schedule is a bit less hectic than her time with 3-60th, there are times when her son has to stay at Scales later than normal. Those times she has to pick him up closer to the center's 7 p.m. closing time, he has already eaten dinner.

"That's a big help for me, because the last thing I want to do is cook dinner," she said.

All of that is at no extra cost to her.

"It's a blessing, really it is, to not have to pay."

For more information, and for rules about who qualifies for free extended care services, call 751-4865/4824.

Crystal.Y.Brown@us.army.mil

Students collect for Haiti disaster

By KRIS GONZALEZ
Fort Jackson Leader

When a massive earthquake devastated Haiti Jan. 12, emotional shock waves were felt across the world.

Emergency workers from around the globe hurried to help find survivors and give aid to the injured. Food, supplies and cash donations began to pour in.

Fort Jackson's own elementary school students decided they needed to help. So they went classroom to classroom collecting change to contribute to Haiti's disaster relief fund.

In all, they collected $1,000. Feb. 4, the C.C. Pinckney Elementary School Student Council presented the funds to the Fort Jackson Red Cross.

"It was important for us to collect the money because it was like shedding light on Haiti and saying, 'We're here to help,'" said Connor Fortier, 11.

Fortier and his classmates said they hope the donation brings distressed Haitians some immediate relief, like food and water.

Macie Fitzgerald, fourth grade teacher and student council adviser, said she thinks because the students belong to military families, they are more willing to play a role in helping others.

"We've sent care packages to parents who have been deployed," Fitzgerald said. "They know what it's like to care for somebody overseas. To see on the news these kids being pulled from under the rubble, in long lines just to get a bottle of water, with no clothes, no food; I think their hearts go out to them. They just want to help them."

The students already have begun a new drive to collect clothes and toiletries to donate through another venue in upcoming weeks. The Red Cross is unable to accommodate such donations.

Catherine Judy, field office assistant for the Fort Jackson Red Cross, said with the students' donation, the total collected on post is $4,000.

Kris.Gonzalez1@us.army.mil

Photo by KRIS GONZALEZ

C.C. Pinckney Elementary School students carry a water jug of money they collected to donate to the Red Cross for Haiti relief.

Army School Liaison Services
Connecting Families, Schools & Communities

FORT JACKSON SCHOOLS

Feb. 15: President's Day (no school)
March 4: School board meeting, 4 p.m.

RICHLAND ONE

Feb. 15: President's Day (no school)
Feb. 23: School board meeting, 7 p.m., Columbia High School
Feb. 24: Early dismissal for elementary and middle school students

RICHLAND TWO

Feb. 15: President's Day (no school)

ONLINE TUTORING

Military-connected students can register for free tutoring service provided by the Army. The cost occurs to the Army when the tutoring service is provided.

The link is: *http://www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesOnlineTutoring/default.aspx*

For students to get their own passwords, they need to go to *myarmonesource/ cyss_tutor* and follow the directions. They will be asked for garrison name, e-mail address, and gender. They then will be given a specific password, sent to their e-mail addresses.

The garrison will be credited with a census count for each student who logs on, and then the count will continue throughout the year.

HOMESCHOOLERS

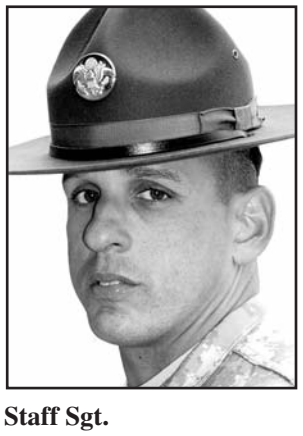
❑ For more information on home schooling in South Carolina, visit: *http://www.hslda.org/laws/analysis/South_Carolina.pdf*.

❑ For more information about Fort Jackson's Home School Group, contact Bethany Storlazzi at 419-0760 or e-mail *johnlazzi@yahoo.com*. Fort Jackson homeschoolers meet weekly throughout the school year.

Editor's note: *Call Army School Liaison Services at 751-6150.*

Saluting the cycle's Basic Combat Training honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Jason Rivera
Company A
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Antwaine Travis

SOLDIER OF THE CYCLE
Pvt. Nicole Hopkins

HIGH BRM
Pfc. Matthew Franklin

HIGH APFT SCORE
Pfc. James Witte

Staff Sgt.
Yesenia Thomas
Company B
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Richard Kumulda

SOLDIER OF THE CYCLE
Pfc. Samantha Quilay

HIGH BRM
Pvt. Adriel Fletcher

HIGH APFT SCORE
Pvt. Kaneshia Brown

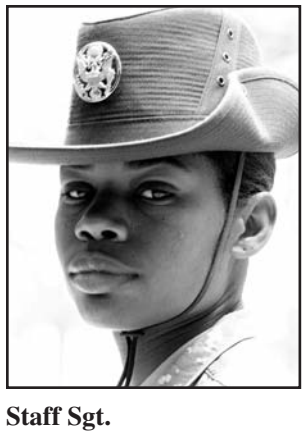
Staff Sgt.
Timothy Cardinal
Company C
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Micha Meeks

SOLDIER OF THE CYCLE
Pvt. Shaniqua Jones

HIGH BRM
Pvt. Adam Sasarita

HIGH APFT SCORE
Pvt. Christian Poueriet



Staff Sgt.
LaToya Hill
Company D
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. James Cutrone

SOLDIER OF THE CYCLE
Pfc. Rader Rollins

HIGH BRM
Pfc. Jesse Graham

HIGH APFT SCORE
Spc. Nathaniel Lubliner

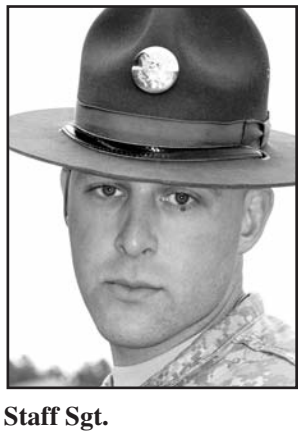
Staff Sgt.
James Mostiller
Company E
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Teresa Kozlowski

SOLDIER OF THE CYCLE
Pvt. Milton Wang

HIGH BRM
Pfc. Trevor Widmer

HIGH APFT SCORE
Pvt. Zachary Fuzy



Staff Sgt.
Gregory Hahn
Company F
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Ekundayo Adedokun

SOLDIER OF THE CYCLE
Pfc. Timothy Brunson

HIGH BRM
Pvt. Jason Batista

HIGH APFT SCORE
Spc. Judith Reed

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT AWARD
Jeretha Moore

TRAINING SUPPORT AWARD
Sgt. 1st Class Leona Rainey

SERVICE SUPPORT AWARD
Thomas Canty
Lyle Daniels
Ray Knox

DFAC SUPPORT AWARD
Cora Stevenson

FAMILY SUPPORT AWARD
Evelyn Ponce

Recurring meetings

WEEKLY

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, 10-11:45 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, 5-6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members, 751-2160/2183.

Protestant Women of the Chapel
Thursdays, 9:30 a.m. to 12:30 p.m., Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail *pwocjackson@yahoo.com.*

Military Widows/Widowers Association
Sundays, 2 p.m., Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Fort Jackson Spouses' Club
Monthly meetings, visit *www.fortjacksonspousesclub.com* or e-mail *Ft.JacksonSpousesclub@yahoo.com*.

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*.

Weight Loss Surgery Support Group
— Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.
— Second and fourth Tuesday 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.

La Leche League breastfeeding support group
First Tuesday of the month, 10 a.m. to noon, Room 8, 5615 Hood St., 751-5256/6325.

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

American Legion Post 182
First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

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.*

Disabled American Veterans
Second Tuesday of the month, 6 p.m., 511 Violet St., West Columbia, 796-7122.

Fleet Reserve Association Unit 202
Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

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.

Better Opportunities for Single Soldiers
First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

American Red Cross
New adult volunteers orientation, second Wednesday of the month, 9 a.m. to noon, 571-4329.

Victory Riders Motorcycle Club
First and third Thursdays of the month, 5 p.m., Magruders Club. E-mail *sec@fjvictoryriders.com*.

The Rocks Inc., James Webster Smith Chapter
Third Thursday of the month, 5:30 p.m., Post Conference Room, 751-1898.

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

MEDPROS training
Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail *Jaclynne.Smith@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*.

Chrome Divas of Columbia
Second Saturday of the month at 10:30 a.m., 606-5402 or *www.thebikerchicks.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.

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

The Ladies Auxiliary Post 4262
Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

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

SUBMISSIONS

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

Calendar

Thursday
AER commander's referral class
9-10:30 a.m., Education Center
This Army Emergency Relief class is open to any company commander or first sergeant who has not already attended. Call 751-5256 to register.

Monday
I A.M. Strong concert
3 p.m., Solomon Center
Featuring singer Leigh Jones.

Tuesday, Feb. 16
Fort Jackson Spouses Club
11:30 a.m., Golf Club
Lucheon with Valentine's Day theme.

Thursday, Feb. 18
The Rocks Inc.
5:30 p.m., Post Conference Room
RSVP by Feb. 16. Call 751-1898 for information.

Monday, Feb. 22
Finance seminar: Women and Money
11:30 a.m. to 1 p.m., Main Post Chapel
Call 751-5256 to register.

Tuesday, Feb. 23
Finance seminar: Retirement planning and the Thrift Savings Plan
11:30 a.m. to 1 p.m., Main Post Chapel
Call 751-5256 to register.

Wednesday, Feb. 24
Finance seminar: Credit and the new credit card rules
11:30 a.m. to 1 p.m., Main Post Chapel
Call 751-5256 to register.

Saturday, March 6
Teen job and education fair
10 a.m. to noon, Solomon Center
Open to the public.

Housing events

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

Thursday
Neighborhood Huddle
10 a.m.
Bring any questions or concerns.
Friday
Day at the Spa
10 a.m. to 2 p.m., Community Center
RSVP. Limited to first 25 participants.

Monday
Offices closed for President's Day

Thursday, Feb. 18
Breakfast on the Go
7:30 a.m.
Corner of Chesnut and Imboden streets

Tuesday, Feb. 23
Build and Grow
3 p.m.
A chance for children to build a special project. RSVP. Limited to first 15 children.

Wednesday, Feb. 24
Plastic Scavenger Hunt
3-4 p.m.
Scavenger hunt lists will be distributed 3 p.m. at the Community Center.

Announcements

GARDEN PLOT RENEWAL

Renewals for on-post garden plots are currently being accepted. Permits are valid for a 12-month period, beginning Feb. 1 and ending Jan. 31 of the following year. Garden plots are issued first to permanent party Soldiers and retired military. Any remaining plots are available to civilian personnel. Those who want to renew an existing lease must sign a new permit. Call 751-7126 or visit Building 2602, Room 113 for information.

ENGINEER BATTALION POSITIONS

The 1st Battalion, 108th Engineer Regiment, McWhorter Reserve Center, is recruiting qualified engineering Soldiers, E-5 through E-7 and O-2 through O-4. Call 738-7462 or e-mail *Teresa.A.Spann @usar.army.mil* for information.

CHAPEL DRUMMER SOUGHT

The Daniel Circle Chapel Gospel service is taking bids for a drummer. Call 751-4478 for information.

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.

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 Wednesday. 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?"

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.

DISNEY VACATIONS

Through July 31, each active or retired member of the U.S. military may purchase up to six special four-day promotional tickets to the Shades of Green Resort for $99 each. Visit *www.shadesofgreen.org* for more information.

SURVIVOR OUTREACH SERVICES

Survivors of service members who died while on active duty can use Survivor Outreach Services for assistance with benefits and finances. For more information, call 751-4867/5256 or e-mail *Leslie.S.Smith@us.army.mil*.

TELEPHONE BOOK RECYCLING

Old telephone books are accepted for recycling through March 15 at various drop-off locations, including the Fort Jackson Recycling Center on 6568 Lee Road. For more information, call 733-1139 or visit *www.keepthemidlandsbeautiful.org*.

SCHOLARSHIPS FOR SPOUSES

Need-based scholarships are available for spouses of active duty and retired Soldiers through the AER Stateside Spouse Education Assistance Program. Applications must be submitted by March 1. For more information, visit *www.aerhq.org*.

LEADER ANNOUNCEMENTS

Community submissions to the *Leader* should be typed and no more than 45 words.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the Feb. 25 *Leader* must be submitted by Feb. 18.

❑ Stories are due two weeks before the scheduled publication. For example, an article for the Feb. 25 *Leader* must be submitted by today.

❑ Send all submissions to *FJLeader@conus.army.mil*.

❑ For classified advertisements: Fax to 432-7609 or mail your classified to: The Fort Jackson Leader, P.O. Box 1137, Camden, S.C., 29020.

❑ For display advertising call Kathy at 786-5681.

Off-post events

BLACK HISTORY PROGRAMS

The Richland County Public Library is offering a variety of free events throughout the month of February. Events include:

❑ Jazz on a Saturday Morning: Listen to jazz and hear stories about famous jazz musicians. 10:30 a.m., Saturday, Children's Room, Main Branch.

❑ Voices of Our People: Songs, poems and speeches by famous African Americans. 6:30 p.m., Monday, North Main Branch.

❑ Celebrating the Past — Looking toward the Future; Entertaining career stories with Xavier McDaniel and Terrance Acox, 7 p.m., Feb. 18, Northeast Regional Branch.

❑ Lunch and Listen Music Series; Bring lunch and enjoy the music of jazz vocalist Eboniramm, 12:30 p.m., Feb. 18, Main Branch.

❑ Voices of Our People: Poetry, music and dance, 7 p.m. Feb. 22, Southeast Regional Branch.

VALENTINES FOR VETERANS

An Aaron Tippin concert is scheduled for 6 p.m., Friday, at the Citadel's McAlister Field House, 171 Moultrie St., Charleston. Free tickets are available for veterans. Call 843-789-7095 or visit *www.Charleston.va.gov.*

PALMETTO PAINTERS

The Palmetto Painters are scheduled to meet at 10 a.m., Saturday, at Green Hill Baptist Church, 1734 Augusta Road, West Columbia. The program will cover Easter bunnies and Easter eggs in acrylics on a faux finish background. Call 781-2340 or visit *www.PalmettoPainters.com*.

MINORITY SCHOLARSHIP

The Richland County Public Library Foundation has established the Ethel Bolden Minority Scholarship. The $2,500 scholarship will be awarded annually from 2010 through 2013. Call 929-3424 or *visit www.myRCPL.com/foundation.*

OPEN HOUSE

The weight loss support group TOPS — Taking Off Pounds Sensibly has scheduled an open house Feb. 23, 6:15-7:30 p.m. at Forest Lake Presbyterian Church, 6500 North Trenholm Road. For more information, call 788-3834 or visit *www.tops.org*.

BLACK HERITAGE BANQUET

The Shaw Black Heritage Committee has scheduled its 21st Annual Black Heritage Banquet for 6 p.m., Feb. 27, at the Carolina Skies Club.

Cynthia Hardy, host of the "On Point" radio show, will be guest speaker. Call 895-2191, 316-4032 or 895-1458 for ticket information.

AFC support applies to recreation, careers

The Army Family Covenant pledges the Army's commitment to support Soldiers and their families and resource programs to provide them a quality of life commensurate with their service.

Family and Morale, Welfare and Recreation is committed to expand education and employment opportunities for family members. The Army has made significant progress in education and employment opportunities during the past three years since the signing of the covenant.

EDUCATION, CAREERS AND LIBRARIES

The Army is committed to expanding education and employment opportunities for Family members.

What the Army Family Covenant means to you at Fort Jackson:

— Thomas Lee Hall (Post) Library hired a children's librarian and expanded literacy programs for children and teens.

RECREATION, TRAVEL AND BOSS

The Army is committed to provide Soldiers and families a quality of life that is commensurate with their service through quality Recreation, Travel and Better Opportunities for Single Soldiers programs and services. Some examples:

— Developed Warrior Adventure Quest, a Soldier program supporting reset and reintegration that combines high adventure outdoor recreation activities with Battlemind training to help develop Soldier coping skills. WAQ uses Army medical, psychology, behavioral health, and safety professionals and targets units during the first 90 days of home station return.

— Teamed with the National Amputee Golf Association and the United States Golf Association to provide Warrior Transition Units with golf instructional clinics. These clinics enable Soldiers to use golf as part of a total transition back to an active lifestyle.

— Created the Wounded Warrior Sports Program to provide a goal-oriented sports program for physically disabled Soldiers who remain on active duty.

— Partnered with a leading bowling industry coach to incorporate adaptive bowling education in the Army Bowling Manager certification program, ensuring high quality support to Wounded Warriors and Army family members with special needs.

— Approved requirements for 48 full-time BOSS positions to enhance quality of life and morale for single Soldiers.

— Developed a bowling promotion that brands bowling centers as family-friendly environments, while teaching children about the centers and the game.

— Increased recreation facility operating hours and programming, and provided on-site child care at locations with deployed Soldiers.

— Deployed FMWR professionals into Iraq, Kuwait and Afghanistan to provide quality of life, entertainment and recreation support.

— Developed the Web-based Army Arts and Crafts Contest to allow geographically dispersed Soldiers and family members to participate in the program.

— Standardized and increased the quality of fitness center exercise equipment across the Army.

Army Family Covenant

By THERESA O'HAGAN
Family and Morale, Welfare and Recreation

— Provided Soldier entertainment including the U.S. Army Soldier Show and USA Express Band.

— Provided multiple money-saving travel opportunities to popular domestic destinations through the Information, Tickets and Reservation Office and online at *www.offdutytravel.com.*

What the Army Family Covenant means to you at Fort Jackson:

— A new hotel is under construction at Fort Jackson adjacent to Dozier Hall and the Soldier Support Institute.

— Andy's Fitness Center no longer charges membership fees.

— Fitness trainer provides variety of wellness programs.

— Outdoor Recreation has expanded its offerings and reduced costs.

— Upgrades were made in Andy's, Perez, Coleman and Vanguard fitness centers.

— New cardio and strength equipment in all of the fitness centers.

— Wild Cat Skate Park added a covered shelter.

— Upgrades and renovations under way at Knight Indoor Swimming Pool.

— 500 visitors admitted free to Palmetto Falls Water Park as part of the Army Birthday Celebration.

— 50 visitors admitted free to Palmetto Greens as part of the Army Birthday Celebration.

— Write Your Own Book program — Post Library.

— Fitness Meets Nature — Hiking Trip Fitness.

— Hogtoberfest — Volksmarch, Stroller Strut.

— Digital Photography Contest.

— Free movies weekly.

— BOSS Carowinds Trip.

— BOSS Thanksgiving Dinner.

— BOSS Concord Mills Trip.

— 2009 Fitness Challenge.

— Disney Armed Forces Salute — free tickets at Victory Travel (ended in December).

— Universal Armed Forces Salute — free tickets at Victory Travel.

— Easter Egg Golf Ball Hunt — Palmetto Greens.

— Retiree Appreciation Day.

Family-fun events were offered through the business operations division, to include:

— Free children's holiday party at the NCO Club.

— Roaring Twenties Party (with free child care) at the Officers' Club.

— Wing cook-off and free concert at the Officers' Club.

— Children's Sunday brunches with free craft project at the Officers' Club.

— Retiree Appreciation Day.

Other activities for spouses and Soldiers included:

— Bunco at the Officers' Club with Recreation Delivery Support.

— Texas Hold 'Em at the NCO Club with RD Support.

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.

❑ The EDGE! Lights, camera, action. Learn how to create a storyboard, film, edit and make a real movie, 4-6 p.m. For ages 11-18. Free for middle school students and teens.

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.

❑ Victory Bingo, starts at 2 p.m.

❑ 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 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.

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, starts 10 a.m.

MONDAY

❑ The EDGE! Crazy love stuff, 3:30-5 p.m. at 5955D Parker Lane.

TUESDAY

❑ The EDGE! Lights, camera, action. Learn how to create a storyboard, film, edit and make a real movie, 4-6 p.m. For ages 11-18. Free for middle school students and teens.

❑ The EDGE! Art sampler, 3:30-5 p.m., Solomon Center. For ages 9-16. Free for middle school students and teens; others pay $7.50 per class or $30 per month.

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.

❑ The EDGE! Lights, camera, action. Learn how to create a storyboard, film, edit and make a real movie, 4-6 p.m. For ages 11-18. Free for middle school students and teens.

❑ Let 'Er Roll bowling, Wednesdays and Fridays, 3:30-5 p.m., Century Lanes Bowling Center. For ages 8-16. The cost for 8 to 10-year-olds is $7.50 per class or $60 for the month. Free for middle school students and teens.

❑ Karaoke night with Tom Marable, Magruder's Pub. Cost is $3 for military, $5 for civilians.

For a complete calendar of FMWR events, visit *www.fortjacksonmwr.com*.

Love your heart for Valentine's Day

By CAPT. EMILY SLUSHER, MS, RD
Moncrief Army Community Hospital

It's February and despite the abundance of candy hearts and chocolates for sale in the stores, there is a better way to way to show that special someone that he or she is loved — by focusing on heart health.

According to Centers for Disease Control and Prevention, heart disease is the leading cause of death in America today.

Healthy food and activity habits can help reduce three of the major risk factors for heart attack — high cholesterol, high blood pressure and excess body weight. Those habits also can help reduce the risk of stroke, as heart disease and high blood pressure are major risk factors for stroke.

So what are some romantic "heart healthy" activities?

Start off the passionate evening with a heart healthy meal. Choose lean protein sources like chicken or turkey breast, omega-3 loaded salmon, trout or albacore tuna, pork tenderloin or beef sirloin. Remember to use low-fat cooking methods like roasting, grilling, steaming or baking. Instead of eating the usual veggies, get creative. Roast some zucchini, eggplant or squash, stir-fry some colorful bell peppers and onions in cooking spray or try some artichoke hearts.

For the starch component of the meal, remember, the more fiber, the better. Choose whole wheat pastas, brown rice, quinoa or barley. A quick search on the Internet will yield new recipes to help provide exciting ways to prepare these grains.

Many of these Web sites provide information on serving sizes and calories as well.

After a delicious and heart healthy meal, go for a romantic stroll. Not only is this an opportunity to enjoy another's company, it is also a way to help the couple meet its activity goals.

Aim for at least 30 minutes of physical activity on most days of the week for general health. To get the most benefit, exercises should last at least 10 minutes at a time. If weight loss is the goal, the American College of Sports Medicine recommends 60 to 90 minutes per day for the most benefit.

One advantage to taking a walk with that special someone is that it doesn't feel like exercise. Doing exercises with someone else and choosing an activity both parties enjoy are two ways to stay on track with fitness goals.

The last thing to remember about planning a dreamy, yet heart-healthy, night is to watch out for excess alcohol consumption. Red wine, champagne, mixed drinks or beer can all negatively affect heart health if consumed in excess. Alcohol in moderation means one drink per day for women, and two for men.

Also, do not save up all drinks for the week for consuming on Valentine's Day. Besides being bad for the heart, alcohol is also a source of empty calories. So those who are trying to lose weight or are struggling to maintain their weight should probably not overdo it.

Following these recommendations can make for a healthy holiday devoted to the heart, while also helping maintain a healthy eating pattern during a time that is usually devoted to high calorie snacks and desserts.

The benefits of eating heart healthy all year long include a healthy body weight, desirable cholesterol levels, and normal blood pressure. Every meal doesn't have to be perfect. What's most important is to establish an overall, long-term healthy eating plan.

Women at increased risk for injuries

By MAJ. VANCIL McNULTY
U.S. Army Center for Health Promotion and Preventive Medicine

The reasons why women get injured at twice the rate of men are not entirely understood. Gender differences in anatomy, hormones and biomechanics act singularly or together to increase the risk of injury.

Studies have indicated that collegiate female basketball and soccer players were two to three times more likely to injure the anterior cruciate ligament of the knee when compared to men. The collegiate female athletes involved in high-risk sports also exhibited less muscular protection of the knee ligaments during loading of the knee than did sport-matched male athletes.

Biomechanical studies also have demonstrated reduced ability of the lower spine to handle compressive loading in females. This may, in part, predispose females to lower back injury while running, marching with a load or jumping from military vehicles. Getting back into exercise after pregnancy is also a challenge for a woman.

A study suggested that female Soldiers often have a difficult time returning to prepregnancy fitness and passing physical training tests within the currently allotted time of six months.

Military studies from varying countries consistently show that females suffer a much higher rate of stress fractures to the leg, thigh and hip. This suggests there may be a biomechanical or physiological difference between male and female bone resistance to stress and fatigue. Low bone density has been shown to be a risk factor for stress fractures. Young women who do not participate in load impact exercise (running, jumping, gymnastics, etc.) as they physically mature have lower bone density in the lower extremities.

While one might conclude that women are injured more often primarily because of structural and physiologic differences, the actual reason may have much more to do with physical fitness level.

Low fitness levels, particularly aerobic fitness, as well as prior inactivity, are risk factors for injury. Women typically enter military training at lower levels of physical fitness than men, and about twice the numbers of women fail the initial basic training fitness test than men.

A study of Fort Jackson Basic Combat Training Soldiers showed that those who failed the initial Army Physical Fitness Test were twice as likely to be discharged for physical reasons. However, when low-fit recruits were involved in a preconditioning program prior to BCT, there was reduced attrition and they tended to have lower injury risk when compared with recruits of similar low fitness who did not precondition.

Other risk factors also contribute to injury risk in a military training environment. Data strongly links smoking to a significant increase for an exercise-related musculoskeletal injury. Those older than 25 also show an increase in the likelihood of injury.

Women who are at the high and low extremes of BMI (Body Mass Index, a calculation of the ratio of your body weight to your height) have been shown to have a greater risk of injury. Having a previous injury, especially ankle sprains, has also been implicated in an increased risk of re-injury.

Below are some "take home" points that will help in preventing injuries in women:

— Young girls should be encouraged to perform weight-bearing exercise in the formative growth years to maximize peak bone mass to prevent stress fracture in later life.

— The less fit are much more likely to incur an injury during military training. Inability to pass the aerobic portion of a physical fitness test is a good rule of thumb to determine if a service member is "less fit."

— A gradual run progression up to 30 minutes no more than three times a week is safe guidance. Frequency and duration may vary by fitness level and fitness goals. Fitness programs should also include core stability (multi-joint) strength exercises versus just running.

— Based on BMI surveillance, overweight women should lose weight and underweight women should gain weight, as these groups tend to have a higher injury risk in military training environments. To calculate your BMI go to *www.nhlbisupport.com/bmi*.

— Women six to nine months post-partum should focus on low intensity exercise such as walking, and return to jogging after about four to eight weeks. Runs should be brief (five to 10 minutes) and progressively increase over six to 12 months. Fitness tests should probably be taken eight to 12 months postpartum.

— Smoking will increase the risk of an exercise-related injury. Smoking should be discouraged due both to short- and long-term health benefits.

MACH updates

RED CROSS HOSPITAL CHAIRWOMAN

McKEOWN

Merry McKeown comes to MACH from Fort Leonard Wood, Mo. She looks forward to working to provide assistance to all the American Red Cross volunteers throughout the hospital and helping to get the pet visitation program started at MACH. For more information about volunteer opportunities, call 751-1093/4329.

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-CARE (2273) and leave a voice message.

NUTRITION CLINIC

The following classes are scheduled for February:

— Cholesterol and high blood pressure class, today, 2-3 p.m..

— Army Move! Session 1, Wednesday, 2-3 p.m.; Session 2, Feb. 18, 2-3 p.m.

All classes take place in Room 8-85. To register, call 751-2115/2363.

APPOINTMENTS ON TWITTER

MACH is announcing same-day appointments for primary care on Twitter. Sign up at *www.twitter.com/machcsd*.

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

CASES OF THE WEEK

❑ A civilian was cited for transporting a loaded weapon and given a one-year hunting suspension for carrying a loaded weapon at the Heise Pond Game Station, MPs said. The civilian was transporting the loaded weapon prior to signing into the game station, which is a hunting violation.

❑ A civilian was issued a permanent bar letter for the destruction of a television and the slashing of four tires on a Soldier's car, MPs said. MPs discovered the damage while investigating a report of a verbal altercation. The civilian was also ticketed for malicious injury to personal property and for resisting an officer, and then he was escorted off post, MPs said.

TIP OF THE WEEK

Do you know the building number of the building you are in right now? How about the building you normally work in? What would you tell the emergency operator if there were an emergency and assistance was needed?

Because the Fort Jackson Emergency Service Dispatch Center uses a Computer Aided Dispatching system that is based on building number, knowing your building number is extremely important.

Simply stating your unit designation does not allow for the computer system to identify the location of the emergency. Although the dispatcher will work with a caller who does not know his or her building number, valuable time may be lost, causing a delay in the response of emergency personnel.

Commanders and supervisors should stress to their personnel the importance of knowing the building number of where they are working. Place the building number on phones and other highly visible locations throughout the building.

Knowing the building number of where you work, or where you are visiting, may be a matter of life and death.

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

FORCE PROTECTION THOUGHT OF THE WEEK

DEFEATING THE THREAT REQUIRES A DEDICATED LONG TERM TEAM EFFORT!!!

LEADER CLASSIFIEDS

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

Great leaders show passion for service

By CHAPLAIN (MAJ.) JEFF SPANGLER
Soldier Support Institute

"The greatest among you will be your servant." Matthew 23:11

There is something about power that can be dangerous and intoxicating.

In 1971, 24 undergraduate students at Stanford University volunteered for an experiment by psychology professor Philip Zimbardo. They were to play the roles of both guards and prisoners and live in a mock prison in the basement of the Stanford psychology building. Each participant was screened and chosen for his or her lack of psychological issues, crime history or medical disability. Roles were assigned by a coin toss.

The experiment had to be terminated after only six days because one-third of the guards were judged to have exhibited "genuine" sadistic tendencies, while many prisoners were emotionally traumatized. It seems that there is something in our human nature that turns ugly when we get power.

As the English historian Lord Acton said, "Power corrupts, absolute power corrupts absolutely."

On many occasions, I have observed the phenomenon that happens when a young specialist first becomes a sergeant. One day, the Soldier is hanging out with his buddies; the next day, he's ordering them around and running them ragged.

I see it in my own family. Anytime my wife and I step out and leave the kids for an hour or two, I make sure to remind the oldest in charge, "Be a good leader." In other words, "Don't let this power go to your head; I'll be home soon and you are going to have to answer to me for how you treated your siblings."

I started doing this after I watched our sweet oldest daughter turn into a mini-dictator when she thought my wife and I were out of the house.

I see it in my own spirit, when I'm tempted to take advantage of the "privileges" of status or rank. It's so easy to dump heavy loads on others, while we hit the hammock and take a break.

When we're under the burden of poor leadership we say, "When I'm in charge, I'll never do that." But when our time comes, how often do we find ourselves doing those very things?

Jesus warns against this tendency. He condemned the scribes and Pharisees, who were exhibiting this kind of behavior. He called them "hypocrites," "blind guides," "whitewashed tombs," "snakes" and "broods of vipers."

It seems clear that Jesus has a definition of greatness that runs counter to what comes naturally for us. Jesus modeled the kind of greatness he expects of us when he wrapped an apron around his waist and knelt down and washed the feet of his disciples.

The truly great leader is one who serves those whom he or she is leading. I have watched this kind of leadership in action, even in the Army. Some civilians with no military experience seem to have the idea that all military leaders are hard-nosed, uncaring and uncompassionate. My experience has been quite the opposite.

The greatest commanders with whom I have had the honor to serve were men and women who were selflessly committed to getting the job done and taking care of their people.

Let us be passionate about service, and as we consistently do what is right, greatness will not be far behind.

Worship & Praise

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

Newman readies for Daytona 500

From Goarmy.com

DAYTONA BEACH, Fla. — By all accounts, Ryan Newman's first season with the new Stewart-Haas Racing team in 2009 was a major success.

After a slow start, the U.S. Army driver came on strong to land a berth in the prestigious Chase and went on to finish ninth in the final point standings with a season total of five top fives and 15 top 10s.

But if there was one part of the 2009 campaign Newman and the No. 39 U.S. Army team would like to change it would be the unfriendliness they encountered in the five superspeedway races (including the Daytona 150 qualifying race).

"We took a beating both physically and mentally at Daytona and Talladega last year," said 32-year-old Newman. "We want to put that behind us and get off to a good start this season. We have a great superspeedway car with Hendrick power and feel we're as capable as any team to win the Daytona 500. We're the Army team, and like our Army Strong Soldiers, we keep on fighting until the mission is completed. We know our Soldiers all over the world will be watching this race, and it would be pretty cool for them to see their car in Victory Lane."

Newman knows firsthand what it takes to win NASCAR's biggest race — he won the 50th running of the Daytona 500 in 2008.

But to have any chance of winning the Great American Race, those superspeedway demons that plagued the team last year need to be exorcised before the Sunday opener at Daytona International Speedway.

"I think we had enough bad luck at Daytona in 2009 to last a decade," said Newman. "But to expect the unexpected pretty much defines superspeedway racing."

During last year's Daytona Speedweeks, Newman suffered a blown engine and was involved in two accidents before the green flag even dropped for the 500.

He had an engine malfunction in practice, was involved in an accident in the 150 qualifying race and the day before the 500 he lost another car in a practice mishap. The Daytona 500 didn't go much better for Newman, who finished 36th in the rain-shortened event with a second back-up car.

At the ensuing 2009 superspeedway races, Newman was involved in harrowing accidents at both Talladega events and drove a damaged car after being collected in a 13-car wreck in the summer Daytona race.

"It seemed like we got walloped every which way at the superspeedways last year," said Tony Gibson, crew chief and Daytona Beach native. "Considering all the things that happened to us at the big tracks last year, we still managed to get a third at the first Talladega race and a 20th in the second Daytona event. But right now I will tell you this — we're going to Daytona knowing that we can win. Hopefully the bad stuff is behind us and the luck cycle will be on the side of the Soldiers' car."

Newman's record in eight Daytona 500 starts includes one win, two top fives and three top 10s. His dramatic win two years ago in the golden anniversary of the fabled 500 was the result of a final lap pass over Tony Stewart, who is now Newman's teammate and team owner.

"When I crossed the finish line to win the 500 two years ago, there was no doubt that I knew the significance of what the victory meant," recalled Newman about the herculean moment of winning stock car's biggest prize. "We accomplished plenty last year with this U.S. Army team, but we didn't get to Victory Lane. A Daytona 500 win will more than make up for it. We can do it; there is no question in my mind."

Photo courtesy goarmy.com

Ryan Newman, driver of the No. 39 U.S. Army car, prepares for the start of a race during last year's NASCAR Sprint Cup season. This season is set to get under way with the Daytona 500 Sunday.

Pinheads

Century Lanes Bowling Center salutes the following league bowlers on their honor scores:

Jan. 8
Justin Huff rolled a 299

Jan. 22
Walter Greene rolled a perfect 300.

The winner of January's King of the Hill tournament is Randy Weiss.

For more information about Fort Jackson bowling programs, call 751-6138.

WEISS

Sports shorts

❑ Dart league play continues Thursdays, 5:30 p.m. at Magruder's Pub. For more information, call the Sports Office at 751-3096.

❑ Basketball league play continues Monday-Thursday, 6 p.m., 7 p.m. and 8 p.m. at Coleman and Vanguard gyms. For more information, call 751-3096.

LEADER INFORMATION

❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the Feb. 25 *Leader* must be submitted by today.

❑ Announcements are due one week before the scheduled publication. For example, an announcement for the Feb. 25 *Leader* must be submitted by Feb. 18.

❑ Send all submissions to *FJLeader@conus. army.mil*.

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