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New AIT platoon sergeants relearn warrior tasks.
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To contact the Leader with article suggestions or announcement requests, e-mail fjleader@conus.army.mil or call 751-7045.

The Fort Jackson Leader

Thursday, January 15, 2009

Published for the Fort Jackson/Columbia, S.C. Community

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Graphic provided by Balfour Beatty

This Balfour Beatty Communities illustration depicts a junior enlisted Soldier and noncommissioned officer duplex and townhome neighborhood. In addition to the new housing, which includes spacious floorplans and updated materials, the landscape is also a big part of beautifying the housing area. Balfour Beatty and Fort Jackson's Residential Communities Initiative have already begun the first phase of a comprehensive 50-year family housing plan for new construction and renovations, which should be completed within five years.

Some coming attractions

Start of housing construction sets the stage for 50-year plan

Crystal Lewis Brown
Leader Staff

As Fort Jackson begins a transformation aimed at improving the quality of life for its Basic Combat Training Soldiers, a similar transformation is under way for the post's permanent party personnel and their families.

Last month, a military family housing groundbreaking ceremony signaled the beginning of a 50-year privatized housing plan that officials say will ensure Fort Jackson housing occupants have the best accommodations possible.

Project Director James Harper, with the Army's privatized housing partner, Balfour Beatty Communities, said the plan consists of various phases of demolition, construction and renovations.

The first stage of the process is a five-year, \$168 million project that includes the demolition of 916 units, the construction of 610 new units and renovation of the rest. Balfour Beatty acquired

1,162 homes on Fort Jackson, Harper said.

"At the end of the five years, every unit will be either new or renovated," he said. "It then becomes a cycle so the houses are constantly being renovated."

During the 50-year time frame, a house will receive several renovations, and may eventually be demolished and rebuilt.

Emma Watson, Fort Jackson Residential Communities Initiative director, said maintaining continuity is a key part of keeping families happy.

"It's important so that we can keep up with the market off post," she said. "Part of the problem is we would have a contractor come on post, build houses and leave."

Then, she said, the Army would be responsible for the upkeep of the quarters, which would be costly.

"Finding money is always a problem," she said.

The comprehensive plan factors in when renovations will be needed, preventing a money crunch later on.

"To have a 50-year plan, we know we will have housing renovated in 'X' years," said Watson. "It means (Soldiers and families) are living in housing that is equal or better than what they can find outside the gate. It means they're always living in quality housing and neighborhoods."

Although RCI has oversight of the project through its duration, Watson stressed that Balfour Beatty is responsible for the housing area.

"What we now do is make sure all of the agreements are held," she said, referring to the agreed-upon benchmarks Balfour Beatty and RCI have planned. "Balfour Beatty is the 'landlord.'"

Just as in off-post housing, said Watson, that means any concerns or requests residents have will go through the Balfour Beatty office, Watson said.

See Housing Page 6

COMMANDERS' CORNER

From the Commanding General

Housing fit for a Soldier coming soon to Fort Jackson

Let's just say that it was an earth-moving experience, literally and figuratively, because of what's shaping up for family housing.

Allow me to explain.

Right before the holidays, I joined a group of community and Fort Jackson leaders as well as family members in turning over the first shovels full of earth during the Military Family Housing Groundbreaking ceremony.

The symbolic gesture marked the beginning of what will be a completely renovated and updated housing area, with units offering amenities comparable to what is available off post.

It also marks the end of a long process to get to this point.

As you are well aware, quality of life is



Brig. Gen. May

one of my top priorities, and this project is one of several geared toward improving the quality of life for our Soldiers and families.

Unfortunately, the project has not been without a few snags.

Demolition and rebuilding were delayed as we fought for more funding to replace our outdated housing. Although \$43.9 million in government funding was earmarked for housing renovations on Fort Jackson, the amount was not enough to cover the costs of upgrades needed to bring post housing up-to-date.

Through the diligence and hard work of

our installation leaders last spring, Fort Jackson secured an additional \$15 million in funding for the project.

Renovations were also put on hold when our housing partner, Balfour Beatty Communities, had its funding delayed because of the faltering economy. Construction scheduled for last spring was moved back to the fall.

Fortunately, however, Balfour Beatty secured the financing in November, which allowed the project to begin.

The \$58.9 million in government funds, along with another \$110 million secured by Balfour Beatty, comprises the \$168 million that will be used in the next five years to completely change the face of family housing on Fort Jackson.

During the next several weeks, you will

see many changes around post as construction begins. Several roads in the housing area have been closed as workers begin the renovations.

As of today, demolition should already have begun, making way for new housing. I want to thank those residents who have already made sacrifices to help us get the project under way.

I also ask you for patience as we begin the first phase toward ensuring Fort Jackson's Soldiers and families receive the best housing the Army has to offer.

Special thanks goes to Col. Lillian Dixon and her garrison staff; Emma Watson, James Harper, Karen Padgett and our housing area mayors for making this opportunity a reality.

Army Strong!

Ask the Garrison Commander

Sponsorship; DD Form 214; locating local DEERS



Col. Dixon

Q I've been appointed to be a sponsor. How can I find out what my responsibilities and the do's and don'ts of the program are?

A In accordance with AR 600-8-8, Army Community Service is responsible for providing sponsor training, support packages and other assistance to units upon request. ACS also offers stand-alone training. The next training is scheduled for March 5. Soldiers who request training before that date may call 751-5256.

Q Why is it so important that I receive a Certificate of Release or Discharge From Active Duty, known as a DD Form 214?

A DD Form 214, Record of Service, is the most important document a Soldier receives when separat-

ing or retiring from the Army. A former Soldier's eligibility for veteran benefits is based on the information contained on DD Form 214. This includes eligibility for federal and state benefits such as VA home loans, GI Bill education entitlements, and job training benefits.

Your civilian employment after separation may also be affected by the information contained on DD Form 214. It is suggested for veterans to safeguard all copies of their DD Form 214. Copies of the document should be stored in a fire-proof or fire-resistant safe box at home or in a safety deposit box at a bank or credit union.

In the past, Soldiers had a copy of their DD Form 214 filed in the county courthouse. In recent months, cases have been documented of people falsely obtaining copies of these public records to use for illegal purposes. As a result, former Soldiers should not file a copy of their DD Form 214 with their home county.

Q I'm going home on leave and would like to ensure my dependents' information is correct in the De-

fense Eligibility Enrollment Reporting System. How can I locate a DEERS office near my home?

A To find offices near you, log on to <https://www.dmdc.osd.mil/rsl/owa/home>.

Garrison Fact of the Week

In accordance with AR 600-8-8, it is mandatory for first-term Soldiers to be assigned a sponsor. All Soldiers in the ranks of private through colonel (excluding those completing Advanced Individual Training and those assigned to long-term schools) and civilian employees through grade GS-15, may be assigned a sponsor before arriving at their new duty station.

For more information, call the ACS Relocation Readiness Office at 751-1124/5256.

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

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Soldiers, civilians see raises

Crystal Lewis Brown
Leader Staff

Paycheck looking a little bigger? Don't worry, it is not a fluke.

All Soldiers and other federal employees should see their annual pay increases reflected in their checks this month.

"They are done en masse and automatically show up in the January pay period," said Deborah Allen, lead military pay technician. "(The increase) is effective on Jan. 1, so it will show up on the 15th."

That means there will be a little something extra in Soldiers' paychecks beginning today.

Civilians, on the other hand, have another two weeks before they see a change in pay.

"The pay adjustment was accepted Jan. 4 and employees will see that Jan. 29," said Suzette Jordan, personnel management specialist.

Soldiers' pay increased 3.9 percent, while civilian pay increased 2.9 percent. However, civilians also received at least a 1 percent increase in locality pay, making the total increase 3.9 percent. Although the overall average increase is 1 percent, each employee's actual increase depends on his or her duty location, said Sheila Webb, with the Civilian Personnel Advisory Center.

The increase could mean an additional \$100 in Soldiers' paychecks. For example, Allen said, a staff sergeant with 10 years in service made \$2,916.30 in monthly base pay last year. This year, that same staff sergeant will receive \$3,044.70. That increases the Soldiers' annual salary by more than \$1,500.

That amount does not include any additional entitlements, such as Basic Allowance for Housing, a Soldier may receive.

For civilians, a GS-5, Step 1 employee went from \$29,726 to \$30,772 in yearly pay.

Crystal.Y.Brown@us.army.mil

Senior leaders, Reserve Soldiers plan support for summer surge

Mike A. Glasch
Leader Staff

With more than two months left in the winter season, plans for the summer surge, when 1,500 new Initial Entry Training Soldiers a week will enter the Army through Fort Jackson, are already under way.

Leaders from Fort Jackson and the U.S. Army Reserve's 98th Training Division (IET), 108th Training Command (IET) met Saturday at the Joe E. Mann Center for the Active Component/Reserve Component Conference to work out the details of mobilizing the four brigades.

"Fort Jackson would be severely strained during the summer surge if not for Reserve Soldiers being mobilized to help train new Soldiers," said Lt. Col. Taube Roy, Fort Jackson mobilization officer. "From drill sergeants to supply sergeants, to the band, we tap into the resources of the 98th to help support the summer surge."

Some Soldiers will be mobilized for two weeks. Others could be mobilized for up to a year. As the Reserve Soldiers are mobilized, some will stand up Company E, 1st Battalion, 13th Infantry Regiment, but the majority of them will be integrated within active component units.

"That is a change from the way we used to do things," Deputy Commander Col. Kevin Shwedo told the conference. "Back in 1995 the Reserve used to send a unit for protrain. They would take over an active component battalion. That meant every two weeks every member of the battalion



Photo by Mike A. Glasch

Leaders from Fort Jackson and the Army Reserve's 98th Training Division (IET), 108th Training Command (IET), met Saturday at the Joe E. Mann Center to discuss and plan the role Reserve Soldiers will have during this year's summer surge.

would change. The Soldiers in BCT were confused because every standard changed every day. It was a miserable failure. Not because we didn't have great people in there, but because there was no consistency."

As the Army grows its ranks by more than 25,000 Soldiers during the next few years, the need to reach out to Reserve and National Guard Soldiers to help train new Soldiers will grow as well.

"The one Army commitment is seamless. You can't tell the difference between

active, guard or reserve. The reason is because we all have that same level of commitment," Shwedo said. "Unlike any other time in our history, we are putting a lot more on the backs of the individuals like you who are training America's sons and daughters. We couldn't do our surge mission without you. We can't do our day-to-day mission without you."

The 98th will also support IET missions at Fort Benning, Ga., Fort Knox, Ky., and Fort Leonard Wood, Mo.

Michael.A.Glasch@us.army.mil

Learning Army leadership



Photo by Susanne Kappler

Lt. Gen. Benjamin Freakley, commander of the U.S. Army Accessions Command, addresses participants in the Leadership Columbia conference Tuesday at the Noncommissioned Officers' Club. The event was organized by the Greater Columbia Chamber of Commerce and brought young civilian leaders to Fort Jackson. For more on the conference, see next week's Leader.

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Around Post

Martin Luther King Jr. Day Luncheon

The Fort Jackson Martin Luther King Jr. Day observance is scheduled from 11:30 a.m. to 1 p.m., today in the MG Robert M. Solomon Center. Tickets cost \$9 and can be purchased through the Fort Jackson Equal Opportunity Office, brigade EO advisers or battalion EO representatives. For more information, call 751-4117.

Drill Sergeant Spouses' Course

A Drill Sergeant Spouses' Course is set from 8:30 a.m. to 2 p.m., today at the Joe E. Mann Center conference room. For more information or to register, call 751-5256/6325.

IEC Meeting

An Information Exchange Council meeting is set for 9 a.m., Wednesday at the Post Conference Room.

Initial PCS Brief

A Financial/Relocation Initial PCS Brief is set for 8:30-10:30 a.m., Jan. 22 at the Education Center, Room B-302. For more information or the register, call 751-5256/6325.

Thrift Shop Open

The Thrift Shop is open with new display equipment and new merchandise. It is open Tuesday, Thursday and the first Saturday of the month. Volunteers are always welcome.

Reporting Abuse

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

Riding out the economy effectively

Azure Celestine-Brown
Financial Adviser

Experts may disagree about whether our economy is in a recession, but most agree we are facing the worst financial crisis in recent history. Wild stock market swings, widespread home foreclosures, business bankruptcies, growing job losses and rising consumer prices are affecting the financial stability of Americans.

Fortunately, recent interventions by the government as well as New Deal reforms such as Social Security and Federal Deposit Insurance Corporation insurance help prevent unemployment and inflation rates from reaching Depression-era levels.

Here are some steps everyone should take to be financially protected:

Increase cash reserves

With the volatile stock market and potential layoffs, it is wise to have a liquid emergency fund readily available. If possible, sock away cash in a savings or checking account for more flexible access to funds.

Bank deposits are backed up to \$250,000 by FDIC insurance per account. People who are considering warehousing

savings in a higher-interest-bearing money market account, should give some thought to whether the minimum balance and withdrawal restrictions will tie up too much cash. Similarly, certificates of deposits, which provide a fixed interest rate for holding a deposit for a set period, can also limit access to the money in the short term.

How much cash should a person save?

Ask yourself how long you could get by if you were to lose your job. Would you be able to pay your mortgage, car payment, credit card bills and other miscellaneous expenses for a couple of months?

If you are able to do so, save up to six months of income to have on hand if financial calamity strikes.

Reduce spending

One way to hang on to cash is to find ways to cut back on daily spending and postpone major purchases. To make this task easier, create a budget and stick to it. Try to be realistic, but not too overly indulgent. If money is tight, consider reducing the amount spent on "nice to have" items, such as entertainment, vacations or holiday purchases.

If you have limited cash reserved to help

you stay afloat in the event of a catastrophe, you may need to take more drastic measures to weather the financial storm. Sell the extra car to eliminate car payments or pick up a second job, lower transportation costs by car pooling, eliminate unnecessary shopping trips and simply stay at home. It can be tempting to overspend on food because it is a necessity, so make a list before heading to the store and stick to it.

Keep your cool

While there are no guarantees that the economy will improve in the immediate future, history gives reason to be optimistic. Stay calm and focused and continue to save aggressively, spend conservatively and avoid panicking.

Seek help from a financial expert to develop a financial plan that will help identify ways to preserve capital and make progress towards financial goals during this challenging economic climate and beyond.

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

For more information, e-mail A.CelestineBrown@us.army.mil.

High-tech loss prevention safeguards Soldiers', families' exchange benefits

Army and Air Force Exchange Service

With a dual mission to provide quality merchandise and services at competitively low prices and to generate earnings to support Family and Morale, Welfare and Recreation programs, the Army and Air Force Exchange Service is enlisting the support of the latest loss-prevention technology to protect military families' exchange benefits at Fort Jackson.

An electronic article surveillance system, or EAS, is on the front lines of the Main Post Exchange's efforts to deter shoplifting and prevent unpaid merchandise from leaving the store.

PX management, based on local conditions and experience, in conjunction with supporting loss-prevention personnel, identify specific items to be tagged with EAS devices.

These tags are deactivated at the cash register when the merchandise is purchased. Manufacturers have joined ranks with merchants by placing tags inside the packaging of many items to further reduce shoplifting. New tags, which sound an alarm if someone attempts to remove them without the proper device, have also been deployed.

Before reaching the checkout, products are monitored by an advanced electronic video surveillance system that can coordinate the movement of up to 110 unblinking "eyes in the sky."

This network of strategically-positioned, microprocessor-driven, closed-circuit cameras is controlled by a central console,

which allows loss-prevention associates to pan side-to-side, tilt up and down or zoom in closely to examine activity.

"Every loss-prevention method we use has the common goal of discouraging theft before it even happens," said Jason Rosenberg, the PX's general manager. "Of course, visible reminders like security tags and camera systems not only deter criminal behavior, but also identify and document it. So, even if the equipment's presence doesn't prevent the crime from happening, the resulting video and/or alarm are almost always invaluable in the resulting prosecution."

If shoplifting is suspected, AAFES loss-prevention associates turn the issue over to local law enforcement. In addition to possible disciplinary action and criminal prosecution, the Federal Claims Collection Act, effective March 1, 2002, allows AAFES to enact a flat, administrative cost of \$200.

There may be additional fees depending on the condition of the stolen merchandise.

"AAFES associates are stewards of the dividend this store is charged with generating," Rosenberg said. "Activities that diminish exchange shoppers' return on investment can, and do, negatively impact military families' quality of life. Fortunately, our team is leveraging the latest crime-fighting tools available to further strengthen the exchange benefit Soldiers and their families have come to depend on."

Customer Service Corner

January marks the beginning of the second quarter of fiscal year 2009. Issues that impact members of the Fort Jackson community should be submitted to Customer Management Services this month.

It is important for CMS to have a cross-section of submissions from Soldiers, family members, civilian employees, retirees and veterans to ensure that each of these constituent groups is reached and everyone's voice is heard.

Issue-submission month is part of the Community FIRST quarterly process designed to identify and resolve problems that cannot be fixed by the Interactive Customer Evaluation system.

The process works as follows: During January, issues will be requested and collected; in February, the issues will be validated and distributed to the directorates or organizations responsible for resolution; in March, the Installation Action Council will convene and review each active issue and vote whether to forward the issue to the installation and vote whether to forward the issue to the installation commander.

This course of action will be repeated each quarter throughout the fiscal year. Ideal Community FIRST issues should be aimed at improving the services provided across

the installation or should suggest new services. All community members are encouraged to actively participate in this process to improve customer service on Fort Jackson.

Seventeen Community FIRST issues have been collected so far this fiscal year. Since the start of the program in 2004, 681 issues have been submitted.

This averages almost 10 times the amount of issues that were previously surfaced during Fort Jackson's annual process. Resolving issues each quarter, rather than once a year, helps community leaders address a larger amount of issues on a continual basis.

Another way, in which Community FIRST issues emerge, is through focus groups. The next focus group is scheduled for Soldiers and will take place from 8 a.m. to noon, Jan. 27 in the PAIO conference room.

This is a command-sponsored event and volunteers are sought to serve as delegates. A trained facilitator will assist the delegates in identifying issues that affect them as a constituent group.

Any service member (active, National Guard or Reserve) who wishes to participate should contact his or her chain of command. The focus group meeting will serve as

the Soldier's place of duty that day. All issues surfaced during the focus group will be out briefed to the command group and submitted through the Community FIRST process. For more information on the Soldiers focus group or on other upcoming events, call 751-3425.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted online by clicking on "Submit an Issue or Recommendation" or on the Community FIRST logo. CMS is located in the Plans, Analysis and Integration Office, 3499 Greene Ave.

Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

ICE APPRECIATION

The garrison congratulates the American Red Cross and the Installation Safety Office. They have achieved a 4.95 and a 4.82 rating, respectively, in employee/staff attitude out of a possible 5.0 for a 12-week period. This is an outstanding performance in customer satisfaction.

SAFETY AND COMPOSITE RISK MANAGEMENT

If "Victory Starts Here" in U.S. Army Training and Doctrine Command, then "Safety Starts Here" too.

TRADOC leaders have an opportunity and an obligation to begin building an awareness of composite risk management from our first contact with individual Soldiers, Army civilians, leaders, and Family members. Moreover, we have a responsibility to reinforce this awareness at every opportunity to ensure composite risk management is fully integrated into everything they do on and off duty.

It's obvious to us all that we serve in an Army in an era of persistent conflict and transformation. In this era, we ask a lot of individuals and even more of our leaders. In this message, I am asking you to protect each other from careless injury and needless death through the disciplined application of composite risk management in each of your training activities.

Safety is training in TRADOC. It demonstrates not only a leader's commitment to Soldier welfare but provides an important view of what right looks like. It is yet another standard established in our schools and centers that will be carried into the operational force that saves lives.

Remember...VICTORY STARTS HERE!

LEADERSHIP--FORCE PROTECTION--SAFETY



Martin E. Dempsey
MARTIN E. DEMPSEY
General, U.S. Army
Commanding

DEMPSEY SENDS # 2-09

Housing (continued from Page 1)

Harper said the company is taking its role as "landlord" seriously. The new community structure will include around-the-clock maintenance service.

"If a resident wants us to come out and change a light bulb, (he or she) can put in a work order for someone to come and change the light bulb," he said.

Residents can also put away their lawnmowers and weed eaters.

"Once we took over in August, our company became responsible for everything in housing, and we tried to do a little extra for the Soldiers," Harper said.

"One of the extra things we tried to provide was landscaping," he added. "The only thing we want them to do is live in the house and be happy."

The company will also try to keep most of the existing trees intact and knock down only the trees necessary to build the new units. Built-in sprinkler systems will also help with maintaining the landscape.

Watson said the on-going beautification of housing falls in line with all of the other property changes going on at Fort Jackson.

"It follows the Army Family Covenant," she said. "Part of taking care of families is not just the medical, or MWR or the schools, it's also the housing. We're making sure that the family piece of that is there by providing good, quality housing."

Crystal.Y.Brown@us.army.mil

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FEATURE

He's been recruiting for 58 years and counting

Crystal Lewis Brown
Leader Staff

When the "Old Soldier" walks into the room wearing his starched dress blues and spit-shined regulation shoes, the natural reaction is to stop and stare. Those who have never met him can tell immediately he is "somebody." And though his demeanor makes one want to sit up a bit straighter, his perpetually bright smile can put anyone at ease.

This spirited Soldier is retired Sgt. Maj. Ray Moran — affectionately called the Old Soldier — who was honored last month as the first of two inductees into the new Recruiting and Retention School Hall of Fame. Retired Sgt. Maj. Faith E. Childers was also inducted.

Even the name of the new honor reflects how well-respected Moran is in the world of Army recruiting — it is called the Sgt. Maj. Ray Moran "Old Soldier" Hall of Fame.

Col. James Comish, recruiting school commandant, said Moran was an obvious choice for induction into the hall.

"We're really looking at sustained, superior performance over a period of decades," he said. "We're looking for someone whose whole career and life revolves around recruiting."

And in that, Moran fits the bill.

Moran, a Latrobe, Pa. native, enlisted in the Army in 1948. After serving in both North and South Korea, he volunteered in 1951 to serve as a recruiter — a job he held until he retired in 1978. Even his love life was influenced by his recruiting.

"Our first date was a one-day Army Recruiting Annual Training Conference in Pittsburgh," he said, referring to his wife of 56 years, Barbara. "And together, Barbi and I have attended many Army recruiting conferences through the years."

After he retired from the Army, Moran was asked to stay on as a civilian recruiter, a job he still holds today at Ft.



Photos by Crystal Lewis Brown

Retired Sgt. Maj. Ray Moran speaks to a group of Soldiers during his induction into the Recruiting and Retention Hall of Fame last year. The Hall of Fame is named after Moran, better known as the "Old Soldier."

Meade, Md. For those doing the math, that puts his time as an Army recruiter at 58 years.

"Because of the longevity of his service and the reputation he's had over those many years of service, he was certainly a primary candidate for naming the whole Hall of Fame after him," Comish said.

Part of Moran's success, Comish said, is that he is always on duty. Comish recalls a luncheon where Moran was being inducted into the Sgt. Audie Murphy Club. He was seated at a table with then secretary of the army, Francis J. Harvey.

When Harvey got up to speak, he couldn't resist mentioning Moran.

"When (Harvey) got up, he explained that he could understand why he was such a great recruiter because while he was at the luncheon table, the Old Soldier was working him for referrals and leads," Comish said. "He never stops; he's always working, trying to find the next prospect for the Army."

Besides being a respected colleague, Moran also easily steps into the roles of friend and surrogate father.

Master Sgt. Lindsey Streater, Army

Recruiter Course director, met Moran in 1995 while assigned to the Baltimore Recruiting Battalion. When he was converted to a recruiter position 18 months later, he took that opportunity to learn from the best.

"I was in a real good position because I had the opportunity to tap into years of experience, and at the same time be mentored by a guy who's all about Soldiers," he said.

Unfortunately, it was tragedy that brought the two Soldiers even closer.

"I think where we became the closest was after my father died in 1999. Sgt. Maj. Moran stepped in and filled that void left by my father's death," Streater said. "Not only did he counsel me and give me advice from a professional level, it became more of a personal level with my personal growth and development — how to be a good father, how to be a good husband ... and those lessons were invaluable."

Even today, he is sure to stay in touch with Moran.

"We've had a relationship that withstood the years, and we're coming up on 15 years now as friends," he said. "When I go up to D.C. to see my mother, I go to his house and check on him. He's a wonderful person."

At almost 80 years old, Moran seems no closer to slowing down. In fact, he is often asked to share his experiences with young RRS students who have only heard the legacy of the Old Soldier.

"Being called the 'Old Soldier' truly puts a smile on my face," he said. "After 60 years of serving our country, I accept it with a personal pride."

"Taking care of Soldiers and their families is a precious caring concern of mine and I have embraced it with a great deal of enthusiasm, always willing to take time to help young men and women become American Soldiers."

Crystal.Y.Brown@us.army.mil

FEATURE

From dropout to doctor, thanks to Army mentor

Mike A. Glasch
Leader Staff

Since opening its doors in August, the Army Preparatory School has helped more than 700 new Soldiers receive their GED before entering Basic Combat Training. It has a success rate of 99.3 percent.

Long before the school formally started helping Soldiers achieve their high school equivalency, leaders throughout Army history had helped individual Soldiers reach that same goal.

One of those Soldiers was Tom Connelly. Today, he is a surgeon specializing in treating skin cancer. But in 1966, Connelly was a 10th-grade dropout when he entered the Army. After he completed BCT, he was sent to Vietnam where his commanding officer pushed him to finish his education.

"He must have recognized something in me at the time, because he had me taking GED courses while I was in Vietnam," Connelly said. "I did well, passed and got my GED."

For Connelly, it was a turning point.

"I was really going nowhere," he admitted. "The Army not only provided me with the opportunity to get a GED, it also helped restore my self-confidence and made me realize what possibilities were out there. It helped me come up with the idea that maybe I wasn't so stupid after all. Maybe, I was just bored, or maybe it was the failure of leadership at home."



Courtesy photo

Tom Connelly, above, shows off his degrees and accreditations at his Florida office. Connelly attributes his success to the mentorship he received in the Army.

After he left the service in 1969, Connelly enrolled at Rutgers University where he graduated with honors. He was then accepted to the Philadelphia College of Osteopathic Medicine and completed his medical training at Thomas Jefferson University Hospital in Philadelphia.

"I am probably one of the only doctors in the U.S. that is a high school dropout," Connelly said. "If it wasn't for the Army I don't think I would be where I am today."

Since he began his practice of skin cancer surgery in Stuart, Fla., Connelly has treated more than 60,000 cases of skin cancer. He has also published more than 20 peer-reviewed medical papers including a major study of 334 cases basal cell cancer of the head and neck.

Connelly said he owes everything to the Army for taking somebody in their youth, who was going nowhere and restoring confidence, letting him know what his possibilities were in life.

"I don't think most high school students drop out because of their inability to get passing grades," he said. "I think there are other things involved — the upbringing, the home situation — I think the incorrigibility that comes from the anger of youth has something to do with it. It took the Army to get that under control for me."

The restoration of his self-confidence that Connelly credits the Army for is something the commander of the APS said he sees in the Soldiers who pass through his doors.

"We have the Soldiers fill out a survey when they complete the course and we have had an overwhelming positive response," said Capt. Brian Gaddis. "Soldiers make comments such as 'APS has helped me overcome past mistakes and will allow me to make something of myself,' and 'APS has allowed me to obtain my life long dream of being a Soldier.'"

Michael.A.Glasch@us.army.mil

IET Soldiers require more dental care than active duty

Col. Michael Cuenin

Dental Activity Commander

Q Why do so many Soldiers on Fort Jackson have to have their teeth pulled?

A A recent visit by the U.S. Army Training and Doctrine Command inspector general found that the perception exists that an excessive amount of dental extractions are performed on Initial Entry Training Soldiers at Fort Jackson.

Because we are treating IET service members who may not have received routine annual dental care before entering the service, it is true that the treatment is often more complex and extensive than dental care provided to seasoned Soldiers stationed at other military posts.

Readiness includes overall health and dental health is a considerable part of that readiness. The dentists who work in our clinics perform a personalized comprehensive examination on all Advanced Individual Training Soldiers.

This exam includes digital X-rays in our state-of-the-art facilities. The result is a full diagnosis of oral hard tissue and soft tissue disease.

Oral disease needs to be treated to make each Soldier-patient ready to graduate in dental class one or two, so they will be happy, healthy and ready to serve their gaining unit.

This process is referred to as First Term Dental Readiness. FTDR treatment and goals are formally documented and endorsed by the TRADOC and Medical Department Activities commanders. The program is a great success in graduating healthy and disease-free Soldiers.

To address the specific question, the Dental Activity crest and motto states, "Prevent and Restore."

As health care professionals, we first strive to prevent disease, and — when diagnosed — we attempt to restore lost dental structures (tooth, jaw, etc.).

Our staff, in addition to accomplished general dentists, includes many board-certified specialists who consult and treat all phases of dental disease.

Teeth are extracted only when they are non-restorable because of dental decay, have hopeless gum support caused by periodontal disease(s), or, in the case of many AIT Soldiers, impacted or partially impacted wisdom teeth that present a risk for a dental emergency in the future.

Third molars, or wisdom teeth, develop or erupt around between the ages of 18 and 21 and are often impacted or unable to erupt into the mouth completely.

The extraction of these teeth for many of our Soldiers is required to prevent infection and discomfort that would affect them both personally and professionally as Soldiers. This treatment is needed simply because of the demographics of our population and is based on sound individual diagnosis by licensed and fully-credentialed dentists.

The DENTAC staff is committed to the Soldiers' oral health based on sound ethics and science. Our Soldier-patients deserve a quality of care commensurate with the society they have pledged to defend. We proudly provide that needed care.

VA ramps up job search for injured veterans

Department of Veterans Affairs

WASHINGTON – The Department of Veterans Affairs will be increasing the number of disabled veterans positions in its workforce this year.

Thirty percent of VA employees are veterans and nearly 8 percent of those employees are service-connected disabled veterans.

“I am proud of this effort,” said Secretary of Veterans Affairs Dr. James B. Peake. “VA knows the true quality of our men and women, and we should be a leader in employing them.”

Peake said all severely injured veterans of the wars in Iraq and Afghanistan will be contacted by VA’s Veterans Employment Coordination Service to determine their interest in and qualifications for VA jobs.

So far, that office has identified 2,300 severely injured veterans of those wars, of whom 600 have expressed interest in VA employment.

The coordination service was established a year ago to recruit veterans into VA, especially those seriously injured in the current wars.

It has nine regional coordinators working with local facility human resources of-

fices across the country not only to reach out to potential job candidates but to ensure that local managers know about special authorities available to hire veterans.

For example, qualified disabled veterans rated by the DOD or VA as having a 30 percent or more service-connected disability can be hired non-competitively.

At Dorn VA Medical Center, Priscilla Creamer, public affairs officer, said, “Our Human resources Service is partnering with Eric L. Stockard, WI A One Stop Partner Liaison, Workforce Investment Act, Family Service Center of South Carolina to help identify and target disabled veterans in search of VA employment.”

“Our team is spreading the message that VA is hiring, and we want to hire disabled veterans,” said Dennis O. May, director of VA’s Veterans Employment Coordination Service.

VA coordinators participate in military career fairs and transition briefings, and partner with veterans organizations, the Department of Labor’s Veterans Employment and Training Service, as well as VA’s Vocational Rehabilitation and Employment Service, the Army’s Warrior Transition Units and the Marine Corps’ Wounded Warrior Regiment.



File photo

Staff Sgt. Liliana Caparo shares her observations of Walter Reed and the Veterans Affairs program with Vice Chairman of the Joint Chiefs of Staff Marine Gen. James Cartwright during a luncheon in Washington, D.C.

Army announces plan to lease electric vehicles

Department of the Army

In what is the single largest acquisition of its kind, Secretary of the Army Pete Geren announced that the Army plans to lease thousands of Neighborhood Electric Vehicles.

“The Army is committed to substantially reducing the greenhouse gas emissions through our acquisition of Neighborhood Electric Vehicles,” Geren said. “This historic acquisition will constitute the largest acquisition of electric vehicles not just in the military, but in the entire country.”

The announcement was made during an acceptance ceremony at Fort Myer, where six of the new vehicles will be incorporated into base operations. The NEVs are part of a more comprehensive and far-reaching energy security strategy designed to save energy and money, and to wean the Army from fossil fuels. The Army is focused on harnessing renewable and alternative energy sources like geothermal, solar and biomass conversion.

The 4,000 non-tactical electric vehicles will be used on Army posts for passenger transport, security patrol, and maintenance and delivery services.

In addition to the vehicles delivered to Fort Myer, the Army will lease 794 more NEVs this year; 1,600 will be leased in 2010, and 1,600 leased in 2011.

A General Services Administration announcement in

FedBizOps.Gov solicits NEV manufacturers to help provide the vehicles to meet the Army’s goal of 4,000 NEVs in three years.

The vehicles delivered to the Fort Myer Installation today were two four-passenger sedan NEV models and four two-passenger NEV utility models. The utility model has a stake bed and a 1,000 pound payload capability. With a full eight-hour charge, the NEVs can traverse 30 miles at a top, street-legal speed of 25 miles per hour.

These first six electric vehicles are manufactured by the Global Electric Motorcars division of Chrysler Corporation. But dozens of other companies that manufacture electric vehicles can compete to meet Army vehicular requirements in the future.

The Army will save money by leasing electric vehicles vice leasing gasoline- or hybrid-powered vehicles. Fuel or energy costs for the electric vehicles also are significantly less than the estimated \$460 annually for the electric vehicle versus an estimated \$1,200 annually for gasoline-powered cars.

The environmental benefits, likewise, are impressive. By using electric vehicles, the Army will reduce its fossil fuel consumption by 11.5 million gallons during a six-year period. This translates into 115,000 fewer tons of CO2 emissions during that same period. This is significant because CO2 emissions contribute to global warming.

The 4,000 electric vehicles will be used in a non-tactical environment; however, as part of its Future Combat Systems (FCS) ground force modernization program, the Army is developing a suite of eight new hybrid-electric powered Manned Ground Vehicles (MGVs) for its armored forces. These more fuel-efficient vehicles will reduce the Army’s dependence on fossil fuels and reduce the number of refueling convoys exposed in combat.

The FCS vehicles also will give Soldiers the power output to deploy on the battlefield vastly more capable life-saving technologies, including superior reconnaissance, surveillance and intelligence assets.

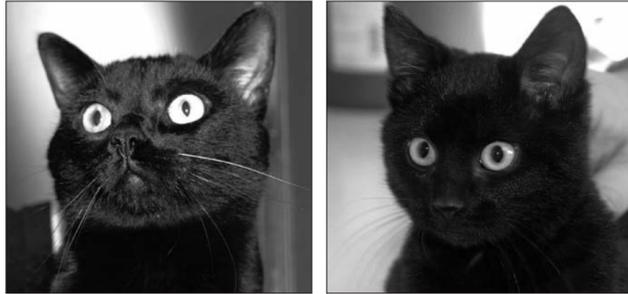
More modern and robust reconnaissance, surveillance and intelligence capabilities have proven decisive in key battles in Iraq and Afghanistan.

“The Army will continue to leverage new and emerging technologies to ease its dependence on fossil fuels,” said Deputy Assistant Secretary for Energy and Partnerships and Senior Energy Executive for the Army Paul Bollinger.

“With more than 12 million acres and 155 installations, the Army has the secure land and facilities to provide industry with a strong foundation for commercial development of renewable energy for our country. The Army can and will be a catalyst for greater production and innovation by renewable and alternative energy producers,” Bollinger said.

COMMUNITY HIGHLIGHTS

Need a friend? Or two?



Photos by Susanne Kappler and Ashley Henry

This 4-year-old black male cat, left, and 4-month-old male black kitten need homes. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Generally speaking



Photo by Daniel Terrill

Retired Lt. Gen. Charles Bagnal, right, talks to Brig. Gen. Bradley W. May, Fort Jackson commanding general, about budgeting after a presentation on training and development issues during a Commanding General's Executive Officer Update and Luncheon at the Officers' Club, Jan. 13.

information or to register, call 751-5256/6325.

Salary Negotiations

An Interviewing and Salary Negotiation techniques workshop is set from 8:30 a.m. to noon, Jan. 28 at the Strom Thurmond Building, Room 223. For more information call 751-5452.

Teen Career Workshop

A Teen Career Exploration-Discover workshop is set for 1:30-3:30 p.m., Jan. 31 in the Main Post Chapel activity room. For more information or to register, call 751-5452.

FCC Recruiting Providers

The Family Child Care Program is recruiting military spouses who live in government quarters, and certified off-post individuals to be Family Child Care providers.

The next FCC training will be held from 8 a.m. to 4 p.m., Feb. 9-13, 3392 Magruder Ave. Applicants must apply by Jan. 30. For additional information, call 751-6234/1293.

Reclamation Sale

A reclamation sale for Soldiers is scheduled from 8 a.m. to 5p.m., Feb. 2-6 at 2570 Warehouse Road.

The limits are two sets of ACUs and one set of boots per person. All other items are on basis of issue and only cash will be accepted. The schedule is as follows:

Feb. 2 — E1 through E6 active duty or Reserve on active duty.

Feb. 3 — Training Cadre to include first sergeant, commanding officer, training non-commissioned officer, executive officer.

Feb. 4-5 — All ranks, active duty.

Feb. 6, before 3 p.m. — Active duty, USAR, ARNG.

Feb. 6, 3-5p.m. — Installation senior leadership only.

Announcements

Soul Line Dancing

A new Soul Line Dancing session is under way. The cost is \$4 per class or \$20 per month for a membership, which includes access to all aerobic classes. Dance classes are offered on Tuesdays and Fridays. For more information or to register, call 751-4893/5317.

DOVE Connection

A DOVE Connection lunch and learn empowering women is set from noon to 1 p.m., the third Tuesday of each month at 5615 Hood Street, Room 10.

For more information or to register, call 751-6303.

Housing Area Traffic Changes

Demolition and construction is currently taking place. Roads will be closed and redirected. Changes include:

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

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

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

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

COMMUNITY HIGHLIGHTS

Family Child Care Web Site

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

National Image Inc. Award

Submissions for the National Image Inc. 2009 meritorious service award are being accepted until Friday. For information, contact the installation Equal

Opportunity Office at 751-4916 or e-mail Janeen.Simmons@conus.army.mil.

2009 Freedom Award

Nominations for the 2009 Secretary of Defense Employer Support Freedom Award are being accepted until Monday. National Guard and Reserve Soldiers and their family members are eligible to be nominated. For more information, or to nominate, visit www.freedomaward.mil.

DeCa Scholarship Applications

The Defense Commissary Agency is

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

\$2K Referral Bonus Offered

Soldiers, U.S. Military Academy cadets, ROTC contracted cadets, members of the Future Soldier Training Program, Army retirees and Department of the Army civilians can earn \$2,000 for refer-

ring their acquaintances to Army and Army Reserve recruiters.

For more information, visit www.usarec.army.mil/support/bonus_program.htm.

EO Training Web Site

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

This Week

Hearts Apart Social

A Hearts Apart New Year Social is set for 6-8 p.m., today at the Main Post Chapel activity room. For more information or to register, call 751-5256/6325.

Starting and Running a Small Business

A free seminar titled "Small Business Development" is set for 9-11:30 a.m., Tuesday at the Education Center. For information or to register, call 751-6062.

Steps to Federal Jobs

The workshop, set for 8:30-11:30 a.m., Wednesday at the Strom Thurmond Building, Room B-302, will go through every step of the Army Resumix process for federal jobs. For more information or to register, call 751-5452.

Financial Readiness for First-Term Junior Enlisted Soldiers

A mandatory financial readiness class for first-term junior enlisted Soldiers for whom Fort Jackson is the first duty station is set from 8:30 a.m. to 4:30 p.m., Wednesday, at the Education Center, Room B-302. For more information or to register, call 751-3580 or e-mail Kimberly.Bottema@conus.army.mil.

Scholarship Class

A Spouse/Dependent Kids Scholarship class is set for 1:30-2:30 p.m., Wednesday and 28 at the Strom Thurmond Building, Room 223. For more information or to register, call 751-5452.

Have a Community Announcement?

Community submissions to the Leader should be typed, no more than 45 words, and should include: who (is affected or involved), what (it is), when (it occurs including time and date), where (it is taking place), and a why if necessary. They must be submitted to the Leader by noon, Monday. The Leader reserves the right to edit announcements for style, grammar and to fit the space. To submit an announcement to the Leader, e-mail it to FJLeader@conus.army.mil

Levy Briefing

A Levy Briefing is set for 2:30-3:30 p.m., Wednesday at the Strom Thurmond Building, Room 213. Classes are open to everyone. Registration is free but required. To register, call 751-3580 or e-mail Kimberly.Bottema@conus.army.mil.

Upcoming

FRG Forum and Training

A Family Readiness Group forum and training is set from 9 a.m. to noon, Jan. 22 at Dozier Hall. For more information or to register, call 751-5256/6325.

ROCKS Meeting

The Fort Jackson Chapter of the ROCKS Inc. will hold its monthly meeting at 5:30 p.m., Jan. 22, at the Post Conference Room. All ROCKS and prospective ROCKS are invited to attend. For more information, call 751-1898.

Play Group Open House

The new Parent Support Program's Play Group will have an open house from 11:30 a.m. to 2 p.m., Jan. 23 at Hood Street Elementary School.

The open house will have educational and recreational activities for children up to 4 years old and information on other support services offered. For more information, call 751-6325.

Stress and Anger Workshop

A Stress and Anger Management workshop is set from 10 a.m. to 3 p.m., Jan. 27 at 5616 Hood Street, Room 10. For more

Recurring Meetings

Weekly

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

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

Range Control Briefing takes place at 1 p.m., Mondays and Fridays at the Education Center, Room 308. For more information, call 751-7171.

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

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

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

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

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

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

Monthly

The Ladies Auxiliary meets at 3 p.m., the second

Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

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

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

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

La Leche Breastfeeding Support Group meets from 10 a.m. to noon the first Tuesday of the month in the Joe E. Mann Center conference room. For information, call 751-5256/6325.

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

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

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

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

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

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

Purple Heart #402 meets at 7 p.m., the fourth

Tuesday of the month at the American Legion Post 6 on Pickens Street. For information, call 351-2333.

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

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruder's Club. For information, e-mail sec@fvictoryriders.com.

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

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

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail rogers11@sc.rr.com.

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

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

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

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

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

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

AIT platoon sergeant training shifts focus

Mike A. Glasch
Leader Staff

Just as the Army transformed the Advanced Individual Training environment by phasing out drill sergeants and replacing them with platoon sergeants, training those new leaders has undergone a metamorphosis as well.

"The two-week AIT platoon sergeant course at Victory University has undergone multiple changes since it was first introduced in November 2007 in order to meet the demands of the Army," said VU's Deputy Director Jackie Ortiz.

In the 15 months since its inception, the course has shifted its focus from the classroom to performance under fire.

"When I first got here, I asked the students, 'What keeps you up at night? What aren't you prepared for?'" said VU's Director Lt. Col. Ken Royalty. "The reoccurring theme was, 'I don't know my warrior tasks and battle drills as well as I should. My Soldiers know them better than I do.'"

It was comments like that that led Royalty to refocus the course. More time is now spent on those warrior tasks and battle drills. Also, instead of having the faculty of VU teaching the material, the students lead the classroom instruction, and then they go out and execute the tasks and drills during a field-training exercise.

According to Sgt. 1st Class Craig Sterrette, a VU instructor, as the face of the battlefield has changed, it has become vital for Soldiers in every military occupational specialty to be proficient in skills that were once reserved for combat-arms Soldiers. He added that using peer-to-peer level training helps build the confidence of the students in their ability to pass on their knowledge.

"The students leave here with a better understanding of how to teach and facilitate this training," he said. "They understand what they need to do to continue to build and enhance that training."

To be selected as an AIT platoon sergeant, an NCO must be a staff sergeant promotable or a sergeant first class. While the majority of those NCOs selected have experience as a platoon sergeant in an operational unit, being responsible for training Initial Entry Training Soldiers is a new challenge.

"I was used to just supervising," said Sgt. 1st Class Cynthia Hodge, HHC, 61st Ordnance Battalion, Aberdeen Proving Ground, Md. "It's good the course gives us an up-close look at what and how IET Soldiers are being trained. Soldiers are looking for you to be the subject matter expert. So you have to know what you are talking about, know what you are doing, and you have to be able to teach the Soldier everything. You have to reinforce what their drill sergeants taught them. It keeps you up on your game."

"In my last unit we stuck with mounted operations because that is what we did on almost a daily basis. Some of the warrior tasks and battle drills I haven't done in a while. So, getting out here and going back over the dismounted operations is a nice transition," said Sgt. 1st Class Chris Patterson, Company B, 832nd Ordnance Battalion, Redstone Arsenal, Ala.

Once students leave the course, they still have access to the instructors. The training material for every warrior task and battle drill can be downloaded through VU's Web site.

"At the end of the day, we want to produce a confident platoon sergeant capable of leading and training Soldiers successfully in an AIT environment," Royalty said. "These skills include but are not limited to a proficiency in standardized PT, warrior tasks and battle drills, and an understanding of the dynamics of Initial Entry Training."

In addition to the course at Fort Jackson, Victory University oversees AIT Platoon Sergeant Courses at Aberdeen Proving Ground, Md., Fort Lee, Va., Fort Sam Houston, Texas, Fort Leonard Wood, Mo., and Fort Huachuca, Ariz.

Michael.A.Glasch@us.army.mil

Sgt. 1st Class Chris Patterson, Company B, 832nd Ordnance Battalion, Redstone Arsenal, Ala., and a fellow squad member emerge from smoke carrying a simulated injured Soldier to an extraction point during Tuesday's field-training exercise for the AIT Platoon Sergeant's Course.



Photos by Mike A. Glasch

Sgt. 1st Class Cynthia Hodge, Platoon Sergeant Course student, reacts to indirect fire by taking cover behind a tree during a field-training exercise Tuesday. Hodge is with HHC, 61st Ordnance Battalion, Aberdeen Proving Ground.



Sgt. 1st Class John Palmer, Company A, 1st Battalion, 81st Armored Regiment, Fort Knox, Ky., applies first aid to a simulated wounded Soldier during the AIT Platoon Sergeant Course field-training exercise.



Soldiers in Victory University's Advanced Individual Training Platoon Sergeant Course simulate walking patrol in a hostile area during a field-training exercise Tuesday.

Army Family Covenant Update

Keeping resolutions is easy with FMWR fitness

Theresa O'Hagan

Family and Morale, Welfare and Recreation

Family and Morale, Welfare and Recreation makes it easy to keep New Year's resolutions about getting fit, losing weight, becoming more active or simply adopting new, healthful habits.

"The fitness department has various programs available to get (and keep) your new year on track," said Pam Green, fitness trainer.

The second annual FMWR Fitness Challenge is under way but there is still time to participate.

"All you have to do is become a member of our fitness program, if you aren't one already," Green said. "You can compete in one of three categories — fitness, weight loss or overall lifestyle change. The top finisher in each category will win a \$250 gift card." The program runs through April 2.

The FMWR fitness program offers a variety of ways to

exercise to keep motivation and results high.

Knight Pool has reopened after several months of renovations.

Water aerobics classes are offered daily at 9 a.m., 10 a.m. and 5:30 p.m.

Participating in soul line dancing can be a fun way to exercise and a great way to make new friends. Classes begin 6 p.m. every Tuesday and Friday at the MG Robert B. Solomon Center in the special events area.

Lunchtime Yoga is back and is a great way to recharge. It is offered at noon Tuesdays and Thursdays in the aerobics room at the MG Robert B. Solomon Center.

Spinning Classes will begin Tuesday at Vanguard Gym. Classes are offered 5:45 a.m., Tuesdays and Thursdays and 6 p.m., Mondays, Wednesdays and Thursdays.

Get Ripped training begins 11 a.m. and runs on a 30 minute cycle until 1 p.m., Monday through Thursday at Coleman Gym.

The FMWR fitness program also offers a physical training class 6 a.m., Tuesdays in Coleman Gym.

You must be a member of the aerobics program to participate in any of the classes offered at Fort Jackson.

"Membership for our classes is \$20 a month," Green said. "This fee includes all classes that we currently offer. This helps ensure you will find something for you. We offer fitness training classes throughout the day."

The FMWR fitness department also offers a guest punch card. This prepaid fitness card enables guest members to purchase 10 punches at one time. The punch cards cost \$40 each.

Punch cards can be purchased at the MG Robert B. Solomon Center and will be available at this price until Jan. 31. When using the punch card, guests must be accompanied by a sponsor.

For more information, visit www.fortjacksonmwr.com and click on the fitness department link.



Today

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

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

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

Friday

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

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

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

Saturday

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

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3

for military and \$5 for civilians. The event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.

Sunday

No Sunday brunch at the Officers' Club today.

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

Monday

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

Tuesday

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

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

Wednesday

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

Visit the Officers' Club for a **Mongolian BBQ Lunch Buffet**, 11 a.m. to 2 p.m.

The **Information Exchange Council** will meet at 9 a.m. in the post conference room.

Letters of intent for darts are due to the Sports Office by close of business.

Ongoing Offers

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

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

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

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

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$28 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

- **Child, Youth and School Services** provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

- Registration, call 751-4865.

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

- Grades 1-5, call 751-1136/6387.

- Grades 6-12, call 751-3977/6387.

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

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

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

- Fort Jackson is in need of Family Child Care Providers. The next **Family Child Care Orientation Training** will be from 8 a.m. to 4 p.m., Feb. 9-13 at the Joe E. Mann Center. Military spouses who are living in government quarters and DSS registered off-post child care providers may apply to become certified to provide child care to military families in their homes. You must apply to attend the class by Jan. 30. Call 751-6234/1293 for more information.

HEALTH

Skip the fads, lose the fat

1st Lt. Emily Slusher

Moncrief Army Community Hospital

Are you facing another year of New Year's resolutions to lose weight? Was 2008 another year of disappointments and frustration? Did you try multiple fad diets, quick-fix pills and still saw little to no results? Let 2009 be a fresh start. The following are three healthy eating goals for the New Year that will help improve your chances for weight-loss success.

Stop skipping meals

Some people say that if they skip one or two meals per day, they are saving calories and can lose more weight. This may seem like a quick way to drop some pounds, but in reality, using this method damages the body's natural calorie burner — the metabolism.

The body needs fuel to keep the metabolism ramped up. Going more than five hours without eating starts to slow down the metabolism.

To repair a slowed metabolism, avoid skipping meals and continue to exercise to increase muscle mass. Muscles burn more calories at rest than fat. So, the more muscle a person has, the more calories are burned.

Eat more fiber

Fiber comes from a variety of plant sources. Generally, it is indigestible by humans. Fiber adds bulk to the diet, allowing the body to stay satisfied on fewer calories. That makes having a high-fiber diet perfect for weight loss.

Some good sources of fiber include apples, oranges,

grapes, melons, baby carrots, celery, cherry tomatoes and broccoli. To increase fiber intake, add a scoop of beans on top of a salad and include oatmeal, high-fiber breakfast cereal, whole wheat bread, whole wheat pasta and brown rice in your diet.

To preserve fiber in cooked vegetables, try steaming them lightly. Avoid peeling fruits and vegetables to maximize the fiber in the foods. The goal for fiber consumption is 25-30 grams per day. Read the nutrition labels of your favorite foods. Are they helping you reach that goal?

Avoid liquid calories

Drinking plenty of fluids is essential for optimal nutrition, but getting excess calories from beverages is a quick way to sabotage weight-loss goals. Drinking sugar-sweetened drinks throughout the day rarely makes a person feel full, yet adds approximately 250 calories per 20-ounce bottle of fruit juice, soda, sweet tea or energy drink. Replacing two bottles of soda with water can eliminate 500 calories from the diet.

To lose one pound per week, a calorie deficit of 500 calories per day is needed. Replacing liquid calories is one of the fastest and easiest ways to do that. Some calorie-free alternatives are water, sugar-free or diet versions of soda or fruit juice, unsweetened iced tea and flavored water.

For help with specific nutrition goals, make an appointment with a dietitian. Patients who do not have a referral should call 751-CARE (2273), patients with a referral should call 751-2363

News at MACH

A cervical cancer information table will be located at the Main Post Exchange from 11 a.m. to 1 p.m., Tuesday. For more information, call 751-5035.

A welcome home ceremony is scheduled for 2 p.m., Jan. 23 at the third floor entrance to MACH.

The pharmacy is now located on the ground floor and the TRICARE Service Center has moved to the 10th floor. Offices for the Exceptional Family Member Program have moved to the 10th floor of Moncrief Army Community Hospital.

The new Warriors in Transition Unit and Soldier and Family Assistance Center buildings are expected to be completed soon.

MACH is experiencing a shortage of the Shingles vaccine (Zostavax), and will likely not have any for three to four months. For more information, call 751-0376.

A new phone number has been established for patients to cancel their appointments after duty hours. To cancel your appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

Helpful Information

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at www.moncrief.amedd.army.mil or www.tricare.osd.mil

Post-deployment sleep not as easy as counting sheep

Maj. Richard Barton

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

After returning from deployment, a Soldier might experience disrupted sleep.

Living conditions in theater are not exactly luxurious. Sounds from air frames zipping overhead, opening and closing doors, weapons being slung and unslung, and roommates shouting over video games — all with the possibility of incoming rounds — are a poor formula for solid rest.

For Soldiers just returning from deployment, the living conditions they encountered can negatively impact sleep.

For some it is a lack of those sounds, for others it is sounds that are similar and appear to be out of place at home, and for those lucky enough to be within earshot of an impact area, well, enough said.

A trick to improving sleep is controlling the things you can and recognizing those you cannot. Move the TV to a viewing place outside the bedroom. This will help the body and mind begin to identify the bed as a place for sleep.

If you have problems staying asleep, go to another room and sit while watching TV or read until you are ready to sleep. This sequence may have to be repeated several times, but eventually the body will get the message.

Set up a sleeping standard operating procedure that cues the body into recognizing when it is time to sleep. If needed, cover your eyes to keep light out. Use ear plugs or earphones with relaxing music. Relaxation exercises and martial arts meditation have been proven to be very effective in resetting sleep patterns.

Soldiers attend field training partly to

become effective at functioning with low levels of sleep under adverse conditions. These training events cannot simulate adverse conditions such as the impact of near-death experiences, witnessing carnage or the loss of a brother or sister in arms.

During the last 15 years, sleep research has confirmed links between exposure to combat and sleep difficulties. In other words, poor sleep while deployed or upon return is normal.

Taking steps to learn how to apply sleep hygiene procedures may be all that is needed to reset the process for restful sleep. If the body and mind are rested, their ability to deal with combat reactions improves markedly.

Help your body by restricting caffeine and nicotine intake an hour or two before sleeping. Don't use alcohol to manage

sleep — it creates short-term, false gains with long-term negative impact. Studies have shown that overuse of alcohol disrupts sleep. They have also demonstrated that a common denominator for those who suffer from severe Post Traumatic Stress Disorder is the use of alcohol, resulting in prolonged sleep difficulties.

If after four months of post deployment, you see no significant improvements in sleep or no decrease in combat reactions, seek assistance from your primary-care provider, from another health care professional or a behavioral health specialist. They should be able to point you in the right direction.

For more information, visit www.sleepeducation.com, <http://www.nimh.nih.gov/>, <http://www.ncptsd.va.gov/ncmain/index.jsp> and www.militaryonesource.com.

FIRST RESPONDER



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

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

Lt. Col. Ronald F. Taylor

Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.

Provost Sergeant Major

Billy Forrester

Fire Chief

Cases of the Week

An accident at Gate 2 resulted in damages to the front passenger side of a car and scratches to a security barrier Dec. 28, Military Police said. No injuries were reported after a civilian drove into the barrier of the sign-in lane. He was cited for failure to maintain the lane.

A Soldier was arrested in connection with a theft Dec. 23 at the Main Post Exchange. MPs said the Soldier left the store

without paying for a video game. He was transported to Alvin S. Glenn Detention Center.

A vehicle that was stolen on Fort Jackson was recovered off post by Columbia Police Dec. 22, MPs said. A civilian was arrested in connection with the theft and transported to Alvin S. Glenn Detention Center.

Provost Marshal's Tip of the Week

Tampering with the fire alarm system is a violation of Fort Jackson Regulation 420-90, the Uniform Code of Military Justice, the United States Code and South Carolina Code. South Carolina Code is enforced by installation MPs and DA Police.

If these systems are tampered with, the ability for these systems to generate an alarm to evacuate people in danger is compromised. Tampering with fire alarm systems in lodging facilities also endangers guests on Fort Jackson.

crimestoppers

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

FORCE PROTECTION THOUGHT OF THE WEEK

THINK OPSEC!



THINK OPSEC!

**I WANT YOU!
TO ENCRYPT SENSITIVE INFORMATION!!**

CHAPEL

God will help you through the toughest times

Chaplain (Capt.) Masaki Nakazono
3rd Battalion, 34th Infantry Regiment

If you are reading this, you have survived the roller-coaster ride of 2008. But will you survive what 2009 will bring?

Last year was marked by job losses, devalued homes, mortgage foreclosures, corporate bankruptcies, sky-rocketing fuel costs followed by a major drop in oil demand and prices, stock market failures and a major world-economic downturn. Businesses closed, people lost homes and corporations let their people go.

While some have hope in a new administration, many still fear an uncertain future. How does faith get a person through these toughest of times?

King David wrote Psalm 3 in the midst of one of the toughest times of his life — a time when his own son Absalom conspired against him, chased him out of his own

kingdom and sought his death.

How did David survive the toughest times of his life? He prayed for victory.

Naming your foe is one of the first steps in grabbing a hold of victory. David sought out the Lord in identifying the enemy. He couldn't see who was coming after him, so he desperately relied on God to make his enemies known.

Remember the evidence of the past as hope for your future. David remembered how he had cried out to God in the past and then how God responded. God was his hope and almighty source of encouragement and protection.

Acknowledge the reality of God's power in the present. David was not afraid because he knew that God was by his side and watching over him in the face of his turmoil.

Call out for victory. David did. David did not claim his own victory, but called on God to be victorious in inter-

vention.

In ourselves and in others, we may not have confidence, but we can have full assurance in the Lord

Psalm 3: A Psalm of David.

O Lord, I have so many enemies; so many are against me. So many are saying, "God will never rescue him!"

But you, O Lord, are a shield around me; you are my glory, the one who holds my head high. I cried out to the Lord, and he answered me from his holy mountain.

I lay down and slept, yet I woke up in safety, for the Lord was watching over me. I am not afraid of ten thousand enemies who surround me on every side.

Arise, O Lord! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! Victory comes from you, O Lord. May you bless your people.



Protestant

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

PROTESTANT BIBLE STUDY

- Monday
 - 7 p.m. Women's Bible Study (PWOC — Main

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

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
 - 11 a.m. Daniel Circle Chapel (third Saturday)
- Wednesday
 - 6:30 p.m. Main Post Chapel

Catholic

- Monday-Friday
 - 11:30 a.m. Mass (Main Post Chapel)
- Sunday
 - 8 a.m. Mass (MG Robert B. Solomon Center)
 - 11 a.m. Mass (Main Post Chapel)
 - 9:30 a.m. Mass (120th AG Battalion Chapel)

- 9:30 a.m. CCD (Education Center)
- 9:30 a.m. Adult Sunday School
- 12:30 a.m. Catholic Youth Ministry
- Wednesday
 - 7 p.m. Rosary
 - 7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian

- Sunday
 - 8 a.m. Memorial Chapel

Islamic

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

Jewish

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

Church of Christ

- Sunday
 - 11:30 a.m. Solomon Center

Latter Day Saints

- Sunday
 - 11 a.m. Warrior Chapel at 120th AG Bn.
 - 7 p.m., Scripture Study Anderson 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

SPORTS/FITNESS

Keeping it real spells success in 2009

COMMENTARY

Maj. Thomas Hundley
Moncrief Army Community Hospital

It's a brand-new year and a brand-new beginning. With every New Year, we develop new energy, new goals and new resolutions. We all make them and, eventually, we all break them.

Let's see if any of these sound familiar: "I promise to save more money this year." "My new goal is to go to church every Sunday." My personal favorite is, "My resolution is to lose weight and get in shape."

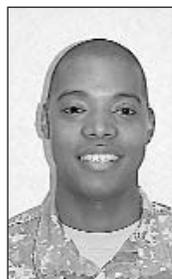
Let's be real, most of us give up on our diet and exercise resolutions before Martin Luther King Jr. Day.

We allow those 10-15 pounds we gained throughout the holiday season to motivate us to work out twice a day. Then, when the pounds are not lost in two weeks, we get discouraged and give up.

I want to help you set and achieve realistic goals in 2009. The following goals and tips are sure to help you succeed:

Lose one pound per week.

If you currently eat chips, cookies,



Maj. Thomas Hundley

candy bars or drink sodas, sports drinks or caramel mocha lattes more than three times per week, then you are a candidate to achieve this goal. By cutting 500 calories per day, you can lose one pound per week. Your task is to eliminate one or more of these high-calorie treats each day, and you can achieve your goal. Notice I did not say stop eating them all together. Just think, one pound per week amounts to 52 pounds in a year.

Do something physical.

A common mistake when beginning an exercise program is that we jump into it with a lot of initial energy and very little stamina.

After the first couple of workouts, our body feels like it was hit by a sport utility vehicle. Then we allow the pain and soreness to prevent us from finishing what we started.

This year, I encourage you to resolve to do something physical at least twice per

week. That means you should decide to walk, jog, ride a bike, do an aerobics class or take a dance class.

The goal is to get active in 2009 by slowly working your way into it. In February, you and your body can decide whether to increase the workouts.

Change your diet.

Let's be real, as soon as those Girl Scout cookies come around in February, all of our diet aspirations go right out the window.

So this year, instead of saying you are going to go on a diet, resolve to change your eating habits.

Decide to replace two fried meals each week with two grilled or baked ones. Decide to make at least one meal each day a light or smaller meal. Decide to replace one dessert with a fruit or vegetable each day. Decide to replace one sweet beverage with a bottle of water each day.

These are all realistic goals with realistic results.

These tips will help you to achieve your goal throughout the year. Remember, we call these goals New "Year's" resolutions. That means we have 12 months to achieve them.

Sports Briefs

Darts

The darts season will begin 5:30 p.m., Jan. 30. Letters of intent must be submitted to the Sports Office by 3 p.m., Jan. 22. Active duty and recreational teams must consist of four members, who have DoD identification cards and are at least 18 years old. For more information, call 751-3096.

Swim Meet

A swim meet for active-duty personnel only is scheduled for Feb. 24.

Participants must submit name, age and events to the Sports Office by 3 p.m., Feb. 18. For more information, call 751-3096.

Health Rocks

Health Rocks!, a health and fitness extravaganza for children in first through 12th grade, is set for 6:30-9 p.m., the second Friday of each month. Activities, games and a nutritional meal are provided. To attend, sign up at the Youth Center or call 751-6387 the week before the event.

Jumping Jacks

Jumping Jacks is Saturday morning child care at the MG Robert B. Solomon Center from 8 a.m. to noon. Fitness activities are provided for children while the parent works out in Andy's Fitness Center. Child care is also offered for infants and toddlers at a minimal cost.

Volunteer Coaches Needed

Volunteer coaches for youth sports are needed. Experience is desired, but not mandatory. Volunteers get the "coaches discount," when their own children also play sports — 100 percent for the first child; 50 percent for each additional child. For more information or to volunteer, call 751-5040.

Youth spring sports registration now open

Free Skills Sessions

Spring sports free skills sessions open to all Fort Jackson youth are: Soccer, 5-7 p.m., Feb. 10; track, 5-7 p.m., Feb. 26; and baseball, 5-7 p.m., April 14. All sessions will take place at the Youth Sports Complex.

Registrations Open

Registration for Child, Youth and School Services is open to family members of active duty Soldiers, appropriated and non-appropriated funds civilians, contractor personnel and retired military. Children must be registered with CYSS before signing up for sports. To register, call 751-4865/4824 to set up an appointment. The Central Enrollment Office is open from 7:30 a.m. to 4:30 p.m., Monday, Wednesday and Friday, and 7:30 a.m. to 6:p.m., Tuesday and Thursday.

Parents must bring a current physical and a copy of the

child's birth certificate. The registration fee is waived as a result of the Army Family Covenant.

Soccer: February through May. Soccer is open for 3-10 year olds (as of Feb. 11) and 10-13 year olds (as of Aug. 1). Participants will be contacted the week of Feb. 9. The fee is \$30, but additional children from the same family cost \$27. The fee includes a jersey, shorts and trophy.

Track: March through May. Track is open for 9-14 year olds (as of Dec. 31). Participants will be contacted the week of March 2. The fee is \$40, but additional children from the same family cost \$36. The fee includes a jersey, shorts and trophy.

Baseball: April through June. T-ball is open for 3-5 year olds (as of May 5); coach pitch is open for 6-8 years old (as of May 5); and Little League is open for 9 years old and older (as of May 5). The fee is \$40, but additional children from the same family cost \$36. The fee includes a jersey, hat, pants and trophy.

CHALKBOARD

Calling young poets — SKIES to publish youth poetry

Jennifer Myer

Family and Morale, Welfare and Recreation

“Army brats, like you and me,

We see the world in a whole other light.

We know what it means to be truly free,

We know what it means to fight the good fight.”

By Jennifer, AFNorth International School Brunssum,

The Netherlands

On the Move, MCEC, Spring/Summer 2008

Military children have many experiences, and poetry is an amazing way to share them. Poetry is also an excellent creative outlet and provides opportunities to express feelings and ideas.

This spring, Schools of Knowledge, Inspiration, Exploration and Skills Unlimited will sponsor Fort Jackson's first book of poetry written entirely by military children. All children and teenagers are encouraged to submit their work.

Fort Jackson children and teens in preschool through 12th grade are eligible to submit an original work to be published in the Fort Jackson book of poetry. Poetry can be submitted Jan. 16 through Feb. 16 at the post library and any Child Youth and School Services location.

On request, submissions will also be sent to the Military Child Education Coalition for a chance to be published in one of its national publications. Submission forms are available at all submission locations or online at www.fortjackson.com/skies.

To celebrate the book's publication, a poetry reading will take place at Thomas Lee Hall Library. Those who submit poems are invited to read, and books will first be made available at the reading. The event is scheduled 5:30-7 p.m., April 17.

The library has designated computers for children to use to write their poetry or other literary works. According to Cecilia Hem Lee, children's

librarian, this marks the beginning of changes to children's programming at the library.

Librarians will be available to help children and teens use the computers and submit poems for the Fort Jackson publication.

The poetry must pertain to life as a military child and some suggested topics include: Parents, the cultures you've experienced, family, military lifestyles, homecomings, personal hopes, life lessons

learned and transitions or changes. Children and teens are asked to submit either an original artwork (drawing, painting, etc.) or photograph to accompany their poems.

For more information, call 751-6777 or visit www.fortjackson.com/skies.

