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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 22, 2009

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

www.fortjacksonleader.com

It's official! Obama new commander in chief



Photo by Susanne Kappler

Pvt. Jermaine Brown, Headquarters and Headquarters Company, U.S. Army Chaplain Center and School, puts up the official photo of the new commander in chief Tuesday, shortly after President Obama's inauguration. For more on the inauguration, see page 10.

Guest speaker emphasizes King's call to service

Crystal Lewis Brown
Leader Staff

"Yes, I can!"

Those three words echoed throughout the MG Robert B. Solomon Center as Theresa K. Gibson spoke to more than 600 attendees gathered to celebrate the life of Martin Luther King Jr. Jan. 15.

For the Fort Jackson schools administrator, the phrase — adapted from President Obama's campaign slogan — serves as a rallying cry as Americans continue toward making King's dream a reality.

"Dare we say, 'Yes we can?'" she asked the crowd. "Yes, we can continue to say it because 'Yes we can' is also an appeal to personal responsibility. In other words, we must quit waiting around for someone else to bring change."

The theme of this year's luncheon was "Remember! Celebrate! Act! A day on, not a day off!"

The theme, said Gibson, means Americans should think of the observance as more than just another holiday.

"All of us are encouraged to use this day to rededicate ourselves to helping our fellow man," she said. "However, the service does not stop on just this day. Our service to our fellow man

is the right way to honor Dr. King on this holiday and throughout the year. It is a call to action for year-round service."

Col. Brian Prosser, 193rd Infantry Brigade commander, said Gibson's background in the civil rights movement made her an ideal candidate to serve as this year's guest speaker. His brigade sponsors the annual luncheon.

"When we first started looking for a guest speaker for this year's observance, we originally started looking off post," he said. "Then someone brought up the name Thelma K. Gibson."

See **MLK** Page 4

COMMANDERS' CORNER

From the Commanding General

Yearlong effort to enhance NCO Corps under way

In case you have not heard, 2009 has been designated Year of the NCO — a year in which the focus is squarely on the Noncommissioned Officer Corps.

The campaign officially kicked off earlier this month at Fort Bliss, Texas, with our Army's senior leaders at the forefront.

The effort is a yearlong recognition that focuses on making enhancements to areas such as NCO education, fitness and leadership. The purpose is also aimed at fostering pride in service among NCOs.

Within that framework, specific tasks have been assigned to field commands and staff agencies in support of four major objectives:

— Enhance the education of the NCO Corps through initiatives such as the launch of the online Army Career Tracker system; the transformation of the NCO Education System from the Warrior Leader Course to the Sergeants Major Course; an increase in the number of schools participating in the Soldier Opportunity Colleges-Army Degree program; and the establishment of self-development programs.

— Enhance physical and mental fitness by implementing a health-screening program in NCO schools, much like that



Brig. Gen. May

conducted at the Army War College for senior officers and by establishing master fitness and mental health courses as part of the structured self-development system.

— Enhance leadership skills by formalizing the Audie Murphy and Sergeant Morales Club competitions throughout the Army; field a new NCO promotion certificate; establish a four-day pass system that can be used to recognize outstanding NCOs; and establish a "Wall of Fame" at the Pentagon to identify Soldiers who exemplify standards.

— Launch "pride in service" initiatives that acknowledge the values of NCO Corps to the Army and public.

The question will probably be asked somewhere as to why the Army has decided to designate 2009 as the Year of the NCO. As we know, our NCOs are the backbone of our service. They are the adhesive strength that holds the Army together — particularly through periods of protracted conflict such as the one that we have been facing for quite some time.

Although the Army has been stressed and strained from more than seven years of conflict, Army NCOs have managed to care for our Soldiers and ensure that missions are accomplished on and off the battlefield. It is time to thank and honor our NCOs for their efforts.

Army Chief of Staff, Gen. George Casey Jr., puts it this way:

"As I travel around the Army and I look at what we've

accomplished over the past seven years at war, it's clearer and clearer to me that it is our Noncommissioned Officer Corps that is providing the glue that's not only holding this force together at a difficult time, but enabling us to accomplish the near impossible every day," he said. "And that's why in 2009 we are celebrating their contributions to our Army."

So, as you might expect, there has been a concentrated effort to showcase the NCO story for the Army and the American public to honor the sacrifices and celebrate the contributions of the NCO Corps.

Much of the general public and many of our government officials perhaps have yet to realize just how many well-trained and well-educated NCOs accomplish so many great things in our Army. NCOs clearly lead the way, displaying the strength of character to every Soldier they lead, every officer they serve, and every civilian they support.

One way we intend to highlight and showcase our NCOs each week is in the post newspaper. In support of the campaign, the *Fort Jackson Leader* is planning to feature an NCO in each week's edition from our many units and tenant organizations. The newspaper is leaving it to the individual units to nominate NCOs who best exemplify the NCO Creed. We all need to do our part in ensuring that these fine leaders receive the recognition and support they deserve.

Hoooooooooh!

Ask the Garrison Commander

Foreign language bonus; ID cards; Super Bowl party

Q I recently took the language proficiency test for Spanish, hoping to get some extra money as I've done in the past. However, when I submitted my request for payment I was told that Spanish is no longer one of the paid languages. Is this correct?



Col. Dixon

A Yes, your information was correct. MILPER Message 08-114 states: Soldiers are not entitled to foreign language proficiency bonus if their language is coded as dominant.

Review the message for additional in-

formation on this change to the FLPB at <https://www.us.army.mil>.

Q My son is 22 years old. Is he entitled to a military dependent identification card?

A Dependent children older than 21, but younger than 23 must be students enrolled in a full-time accredited institution of higher learning leading to an associates degree or higher, remain entitled until they graduate or turn 23, whichever comes first.

The sponsor must be providing more

than 50 percent of the child's support and certify the support requirement in item 89 on DD Form 1172, Application for Uniformed Services Identification Card-DEERS Enrollment. Students enrolled less than full time in two institutions of higher learning may not combine hours to qualify as a full-time student.

Q Is the NCO Club hosting a Super Bowl party this year?

A Yes, the NCO Club will host a Super Bowl party Feb. 1. Magruder's Club and Pub will also be open to watch the big

game. Both facilities will have food and beverages available for sale and will give out door prizes. Doors open at 4 p.m. For more information, call 782-2218.

Garrison Fact of the Week

When it is cold outside, get your recreation indoors. Go bowling at Century Lanes. Century Lanes has a special offer Sundays, costs are \$1.50 per game and \$1.50 for shoes, 1-8 p.m.

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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NEWS

APS puts Soldiers on track to success

Susanne Kappler
Leader Staff

During the five months since its inception, the Army Preparatory School has graduated 728 Soldiers, which is a graduation rate of 99 percent.

The school enables Soldiers who have no high school diploma to get a GED before going to Basic Combat Training.

“These are young people who just needed a chance. And the state of South Carolina and Fort Jackson gave them a chance,” said Lt. Gen. Benjamin Freakley, commander of the U.S. Army Accessions Command during a visit to Fort Jackson Jan. 13.

Early feedback from basic training companies indicates that APS graduates make good use of the chance they were given.

Capt. Brian Gaddis, APS commander, explained that 14 APS graduates were sent to the same company for basic training to allow for a direct comparison with their peers.

The APS graduates scored slightly higher in Basic Rifle Marksmanship with 13 of 14 (93 percent) qualifying on their first attempt, compared to 70 percent company-wide, Gaddis said. Twelve of the 14 met the Army standard on their first Army Physical Fitness Test and the average APFT score for APS graduates was 245, compared to the company’s average of 230, Gaddis added.

“One of our Soldiers was an honor graduate in his BCT company,” Gaddis said.

The Army is tracking the graduates’ progress all the way through their first reenlistment. This includes statistics on how quick Soldiers graduate from the program; what awards they have earned; their APFT and BRM scores; and any disciplinary actions that fall under the Uniform Code of Military Justice.

To be eligible for the program, Soldiers must score in the top 50 percent of the Armed Services Vocational Aptitude Battery and must not require a medical or moral waiver.



Photo by Ashley Henry, Public Affairs Intern

Pvt. Preston McCord, a Soldier at the U.S. Army Preparatory School, receives help from his reading and writing instructor, Holly Moore, at the school Thursday.

“It’s not always about the certificates that you bring forward, it’s the skills that you bring forward,” Gaddis said. “These young men and women bring forward a lot of skills and a lot of motivation. Of course, they don’t have GEDs, but that’s a simple fix.”

Many of the students, like Pvt. Princeton Ray, come from troubled backgrounds. Ray, a native of Los Angeles, dropped out of high school in 12th grade.

“It was hard for me to get back and forth to school with all the gangs in between,” he said. “So I decided the best

thing for me was to stay home if I wanted to stay alive.”

Ray graduated after 2 1/2 weeks at the school and will start basic training soon.

“I like it here,” Ray said. “Everybody’s here to help you, nobody’s here to bring you down.”

Seeing Soldiers like Ray succeed is proof to Gaddis that the program is on the right track.

“This is not just great for the Army; this is great for the Soldiers,” he said. “We’re changing lives here.”

Susanne.Kappler1@us.army.mil

Tax center opens



Photo by Daniel Terrill

Fort Jackson Commanding General Brig. Gen. Bradley W. May, center right, and Capt. Vito Abruzzino cut the ribbon at the opening ceremony for the tax center Jan. 14. The center officially opened for the tax season Tuesday.

DeMint presents award



Photo by Susanne Kappler

U.S. Sen. Jim DeMint of South Carolina speaks during an Attorney General's Office luncheon Friday at the Officers' Club. The senator presented the Strom Thurmond Award for Excellence in Law Enforcement.

Around Post

Initial PCS Brief

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

FRG Forum and Training

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

Fort Jackson Spouses' Club

The Fort Jackson Spouses' Club will meet at 11 a.m., Feb. 3 at the NCO Club. The meeting's topic is "Health and Nutrition" presented by a nutritionist from Moncrief Army Community Hospital. The cost is \$12 per person. RSVP by Jan. 29 by calling (803) 338-3882 or e-mailing fjcsreservations@yahoo.com.

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.

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.

Considering the move to one income

Azure Celestine-Brown
Financial Adviser

Many families feel pressure to have two incomes to make ends meet. Conversely, working parents often wish they had more time with their children and a less hectic home life.

If your family is debating the merits of having one parent stay home and care for the kids, a little math and soul searching can help. A person should determine if the cost of working is greater than the reward at the end of each pay period — and how to achieve the right balance in the home.

Trading a paycheck for playtime

Staying at home can pay dividends by allowing for more time with the children, reducing work-related stressors and making life in general easier.

It can also mean less money for day-to-day expenses, and may jeopardize the ability to save for a vacation, college, retirement or other family goals.

If your family cannot manage without your income or you cannot imagine giving up the career you love — and you are comfortable sharing the responsibility of raising children with family members or trusted caregivers — your answer may be, "No." The loss of career traction is a valid reason for staying put.

On the other hand, if you cannot bear the idea of missing milestones that may take place when you are at work, or suspect you are not making enough to make it "worth it," you owe it to yourself to figure out how to make one income work.

Consider the real costs of working

When was the last time you added up the costs associated with your job? You might be surprised by how expensive it is to be gainfully employed. Total the costs of being in the working world every day and take a hard look at the tab. To clarify a murky bot-

tom line, ask these questions:

— What is spent to commute to work each day? (Don't forget to include gas, car repairs, bus fare, etc.)

— How much money is poured into wardrobe, dry cleaning and other work-related expenses?

— How much does child care cost?

— How much is spent on prepared food and dining in restaurants?

Subtract the sum of these expenses from your take-home pay to arrive at your "adjusted" income. You may find you have less to lose than you thought by removing yourself from the workplace.

Find ways to scrimp and save

Erasing half your earnings from a two-wage earning household is bound to hurt. To minimize the damage, create a budget and stick to it. Look at monthly expenses to determine if you will fall short on one income. If the numbers do not add up, look for ways to cut back. Can you manage with one car? Can the mortgage payment be reduced? Are you willing to cut back on dining out and other luxuries?

As an alternative to leaving the workforce completely, a part-time job can allow for more family time and keep enough income flowing into the family coffers. If this seems overwhelming, talk to a financial expert who can help with evaluating the impact of moving from two paychecks to one. This is especially important with the recent unemployment numbers.

With a financial plan in place, spending, saving and investing goals can be set to determine the right course of action.

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.Celestine-Brown@us.army.mil.



Photo by Crystal Lewis Brown

Thelma K. Gibson, guest speaker at this year's Martin Luther King Jr. luncheon, urges the audience to continue to honor King's legacy by pledging to serve and help others. Gibson spoke before a crowd of more than 600 — a record number.

MLK (continued from Page 1)

We realized then, that we had a diamond in the rough, for lack of a better word, right here on Fort Jackson."

Prosser was referring to Gibson's participation as a teen in the 1968 March on Washington where King gave his famous "I Have a Dream" speech.

Brig. Gen. Bradley May, post commander, also commended Gibson and acknowledged the importance of celebrating King's life.

"Dr. King paid the ultimate price so that all of us could enjoy freedom, democracy and equality," he said. "Those of us in the military profession can identify with that. I call upon all of us to reintroduce ourselves to the principles on which Dr. King gave his life."

He added that those principles "directly enrich our lives and promote a workplace environment where everyone is treated with dignity, respect and is appreciated for his or her unique contribution. If Dr. King was with us today, I think he would appreciate this celebration."

Crystal.Y.Brown@us.army.mil

Essay Contest Winners

Four C.C. Pinckney Elementary School students were honored during last week's Martin Luther King Jr. luncheon as winners of the Martin Luther King Jr. essay contest. 2009 winners are: Jackson Swanson, 3rd grade, Mrs. E. John-

son's class; Ann Marie Myers-Banks, 4th grade, Ms. J. O'Bradovich's class; Savannah Hensley, 5th grade, Mrs. P. Walters' class; and Nakisis Myers, 6th grade, Ms. Dault's class.

Customer Service Corner

The Fort Jackson community has several methods for providing feedback and surfacing issues at the garrison level. Customer Management Services is a three-tier feedback process consisting of Interactive Customer Evaluation, Community FIRST and Customer Service Assessment.

ICE allows for individual comment submissions that are quickly resolved by the manager of the appropriate service agency. Community FIRST is the quarterly issue-resolution process that addresses issues affecting the community, which require additional time, resources or funding.

The Customer Service Assessment is an annual survey that all community members are asked to participate in which provide the garrison command with information needed to enhance the community.

A fourth method for surfacing issues is the Army Family Action Plan Conference. Workgroup delegates representing each constituent group meet on an annual basis to discuss and prioritize issues to forward to mid-level AFAP conferences. The two programs — CMS and AFAP — work together and complement each other.

CMS and AFAP involve specific constituent workgroups in all phases of their processes — Community FIRST focus groups, the installation AFAP conference,

the mid-level AFAP conference and the AFAP symposium. These constituent groups include, but are not limited to, Soldiers (active, National Guard and Reserve), retirees, veterans (non-retired), family members and civilian employees.

During the quarters in which there is no AFAP conference, issue-submission month is conducted for Community FIRST.

Issues that are garrison specific are addressed and resolved at the local level.

Issues that are voted on for submission beyond the installation are turned over to the AFAP program manager for processing to the installation commander.

Issues that cannot be resolved locally throughout the year will enter the annual installation AFAP conference for consideration. Issues that meet the criteria for submission to a mid-level conference are forwarded to the region's AFAP manager for submission to the appropriate command AFAP conference.

The installation AFAP program manager works with CMS to review and process issues that surface throughout the year as part of the Community FIRST/AFAP process.

Working with community agencies, CMS collects issues, concerns and comments from the community during the first month of each quarter and from constituent-

pure focus groups.

Each issue is reviewed and categorized as an ICE comment, a Community FIRST issue or an AFAP issue. CMS manages all issues that are within the purview of garrison leadership to resolve, while the AFAP program manager manages the development and tracking of issues that require higher headquarters resolution.

This method allows for the submission of issues year round instead of once a year, enabling the installation to work 10 times as many issues.

Issues are currently collected for the installation's annual AFAP conference, which is scheduled for March 4-5.

Collection boxes, marked with the Community FIRST/AFAP logo, will be placed in various locations across the installation, including the commissary, Main Post Exchange, MG Robert B. Solomon Center, Thomas Lee Hall Library and Century Lanes Bowling Center.

Issue forms are also available at Army Community Service, Room 120, and at the AFAP office, Room 223, both located in the Strom Thurmond Building; and in the Customer Management Services office located at 3499 Daniel St.

An electronic issue form is available online and can be accessed from the Fort Jack-

son Web site by clicking on the link to Customer Management Services.

All community members are encouraged to participate in the issue-resolution process by submitting issues through one of these methods.

For more information, call 751-3425 or 751-6315.

A complete list of Community FIRST issues, including those that have been forwarded through AFAP channels, can be found at <http://www.jackson.army.mil/Well-Being/wellbeing.htm>.

New issues may be submitted on the site as well by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo. Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

ICE APPRECIATION

The garrison congratulates the Directorate of Logistics, specifically the maintenance division, non-tactical support section; and the supply and services division of the 2nd Battalion, 13th Infantry Regiment dining facility. They have achieved a 5.0 and a 4.36 percent rating, respectively, in employee/staff attitude out of a possible 5.0 for a 12-week period.

Situational Awareness Leads To A Safer Training Environment.

Pre-mission planning, controls for diminished conditions, and attention to detail are essential for successful mission accomplishment.

FEATURE

Civilian leaders learn teamwork, Army style

Susanne Kappler
Leader Staff

More than 50 members of the Leadership Columbia program visited Fort Jackson Jan. 13 to learn about how the Army trains Soldiers and develops leaders.

Leadership Columbia is a program sponsored by the Greater Columbia Chamber of Commerce that aims to enhance young leaders' understanding of the community.

The visitors participated in a classroom training session before hearing from Lt. Gen. Benjamin Freakley, commander of the U.S. Army Accessions Command, about the recruiting challenges facing today's Army.

Discussing medical and educational challenges of today's youth, he called upon the leaders to raise a generation that is eligible to join the military.

"We have a growing gap between those who have served and those who have not served," Freakley said. "It is your job to raise the talent to give us an Army."

The guests then had the opportunity to experience Army training by visiting the Engagement Skills Trainer and the Team Development Course, where they partici-

pated in team-building challenges.

"The experience was phenomenal. I learned a lot," said Eric Gluse, who works for a bank. "Everyone here is a leader and I've learned a lot from them, most of all working as a team. I really got that instilled in me since I've been here."

Col. Kevin Shwedo, Fort Jackson deputy commanding officer, said one of the things the group learned was the importance of leadership by example.

"Society and a lot of corporate people direct and manage as opposed to lead by example," he said. "(Young people) follow an individual whom they respect; and they respect those individuals who are willing to roll up their sleeves and participate and lead from the front. And I think that's what they're learning today."

Kelly Davis, whose father is retired from the Army, said that although she had been to Fort Jackson before, she appreciated being able to look behind the scenes.

"Obviously, the Army is such a prime example of leadership," she said. "Just to get a small taste of what our Soldiers go through to develop their skills is really just a unique experience a lot of people don't get."

Susanne.Kappler1@us.army.mil



Susan McCants and Carlton Boyd navigate a barrel across a plank under the watchful eyes of Staff Sgt. Michael Williams, Drill Sergeant School.



Photos by Susanne Kappler

Kim Inman and Carlton Boyd attempt to rebuild a bridge at the Team Development Course Jan. 13. The objective was to move every member of the group and a barrel to the other side of a destroyed bridge using limited supplies.

FEATURE

Canine battle buddies take bite out of crime

Ashley Henry

Public Affairs Intern

Sit, stay and fetch are often the first commands a dog learns; for the Fort Jackson military working dogs and the specialized search dogs these commands are “puppies’ play.”

For Guera, Gurda, Gury and Blecky, four of the eight working dogs at Fort Jackson, sniffing out explosives and narcotics is just another day at the office.

Fort Jackson’s K-9 Unit’s primary responsibility is public safety, according to Sgt. 1st Class Curtis Thomas, military working dog section kennel master. The unit also supports off-post facilities and K-9 demonstrations in the community.

Gury’s job here is health and welfare along with random anti-terrorism measure checks at the gate, explained his handler Spc. Michael West.

“We go to the gate at random times on random days and help with the checks,” West said. “We just check to make sure no one is bringing any narcotics or anything they are not supposed to onto the base.”

To hone their skills the handlers and their dogs train daily. Training typically includes a stop at the obedience course, searching for planted explosives and narcotics in a building and practice clearing roadways.

Spc. Adam Burns, Blecky’s handler, said the daily training helps the handlers work on any problems they encounter with their dog.

“When I first got here, Blecky didn’t really know how to search in high areas,” he said, “so we would plant a higher aide to get his nose up because he likes to keep his nose down from searching for IEDs (improvised explosive devices) and clearing roadways. It teaches them a pattern.”

Blecky, who is a SSD, is trained to work off-leash.

“We work entirely off-leash to accomplish missions faster,” Burns said. “We’re trained to go down range and find IEDs in a quicker time than it would take a military working dog.”

With tasks such as searching for explosives, handlers have to be able to put a certain level of trust in their dog.

“It’s a lot of trust and leaps of faith,” West said, “More so when you first start working with them and when you start training for different tasks.”

According to Thomas, working dogs are considered to be equipment by the Army, but for him these dogs are far more than that.

“These are partners,” he said. “They



Photo by Ashley Henry

Gury, one of eight military working dogs at Fort Jackson, attacks Spc. Adam Burns as part of an exercise to practice attack work. The dogs are trained to attack suspects who attempt to flee from military police officers.

are better partners than me taking one of the guys out and being a partner.”

A military working dog belongs to the post where it works and will not go with his or her handler if there is a Permanent Change of Station move. However, SSD handlers receive their dog when they arrive at training at Lackland Air Force Base, Texas, where all DoD K-9 training is done, and stay with that dog until either the dog retires or the handler leaves the Army.

Because of the close relationship established between the handler and the dog through training and working with him or her daily, the loss of a dog is hard on the whole unit.

“The longer you do this, the harder it is (to deal with a death),” Thomas said. “It doesn’t even have to be my dog. It’s just hard because I know what the handlers are going through (when they lose a dog), I’m getting goose-bumps right now, just from thinking about it.”

Ashley.Rose.Henry@conus.army.mil

Photo by Sgt. Tyler Corstange

Gury, a military working dog, goes through the tunnel at the K-9 Unit’s obedience course. Most of the dogs run this course as part of their daily training.



ARMY NEWS

Obama vows not to waver in America's defense

Jim Garamone

American Forces Press Service

WASHINGTON — President Barack Obama pledged a “prudent use” of military power as the nation works toward “ushering in a new era of peace” in his inaugural address to the nation Tuesday.

“Our security emanates from the justness of our cause, the force of our example, the tempering qualities of humility and restraint,” he said from the west side of the Capitol after taking the oath of office as the 44th president. An estimated 2 million people crowded the National Mall and surrounding area to hear his address.

The use of these principles will allow America to develop greater understanding of other nations and greater cooperation against common threats from them, he said.

“We will begin to responsibly leave Iraq to its people, and forge a hard-earned peace in Afghanistan,” Obama said. “With old friends and former foes, we’ll work tirelessly to lessen the nuclear threat, and roll back the specter of a warming planet.”

Obama said Americans will not apologize for their way of life, nor waver in its defense.

“And for those who seek to advance their aims by inducing terror and slaughtering innocents, we say to you now that our spirit is stronger and cannot be broken; you cannot outlast us, and we will defeat you,” he said.

America is a country of doers and risk-takers; it is an immigrant country where each generation worked hard to provide for the next, he said.

“For us, they packed up their few worldly possessions and traveled across oceans in search of a new life,” Obama said. “For us, they toiled in sweatshops and settled the West, endured the lash of the whip and plowed the hard earth.

“For us, they fought and died in places like Concord and Gettysburg, Normandy and Khe Sahn,” he continued. “Time and again, these men and women struggled and sacrificed and worked till their hands were raw so that we might live a better life. They saw America as bigger than the sum of our individual ambitions, greater than all the differences of birth or wealth or faction.”

Americans today must continue this journey, he said. It is time for hard decisions and a time of change.

“Our time of standing pat, of protecting narrow interests and putting off unpleasant decisions, that time has surely passed,” he said.

“Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America.”

Obama rejected the idea that the nation has to choose between its safety and its ideals.

“Our Founding Fathers — faced with perils that we can scarcely imagine —

“And for those who seek to advance their aims by inducing terror and slaughtering innocents, we say to you now that our spirit cannot be broken ...”

President Obama



Photo by U.S. Navy Petty Officer 1st Class Chad J. McNeeley

President Barack Obama waves to the crowd at the conclusion of his inaugural address, Tuesday. The 44th president of the United States assumed his duties as commander in chief and vowed not to waver in defending America.

drafted a charter to assure the rule of law and the rights of man, a charter expanded by the blood of generations. Those ideals still light the world, and we will not give them up for expedience’s sake.”

In the United States, all languages are spoken, all religions are practiced, and all good people are welcomed, he said.

“And because we have tasted the bitter swill of civil war and segregation and emerged from that dark chapter stronger and more united, we cannot help but believe that the old hatreds shall someday pass; that the lines of tribe shall soon dissolve; that as the world grows smaller, our common humanity shall reveal itself and that America must play its role in ushering in a new era of peace,” he said.

Obama reached out to the nations of the world in his speech. He told them that America “is a friend of each nation, and every man, woman and child who seeks a future of peace and dignity, and that we are ready to lead once more.”

He also spoke to the Muslim world, saying America seeks a new way forward, based on mutual interest and respect.

“As we consider the road that unfolds before us, we remember with humble gratitude those brave Americans who, at this very hour, patrol far-off deserts and distant mountains,” the president said. “They have something to tell us, just as the fallen heroes

who lie in Arlington (National Cemetery) whisper through the ages. We honor them not only because they are guardians of our liberty, but because they embody the spirit of service; a willingness to find meaning in something greater than themselves.”

He called on all Americans to shoulder that burden of service. He said it is the faith and determination of the American people upon which this nation relies.

“Greatness is never a given. It must be earned,” he said. “Our journey has never been one of shortcuts or settling for less. It has not been the path for the faint-hearted — for those who prefer leisure over work, or seek only the pleasures of riches and fame.”

The faith and determination of Americans can serve the nation well in a time rife with challenges, he said.

“Our nation is at war against a far-reaching network of violence and hatred,” the president said. “Our economy is badly weakened, a consequence of greed and irresponsibility on the part of some, but also our collective failure to make hard choices and prepare the nation for a new age.”

Americans have lost their homes, their jobs, their businesses, and health care is too costly, he said. Schools are failing too many, and the American energy policy plays into the hands of the nation’s enemies.

“These are the indicators of crisis, subject to data and statistics,” he said. These are disturbing, but more disturbing is a sapping of confidence and the fear that with this decline the next generation must lower its sights, he said. “Today I say to you that the

challenges we face are real,” the president said. “They are serious, and they are many. They will not be met easily or in a short span of time. But know this, America: They will be met.”

While the challenges of this age are new, the values which have seen the country through in the past will best serve the nation, Obama said.

“Honesty and hard work, courage and fair play, tolerance and curiosity, loyalty and patriotism — these things are old, but these things are true,” he said.

America must return to these truths, he said. “What is required of us now is a new era of responsibility — a recognition on the part of every American that we have duties to ourselves, our nation and the world, duties that we do not grudgingly accept but rather seize gladly, firm in the knowledge that there is nothing so satisfying to the spirit, so defining of our character, than giving our all to a difficult task,” Obama said.

“This is the price and the promise of citizenship,” he said. “This is the source of our confidence, the knowledge that God calls on us to shape an uncertain destiny.”

If Americans seize this responsibility, then the challenges will be surmounted, he said.

“Let it be said by our children’s children that when we were tested we refused to let this journey end, that we did not turn back nor did we falter; and with eyes fixed on the horizon and God’s grace upon us, we carried forth that great gift of freedom and delivered it safely to future generations,” Obama said.

YEAR OF THE NCO



The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army”. I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

NCO spotlight on ...

Rank, name

Staff Sgt. Jeffrey Martinez

Unit

Company B, Victory Support Battalion

Job title / Military Occupational Specialty

Combatives Instructor, 11B Infantry

Years in service

Eight and half years

Marital status

Married with two children

Highest education

Some college

Hobbies

“I ride motorcycles, shoot guns.”

• • •

In his more than eight years in the Army, Staff Sgt. Jeffrey Martinez has been deployed to Afghanistan twice.

Before coming to Fort Jackson, Martinez was stationed at Hunter Army Airfield, Ga. and Fort Drum, N.Y.

Martinez credits his noncommissioned officers as role models.

“When I first joined the Army I had a lot of really good NCOs around me and I just always tried to emulate their example throughout my career,” he said.

His advice to junior enlisted Soldiers is to work hard, pay attention and always do the best they can do.

“Just because it’s the standard doesn’t mean it’s the best you can do,” he said.

We salute you!

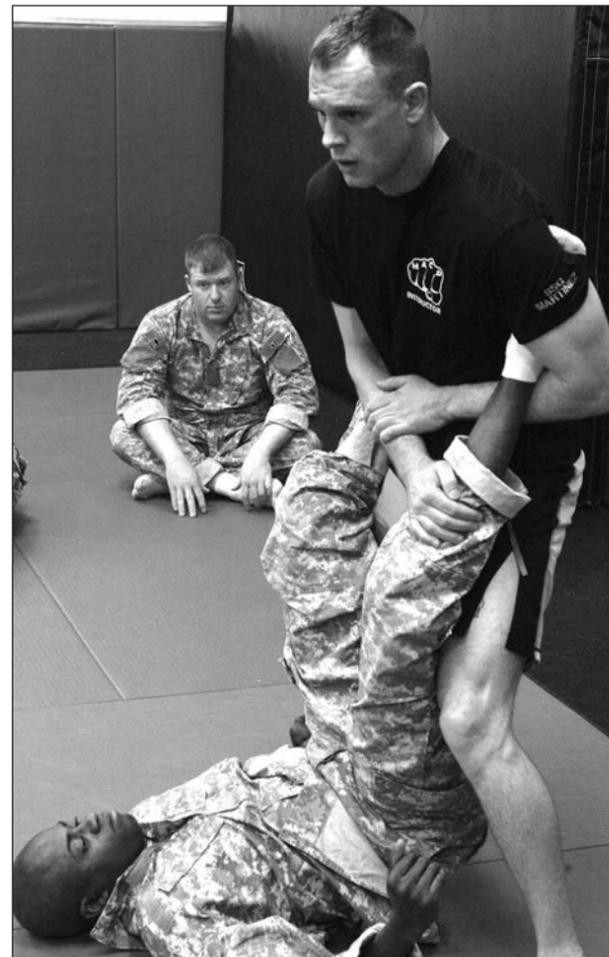


Photo by Daniel Terrill

Staff Sgt. Jeffrey Martinez, Victory Support Battalion, demonstrates a grappling technique on a student during an advanced combatives class Jan. 14.

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 black kitten need homes. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

TSC — above and beyond



Courtesy Photo

The Training Support Center personnel are recognized for excellence by Lt. Col. Richard Smarr, Victory Support Battalion commander, left, and Command Sgt. Maj. William Huffin Jr., battalion command sergeant major. The device shop team produced more than 80 modular panels for constructing structures at Camden Mounted Combat Patrol Live Fire Range during Block Leave.

for 9-11:30 a.m., Feb. 4 at the Post Conference Room.

Levy Briefing

A Levy Briefing is set for 2:30-3:30 p.m., Feb. 4 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.Botema@conus.army.mil.

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.

Announcements

New Safety Center Web Site

The U.S. Army Combat Readiness/Safety Center has launched a new Web site, which can be found at <https://safety.army.mil>.

Financial Planning Help

Army Community Service has three certified financial planners available from 8 a.m. to 5 p.m., Monday through Friday to help Soldiers, retirees and family members with free and confidential advice. To make an appointment, call 751-5256.

Early Hours for Car Care Center

The Fort Jackson Car Care Center will open at 7 a.m., instead of 8 a.m., beginning Feb. 2 for a 120-day trial period to help customers.

FMWR Key Fobs

Family and Morale, Welfare and

Recreation is offering key fobs for patrons of FMWR exercise facilities for easier access.

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

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

COMMUNITY HIGHLIGHTS

Helping Hands honored



Photo by Daniel Terrill

Soldiers, DA civilians and family members were awarded the first quarter Helping Hands award Wednesday in a ceremony in the Post Conference Room. The community member volunteers were recognized by Brig. Gen. Bradley W. May, Fort Jackson commanding general, for their contributions to various on-post organizations.

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.

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>.

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>.

Motorcycle Safety Training

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

The BRC is a two-day course offered weekly. The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend.

Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

Military OneSource

The Military OneSource call center is open 24 hours a day, seven days a week for military personnel and family members. Call (800) 342-9647 or visit www.militaryOneSource.com.

\$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.

Individual Resume Class

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

Landscaping and Refuse Collection

Housing residents are reminded of the weekly landscaping schedule:

- Monday — Pierce Terrace 1 and 2.
- Tuesday — Pierce Terrace 3 and 4;
- Wednesday — Pierce Terrace 5 and 6.
- Thursday — Howie Village and Pershing area.
- Friday — Pierce Terrace 7 and rain day make-up.

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

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

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

- Monday — Pierce Terrace 1,2,3 and 6.
 - Tuesday — Pierce Terrace 4,5,7 and Howie Village.
 - Wednesday — recyclables and yard debris;
 - Thursday — bulk trash.
- For more information, call 787-6416.

ChildFind Early Childhood Screenings

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

Can't get your Leader this week?
Subscribe!

Readers can subscribe to the Leader for \$25 a year, which pays for third class postage. To subscribe, mail the payment and the mailing address to:

Camden Media Company
ATTN: Leader Circulation
P.O. Box 1137
Camden, South Carolina 29020

This Week

ROCKS Meeting

The Fort Jackson Chapter of the ROCKS Inc. will hold its monthly meeting at 5:30 p.m., today, 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., Friday 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., Tuesday at 5616 Hood Street, Room 10. For more 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, Wednesday at the Strom Thurmond Building, Room 223. For more information call 751-5452.

Upcoming

vFRG, Spouse Battlemind Training

A virtual Family Readiness Group and Spouse Battlemind Training class is set from 2-3:30 p.m., Jan. 29 at Dozier Hall. For more information or to register, call 751-5256/6325.

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.

Play Group

A Play Group will meet 10-11:45 a.m., Feb. 2 at 5616 Hood Street. For more information call 751-4862

Reclamation Sale

A reclamation sale for Soldiers is scheduled from 8 a.m. to 5 p.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, 3-5 p.m. — Installation senior leadership only.

Managing Emotions

A Managing Emotions Under Stress class is set from 9:30 a.m. to 4:30 p.m., Feb. 3 at 5616 Hood Street, Room 10. For more information or to register, call 751-5256/6325.

Employment Readiness Program Orientation class

An Employment Readiness Program Orientation is set from 8:30 a.m. to noon, Feb. 4 at the Strom Thurmond Building, Room 223. Those seeking employment are encouraged to attend. Topics include job search tips, benefits of using employment agencies, the South Carolina Commission office and more. For more information, call 751-5452.

Newcomer's Orientation Brief

A Newcomer's Orientation Brief is set

COMMUNITY HIGHLIGHTS

Recurring Meetings

Weekly

Walking Away Stress meets at 3:30 p.m., Mondays, Wednesdays 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 10-11:45 a.m., Mondays and Wednesdays at Hood Street Elementary School. For more information, call 751-6325.

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

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

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

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

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

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

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

Monthly

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

Weight Loss Surgery Support Group meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel St., 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 at 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.

National Federation of Federal Employees meets noon, the second Tuesday of the month at 4405 Forney St., first floor. For information, call 751-2622 or e-mail nffe@conus.army.mil.

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 St. For more information, call 312-4895.

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

day 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 Ave. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruder's Club. For information, e-mail sec@ffvictoryriders.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 Jaclynnne.Smith@amedd.army.mil.

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

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

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

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

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

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

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

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

ACS financial planners offer free, confidential advice

Madelyn Mercado
Army Community Service

Army Community Service now has certified financial planners available to provide financial advice to the Fort Jackson military community.

What does financial planning mean and how does this apply to those who may not have money to manage?

Financial planning is the process of meeting life goals through the proper management of finances. Life goals can include buying a home, saving for a child's education or planning for retirement.

Financial planning provides direction and meaning to financial decisions. It allows people to understand how each financial decision affects other areas of their finances.

View each financial decision as part of a whole. Its short- and long-term effects on life goals should be considered.

The process involves gathering relevant financial infor-

mation, setting life goals, examining one's current financial status, and coming up with a strategy or plan for how to meet those goals given the current situation and future plans.

A financial planner is someone who uses the financial planning process to help people figure out how to meet life goals. The planner can take a big-picture view of the financial situation and make financial planning recommendations that are right for the client.

A financial planner can look at all of the customer's needs, including budgeting and saving, taxes, investments, insurance and retirement planning or may work with the client on a single financial issue but within the context of the overall situation.

Consider making an appointment to meet with an ACS professional financial planner if:

— You know that you need to improve your current fi-

nancial situation but do not know where to start.

— You need expertise you do not possess in certain areas of your finances. For example, a planner can help you evaluate the level of risk in your investment portfolio or adjust your retirement plan in accordance with changing family circumstances.

— You want to get a professional opinion about the financial plan you developed for yourself.

— You do not feel you have the time to spare to do your own financial planning.

— You have an immediate need or unexpected life event such as a birth, inheritance or major illness.

— You feel that a professional adviser could help you improve your current financial situation.

ACS offers free and confidential financial planning .

For more information or to schedule an appointment, call 751-5256 or e-mail Madelyn.Mercado@us.army.mil.

Send in the clowns



Photo by Julia Simpkins

Cherie Gregg, a clown for Ringling Brothers and Barnum and Bailey Circus, shows Tasleem Hussein-Jordan, 7, how to balance peacock feathers on his nose during a visit to the Child and Youth Services Center Friday.



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.

Magraders 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 **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders 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.

Take a trip back in time at the **Roaring '20s party**, starting 6:30 p.m. at the Officers' Club. To make a reservation, call 782-8761.

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.

The **Officers' Club** is closed because of catered events.

Sunday

Come to **brunch** from 11 a.m. to 2

p.m. at the Officers' Club. This Sunday, brunch is free for members whose wedding anniversary is in January.

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 Magraders Pub.

Enter the **bridge tournament** at the Officers' Club. Games are played from 9 a.m. to 3 p.m. The \$10 entry fee includes prizes, refreshments and snacks. The highest scores win.

Wednesday

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

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

Ongoing Offers

- 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. Applications are required and are due by Jan. 30. Call 751-6234/1293 for more information.

- 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.

HEALTH

Giving the gift of fitness is a year-round commitment

COMMENTARY

Maj. Thomas Hundley

Moncrief Army Community Hospital

Remember back in the day when the most popular Christmas gifts were the Rock 'Em Sock 'Em Robots, Sit 'n Spin, a Big Wheel racer, and my favorite, the Bop Bag that you could punch, and it would return so you could hit it again? I loved that thing.

Today, our kids are demanding iPods, Xbox game systems and laptop computers. These electronics are fun, exciting and guaranteed to capture your child's attention for hours. But the problem is, these games are also encouraging our kids to develop sedentary lifestyles.

Youth obesity is quickly becoming a national crisis. Currently, more than 30



Maj. Thomas Hundley

Our lifestyles become their lifestyles, and our behavior become their behavior.

As we begin 2009, I encourage you to give yourself and your child the gift of fitness. Here are a few gift recommendations that may improve your family's overall health.

A new lunch box

This is where parents can make a dif-

percent of children are overweight or obese. What's more alarming is that this same group of children is diagnosed with Type-2 Diabetes; and 25 percent have signs of heart disease.

Parents hold the power to change this preventable outcome.

ference. Don't allow the school cafeteria to determine your child's caloric intake. Instead, pack your child's lunch every day when you pack yours.

You can shave several hundred calories per day by reducing or eliminating the consumption of sodas and sugary drinks. You can also provide healthier snacks, such as fruits and vegetables.

Finally, limit the number of fast food visits you make each week. There are many quick homemade meals that will save you calories and a ton of money.

A new pair of running shoes

There is nothing more rewarding and beneficial than a family activity. Take your child on a daily exercise outing. I personally like jogging and bike riding with my children. You will be amazed at the calories you burn by playing laser tag with water guns.

The objective is to get creative with your family activity. This will not only help everyone burn calories, but will also increase the bond and relationship with your children.

A new "we fit" game

This game is not a Nintendo product, but it is a game that leads to productivity. This is your opportunity to challenge your children to become more fit.

I recommend offering incentives for the person who loses the most pounds or inches. You can also reward the one who sticks with the fitness program the longest. We can all get fit if we all get involved.

As we begin to practice healthier living, our children are more likely to model our behavior. By doing so, we can feel confident and proud that we gave our children the gift of fitness.

MACH scores high in HEDIS

Tim Coffey, ANP

Moncrief Army Community Hospital

It is hard to improve quality health care if it is not measured. The Healthcare Effectiveness and Data Information Set, or HEDIS, is the gold standard in health-care performance measurement and used by more than 90 percent of the nation's health-care organizations.

The focus is on preventive health issues, such as cervical cancer, breast cancer or colon cancer screening, diabetes and asthma.

Moncrief Army Community Hospital's HEDIS rates continue to improve, which reflects on the quality of health care patients receive. MACH's numbers improved in all measurements of health care, especially in the areas of colon cancer, breast cancer and chlamydia screening.

Compared to all other national health-care plans, including other military health-care facilities, MACH ranks in the top 5 percent of all hospitals nationwide when benchmarked for these measures.

Why is this important? This means that patients are less likely to become ill or die from these diseases, thus saving lives and medical costs.

MACH's HEDIS scores are the foundation of providing quality health care to its beneficiaries.

If you have not seen your health-care provider in a while, call and make an appointment so that MACH can keep the health in your health care.

News at MACH

A welcome-home ceremony is scheduled for 2 p.m., Friday at the third floor entrance to Moncrief Army Community Hospital.

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 MACH.

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

TRICARE Prime

Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment around the clock at www.tricareonline.com or

www.moncrief.amedd.army.mil. For more information, call 751-2752.

Online Formulary

The MACH pharmacy has provided an online formulary, which can be viewed at <http://www.pharmacy-onesource.com/fos/default.asp?L=69557&g=1>. This formulary can be printed out and taken to the doctor to make sure that MACH carries a specific medication.

Medical Records

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

Pharmacy Refills

Refill prescriptions online at www.moncrief.amedd.army.mil. Look for "Pharmacy Refills Online" on the right side of the Web page. The Post Exchange Refill Pharmacy is the only site to pick up refills called in or ordered online. MEDDAC requires an authorization form to be completed and signed before a spouse, family member or friend can pick up someone else's prescriptions.

MEDPROS Training

MEDPROS training is set for 1-4 p.m. on the third Friday of every month, at MACH, Room 9-83 (computer lab). For more information and to register, e-mail Jaclynne.Smith@amedd.army.mil.

CHALKBOARD

Practical career options offered

Ruth Russell
Army School Liaison

A journey of 1,000 miles begins with a single step, but what if you don't know which direction to take?

Students today face a dilemma when choosing a career path. The world is changing rapidly. Professions exist today that did not exist less than a generation ago. Without knowing the range of possibilities, students may limit their options.

This is why schools now attempt to help students in their explorations of the wide range of career choices available in today's world. Sixteen career clusters, representing opportunities for the 21st century economy, have been identified by the U.S. Department of Education Office of Vocational and Adult Education.

The career clusters, which have common characteristics, include Agriculture, finance and public safety.

Guidance or career counselors conduct student interest surveys that align with the career clusters. Students identify clusters of careers that best suit their interests and personalities. Once a student has identified his cluster interests, making career choices becomes easier.

According to the South Carolina Department of Education, "When students receive career information at an early age, school involvement and school performance improve. Students increase their social and interpersonal skills. Students' confidence, competence and motivation increase, and this leads to academic success."

For more information about career clusters, visit www.careerclusters.org or talk to your school or district career counselor.

Fort Jackson Schools

Schools closed for **Presidents' Day** Feb. 16.

Interim Report cards issued to grades two through six, Feb. 18.

Richland District One

A **School Board Meeting** is scheduled for 7 p.m., Tuesday at E.E. Taylor Elementary School. Parents are welcome.

Delayed start Wednesday for high schools.

A **School Board Meeting** is scheduled for 7 p.m., Feb. 10 at the District Office. Parents are welcome.

Interim report cards issued to elementary and middle-school students, Feb. 11.

Student holiday and teacher in-service day, Feb. 16.

Richland District Two

A **School Board Meeting** is scheduled for 7 p.m., Tuesday at Forest Lake Elementary School. Parents are welcome.

Report cards issued, Jan. 20-23.

Expanded choice and magnet applications will be accepted until Jan. 30. All applications are due 5 p.m. For more information, visit www.richland2.org.

Early dismissal for elementary school students, Feb. 4.

Interim report cards issued for middle and high-school students, Feb. 9-13.

A **School Board Meeting** is scheduled for 7 p.m., Feb. 10 at Dent Middle School. Parents are welcome.

Schools closed for **Presidents' Day** Feb. 16.

Fort Jackson Homeschoolers

A **get-together** for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

SKIES

SAT Prep classes begin Jan. 31.

Register at CYSS Central Enrollment Office. For more information, call 751-6777.

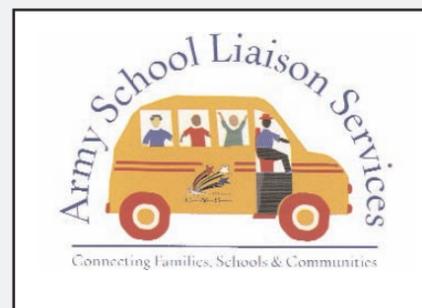
College

ETV will broadcast a live call-in program, "How to Pay for College," 5-7 p.m., Sunday for students and parents. The program will be repeated at 10:30 a.m., Jan. 29 and Feb. 2 and 9 on Channel 1 and at 4:30 p.m., Feb. 15 on ETV open circuit.

The South Carolina Commission on Higher Education has launched a **college information hotline** for students and families. For up-to-date college information, call (877) 349-7183, 5:30-8:30 p.m., Tuesdays-Thursdays.

Announcements

Partnerships in Education is sponsoring a movie contest for middle- and high-school students titled "Real Life at My School." The purpose is to introduce



new students from military families to area schools. Details and applications are available in the Child, Youth and School Services Central Enrollment Office or online at http://fortjacksonmwr.com/school_liaison. Submissions are due Feb. 3.

Partnerships in Education is revising the **local action plan**, which serves as a guide for schools in helping new students. Parents of middle and high-school students who want to provide input may do so Feb. 17 at the Officers' Club. Parents of students of all grades may provide input March 24 at the Officers' Club. For more information, call 751-6150.

Adopt-a-School is a program that encourages Soldiers to volunteer in local schools. Units or individual Soldiers may complete volunteer activities at schools on a one-time or a regular basis, with supervisor approval for use of mission time. High performing units will earn awards quarterly. For more information, e-mail Ruth.C.Russell@us.army.mil or Keisha.MccoyWilson@us.army.mil.

Expanded choice application deadline nears

Ruth Russell
Army School Liaison

Richland District Two schools are accepting applications for expanded choice and magnet programs. Richland Two provides access to a variety of specialized educational programs, called magnet programs. Parents also have the option of applying for expanded choice, which allows a child to attend any school within the district, regardless of zoning.

The district offers 26 different magnet programs from elementary through high school. This year, four new magnets have been added to make Richland Two a state leader in school choice. New programs include e-FIT, or Environmental Fitness Academy, at Rice Creek Elementary School, Killian, Leadership Talent Development at Killian Elementary School, Science Technology Engineering and Mathematics School at North Springs Elementary School, and the School for Zoological and Botanical Studies at Longleaf Middle School.

To find out more about these and other magnets as well as expanded choice, attend the meetings held around the district or

view the videos about the programs and schools on the district Web site.

Applications for the next school year can be submitted online until 5 p.m., Jan. 30. Space is limited and submitting an application does not guarantee acceptance. Some magnet programs may require interviews or work samples for admission.

Parents of any student attending a program in a school other than the residentially assigned school will be required to provide transportation. Students currently in grade five on post are also eligible to apply for magnet programs for sixth grade.

Students living on post who are currently in grades six and higher are eligible to apply for magnet programs as well as expanded choice.

Late applications will not be considered. Soldiers who arrive at Fort Jackson after the application deadline may apply through the planning office on a space-available basis until the start of school.

For information and applications, visit www.richland2.org and click on school choice or call 751-6150.

FIRST RESPONDER



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

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

Lt. Col. Ronald F. Taylor

Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.

Provost Sergeant Major

Billy Forrester

Fire Chief

Cases of the Week

A Soldier was charged with simple possession of an illegal substance after a traffic stop at Gate 2, recently. The man caught the attention of the security guards because of his slow movements and tired expression, military police said.

A civilian has been barred from post for one year after being arrested in connection

with a theft at the Main Post Exchange. MPs said the man left the store without paying for an Xbox 360 game.

A television was stolen from Kennedy Hall Dec. 24, MPs said. The investigation is ongoing.

Provost Marshal's Tip of the Week

There are numerous crosswalks across Ft Jackson. If you observe a pedestrian at a crosswalk, you are required by law to stop and let the person cross the street. Failure to yield the right of way to a pedestrian in a crosswalk could result in a \$60 fine.

A crosswalk is defined as any portion of a roadway at an intersection or elsewhere distinctly indicated for pedestrians crossing by lines or other markings on the surface. Pedestrians should only cross a roadway at a designated crosswalk.

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

**FORCE PROTECTION
THOUGHT OF THE WEEK**

CONTINUED VIGILANCE IS REQUIRED



Please contact the MP Desk to report any suspicious at 751-3113/3114

SPORTS/FITNESS

2-13 opens season with victory

Daniel Terrill
Leader Staff

A new addition helped the 2nd Battalion, 13th Infantry Regiment start the basketball season with an 11-point victory, 48-37, over rival 3rd Battalion, 13th Infantry Regiment Jan. 14 at Coleman Gym.

In his first game for 2-13, player-coach Elfonzo Reed faced his old teammates and friends of two years for bragging rights.

Playing friends is difficult enough, but playing a perennial playoff contender is challenging with the added pressure of the rivalry, Reed said.

However, Reed's familiarity with his opponent helped 2-13.

"I knew the players who were going to be tough and actually play us tough," Reed said. "We called out their top scorers so we double-teamed and triple-teamed them."

The game plan worked and 2-13 got a big enough lead for some of the starters to sit out the second half.

Excluding Reed, 2-13 mostly fields veteran players who have played together for some time, giving the team a chance to make up for a mediocre season last year, said Bryan Davis, 2-13 guard.

Reed is confident he can make a difference.



Photo by Daniel Terrill

Doremus Thomas, 3rd Battalion, 13th Infantry Regiment, right, controls the tip over Decory Williams to start the game against 2nd Battalion, 13th Infantry Regiment Jan. 14 at Coleman Gym.

At 34, he is nine years older than his oldest teammate, which helps him take on a leadership role.

"The young guys, they listen," he said.

"They actually want to learn and get better."

Daniel.Terrill@us.army.mil

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., today. 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 take proof of 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.

Hoops night for WTU Soldiers, families



Courtesy Photo

Soldiers from the Warriors in Transition Unit and their families are on the basketball court before the Charlotte Bobcats' game against the New York Knicks Dec. 30. The Soldier and Families Assistance Center sponsored the trip.

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

CHAPEL

Self-inventory serves as a good starting point

Chaplain (Maj.) Carol Highsmith
120th Adjutant General Battalion (Reception)

Promises, promises, promises — we all make them, but do we all keep them? This is especially true in January, when we boldly declare our resolutions for the New Year.

Did you make a resolution? If so, how are you doing? Experts say that if we choose to live out a conviction (e.g., drink more water, get more exercise, read more books) for 30 days, there is a very good chance we will be able to incorporate our new commitment on a perma-

nent basis. I suppose that's why so many fitness centers offer the "first 30 days" for free.

Unfortunately, I have not had a very good track record in regard to New Year's resolutions. One year, I promised that I would abstain from eating chocolate — boy, was that resolution short-lived. There was another year when I promised that I would read more books — from beginning to end and not stop in the middle when I came across another book that "looked more interesting."

Because of these experiences, I have decided not to make promises that I can't keep. Therefore, I am very

hesitant to make a New Year's resolution. Instead of making resolutions, I take an inventory of myself. It's pretty simple really, but very telling of how I am living. I ask myself questions like: "Do I greet my neighbors with a friendly wave or do I barely acknowledge their presence? Do I try to be warm and cheerful or does my demeanor drive others away? Do I encourage others with empathy, or do I miss opportunities to touch someone else's life?"

I don't know about you, but for me these types of questions help keep me on the "straight and narrow." And that's a pretty good path to travel.



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