

Pool reopens after vast renovations

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FMWR heroes save the day

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The Fort Jackson
Leader



Thursday, December 2, 2010

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High honors

Post honors families of the year

By KRIS GONZALEZ
Fort Jackson Leader

When Tiffany Moss and her family moved to Fort Jackson in October 2008, Moss had a difficult time adjusting.

Although her husband, Staff Sgt. Shawn Moss, a drill sergeant for Company B, 3rd Battalion, 13th Infantry Regiment, wouldn't deploy, Tiffany Moss knew he would have to work long and erratic hours, leaving the mother of five to take care of their brood often

on her own.

She became depressed and searched for emotional support from other wives who might understand, but was disappointed to find there were no support groups for drill sergeants' spouses at Fort Jackson.

"There were some wonderful clubs going on, but nothing specifically for drill sergeant spouses," Tiffany Moss recalled.

So she began to host dinners at her house for drill sergeants' wives. Eventually those wives brought friends and the guest lists grew

longer, to include wives of all ranks. Tiffany Moss soon realized that her dinners were becoming too big for her house.

She contacted the Installation Chaplain's Office, which allowed her to use one of its facilities and helped provide child care. In February 2009, she launched the first meeting of the At E.A.S.E. group — Attending to Every Army Spouse Exclusively.

The spouses met, and continue to meet,

See **MILANO:** Page 12

Not just horsing around



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Staff Sgt. Retha Anderson, left, and Sgt. Tamar Simms, both with the Warrior Transition Unit, practice leading a horse around an area at a local farm while participating in the Turning Point Growth & Learning Center's Heroes & Horses equine assisted psychotherapy program. For more on the program, see Page 3.

Giunta epitomizes the Warrior Ethos

A couple of weeks ago, important military history was being made, and I want to ensure none of you missed it.

Staff Sgt. Salvatore Giunta received the Medal of Honor from President Barack Obama. He became the first living recipient to receive the nation's highest military award since the war in Vietnam ended more than 35 years ago. Giunta distinguished himself in Afghanistan by braving heavy enemy fire, and risking his life to save his fellow Soldiers during an ambush.

His actions were above and beyond the call of duty.

Again, the presentation marks the first time in nearly four decades that the nation's highest award for valor was given to a living service member. I cannot overstress how gratifying it is to see this great American Soldier receive his just due. In its 150 years of its existence, the Medal of Honor has been awarded sparingly, more recently so than originally, and only to the bravest military members whose courage has been well-documented. The recommendation process itself can take longer than 18 months, with the recommendation undergoing intensive, rigorous scrutiny.

The final decision authority resides with the president as he is the commander in chief of America's armed forces. Because of the Medal of Honor's strict standards, there have been many brave Americans who have exhibited extraordinary valor but their actions fell short

**MAJ. GEN.
JAMES M. MILANO**
*Fort Jackson
Commanding
General*



of the demanding criteria, or there were no witnesses to recommend the award, or both.

Here are the criteria that must be met:

The service member must distinguish himself or herself conspicuously by gallantry and intrepidity at the risk of his or her life above and beyond the call of duty while engaged in action against an enemy of the United States; while engaged in military operations involving conflict with an opposing foreign force; or, while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.

The deed performed must have been one of personal bravery or self-sacrifice so conspicuous as to clearly distinguish the individual above his or her comrades and must have involved risk of life.

Incontestable proof of the performance of the service will be exacted and each recommendation for the award of this decoration will be considered on the standard of extraordinary merit.

There have been only seven previous Medal of Honor awards made for service in Iraq and Afghanistan, and none of those heroes were alive to receive their medals. We are fortunate in the Midlands of South Carolina to have two living — and very active, I might add — Medal of Honor recipients residing among us.

Retired Col. Charles P. Murray, a World War II hero, and retired Master Sgt. John F. Baker, a hero during Vietnam, both live in our area and are tremendous supporters of Fort Jackson and veterans everywhere. If you had the chance to attend the recent Veterans Day parade in Columbia, you might have seen Murray leading the parade as its grand marshal.

In all, there have been a total of 3,450 recipients in the roughly 150 years of the medal's history. The history of each recipient is worth visiting, particularly for those of you who wear the uniform. When learning their stories, you will notice that the names and battlefields are different, but their acts of courage will reflect the same basic theme of risking everything for someone else — the ultimate extension of the Warrior Ethos.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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AFAP a crucial community tool

When I became the assistant chief of staff for Installation Management a year ago, I undertook an important responsibility: overseeing the Army Family Action Plan process. This successful, long-running program enables Soldiers, civilians and family members to communicate with Army leaders about issues affecting their quality of life.

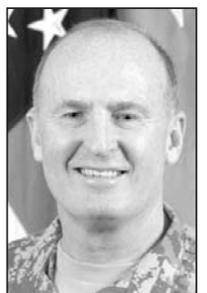
When I assumed responsibility for the AFAP process, I made a commitment to ensure all recommendations are thoroughly analyzed to determine if they are achievable. I also promised to regularly check on and communicate about our progress. Following up on the issues that are so important to the members of the Army community gives momentum to the AFAP process and reinforces the promises made in the Army Family Covenant.

One of those promises is to improve family readiness by increasing access to and quality of health care. Through the AFAP process, the Army continues to make great strides in addressing a number of wellness and medical issues, including issue No. 648, which focuses on a shortage of behavioral health services. As a result of innovative and aggressive recruitment efforts, the Army had on board more than 3,900 behavioral health providers, including psychologists, psychiatrists, psychiatric nurses and social workers, as of June 30. This was an increase of almost 400 health professionals more than the previous quarter, to provide the services Army community members need for treatment and recovery.

In addition, the Army's Medical Command has established a new Tele-Health Division, which provides behavioral health services such as tele-psychiatry, tele-psychology, medical evaluation boards, mental status evaluations, tele-neuropsychology, and a school-based mental health program. These real-time services are provided via video-conferencing through a network of 53 active sites across five Regional Medical Commands.

Tele-behavioral health services are also provided to deployed Soldiers and civilians through e-mail exchanges in

**LT. GEN.
RICK LYNCH**
*IMCOM
Commanding
General*



the AKO tele-consultations service. To date, the Army has provided more than 7,000 consultations in 41 countries and in 39 specialties, including behavioral health, through this service. This expanding array of tele-health services gives Soldiers, civilians and family members greater access to behavioral health care even in geographically dispersed areas and greater continuity of care when they relocate.

The Army is also making marked progress in addressing AFAP issue No. 610, which calls for the establishment of comprehensive, integrated rehabilitation programs for traumatic brain injury patients at military medical centers. To date, traumatic brain injury programs at 37 facilities have achieved full validation, programs at 10 have achieved initial validation, and seven other facilities are in the process of being validated. Programs at four Reserve and National Guard projection platforms, Fort Shelby, Fort McCoy, Camp Atterbury and Joint Base Mcguire-Dix-Lakehurst, have been validated to better care for our Reserve and Guard Soldiers.

The AFAP General Officer Steering Committee, composed of DoD officials, Army leaders, and field representatives, determines the status of Armywide AFAP issues. At the last meeting, held June 30, the GOSC resolved 27 of 40 quality-of-life issues and directed continued action

Horses help heroes in healing

WTU Soldiers participate in equine-assisted therapy

By KRIS GONZALEZ and MIKE A. GLASCH
Fort Jackson Leader

For decades, horses have charged into battle carrying cavalymen, pulling artillerymen's caissons and serving as vehicles for mounted military police. Today, horses are helping wounded warriors by guiding them along the road to resiliency.

Through Heroes & Horses, an equine assisted psychotherapy program, Soldiers with Fort Jackson's Warrior Transition Unit are capitalizing on the keen senses of horses to help them better understand themselves and to heal.

"The horses give us feedback about how the clients are interacting with them; maybe different emotions they may be feeling, how their problem-solving skills are going, (and) different coping skills they have," said Stephanie Bowman, Equine Assisted Growth and Learning Association-certified mental health specialist and founder of Turning Point Growth & Learning Center, which facilitates the program at Bright Morning Star Ranch in Blythewood.

"And what we do is process that with the clients to look at their experience and what the horses may have been able to tell them about themselves."

A group of WTU Soldiers recently visited the ranch to experience Equine Assisted Growth and Learning, an experiential form of learning that helps participants increase self-awareness by interacting with horses and overcoming challenges. The Soldiers helped horses navigate obstacles, and like mirrors, the horses reflected the behaviors and emotions of the Soldiers around them through body language, such as flicking their ears or pushing and kicking, sometimes simply walking away.

"Horses as prey animals pick up on the emotional states and even underlying beliefs that people have," Bowman said. "So the body language of the horses, where they position their head, their body relative to the people, their ears, and what they're looking at, basically gives feedback on what they are picking up on from the people."

Staff Sgt. Antonio Barkley, WTU Soldier, said he was skeptical, but found it to be true that the horses do mimic human behaviors.

"In the last exercise I was a part of, we were tasked to put together some obstacles (and) I was a little concerned that the horse would step on or jump over the first obstacle," Barkley said. "But the Soldier who was in front, he actually walked over the obstacle first and the horse followed right behind. And as he was leading the horse through the obstacle, the horse mirrored every one of his steps."

Barkley said he also witnessed how a horse's behavior can be reflective of human emotions.

"The nervousness that you exhibit when you step to the horse or how you behave around the horse can reflect in



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Staff Sgt. Brian Talkington, Warrior Transition Unit, greets Leah, a horse belonging to Rose Smith, right. Smith is an equine specialist for Turning Point Growth & Learning Center. WTU Soldiers participated in an equine-assisted psychotherapy program at a local farm.

how they respond to you," Barkley said.

Bowman said the horses' mirroring effect can offer insight into Soldiers' emotions by helping them become aware of patterns that could be getting in the way of finding effective solutions to problems.

“The horses give us feedback about how the clients are interacting with them; maybe different emotions they may be feeling, how their problem solving skills are going, (and) different coping skills they have.”

— Stephanie Bowman
Mental health specialist

"We often make obstacles much larger in our minds than they really are," Bowman said. "A lot of times (the participants) will find that (working through them) is much easier than they thought it would be."

The program's activities, which do not involve riding, were designed to serve as metaphors for issues the Soldiers are working on in their professional and personal lives. They provided opportunities for Soldiers to imagine the possibility of a smooth

transition, whether from combat to garrison, military to civilian life, or just moving beyond the WTU to serving in the regular Army again, Bowman said.

The activities also encouraged goal setting, she said. The Soldiers participated in a group activity in which they collectively decided on a goal to complete a "successful transition." They assisted each other and their horses as they worked through obstacles to meet that goal.

In addition to seeing how the horses reacted to the Soldiers, Bowman observed the Soldiers to see if they were aware of how the horses reacted to them.

For instance, during one obstacle, a curious horse meandered toward a few of the Soldiers to observe what they were doing.

"It was like someone, a spouse or a child, who wants to know what and how you're doing, someone who has a desire to understand what you're going through," Bowman said.

Staff Sgt. Retha Anderson, a WTU Soldier, said she noticed the human-like behavior, especially when the horses followed some of the Soldiers around the arena.

"It was like a family member who would normally not want you to leave them alone, maybe like a child or a (sibling) that likes to trail you a lot," Anderson said.

Bowman said she hoped the horses' behavior made Soldiers think about how other people in their lives are affected by how they interact with them and how those people get their own needs met.

But more importantly, she said she hoped the Soldiers were able to recognize their emotions and to learn how to deal with them in different ways.

She said she plans to continue offering programs like Heroes & Horses to service members in the future.

"We look forward to continuing to be a resource for these brave men and women who have sacrificed much for our safety and freedom."

For more information about the Heroes & Horses program, visit www.TurningPointGLC.com.

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Knight Pool reopens

By **CHRIS RASMUSSEN**
Fort Jackson Leader

After being closed for more than a year for renovations, Knight Indoor Pool has finally reopened and is making a splash.

The pool, which opened Nov. 4, closed in October 2009 to allow for a new pool liner, decking and improvements to the changing rooms.

"People were ready to get in the pool when we opened and we have had a lot of great comments since then," said Amanda Orduno, assistant Aquatics Program manager. "People love the new look of the facility and the new pool surface."

In addition to a less-slippery pool surface, a salt-water treatment system was put in to replace the chlorine treatment system.

"When you get in the pool you will taste a little salt, but it is not as harsh on your skin and you don't have the eye irritation you would have with chlorine," Orduno said.

A dehumidification system was also installed to decrease condensation and the temperature inside the building.

"This is a nice pool compared to the one I am used to," said Chaplain (Maj.) Jeff Oliver, who injured his knee and uses swimming for physical training. "The lack of chlorine is great. You don't have the smell and taste, which is a big plus."

IN THE KNOW

- ❑ Water aerobics; 9 a.m. and 10 a.m., Monday and Friday; 5:30 p.m. Tuesday and Wednesday
- ❑ Adult swimming lessons; Dec. 6-30; noon, Mondays and Thursdays
- ❑ Open swim; 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday

Knight Indoor Pool, which is typically open year round, offers lap and open swimming, water aerobics, swimming lessons for children and adults, water basketball, water volleyball and exercise equipment.

BCT units use the pool for PT, retirees come for water aerobics and the SKIES children's program offers swimming lessons. The pool will also be used for a Lifeguard Instructor Course next week.

Hours are 6 a.m. to 2 p.m. and 4:30 to 7 p.m., Monday through Friday. The pool is closed on the weekend.

The facility also has a new towel service that features larger towels than before.

"We also did a lot of cosmetic things like new furniture and benches," Orduno said. "We replaced all of the mirrors, installed new shelving and put in hair dryers in both the men's and women's changing rooms. Just a few convenience things we added to make the facility more comfortable."

Chris.Rasmussen@us.army.mil

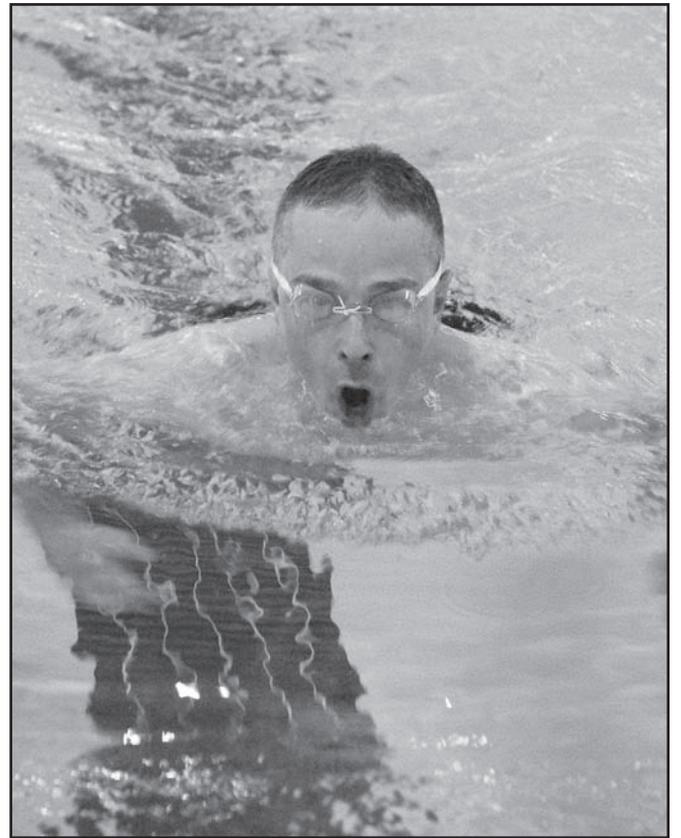


Photo by **CHRIS RASMUSSEN**

Chaplain (Maj.) Jeff Oliver, who is attending a course at the U.S. Army Chaplain Center and School, gets some exercise Tuesday evening with a swim at Knight Indoor Pool. The pool, which has been closed for renovations, reopened in November.

Housing Happenings

COMMUNITY UPDATES

- ❑ Energy saving tip: Plug home electronics, such as TVs and DVD players into power strips. Turn the power strip off when the equipment is not in use. TVs and DVD players in standby mode still use power.
- ❑ Balfour Beatty Communities is now on Facebook. Search for Fort Jackson Family Housing and click "like" to stay up to date on housing happenings.
- ❑ Residents should return trash receptacles and recycle bins to the home after each pickup.
- ❑ Residents are encouraged to review the pet policy in the resident guide before adding a pet. Restrictions on exotic animals and some dog breeds apply. There is a two pet limit per household.
- ❑ LifeWorks events are free and open to on-post residents. Residents who have suggestions for events can contact Alana Youngblood at 738-8275 or ayoungblood@bbcgrp.com.

CONSTRUCTION UPDATES

- ❑ To date, 211 homes have been completed.
- ❑ To date, 253 units have been demolished in the Phase II area for junior noncommissioned officers.



Photo by **KRIS GONZALEZ**

Installation leaders re-sign the Army Family Covenant during the 2010 Fort Jackson Family of the Year ceremony Nov. 22 at the Solomon Center. From left, Garrison Command Sgt. Maj. Christopher Culbertson; Col. James Love, garrison commander; Post Command Sgt. Maj. Brian Stall; and Maj. Gen. James Milano, Fort Jackson's commanding general. The original Army Family Covenant was signed in 2007.



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facebook

Realism ramps up casualty exercise

4-10th practices range procedures

By 1ST LT. RICK KARMANN
4th Battalion, 10th Infantry Regiment

A weapon exploded in the face of a Soldier-in-Training on Bastogne Range, resulting in several facial lacerations.

An hour later, a Soldier drops a live grenade at Remagen Range, causing him to lose both legs, and leaving him suffering from a sucking chest wound among other less severe injuries.

Eight hours later, another Soldier falls off of an obstacle at the Night Infiltration Course, leaving him with a compound fracture to one of his legs.

The injuries listed above were simulated as part of a range casualty exercise for the range cadre and medics of Company B, 4th Battalion, 10th Infantry Regiment.

This might sound like a bad day to anyone, but this would be a nightmare for any military commander. Commanders know that Soldiers might be seriously injured or killed in combat; however, they know injuries can also happen in training.

Neither combat nor training fatalities are easily accepted and there are things that can be done in order to reduce the risk and probability of one of these types of events. One way to do this is to conduct exercises and drills with Soldiers to ensure they are mentally and physically prepared.

Areas of emphasis for the evaluators included proper treatment of a casualty,

range procedures for responding to an accident and the efficient evacuation of casualties.

“By rehearsing and evaluating our procedures, we can identify the friction points and eliminate them,” said Capt. Brian Gaddis during an after-action report with the Soldiers involved. “Every range cadre member has to know that the proper procedure for calling EMS from a cell phone is not dialing 911, but instead, dial 803-751-9111.”

By dialing 803-751-9111, a caller will be contacting the Fort Jackson EMS directly and will not have to be redirected from the local 911 call center, which will save valuable time in an emergency.

First Lt. Joshua Stevens, the Company B’s combat indoctrination platoon leader organized and coordinated the exercise.

He was supported by Master Sgt. Stanley Shillinburg, the company’s medical platoon committee chief. Medical training dummies and Soldiers sporting injuries simulated by their moulage kits were used to simulate the casualties.

At the Remagen Hand Grenade Range, a training dummy simulated a casualty that had lost both legs due to an explosion. The dummy continued to lose blood from both legs until the Soldiers treating the casualty properly applied the tourniquets. The equipment made the exercise more realistic and added a degree of uncertainty that cadre could actually face in such an accident.

“Each time we conduct an exercise like this, we will identify a procedure or practice that can and will be improved,” Stevens said.

Retirement Review



Photo by JAMES ARROWOOD, Command photographer

Retiring Soldiers were honored during a ceremony Tuesday at the Solomon Center. From left, Chaplain (Lt. Col.) Daniel Wackerhagen, Lt. Col. Wilfred Clayton, Staff Sgt. Clark Osborn, Staff Sgt. Laney Bankhead, Sgt. 1st Class Arnee CorderoTorres, Sgt. 1st Class Eliberto Gutierrez, Staff Sgt. Paul Godwin, 1st Sgt. Dexter Burnam.

News and Notes

OPEN SEASON CONTINUES

The federal employees open season to select health insurance providers runs through Dec. 13. For more information, call 751-5065.

HOLIDAY TREE LIGHTING SET

A holiday tree- and menorah-lighting ceremony is scheduled for 5 p.m., today in front of Post Headquarters.

A.T. E.A.S.E. INVITES SINGLE MOMS

Single mothers on active duty are invited to participate in the next A.T. E.A.S.E. event, scheduled from 6 to 8 p.m., Friday at the Main Post Chapel. The theme for the event is "National Lampoon's Holiday Explosion?" Free child care is available for the event and also from 9 a.m. to noon or 6 p.m. to 9 p.m., Dec. 11. The free child care that day is scheduled so that single mothers can go holiday shopping without their children. For more information, call 708-2869.



Dec. 3 — 4 p.m.
Water Horse
Legend of the Deep PG

Dec. 3 — 7 p.m.
Red PG-13

Dec. 4 — 7 p.m.
Jack*** 3D R

Dec. 5 — 7 p.m.
Hereafter PG-13

Dec. 10 — 4 p.m.
Cloudy With a Chance of Meatballs PG

Dec. 10 — 7 p.m.
Paranormal Activity 2 R

Dec. 11 — 6 p.m.
Free screening R

Dec. 12 — 6 p.m.
Saw 3D R

Fort Jackson Reel Time Theater
(803) 751-7488
Ticket admission
Adults: \$4.50
Children (12 and younger) \$2.25
Visit www.aafes.com for listings.

Giving thanks



Photos by CRYSTAL LEWIS BROWN

At left, Beth Ashworth spoons gravy onto a Soldier's plate at the 187th Ordnance Battalion Dining Facility Thanksgiving Day. Ashworth, her husband, Jeff, and their two daughters volunteered to help during the battalion's Thanksgiving feast. Soldiers with Company E, 187th enjoy last week's Thanksgiving feast. In addition to the traditional turkey and stuffing, Soldiers were also served roast beef, shrimp cocktail, collard greens and an assortment of desserts.

Tips help keep pet costs down

FINANCIAL ADVICE

By MARTHA PHILLIPS
Army Community Service

For many people, pets aren't just animals. Pets are important, well-loved members of the family. According to one consumer research company, Maryland-based Packaged Facts, Americans collectively spend an unbelievable \$41 billion each year on their pets. Yes, that's billion with a "b." But owning a pet doesn't have to be that expensive. There are less expensive options or alternatives for most of the expenses that come along with owning a pet.

Grooming is the easiest way to lower the expense of owning a pet. Instead of taking a pet to a groomer, buy a bottle of pet shampoo and bathe the pet yourself. Be creative. For a large dog that may not fit into the bathtub, buy an inexpensive children's swimming pool and a water hose and bathe your dog outside yourself.

You may even be able to trim your pet's nails/claws yourself. A pair of pet nail clippers are inexpensive. At your pet's next checkup, ask the vet to show

you how to clip the nails properly, and that's one less thing you will have to pay someone else to do for you.

For a pet who needs obedience training, a more wallet-friendly approach than paying a professional trainer is to buy a book on obedience and do the training at home. Or one can check the local library for books on training a pet.

A pet owner will be involved in his or her pet's training even if he or she uses a professional trainer or formal obedience classes. So just buy or borrow an obedience book and a box of treats and become the pet's trainer. Or search the internet for free dog training tips, techniques and videos.

There are not many reasonable alternatives to taking a pet to a veterinarian for checkups. Be willing to take the time and shop around, make some calls and compare prices among several different vets. Do not forget that there is a veterinary clinic on post. Many times there are mobile vet clinics around town that offer reduced prices on some pet vaccines. It may be cheaper to order a pet's medicine from an online pet pharmacy rather than buying directly from the vet.

For those considering getting a new pet, adopt one from a shelter rather than buying from a breeder or a pet store. Even though adopters must usually pay an adoption fee — sometimes up to \$150 — it is almost always a better financial option than buying a pet. Shelter adoption fees usually include spaying or neutering and up-to-date vaccines. Often the pets are also already micro-chipped, which is a requirement for animals living in post housing.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Dec. 16 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Dec. 16 Leader must be submitted by Dec. 9.

Send submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.



This is a job for ... Captain MWR?

Post superheroes fight family blahs

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Look! It's a bird. It's a plane. No, wait. It's Captain MWR and his sidekick Dot Com.

“My wife sewed me a cape and mask and the rest is history.”

”

— **John Keegan,**
Captain MWR
Director,
FMWR Marketing

The dynamic duo is patrolling Fort Jackson in search of low morale, frowns and expensive recreation. Created as a way to raise awareness about the programs provided by Family

and Morale, Welfare and Recreation, the superheroes have evolved from conducting simple battalion briefings to evoking smiles from Soldiers and children alike.

“People are surprised when they see us,” said Captain MWR, whose mortal name is John Keegan, FMWR Marketing director. “It never fails when we go down the street. People stop in their tracks, look at us and smile.”

Dot Com, whose real identity is Theresa O'Hagan, a marketing and advertising specialist, agrees, sort of.

“Or they think we are crazy,” she said. “When people see an adult dressed as a superhero and it isn't Halloween, it really does make them smile.”

Keegan created Captain MWR more than 10 years ago as a way to increase awareness about the types of programs and services the directorate offers Soldiers and their families.



Photo by CHRIS RASMUSSEN

Captain MWR, right, and his sidekick Dot Com take a break Tuesday outside their headquarters at the Joe E. Mann Center. The dynamic duo was created to raise awareness about FMWR programs and activities.

“My wife sewed me a cape and mask, and the rest is history,” Captain MWR said. “I don't really like dressing up, but I think people need to laugh and smile. I would put a lampshade on my head if I thought it would help.”

Captain MWR's next mission was to increase the readership of FMWR ads appearing in the *Fort Jackson Leader*.

Readers had to find small Captain MWRs printed on the ads and use them to spell out a phrase. Those who completed the phrase were entered in a \$250 weekly drawing.

“That really helped increase the readership of our ads,” Captain MWR said. “Not enough people know about FMWR activities. That is why we do it.”

With the addition of the Fort Jackson FMWR website came a side kick for Captain MWR — Dot Com — who is used to promote social media.

Like most superheroes, the Fort Jackson duo possess superpowers such as the ability to raise morale, correct dwindling funds, make people happy and make something out of nothing.

“We have a bigger job than we used to about getting the word out about FMWR,” Captain MWR said. “I have seen people living in family housing who don't even know what FMWR does.”

There are many FMWR programs and activities that go unused because either Soldiers and their family members are unaware of them or don't have the time, the superheroes said. Many BCT and AIT Soldiers don't even know the agency exists, Captain MWR said.

An example of an FMWR event that did not meet attendance expectations was a free buffet at the NCO Club that featured prime rib and lobster.

“It is frustrating. We do all we can to advertise and get the word out,” Captain MWR said. “If they don't support them they will go away. And if they don't know about them, they can't support them. FMWR is about having fun and making sure Soldiers and their families have a great quality of life.”

In addition to battalion and brigade briefings, the superheroes attend installation events handing out gifts and smiles.

“People get into it and fall into the role,” Captain MWR said. “I usually say, ‘Hello, good citizen. Is your morale low? Are your funds dwindling? Who you gonna call? Captain MWR.’”

Meanwhile, at their secret headquarters in the Joe E. Mann building, Dot Com is planning a covert mission.

“Don't tell Captain MWR,” Dot Com said. “I am planning a coup to take over.”
Chris.Rasmussen@us.army.mil

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Milano: Nominees demonstrate commitment

Continued from Page 1

one Friday night every month to pamper themselves, enjoy each other's company and create networks of friends, Tiffany Moss said.

"It's a family resiliency program," Moss said. "As spouses, we often lose ourselves after we move and move and move. (This group) gives me the opportunity to be Tiffany and not just Mrs. Moss or my children's mom for two hours a month."

The program has become so popular, it has become a model for other installations, Tiffany Moss said.

And she said she couldn't have made it happen without her husband.

"He's the reason I succeeded, because he supported me," Tiffany Moss said. "He was busy being a drill sergeant, but he still found time to be an amazing, supportive husband and an amazing father. He knew what was going on, he didn't sit back on his haunches and make me do everything, and he helped in the community in his own way."

Even with a rigorous work schedule, Shawn Moss joined his wife as she participated in the 3-13th's Family Readiness Group, in chapel activities and at Fort Jackson's elementary schools, where their children go to school. He also volunteered as a leader for the Fort Jackson Cub Scouts, to which his sons belong.

"He is by far the hardest working family man you will ever come across," said 1st Sgt. Marc Grandia, Co. B's first sergeant.

For all of their efforts and their dedication to the Fort Jackson community, the Moss family was named the 2010 Fort Jackson Family of the Year and was honored in a ceremony Nov. 22 at the Solomon Center.

The Moss family was one of 22 Fort Jackson families nominated for the prestigious award.

The nominees included families of Active Army, National Guard, U.S.

2010 FORT JACKSON FAMILY OF THE YEAR NOMINEES

- ❑ 1st Sgt. Joel and Amber Baker, Company E, 2nd Battalion, 60th Infantry Regiment
- ❑ Staff Sgt. Timothy and Ginger Cardinal, Company C, 3rd Battalion, 60th Infantry Regiment
- ❑ Staff Sgt. Kevin and Julie Correia, 2nd Battalion, 13th Infantry Regiment
- ❑ Staff Sgt. Ryan and Elisabeth Jondreau, Company E, 1st Battalion, 13th Infantry Regiment
- ❑ Staff Sgt. Shawn and Tiffany Moss, Company B, 3rd Battalion, 13th Infantry Regiment
- ❑ Sgt. 1st Class Benjamin and Tammie Cruz, Headquarters and Headquarters Company, 165th Infantry Brigade
- ❑ Staff Sgt. Scott and Tawnya Harrison, Company E, 1st Battalion, 34th Infantry Regiment
- ❑ Sgt. 1st Class Kenneth and Tina Parent, Company A, 1st Battalion, 61st Infantry Regiment
- ❑ Sgt. Amy and William Puckett, Company E, 3rd Battalion, 34th Infantry Regiment
- ❑ 1st Lt. David and Sharon Rice, Company F, 2nd Battalion, 39th Infantry Regiment
- ❑ Staff Sgt. Rob and Michelle Brickner, Headquarters and Headquarters Company, 187th Ordnance Battalion
- ❑ Staff Sgt. Jason and Sarah Condrey, 17th Military Police Detachment
- ❑ Sgt. Christopher and Esmeralda Cordova, Headquarters and Headquarters Company, 171st Infantry Brigade
- ❑ Staff Sgt. Bradley and Sandra Good, Company B, 120th Adjutant General Battalion
- ❑ Capt. Christopher and Bernice Letsinger, Task Force Marshall
- ❑ Chaplain (Capt.) Andrew and Michelle Spriensma, 4th Battalion, 10th Infantry Regiment
- ❑ Capt. Nick and Kristen Chaisson, Headquarters and Headquarters Company, Training Support Battalion
- ❑ Michael Henley and Karma Hernandez Henley, Adjutant General School
- ❑ Capt. Michael and Malynda Skiff, Headquarters and Headquarters Company, Training Support Battalion
- ❑ Chaplain (Lt. Col.) Charles and Andrea Lynde, U.S. Army Chaplain Center and School
- ❑ Cpl. Krystinia Watson and Staff Sgt. Presley Watson, Dental Activity and Headquarters and Headquarters Company, Training Support Battalion

Army Reserve, other military services, retirees and civilian employees, who were nominated based on the individual growth of each family member, love and teamwork within their families, and friendship and service between the

families and the Fort Jackson community, said Marilyn Bailey, the installation's Army volunteer corps coordinator.

"It's a celebration of their contributions to the well-being of the Fort Jackson community and how they help strengthen

the unity within our military family," Bailey said.

"These outstanding families have demonstrated cohesion, love, support and commitment to our community and improving the lives not just of their own families but the lives of all of our families here on this installation," said Maj. Gen. James Milano, Fort Jackson's commanding general.

After the

ceremony, Shawn Moss said he was surprised and humbled his family had won the honor.

"There were a lot of families that we thought really deserved to win," said Shawn Moss. "I was just happy my command thought that highly of us to nominate us."

“When you see a need, meet it; don't wait for somebody else to fix it. ... Have faith in yourself that you've been put in a position for a certain reason.”

— Tiffany Moss
Family member

Col. Drew Meyerowich, commander of the 193rd Infantry Brigade, said he wasn't surprised at all.

"They're just a great family," Meyerowich said. "We're talking about a great noncommissioned officer who is not only dedicated to the Army, but he's also very dedicated to his family. And his wife is with him every step of the way. They're doing so many things for the community; that's what really makes

theirs a super family."

"The Moss family epitomizes selfless service, and has done so for their entire tenure here at Fort Jackson," echoed Lt. Col. Ben Higginbotham, 3-13th's commander.

The Moss family received a trophy, a vacation package, an AAFES gift certificate, and gift certificates from other local vendors.

Tiffany Moss said the recognition was bittersweet because coincidentally, she and her family recently found out they will be moving to Fort Bliss, Texas this month.

"I know it's time to move on and hopefully the things we've started here will continue, but we're excited to see what's in store for us at our next duty station," Tiffany Moss said. "We're always surprised by the things we get the opportunity to do."

She offered this parting advice for other military spouses. "When you see a need, meet it; don't wait for somebody else to fix it," she said. "Don't wait for somebody to come to you. You start something. Have faith in yourself that you've been put in a position for a certain reason."

Kris.Gonzalez1@us.army.mil

Staff Sgt. Shawn Moss, his wife, Tiffany, and their five children accept an award for being named the 2010 Fort Jackson Family of the Year during a ceremony Nov. 22 at the Solomon Center. Their children are Grace, 6, Wyatt, 8, William, 10, Jackson, 4, and Luke, 3.

Photo by KRIS GONZALEZ



Group finds openly gay troops can serve

By LISA DANIEL

American Forces Press Service

WASHINGTON — A change in the law that bans gay men and lesbians from serving openly in the military can be implemented without irreparable harm, the co-chair of a Pentagon working group that studied the matter said earlier this week.

“It’s my belief, having now looked (into) this matter extensively over nine months, that the leaders of our services, all services, all components, are so good today, so experienced today, that they can effectively implement this change, maintain unit cohesion, and a strong focus on mission accomplishment,” said Gen. Carter F. Ham, commanding general of U.S. Army Europe.

Ham and Jeh C. Johnson, the Defense Department’s general counsel and the working group’s other co-chair, discussed their findings in an interview with the Pentagon Channel and American Forces Press Service.

Defense Secretary Robert M. Gates appointed Ham and Johnson early this year to lead the group to determine the effects on the military if the law is changed to allow gays to serve openly. Ham and Johnson made their findings public Tuesday, as well as their report, which assesses the matter and gives recommendations for moving forward.

A majority, about 55 percent, of respondents to a survey sent to 400,000 service members in the active duty and Reserve components said allowing gays to serve openly would have either no effect or a balance of positive and negative effects on the military, and between 15 and 20 percent said such a change would have only positive effects.

About 30 percent of respondents said overturning the law would have a mostly negative impact, and those respondents mostly were part of the war fighting specialties, Ham said.

Results showed slight trends in differences among members of each service, Ham said, adding that he was surprised the feedback showed few trends among age groups.

The issue has come under increasing scrutiny as a lawsuit challenging the 17-year-old law worked its way through the federal courts this year, and is scheduled to be heard by a federal appeals court in the spring. Congress has before it a bill that would repeal the law, but it is un-



Photo by NAVY PETTY OFFICER SPECIALIST 1ST CLASS CHAD J. MCNEELY

Gen. Carter F. Ham, right, speaks to members of the press during a briefing Tuesday at the Pentagon to discuss the public release of the Don’t Ask, Don’t Tell Comprehensive Working Group alongside DoD General Counsel Jeh C. Johnson.

clear yet whether they will vote on it before the session ends Dec. 30 and a new Congress takes over in January.

Meanwhile, President Barack Obama, Gates, and Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, have said they support congressional repeal of the law.

One focus of the debate is whether allowing gays to serve openly would be detrimental to military cohesion.

“Any time a policy change of this order is considered, we know there are inherent risks,” Ham said. “In my view, the greatest risk comes if repeal is ordered and we imperfectly apply the changes that are needed.”

Those risks must receive special scrutiny in a forward-deployed area, Ham said, but strong leadership can mitigate risks.

“Leadership is so key in the implementation phase,” he said.

Ham and Johnson recommended changes they believe the services should start making or thinking about making if the law is overturned.

“For those of us in uniform, we should take this time we have now to think about repeal, and be prepared for repeal should it come,” Ham said. The general cautioned, however, that all military members must uphold the law that is in place.

“A key point for all us in uniform to remember as we think about Don’t Ask, Don’t Tell, is that the current law is in effect, and all us in uniform have sworn an oath to uphold the law,” he said.

CSF program reaches one-year milestone

By J.D. LEIPOLD

Army News Service

WASHINGTON — Just one year after the Army first implemented the Comprehensive Soldier Fitness program, its director is impressed with the number of Soldiers who have participated in the program and with how many have said it is effective.

The CSF program was designed to enhance the “five dimensions of strength” — the physical, emotional, social, familial and spiritual, said Brig. Gen. Rhonda Cornum, the program’s director. She has also said she hopes the Army will come to culturally view mental toughness in the same way it expects physical toughness.

Modeled after the University of Pennsylvania’s “Penn Resilience Program,” the CSF program is based on 30 years of scientific study. The program uses individual assessments, classroom and online training, as well as embedded “master resiliency trainers” to help Soldiers devel-

op their own personal resilience. Today, the Army has more than 2,000 such trainers spread throughout eight brigades.

Cornum said the field has been “overwhelmingly positive” about wanting more of those trainers, because Soldiers feel the program has been helpful in bettering their lives. She also said the program is working to develop more master resilience trainers.

“I think fine-tuning is what we’re doing this year, offering more things and by this time next year I’ll have more than 6,000 master resilience trainers — that’s a pretty significant bunch of noncommissioned officers, at least one per battalion,” she said. “The program will continue to evolve and out to the operational force with real emphasis on getting it to the place where we think it will be most effective — the young and junior people.”

Also part of the CSF program is the global assessment tool. The GAT is an online assessment of mental well-being, designed to help takers determine their strengths and weaknesses. Soldiers, family members and even Army civilians can complete the 105-question GAT in about 20

minutes, and then learn what online training they will need to take to help improve in their weak areas.

A Soldier might be assessed in the middle 50 percent of the “social dimension,” for instance. Following his assessment, he would be assigned individual-development instruction to help him improve in that area.

“If you score in the top 25 percent, you probably actually have these skills, so the training will teach you how to teach it to others and how those kind of skills affect your organization,” Cornum said.

The training that follows taking the GAT is designed to help Soldiers improve their skills in decision making, prioritization and communication. It’s also designed to help Soldiers take more responsibility for their own outcomes in all different facets of life.

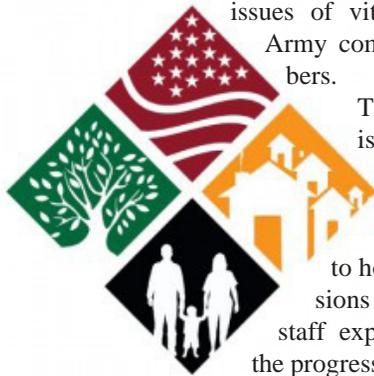
Cornum said more than 850,000 Soldiers, family members and civilians have used the GAT to help understand the stressors in their lives and how to build resilience.

Additionally, more than 100,000 have participated in the online training that follows the GAT.

AFAP forums provide Armywide solutions

Continued from Page 2

on the issues mentioned above, as well as other issues of vital concern to Army community members.



The next GOSC is scheduled for Feb. 1 in Washington.

I will continue to hold review sessions in which Army staff experts report on the progress of their issues

and I will keep you informed along the way,

through updates such as this. You can also check on the progress of AFAP issues at any time by visiting the Army OneSource website at www.my-armyonesource.com, going to the Family Program and Services menu, and selecting the AFAP Active Issue Search feature. There you can enter an issue number to see a specific issue or enter keywords to find related active issues. You can also search by subject, demographic group or geographic area.

AFAP is a crucial tool for Army community members and leaders to communicate and work together to improve the well-being and quality of life for us all. About 90 percent of issues are resolved at the local level, while the rest are elevated to higher levels. However, regardless of the level at which they are worked, all issues begin at the community level. Every issue is raised by a community member who has taken the time and effort to identify an issue and set about making a change for the better.

I encourage you to learn more about the AFAP process and follow the progress on issues that are currently being worked. Even more important, become involved in AFAP forums in your own community. When you see something that can be made better, take action. Become part of the solution for improving the quality of life for your fellow Soldiers, civilians and family members.

MORE TO KNOW

Fort Jackson's Army Family Action Plan conference is scheduled for today and Friday. Call 751-5256 for information.



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



twitter

Follow the Fort Jackson Leader on Twitter at <http://twitter.com/Fort-JacksonPAO>

Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Michael Kearney**
Company A
1st Battalion,
61st Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Megan Ludwa

SOLDIER OF THE CYCLE
Pvt. Rebecca Russell

HIGH BRM
Pfc. Aaron Gonzalez

HIGH APFT SCORE
Spc. Brent Obst



**Staff Sgt.
Tyler Nunley**
Company B
1st Battalion,
61st Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Carl French

SOLDIER OF THE CYCLE
Pfc. Carey Bartlett

HIGH BRM
Pvt. Caleigh Batchelder

HIGH APFT SCORE
Pvt. Dylan Herman



**Sgt. 1st Class
Pleasant Wells**
Company C
1st Battalion,
61st Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Andrea Marks

SOLDIER OF THE CYCLE
Spc. Ryan Oliver

HIGH BRM
Pvt. Thomas Carpenter

HIGH APFT SCORE
Spc. Nicole Evers



**Staff Sgt.
Edward Merced**
Company D
1st Battalion,
61st Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Christopher Ziolkowski

SOLDIER OF THE CYCLE
Pvt. Jessica Mumford

HIGH BRM
Pvt. Michael Kopshinsky

HIGH APFT SCORE
Pfc. Christina Miranda

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Lovorn Miller

SERVICE SUPPORT
Janice Dancer

DFAC SUPPORT
Catalina Villareal
Marvin Tucker

TRAINING SUPPORT
Alton Vereen

FAMILY SUPPORT
Jenni Lancaster

This week's training honors



MYERS



McNAIR



MORALES-OBJIO

This week's distinguished honor graduates are: Warrant Officer Natalya Myers, Warrant Officer Basic Course; 2nd Lt. Kristi McNair, Basic Officer Leader Course, Adjutant General School; and 2nd Lt. Belkys Morales-Objio, Basic Officer Leader Course, Adjutant General School.

December Promotions

Name	Rank
DOENGES, Wade R.	COL
MORGAN, John M.	COL
YAHN, Leafaina O.	COL
CONATSER, James L.	LTC
JOHNSON, Brion L.	LTC
MORTON, Anthony J.	LTC
STINSON, Richard G.	LTC
WRONA, Richard M. Jr.	LTC
ADKINS, Thomas C.	MAJ
BROWN, Theonis S. Jr.	MAJ
CAMPBELL, Joshua L.	MAJ
COLEMAN, Lilia L.	MAJ
DAVIS, Rodney R.	MAJ
GHORSTYGRBRAKOFDEIS, Marlow	MAJ
HAGERTY, Robert W.	MAJ
KRAMER, Michael A.	MAJ
LIEBHABER, Ryan F.	MAJ
MCCRAY, Shawn J.	MAJ
MCQUARY, Thomas P.	MAJ
MCVEY, Demarcus L.	MAJ
MEDINA, Jose M.	MAJ
MORRIS, Vinson B.	MAJ
NESBITT, Peter A.	MAJ
RAMOS, Michelle R.	MAJ
RYAN, Kelly K.	MAJ
SANTAMARIA, Roberto A.	MAJ
SHAIN, Travis D.	MAJ
STAMPFER, James R.	MAJ
TAFELSKI, Tyler J.	MAJ
TORTELLA, Frank C. Jr.	MAJ
TITZEL, Howard C.	MAJ
WILDERMUTH, Jerimiah A.	MAJ
WISE, Michael D.	MAJ
YARBOUGH, Katina S.	MAJ
GOULD, Brenda K.	1LT
MARAH, Kekura	1LT
MATTHEWS, Lakeisha	1LT
NESCI, Jason M.	1LT
SMITH, Daniel W.	1LT
SMITH, Lavina A.	1LT
TAYLOR, Eric	1LT
LEE, Jeffrey M.	CWS
STACKHOUSE, Escolithia S.	MSG
ALEXANDER, Tobias C.	SFC
ALLGOOD, Juvon C.	SFC
BENITEZ, Vicente	SFC
CADENGO, Jose	SFC
CHILDERS, Wayne T.	SFC
COOLEY, Robert M.	SFC
COX, Gerald C. Jr.	SFC
FARLEY, Rodney W.	SFC
GREER, Felicia M.	SFC
HINMAN, Jason E.	SFC
HIPPLE, Charles P.	SFC
JOHNSON, Jeffrey C.	SFC
LOVE, Richard D.	SFC
MANNING, Randall S.	SFC
MATTOCKS, Reginald D. Jr.	SFC
MCKENZIEABOUT, Zatannya D.	SFC
OLSON, Matthew D.	SFC
ORTIZ, Rodney R.	SFC
PHILLIPS, Alexander P.	SFC
PHIPPS, Robert D.	SFC
RASMUSSEN, Michael J.	SFC
TATE, Kenneth H. Jr.	SFC
WRINKLE, Thomas J.	SFC
MUSE, Astin P.	SSG
REMILY, Brian E.	SSG
CARRASQUILLORIVERA, Francis	SGT
ENRIQUEZ, Ismael	SGT
HYMAN, Marie A.	SGT
MAKELA, Charles E.	SGT
MORGAN, Benjamin M.	SGT
RICKS, Winston D.	SGT
RODRIGUEZTORRES, Hermin A.	SGT
ROSS, Haley G.	SGT
SHI, Jian N.	SGT
STOKES, Leroy C.	SGT
WHEELLESS, Cameron S.	SGT



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

Calendar

Today

Holiday tree lighting
5 p.m., Post Headquarters

Friday

First Friday tournament
1 p.m., Fort Jackson Golf Club

Garrison holiday gala

6 p.m., Solomon Center
Tickets cost \$12. Contact your committee representative for tickets.

Saturday

Jingle Bell Jog and Reindeer Games
8 to 11 a.m., Youth Sports Complex
For more information, call 751-3773.

Sunday

282nd Army Band holiday concert
6:30 p.m., Solomon Center

Wednesday

American Red Cross blood drive
9 a.m. to 2 p.m., Balfour Beatty Community Center
To sign up, call 738-8275. For more information, call 360-2036.

American Federation of Government Employees meet and greet
3 to 6 p.m., Semmes Lake

Thursday, Dec. 9

Commanding general's retention luncheon
11:30 a.m., Officers' Club
Subordinate units and civilian employees who have significantly aided the retention mission are recognized for their accomplishments.

Military Chaplains Association, South Carolina chapter meeting
Noon, Officers' Club

Saturday, Dec. 11

Wreaths Across America
11 a.m., Fort Jackson National Cemetery

Sergeants Major Association

Christmas party
6 p.m., Officers' Club
Tickets cost \$25. For tickets, call 381-2939 or (815) 621-4180.

Monday, Dec. 13

Workshop — GI Bill comparison: Which one is right for you?
9 to 10 a.m., SFAC multi-purpose room
For more information, call 751-3360

Combined Federal Campaign victory luncheon

Noon, Officers' Club

Tuesday, Dec. 14

School board meeting
4 p.m., C.C. Pinckney Elementary School

Thursday, Jan. 13

Tobacco cessation class
3 to 4 p.m., Moncrief Army Community Hospital, staff conference room, third floor

Housing events

Through Dec. 21

Holiday decorating contest
Homes will be judged 3 p.m., Dec. 21.

Friday, Dec. 3

Sugar cookie decoration extravaganza
3 p.m.

Friday, Dec. 10

Crock-Pot recipe exchange
A slow cooker station will be set up in the Community Center. Cards featuring each recipe will be available. Tasting will begin at 3 p.m.

Thursday, Dec. 16

National Chocolate Covered Anything Day
3 p.m.
Enjoy chocolate fondue at the Community Center.

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

Announcements

LIFEGUARD INSTRUCTOR COURSE

A lifeguard instructor course is scheduled for Dec. 10 through 12 and 18 through 19 at Knight Pool. The course costs \$205, which covers certification. For more information, call 751-4796 or 206-0633. To register, call 540-1215.

THRIFT SHOP NEWS

The Thrift Shop will be closed Dec. 28 through Jan. 6. Before Christmas, Wednesday shoppers will have a chance to win a Christmas basket every hour from noon to 5 p.m. Organizations that want to request funds, should submit a welfare request form. The form should list the reason, number of people involved and what other sources for funding have been explored.

DRILL SERGEANTS NEEDED

The Drill Sergeant School is accepting applications from drill sergeants with more than one year of experience on the trail to become drill sergeant leaders. For more information, call Sgt. 1st Class John McHaney at 751-3355 or e-mail John.P.McHaney@conus.army.mil.

MONEY MATTERS CLASS

Money Matters, a Boys and Girls Club program for 14-18 year olds, meets 7:30 p.m. Wednesdays and 4 p.m. Saturdays at the Youth Services Center. The classes

focus on budgeting, saving and planning for college. For more information, call 751-7706.

VA CASH BENEFITS

Pension-eligible veterans who require home care, assisted living or nursing home care may be eligible for VA Aid and Attendance and Housebound Benefit benefits. Both programs provide cash to eligible veterans. For more information, visit www.vb.va.gov/bln/21/pension/vetpen.htm#7 or e-mail va@oepp.sc.gov.

ACS ON SOCIAL MEDIA

Army Community Service now has a Facebook page and Twitter feed. Follow FtJacksonACS on Twitter or friend Ft Jackson ACS on Facebook.

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

LEADER ANNOUNCEMENTS

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.



Wrapped up

Trish Garrett, left, and Samantha Tello, members of the 2nd Battalion, 13th Infantry Regiment Family Readiness Group, wrap holiday gifts Friday at the Exchange as part of an FRG fundraising event.

Photo by KRIS GONZALEZ



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

Army pilots injury tracking system

By **ALEXANDRA HEMMERLY-BROWN**
Army News Service

WASHINGTON — The Army is using a new computer-based tracking system to provide more consistent care for injured Soldiers.

The program, called e-Profile, is replacing the practice of handwritten temporary profiles for Soldiers. A profile allows Soldiers to opt out of certain physical activities temporarily while they recover from illness or injury.

The problem with handwritten profiles is that there is no way to track them, as they aren't entered into a database, and they can be easily lost, said Col. Kelly Wolgast, chief nurse executive of U.S. Army Medical Command. Wolgast explained that problems would arise when Soldiers would report to a new unit. No record of the Soldiers' prior injuries would come with them.

e-Profile now keeps a permanent digital record of temporary injuries by connecting with the Medical Protection System, known as MEDPROS, the Army's medical database. That way, if a Soldier is injured while training on another post or has an

appointment with a new doctor, medical personnel can immediately see the Soldier's profile history.

"We were looking for tools to provide education to commanders about the management of medically not-ready Soldiers," Wolgast said of the program.

Initiated as a pilot program this summer at Ireland Army Community Hospital at Fort Knox, Ky., and Winn Army Community Hospital at Fort Stewart, Ga., medical management centers aim to ensure Soldiers tend to even minor injuries so they can return to their units and be prepared for deployments.

"The impacts of preparing for, conducting, and returning from combat have clearly impacted the Army, and we know Soldiers have medical issues that they don't attend to," Wolgast said.

She said Soldiers sometimes ignore ailments, but small injuries can turn into more serious ones if left unattended.

"If Soldiers are not as healthy as they can be, it's not good for the Soldier(s) or their unit," Wolgast explained.

The pilot, which concluded in November, will transition into an implementation phase throughout the Army.



Army News Service photo by SPC. MIKE MACLEOD

Sgt. Michael Poindexter, left, a paratrooper assigned to HHC, 1st Brigade, 82nd Airborne Division, closes in on the finish line of a 2-mile run during an Army Physical Fitness Test at Camp Ramadi, Iraq.

Don't let the bed bugs bite!

Prevention, monitoring crucial in limiting infestation

By **MAJ. THOMAS W. SHERBERT**
Moncrief Army Community Hospital

Bed bugs have undergone a dramatic resurgence in the past few years. Bed bugs can get established inside a dwelling when an infested piece of furniture or luggage is moved into the home. Some bed bug infestations originate from bird nests and bat roosts.

Adult bed bugs are oval, wingless, 0.4 cm long and rusty red or mahogany in color. Adults feed once a week on the average, but will feed many times during their life span of four months or longer. Since bed bugs are wingless, they must crawl or be carried from infested areas to uninfested areas. Bed bugs may be picked up in theaters or on buses and trains. Usually they become established in structures when they hitch a ride in boxes, baggage, furniture, bedding, laundry and on clothing worn by people coming from infested sites.

At the beginning of an infestation, bed bugs are likely to be

found only in the tufts, seams and folds of mattresses and bed covers. Look for black and brown spots of dried excrement; this can help pinpoint bed bug hiding areas. In hotels and motels, the area behind the headboard is often the first place that the bugs become established. They can be found hiding along edges of carpeting, behind baseboards, window and door casings, pictures and moldings, and in furniture, loosened wallpaper and cracks in plaster and partitions.

How to control: Perform daily monitoring by setting glue boards or sticky tape (place along the foot of the bed) to catch the bed bugs. Inspect your mattress and bed frame. Use a vacuum to capture the bed bugs and their eggs. Vacuum all the crevices on your mattress, bed frame, baseboards and any objects close to the bed.

It is essential to vacuum daily and empty the vacuum immediately. Wash all your linens and place them in the dryer (on high heat) for 20 minutes. Pesticides are also an important tool for bed bug elimination. Contact local pest control companies to provide assistance in the irradiation of these nasty pests.

Contact the installation Medical Emergency Officer/Environmental Science officer at 751-1704 for additional information on bed bugs and how to get to them before they get to you.

MACH updates

ONLINE BOOKING FOR MINORS

TRICARE Online now allows authorized family members to schedule, view and cancel appointments on behalf of themselves, other adult family members (who have granted access) and children younger than 18 through the TRICARE online booking appointments for minors feature.

Access TBAM by logging onto www.tricareonline.com using DoD self-service logon or a Common Access Card. Call 800-600-9332 for 24-hour customer service support.

MACH RETIREE ENROLLMENT

Retirees and their family members who are TRICARE Prime eligible can now enroll at Moncrief Army Community Hospital. Active-duty family members, retirees and retiree family members who want to enroll at MACH can visit the TRICARE Service Center on the 10th floor at MACH. For more information, call the Patient Services Office at 751-2425/0471/2778 or e-mail machptservices@amedd.army.mil.

OUTPROCESSING PROCEDURE

Soldiers must clear the Department of Behavioral Health prior to leaving the installation. Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

SEASONAL FLU VACCINATION INFORMATION

Seasonal flu shots are available to all eligible beneficiaries, 4 and older, 7 a.m. to 4 p.m., Tuesday through Friday, in Room 6-27, Moncrief Army Community Hospital.

No vaccinations will be given Dec. 24, 25, 27 or 31.



Children, newborns to 36 months, can receive vaccinations on a walk-in or appointment basis at the Family Health Clinic. Call 751-2210 for more information. Other sites are as follows:

Commissary vaccinations: 10 a.m. to 1 p.m., Dec. 3, 7, 10, 14 and 17.

Solomon Center: 8 a.m. to 3:30 p.m., Dec. 6, 13 and 20; and 8 a.m. to 2 p.m., Dec. 4 and 18.

FMWR heats things up

Junior chefs get cooking in EDGE! classes

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

Corn on the cob cupcakes, sweet potato treats, turkeys made of fruit and plenty of thanks and giving to go around enabled young chefs to bring new traditions to their family holiday tables this year.

"Make Your Own Thanksgiving" was just one class children could sink their teeth into this November. Jahara Johnson, 10, attended each of the Make Your Own Thanksgiving classes.

"I liked the last project we did best," said Johnson. "It was the corn on the cob cupcakes. You use yellow and white pastel mints on top of the icing. Then you put icing on the bottom of a yellow starburst and it looks like butter."

Johnson said she hopes she can make the cupcakes again for a cousin who is expecting a baby.

"I like doing these classes. It helped my family, and I get to make gifts for my family. It's nice to do something to help and be thankful. It's better than just running around and playing," Johnson said.

She said she wants to enroll in this month's "Build It, Bake It Gingerbread" and "Gifts for the Whole Family" classes.

Johnson encourages other parents to enroll their children in EDGE, too. "I try to get my friends' mamas to put them in ...," Johnson said. "It's a really good program."

Taylor Tucker, 9, also attended all of the "Make Your Own Thanksgiving" classes. "We made turkeys out of fruit," she said. "You can eat it, too. Its body was a grapefruit, and it had a Brussels sprout head. We used peppers for the feet. It also had cheese and grapes in sticks." Tucker said she ate half of the grapefruit, the cheese and grapes, but not the Brussels sprout.

EDGE! stands for Experience, Develop, Grow, and Excel and is an after school and summer program for children and youth, ages 6 to 18, offered within Family and Mo-



Photo by **THERESA O'HAGAN**

A "Make your Own Thanksgiving" EDGE! class participant mixes up crust for a mini pie.

rale, Welfare and Recreation partner facilities. The monthly program packages offer exciting and innovative ways for school age children and youth to spend their time in the afternoons. The programs are free for 11 to 18 year olds. School age children, 6 to 10, pay \$5 per hour and may attend for the entire month or selected weeks during the month.

"The kids have a great time cooking," said Tonya James, whose son is one of the participants. "They love to cook and bring ideas home to ... their parents. My son loves it."

James plans on incorporating some of the ideas into their family celebrations.

For more information on EDGE Classes, call Beverly Metcalfe at 751-3053.

DECEMBER EDGE! CLASSES

❑ **Let 'er Roll! bowling** — 3:30 to 5 p.m., Tuesdays and Fridays, starting Dec. 3, Century Lanes Bowling Center. For ages 10-18.

December 3: Introduction to bowling, picking your ball, the importance of shoes, proper bowling etiquette, introduction to 10-pin bowling.

❑ **Gifts for the Whole Family** — 3:30 to 5 p.m., Thursdays, Balfour Beatty Community Center. For ages 9 to 16.

Today: Design a treasure, art, or crayon box for your mom, little brother, or best friend.

Dec. 7: Make a fun gift for the bowler in your family; a snowman or penguin bowling pin door stop.

Dec. 9: Create a designer mouse pad for the computer geek in your

family.

❑ **EDGE! Christmas in Camelot** —

3:30 to 5 p.m., Wednesdays, Post Library. For ages 6 to 10.

Dec. 8: Whip up chocolate wands for a snack and design your own magical wand.

❑ **Liquid Hoops** — 4 to 5:30 p.m., Mondays and Thursdays, Knight Pool. For ages 9 to 16.

Today: Water basketball is an intramural sport at many colleges. Learn the rules of the game.

Dec. 6: Free throws and fouls, the good, the bad and the ugly.

Dec. 9: Have you ever played

H.O.R.S.E.? How about H.O.R.S.E. in the water?

❑ **EDGE! Bake & Build Gingerbread** — 3:30 to 5 p.m., Mondays and Wednesdays, 5955-D Parker Lane. For ages 8-15.

Dec. 6: Learn to use frosting, candy, etc. to decorate gingerbread people.

Dec. 8: Learn to mix dough that will make a lasting tree ornament that looks just like gingerbread. Just don't eat it!

❑ **Not Bored with Board** — 3:30 to 5 p.m., Fridays, Balfour Beatty Community House. For ages 9 to 14.

Dec. 3: Challenge friends to all-time favorites like Sorry and Parcheesi.

Dec. 10: Live it and play the game of Life! Not up for Life? Learn to play Bunco.

FMWR calendar

TODAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ Century Lanes and Magruder's Pub and Club is closed for the holiday.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

MONDAY

- ❑ TRX Outdoors group fitness classes at the **Perez Tennis Court**. Call 751-5768 for more information.
- ❑ Work off that leftover holiday cooking with a free Merry Fitness event, 4:30 to 8 p.m., at the Solomon Center.

For a complete calendar, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ❑ Victory Travel has special offers for dinner shows and other attractions. For more information, visit Victory Travel in the Solomon Center.
- ❑ The Officers' Club is hosting special events. The club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ 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. For more information, call 751-4865.



ARMY FAMILY COVENANT:
Keeping the Promise

Remember God this holiday season

By **CHAPLAIN (MAJ.) ROY BUTLER**
Task Force Marshall

Greetings to you in the name of the God of Abraham, Isaac and Jacob and the father of our Lord Jesus Christ!

This is a busy time for us all as the calendar year comes to a close and we look to a time of great celebration with holiday observances as parties, dinners and other festivities begin to fill our calendars.

For me, it seems the holidays associated with this time of the year begin with the gathering of families and friends for fellowship and feasting on Thanksgiving. But while Thanksgiving seems to mark a beginning, time does not cease. In fact, it continues to advance as an unstoppable and often, an indifferent disciplinarian, calling for us to work even more diligently toward the fulfillment of our various and sundry tasks.

While mission accomplishment — whatever our mis-

sion may be — is rewarding and necessary, the danger of our own indifference in the face of ordinary business plus preparation for holiday meals, travel and the reception of guests in our homes threatens to distract us from those things that are important. Things like family, children, and even God find themselves on the back burner, taking a back seat to the extraordinary busyness of the season.

The challenge before us as we prepare for the holidays is one of remembrance. It is a challenge to remember the



many blessings and promises from God each of us know in our lives — the blessings of spouses and children, of our ability to provide for our families and the great honor we all know as God calls us to service to and for this great nation in which we live. And let us not forget the promises our God makes with us — the promise of salvation; the promise of forgiveness, absolution and deliverance from the power of sin; the promise of God's divine protection and strength in the midst of our feeble weakness.

My prayer for each of you is that you might remember during these busy days the God who made you, named you and ultimately saved you, promising to never abandon you. May your holidays truly be days of thanksgiving and celebration, and may God keep you safe now and always.

And remember, "Rejoice in the Lord always; again I will say, rejoice." (Philippians 4:4)

VICTORY BLOCK LEAVE WORSHIP SERVICE SCHEDULE

PROTESTANT

- Dec. 19
9 a.m. Gospel service, Post Theater
9:30 a.m. Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
- Dec. 26
9 a.m. Gospel service, Post Theater
9:30 a.m. Main Post Chapel
11 a.m. Memorial Chapel
- Jan. 2
9 a.m. Gospel service, Post Theater
9:30 a.m. Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel

MASS

- Dec. 19
11 a.m. Main Post Chapel
- Dec. 20
11:30 a.m. Main Post Chapel
- Dec. 21
11:30 a.m. Main Post Chapel
- Dec. 22

- 11:30 a.m. Main Post Chapel
- Dec. 23
11:30 a.m. Main Post Chapel
- Dec. 24
11:59 p.m. Midnight Mass, Main Post Chapel
- Dec. 25
11 a.m. Main Post Chapel
- Dec. 26
11 a.m. Main Post Chapel
- Dec. 28
11 a.m. Main Post Chapel
- Dec. 29
11 a.m. Main Post Chapel
- Dec. 30
11 a.m. Main Post Chapel
- Dec. 31
5 p.m. Main Post Chapel
- Jan. 2
11 a.m. Main Post Chapel

ANGLICAN/LITURGICAL

- Dec. 19
8 a.m. Anderson Street Chapel
- Dec. 26
8 a.m. Anderson Street Chapel

- Jan. 2
8 a.m. Anderson Street Chapel

SPECIAL SERVICES

- Dec. 24
6 p.m. Candlelight Service, Main Post Chapel
- Dec. 25
10 a.m. Christmas Day Service (lessons and carols), Anderson Street Chapel
- Dec. 31
9 p.m. Watch Night Service, Magruder Chapel

The following services will not be conducted during Victory Block Leave: Church of Christ, Hispanic Protestant, Jewish, Latter Day Saints, Muslim.

The regular worship service schedule will resume Jan. 9.

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel
2335 Anderson St., corner of Jackson Boulevard, 751-7032

- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrary Chapel (SCARNG)**
3820 McCrary Road (located at McCrary Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation's Chaplain's Office**
4475 Gregg St., 751-3121/6318

FIRST RESPONDER

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

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

Col. Ronald F. Taylor

*Director,
Emergency Services/Provost Marshal*

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Bill Forrester

Fire Chief

David Navarro

Police Chief

CASES OF THE WEEK

❑ A civilian was charged with possession of a controlled substance and drunken driving during a traffic stop, Military Police said. MPs discovered marijuana in his vehicle and the driver failed field sobriety tests. His blood alcohol content was .26 percent, MPs said. The legal limit in South Carolina is .08 percent. The civilian's vehicle was towed from the installation.

❑ A Soldier was charged with failure to obey a traffic device, driving with a suspended license and failure to surrender a driver's license during a traffic stop, MPs said.

❑ A civilian with an active out-of-



state warrant was denied access to post after attempting to enter the installation with a pistol, MPs said. The civilian was also charged with driving with a suspended license, MPs said.

COURT-MARTIAL

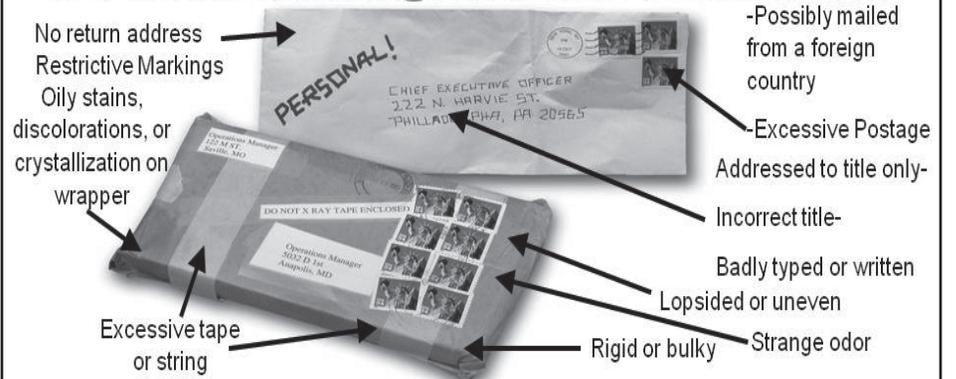
Staff Sgt. Kevin Perryman, a Fort Jackson Advanced Individual Training instructor at the U.S. Soldier Support Institute, was convicted Nov. 18 at a Special Court-Martial of violating the command policy prohibiting illegal associations between permanent party Soldiers and Soldiers-in-training.

Perryman pleaded guilty to one charge of engaging in an illegal association with a Soldier-in-training and one charge of adultery. A military judge sentenced Perryman to a reduction in rank from E6 to E4, forfeiture of \$1,000 for two months and two months confinement.



FORCE PROTECTION THOUGHT OF THE WEEK

If it seems strange...DON'T OPEN IT!!!



If you receive a suspicious letter or package, follow these four steps:

- 1** Handle with care. Don't shake or bump
- 2** Isolate it immediately
- 3** Don't open, smell, touch or taste.
- 4** Treat it as suspect. Call the MPs immediately - 751-3114/3115



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Got fiber? Grain offers lots to digest

Fiber is a type of grain that has many qualities that we can take advantage of on our path to a healthier weight and a healthier lifestyle.

One of the major problems with fiber is that we don't know enough about it. We just know we should be eating it. I am a believer in food awareness. If we can understand how important it is to include or not include something in our diets, it just might help us make wiser choices during meal time.

Fiber is a grain that is for the most part indigestible. It is found in the outer layers of plants; it's a special kind of carbohydrate that passes through our digestive system without being broken down into nutrients. This special plant benefit is what has been removed during the process of turning wheat into flour.

The stripping of all the nutrients leaves us with a product that has very little nutritional value. When foods are processed, fiber is often removed. Food made from white flour are poor sources of fiber, including white breads, pizza crusts and regular pasta. Basically, foods that are less processed are the ones we want. They are the ones higher in fiber.

Getting enough fiber is a big deal because it is a huge part of our digestion process from start to finish. Fiber is dense so when you eat it, you have to chew your food more thoroughly. This allows the fiber to slow down the eating process which gives us a feeling of being full. So if you have fiber in your food, that bulk stays with you longer.

This grain called fiber, as it slows down how fast we absorb and digest our foods, it works with glucose (sugar)

The Weigh It Is
By Pamela Greene
*Fitness programmer,
 Family and Morale, Welfare
 and Recreation*



and how fast that will hit our bloodstream. So, it slows that down as well; creating a more level blood sugar. This lets us know that fiber provides dietary value to our bodies. At different stages of digestion, fiber performs different tasks. When we put it in our mouths and begin to chew, because fiber is tougher, we work harder which slows digestion. When it gets to our stomachs, it provides a fuller feeling, so we eat less; which works with weight loss.

Try to embrace foods that are closer to their natural state. Things like all-natural cereals, whole-grain breads (read the label to be sure), beans, fruits, vegetables and nuts. The tough texture found in these types of food is where the fiber is. Although meats can be chewy or tough, they don't contain fiber; only plants produce fiber.

There are two main types of fiber, and they each have a different effect on our body. Insoluble fiber is mainly made up of the plant cell walls and cannot be dissolved in water. It is the type of fiber used to make laxatives.

Soluble fiber is made up of carbohydrates that contain three or more simple carbohydrates and dissolves in wa-

ter. It has an effect on our body chemistry because it lowers blood cholesterol and blood sugar levels. This might seem a little confusing, but the bottom line is that both fibers play a role in your healthy diet.

It may not be the most glamorous of physical functions, but getting enough fiber will keep the contents in your intestines moving. Your fiber diet should be 25 to 30 grams daily. Bran has the highest fiber content at about 25 to 45 percent.

If your diet is currently low in fiber, gradually add fiber to your diet so that your body is not overwhelmed with constipation or bloating which can be quite uncomfortable. Great choices that are pretty high in fiber include apples, beans, broccoli, oranges and berries to name a few. Another tip to help make the adjustment to fiber more bearable is to drink enough water; at least eight 8-ounce servings each day.

So, how does fiber help with weight loss? Since fiber slows things down, keeping you fuller longer you will eat less. Next, because fiber is dense and active in your intestines, it speeds up the elimination process also aiding in weight loss. Because fiber is so dense, if you jump on upping your fiber too quickly; again, you might experience bloating, cramping or gas.

All are common symptoms that we experience in the beginning. Try and be patient with the process. I personally hate being bloated, so I try to increase my water intake. It helps some, but the best remedy will come when your body adjusts to the extra fiber.

So take it slowly and gradually and you can minimize the discomforts.

Sports shorts

JINGLE BELL JOG

A Jingle Bell Jog is scheduled from 8 to 11 a.m., Saturday. The jog, which will start and end at the Youth Sports Complex on Chesnut Road, takes runners on a four-mile trek with turnaround points every half-mile (up to the two-mile point) to suit everyone's ability level. Families are

encouraged to participate with strollers if their children are too small to walk or run. For more information, call 751-3773.

WINTER BASKETBALL

Letters of intent for winter basketball are due by 3 p.m., Dec. 15. For more information, call 751-3096.

Want more Fort Jackson news?
 Watch Fort Jackson video news stories
 and Victory Updates
 at <http://www.vimeo.com/user3022628>

