The Fort Jackson
Leader

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Main course

Healthy eating focus of first lady's visit

By SUSANNE KAPPLER
Fort Jackson Leader

First Lady Michelle Obama visited Fort Jackson Jan. 27 to learn from Army leaders about how childhood obesity and physical inactivity affects military readiness and what the Army does to combat these effects.

As one of five Army installations to offer Basic Combat Training, Fort Jackson has been on the frontline of implementing the Soldier Fueling Initiative, which emphasizes healthful nutrition habits for Soldiers. As part of the program, dining facilities changed their menus, adding performance-focused menu items and healthful beverage options. In addition, a new labeling system at the DFACs helps Soldiers identify optimal food choices.

"On the surface, the DFAC menus may look quite similar," said Lt. Col. Sonya Cable, Training Support and Schools Directorate, who briefed Obama on the initiative during her visit to the 2nd Battalion, 39th Infantry Regiment DFAC. "One of the biggest changes is in preparation; for example, switching from frying to baking. Another (change) is using more whole grain or multigrain options. Additional changes include removing soda and including beverages that will hydrate our Soldiers-in-training."

The first lady's first stop was the Drill Sergeant School, where she was briefed by Lt. Gen. Mark Hertling, TRADOC deputy commanding general for Initial Military Training, and TRADOC experts on health and fitness. Obama founded the "Let's Move!" campaign, which focuses on overcoming the challenge of childhood obesity.

Before the briefing, Obama said she was excited to learn how the military deals with those challenges.

"The military can model so many wonderful solutions," Obama said. "And I am excited about

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First lady, Army addressing obesity

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

It's quite an honor when Fort Jackson gets a visit from the first lady. Last Thursday's appearance by First Lady Michelle Obama is only the second time that a first lady has made a special trip to Fort Jackson in the post's existence, which dates back almost a century.

Laura Bush, the wife of former President George W. Bush, visited us back in 2001. Last week, we were extremely honored not only to have had the opportunity to host Obama at a Basic Combat Training graduation, but she also visited one of our dining facilities.

Obama is deeply committed to several topics that we consider vital to the national interest. Her Childhood Obesity Action Plan and her "Let's Move!" anti-obesity campaign address the increasing levels of obesity in our youth coupled with a decrease in their overall physical activity, as well as a general lack of good nutrition in their diets.

Poor nutrition and obesity in our young Americans are issues that Army leaders take very seriously, and we deal with them daily here among our population of volunteers whom we are turning into Soldiers. The bottom line is these issues affect military readiness.

During Obama's tour of the post, she had the opportunity to learn about Fort Jackson's "Go for Green" dining program, which promotes healthy choices and charts the direction we are taking. My boss, Lt. Gen. Mark Hertling, the deputy commanding general for Initial Military Training, has repeatedly emphasized that obesity in young people has challenged the Army in a number of ways, to include undertaking steps to reduce the number of Soldiers whose weight makes them unfit to serve.

On a strong, proactive note, the Army currently finds itself in the midst of the first major overhaul of new Soldiers' diets in decades. Milk and juice are replacing soft drinks, while whole-grain breads and pasta are being promoted rather than simpler carbohydrates. Food labels are now color-coded, reflecting their nutritional status — red, amber or green.

For the Army, a deeper focus on enhancing good nutrition comes on the heels of other modifications in BCT that are geared toward relevance for today's young Soldiers. Around this time last year, we began making some significant changes in our Physical Readiness Training programs, which now promote a more progressive approach to physical fitness.

We now use a system of physical training in phases, ensuring that Soldiers are physically prepared for anticipated combat missions and activities. Soldiers are strongly encouraged to work to maintain and improve their fitness levels when they leave here on the way to their new duty stations. All of this occurred because the Army needed to change the way it was meeting these new challenges.

We hope to see more changes regarding poor childhood nutrition, obesity and other related problems that the first lady has targeted in her initiatives. With her "Let's Move!" campaign, Obama two years ago set out to eliminate childhood obesity in a generation. In the past 25 years, childhood obesity rates across the United States have nearly tripled, and one in every three children is overweight.

One-third of all children born in the year 2000 or later will likely deal with diabetes in their lives. In the 17- to 24-year-old age group, 76.2 percent of Americans cannot qualify to get into the Army, for a variety of medical, moral and other issues, and 15 percent of that group cannot qualify due to weight issues. These are sobering statistics and the problem appears to be getting worse, rather than better. As you can see, this truly is a national security issue.

Our Army will do its part. We plan to continue treating our Soldiers the same way a professional sports team or collegiate athletic program treats its athletes — controlling what they eat, progressive, challenging physical training and providing them access to athletic trainers to ensure optimal performance. What's more, this approach is not only applicable to our Soldiers, it's beneficial to all Americans — so, get moving and eat right!

Army Strong and Victory Starts Here!

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Leader

Fort Jackson, South Carolina 29207

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Social media: good, bad, ugly

COMMENTARY

By MIKE A. GLASCH
Fort Jackson Public Affairs Office

I know that I'm not the first to write about this, nor the hundredth or even the thousandth. But the reality of the good, bad and ugly of social media has really hit home lately; especially the ugly.

THE GOOD

As anyone of us who uses social media knows, it can help us reconnect with lost friends and stay connected with friends and family, even if they are halfway across the world.

As the social media manager for the Fort Jackson Public Affairs Office, I have seen how our Facebook page has allowed families of Soldiers-in-training from all parts of the country to connect with each other to find information, share their pride and seek comfort from the loneliness they feel while their Soldier is away from home.

The other good of social media has been seen recently on the political front. During the 2009 uprising in Iran, after the government shut down most communication efforts, the only way that news could be transmitted to the rest of the world was through Twitter. Recently, we have seen how social media has had an impact by ordinary people in organizing protests against dictatorships in Tunisia and Egypt.

THE BAD

Some argue that we are spending more time using social media rather than face-to-face interaction; in turn making us less social.

In her book, "Along Together," Massachusetts Institute of Technology sociology professor Sherry Turkle argues that, "...technology is threatening to dominate our lives and make us less human. Under the illusion of allowing us to communicate better, it is actually isolating us from real human interactions in a cyber-reality that is a poor imitation of the real world."

THE UGLY

Social media is like anything else, we have to take the bad with the good. What we shouldn't be forced to take is the ugly. Social media has made it easier for anyone with a hate-filled message to get a voice and be heard while retaining somewhat of an anonymity; hiding behind the technology.

This really hit home last week during First Lady Michelle Obama's visit to Fort Jackson. As I was sending out Facebook and Twitter updates during her visit, some of the responses were shocking. There were several comments left on Fort Jackson's Facebook page that were nothing but hateful rants that had no social-redeeming value. They were not arguments that encouraged intelligent discussions, nor were they arguments based in facts. Rather they were bitter remarks based in nothing but political or racial hatred.

While the First Amendment guarantees the freedom of speech, I don't think our founding fathers meant it to be a license for free-for-all hurtful and spiteful rhetoric.

Open, civil and respectful discussions about disagreements should be encouraged. The ugly that is being proliferated by those who hide behind the anonymity of their computers should not be tolerated, but rather pointed out for the poison it is.

Talkin' Trash:

Recycling program can yield big bucks for post units

By KRIS GONZALEZ
Fort Jackson Leader

Photo by KRIS GONZALEZ

Pfc. Antonio Luciano, left, and Pvt. Bradley Williams, Advanced Individual Training Soldiers with Company D, 187th Ordnance Battalion, prepare steel cans for recycling at the post recycling center Monday.

Fort Jackson units can get cash for their trash.

Through an incentive program offered by the installation's Qualified Recycling Program, units can earn funds for being environmentally conscious.

The incentive program is not new; in fact, it has been around for years, but some of its advantages have been forgotten or gone unnoticed, so post leaders want to remind units they can earn green for going green.

"It's a way for (units) to make money without too much effort," said Yvonne McCarty, financial analyst for Fort Jackson's Directorate of Resource Management.

"People just chuck things into the trash can and when the trash is picked up every week, it's gone," McCarty said. "But if they put those things in recycle bins, it's picked up and delivered to the post recycling center where they can sell it and make money. That money comes back to the installation and units can (earn) money (toward) their unit funds."

To earn money, units can recycle cardboard; white and color paper; newspapers and magazines; steel and aluminum cans; plastics No. 1 through 7; green, white and brown glass; and standard wooden pallets. The recycling center does not currently accept electronics.

When units collect items such as office paper, plastic bottles and aluminum cans and take them to the recycling center, those articles are weighed, sorted and compacted before being sold to vendors in the scrap recycling industries.

During fiscal year 2010, Fort Jackson's recycling center generated more than $136,000 from selling recyclable products.

"That's $136,000 just from stuff people often walk by and ignore or throw in the dumpster," McCarty said.

The profits from those sales not only cover the QRP's operations costs, but they also pay for various equipment and projects that promote energy conservation or improve upon environmental, health and safety standards at Fort Jackson.

For example, the QRP recently purchased a new baler to compress cardboard, plastic and tin, and a wood mulcher was purchased to provide mulch in the housing areas and around post.

But what many Soldiers don't realize is that individual units are rewarded for recycling, said Ernest Dicks, business manager for QRP.

Each time a unit brings recyclable goods to the center, the unit is awarded points based on the weight of the goods — one point per pound, at roughly a penny per point.

Every quarter the QRP tallies the total points and provides that information to Family and Morale, Welfare and Recreation, which awards a total of $5,000 each quarter among all units that participate in the incentive program.

The $5,000 is divided according to three categories: $1,750 in two big-unit categories and $1,500 in one small-unit category. Units that umbrella smaller units, such as the Soldier Support Institute, which includes the 369th Adjutant General Battalion and the Recruiting and Retention School, are awarded in the big-unit category and divide the $1,750 award according to the percentage of points each of its smaller units earns. Smaller units, such as the 157th Infantry Brigade, compete against other small units on post for their share of the $1,500 in the small-unit category.

The money is deposited into each unit's unit funds to be used primarily for recreational activities.

Currently, 38 organizations participate in the incentive award program, which accounts for 80 percent of the organizations at Fort Jackson eligible to participate. Dicks said he would like to see that number jump to100 percent.

"The more things we can recover and recycle from Fort Jackson, the less waste we have to pay (someone) to haul off the installation and that's going into the landfill," Dicks said.

Units that would like to get started and need some direction on how and what to recycle, can call the Qualified Recycling Program at 751-4208. The center, which is located at 5671 Lee Road, is open from 7 a.m. to 3 p.m. Mondays through Fridays and from 8:30 a.m. to 3:30 p.m. on Saturdays.

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Leader deadlines

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For more information, call 751-7045.

E-mail system gives users bigger byte

By KRIS GONZALEZ
Fort Jackson Leader

An e-mail system is only as good as its byte.

And Fort Jackson's byte is about to get bigger — 40 times bigger.

That's because the Army is migrating to an Enterprise E-mail service in which storage for all Army e-mail accounts will grow from 100 megabytes to four gigabytes.

"That means if your mailbox currently stores 1,500 e-mails, you'll now be able to store 60,000 e-mails," said Tammy Cunningham, Fort Jackson's project lead for the Enterprise E-mail implementation.

Instead of accessing e-mail through local e-mail servers provided by Network Enterprise Centers at each installation, users will access their individual e-mail accounts through the Department of Defense "network cloud," Cunningham said.

Not only will accounts get more storage, but they will also remain active and accessible during permanent change of station moves, allowing users to access their Army e-mail from any authorized, Computer Access Card-equipped computer.

"Now you'll be able to access it from anywhere," Cunningham said. "You won't have to dump everything onto a CD and carry it with you anymore. And when you get to your next duty station, you won't have to start all over again."

Users will still be able to access their accounts from Microsoft Outlook, but login procedures may change slightly and each e-mail account will have a new name. Users will also be able to access e-mail addresses from the Global Address List and share calendars with users on post or at other installations.

"Instead of just sharing calendars with somebody here at Fort Jackson, for those people whose (major commands) are off the installation, they'll be able to share calendars with their MACOM headquarters, whereas right now, they can't," Cunningham said.

Eventually, users will be able to collaborate with all DoD users once all services migrate to the Enterprise E-mail service, which is managed by the Defense Information Systems Agency. The Army is the first service to migrate to the service.

This week, about 2,000 selected Army e-mail users from the Information Technology Agency, the Office of the Chief Information Officer/G6, NETCOM/ 9th Signal Command, and the U.S. Army Research, Development and Engineering Command began their migration. Headquarters DA staff will begin migrating no later than March. Fort Jackson users will begin the migration process in May or June, while the entire Army is expected to make a full transition to the service by December.

Fort Jackson Leader screenshot

E-mail users with full mailboxes are often greeted by this screen. The Army's new Enterprise E-mail service, which boasts four gigabytes of storage, allows users 40 times the storage currently available.

Jesus RosaVelez, director of Fort Jackson's NEC, said as Fort Jackson's migration period approaches, he and his staff will provide instructions and information to help ease the transition for users.

"We will start now to develop processes to outline user requirements that need to be undertaken before their personal accounts are transitioned, such as mailbox maintenance or BlackBerry user support," RosaVelez said. "Our success will be measured by the number of e-mail accounts transitioned flawlessly."

The new service is expected to eliminate e-mail and spam-filtering redundancies and save the Army money, reducing the cost of operations from $100 to less than $40 for each user.

"The goal is to improve capabilities and security, while simultaneously reducing costs," Cunningham said.

RosaVelez said he thinks not only will the Army benefit from the migration, but so too will the individual users.

With "the new e-mail box size, ...the ability to access e-mail anywhere, even during PCS moves, the shared resources such as calendars, and e-mail address availability across DoD, this change will enhance user friendliness and mission readiness," he said.

Kris.Gonzalez1@us.army.mil

MORE TO KNOW

Q: Will my e-mail address change?
A: Your e-mail address will change.
❑ The basic domain name is @mail.mil. Everyone will have an address ending this way.
❑ Address will contain first name.middle initial.last name (numbers for similar names e.g., john.j.smith123@mail.mil)
❑ Uniformed (Army) service members will also have @us.army.mil alias. Other services will have their own alias.
❑ Each account will use the appropriate "persona extension" identifying the persona for that specific account (.mil, .civ, .ctr, etc.). This extension is critical for users with multiple personas (such as military reservist who is also a contractor) in order to distinguish between their accounts and to meet DoD requirements.

Q: What will happen if people try to send e-mail to my old address?
A: Although you will have a new e-mail address, you will continue to receive e-mail addressed to your old address for at least 6 months. It's recommended you change your business cards and begin advising friends and co-workers to use your new e-mail address soon after migration.

Q: What data will be copied and migrated?
A: All current e-mail and calendar data will be copied to your new Enterprise E-mail account. Data should not be lost during the migration. Depending on the size of your calendar (and associated mailbox), some of the old calendar data may be copied out into a PST and provided locally.

Q: How will I access the system?
A: Soldiers, DA Civilians, and contractors will be able to access their e-mail from any government-managed computer, using their CAC for authentication. Those with Exchange accounts today will be able to use Outlook or Webmail to access the enterprise system. Those with only AKO webmail today will be able to use Webmail to access the enterprise system.

For more frequently asked questions, visit *https://www.us.army.mil/suite/page/646647.*

Source: Siobhan Carlile, 7th Signal Command (Theater)

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News and Notes

TOP COUNSELOR NAMED

WHITNEY

Sgt. 1st Class Tobey Whitney, an instructor with the Recruiting and Retention School, was named the Army's "Top Career Counselor" in the Secretary of the Army's 2010 Career Counselor of the Year competition Jan. 26 in Washington. Whitney had been named TRADOC's 2010 Career Counselor of the Year in July. He is expected to be officially recognized by the secretary of the Army in March.

AG MEMBERSHIP BREAKFAST SET

The Adjutant General Corps Regimental Association's quarterly membership breakfast is scheduled for 7:15 to 8:30 a.m., Feb. 10 at the NCO Club. Call 751-8323, 751-3034 or 751-8520 for more information.

COMMUNITY TOUR SCHEDULED

The next "Come see your Army tour" is scheduled for Feb. 24. The tour will give the community and opportunity to attend a Basic Combat Training graduation; observe Soldiers training; get hands-on experience with a weapons simulator system; and eat lunch in a military dining facility. Call 751-1474/5327 no later than Feb. 16 for more information and to reserve a seat.

Cutting the cake

Photo by JAMES ARROWOOD, command photographer

Maj. Gen. James Milano, center, prepares to cut the cake Tuesday in the Post Conference Room to start the post's Black History Month events. Also pictured, from left, Sgt. 1st Class Chetoria Jackson, 165th Infantry Brigade Equal Opportunity adviser, Sgt. 1st Class Ray Brown, 171st Infantry Brigade EO adviser, Sgt. 1st Class Janeen Simmons, installation EO adviser, Constance Jones, 165th administrative assistant, Master Sgt. Chanley Pickard, chief, EO Staff Office and Col. Craig Currey, deputy commanding officer.

REEL TIME THEATERS

Feb. 3 — 6 p.m.
Little Fockers PG-13

Feb. 4 — 4 p.m.
Karate Kid PG

Feb. 4 — 7 p.m.
Chronicles of Narnia: Voyage of the Dawn Treader PG

Feb. 5 — 6 p.m.
How do you know? PG-13

Feb. 6 — 6 p.m.
Chronicles of Narnia: Voyage of the Dawn Treader PG

Feb. 9 — 2 p.m.
How do you know? PG-13

Feb. 9 — 6 p.m.
Chronicles of Narnia: Voyage of the Dawn Treader PG

Ticket admission
Adults: $4.50
Children (12 and younger): $2.25

VA tweaks Post-9/11 GI Bill

By SAMANTHA REHO
Office of the Chief of Public Affairs

WASHINGTON -— A new automation system will speed up the turn-around time for veterans and Soldiers to receive new benefits under the latest version of the Post-9/11 GI Bill, Veterans Affairs officials said Monday.

The system should help process claims in as little as 25 days, compared to the 59 days it took in the fall of 2009 when claims were manually processed, said VA acting undersecretary for benefits Mike Walcoff.

Walcoff and other VA officials discussed the automation system now being implemented. They also discussed new GI Bill benefits to take effect later this year under legislation signed by President Barack Obama.

Walcoff added that supplemental claims — in which a previously enrolled veteran is registering for a future semester — are now being processed in a record 13 days rather than the 48.5 days it took in 2009.

"Changes that we made and the automation that's been provided to us puts us in a really good position to be able to continue to deliver benefits on time," Walcoff said.

Implementing the new automation and a highly disciplined process, known as the Agile Development Process, sparked a "new approach inside VA," according to Roger Baker, VA's chief information officer and assistant secretary for information and technology.

"We are highly confident we will not see things go back to the fall of '09," Baker said.

In addition, new benefits under the Post-9/11 GI Bill were announced last month and will take effect Aug. 1. Changes in benefits include:

- ❑ Adding benefits for on-the-job training, apprenticeships, some flight training, correspondence courses and non-college degree programs;
- ❑ Capping private school tuition costs at $17,500 each year;
- ❑ Prorating housing to the training time and terminating the pay during holidays;
- ❑ Allowing students on active duty to receive the stipend for books and supplies;
- ❑ Counting National Guard service for emergencies called by state governors as qualifying time for educational benefits.

VA officials said eligible veterans can expect to receive direct mailings in the coming months regarding the changes. They said question-and-answer hotlines will also soon be available.

Since 2009, the VA has issued $8.1 billion in benefits to about 440,000 veterans under the Post-9/11 GI Bill.

Virtual town hall meeting

Col. James Love, garrison commander, addresses the audience during the quarterly town hall meeting Tuesday at the Solomon Center. This is the first time a Fort Jackson town hall meeting has been broadcast live over the Internet, allowing interaction from community members at home. During the meeting, updates were given by AAFES on Troop Store remodels; by Balfour Beatty Communities on family housing construction and demolition; by Army Community Services on the Single Soldier Initiative; and by the Directorate of Emergency Services on the Army Ready Program. The next town hall meeting is slated for 6 p.m., May 3 at the Solomon Center.

Photo by CHRIS RASMUSSEN

Wildcat team completes IRR muster

By STAFF SGT. TOSHIKO FRALEY
81st Regional Support Command

ORLANDO, Fla. — As the room quickly filled with more than 110 Individual Ready Reserve Soldiers, a small army of non-commissioned officers went into action taking care of Soldiers.

After weeks of preparation, the 81st Regional Support Command's Soldiers Readiness Processing team conducted the year's first muster Jan. 23 here. Its mission was to support the Army's Human Resources Command to update the readiness of IRR Soldiers.

The IRR muster is an annual event, held at various locations around the country, where Soldiers assigned to the IRR report to a central location in order to maintain accountability and update their files.

While the main purpose of the IRR muster is to maintain contact and accountability of the IRR Soldiers, it is also an opportunity for the Soldiers to review their records and wrap up any outstanding issues from their previous service.

Some of the services offered were identification cards, health assessments and access to Veterans Administration services.

Even though the IRR musters are an the responsibility of the HRC, the 81st SRP team is in charge of the mission and continues to be hands on throughout the whole process, said Staff Sgt. Ursula Brabham-Smith, NCOIC of the Orlando muster.

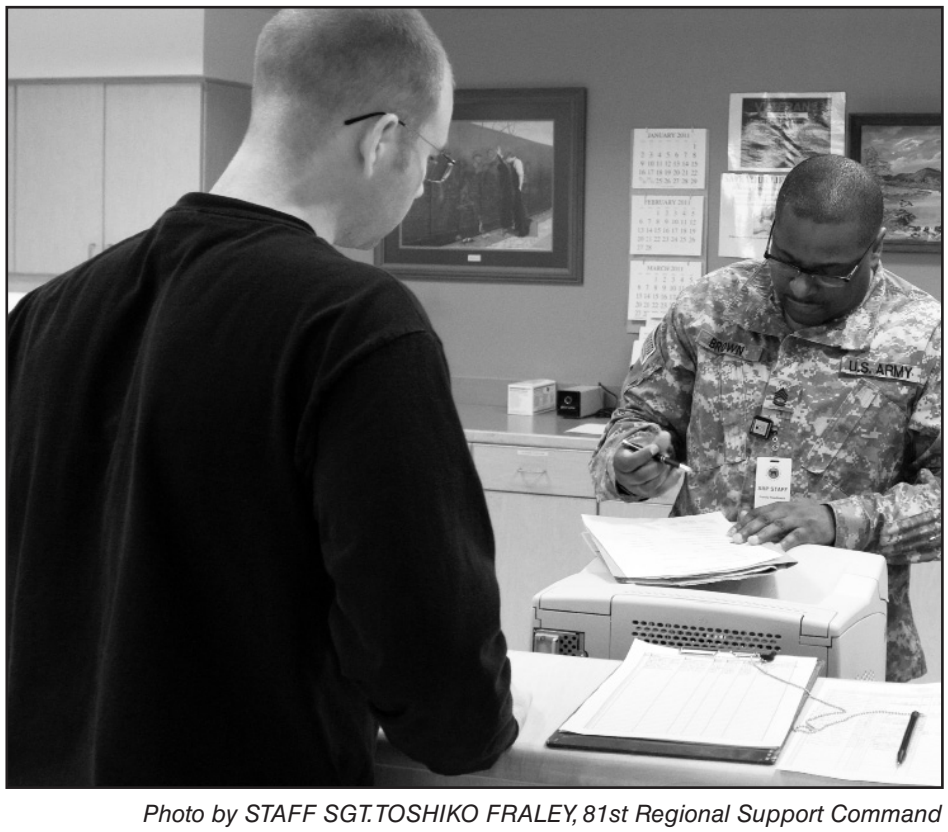


Photo by STAFF SGT. TOSHIKO FRALEY, 81st Regional Support Command

Sgt. 1st Class Bryan Brown helps Soldiers during the Individual Readiness Reserve muster Jan. 23 in Orlando, Fla. Brown is assigned to the 81st Regional Support Command based at Fort Jackson.

"The SRP team is very important to the mission because we are the ones who run the show," said Brabham-Smith.

Master Sgt. Dartalian Harris, the NCOIC of the SRP team who greeted Soldiers at the door, said he wanted to make sure that Soldiers realize that they have not been forgotten.

"When you have to show up to a mandatory event and you have already served your time on active duty, a Soldier starts to wonder is this a ploy and if it is, what is it about," he said. "For them to feel at home and comfortable helps to remind them how appreciative we are of the time they served."

Waiting for the first group at the door was Sgt. 1st Class Kevin Harris, a medical NCO for the team, who escorted nearly two dozen Soldiers to their first station.

Harris kept a close eye out for anyone needing help — the wait wasn't long. He noticed one Soldier struggling to fill out paperwork while taking care of her infant child.

He quickly asked the Soldier if she needed any assistance for the day. With the baby safely in Harris' arms, the Soldier was visibly relieved to be helped during the lengthy process.

As on the battlefield, no Soldier is left alone or behind during the SRP process as staff were on the constant lookout for Soldiers appearing lost or confused.

"Their dedication to the operation shows as they focus on the needs of each IRR soldier that approaches their station," said Master Sgt. Dartalian Harris.

The ongoing partnership between the 81st RSC and the Human Resources Command is one of trust and commitment, said one HRC team member.

"We have a good working relationship with the 81st SRP team," said Master Sgt. Dandridge Dudley, HRC NCOIC. "Without their support we couldn't get the mission done, they are an essential strength of the process."

Class stirs anxiety in new student

CRYSTAL CLEAR

By Crystal Lewis Brown
Fort Jackson Leader

It has been more than seven years since I've had to turn in a homework assignment. And frankly, I was not very good at it then.

When I picture a graduate student, I think of a fastidious worker, checking and re-checking homework assignments that have been completed weeks before they were due. I completed my assignments like I was working on deadline at a newspaper; hours, sometimes minutes, I would be tapping away in my office, sometimes making corrections even as the professor entered the room.

Needless to say, despite my fairly good grades (hey, I work well under pressure), I was never what one would call a good student. So as I enter the third week of a Defense Information School distance learning course, I am amazed that I have, in fact, become that quintessential student I never had the desire, or discipline, to be. And let me tell you, it's stressful.

Don't get me wrong; I know that learning is a lifelong process, and no matter how long it has been since one set foot into a classroom, it is never too late. In 2009, a 96-year-old Taiwanese man became the oldest college graduate. A year later, the previous record-holder received her master's degree at 98 years old. My own mother went back to school and received her MBA in 2000; 21 years after receiving her bachelor's degree.

So why am I so nervous? Part of it, I think, is the strongly worded acceptance letter I received. The class would be difficult, we were warned. And those who may be thinking of taking college or other professional development courses were discouraged from doing so during the 5 1/2 month course. And those who dropped out were advised that doing so may have "an adverse career effect." Whew! It was almost enough to make me quit before I'd even started.

The first week, I jumped in head first. I completed assignments well in advance, then looked at them for days afterward, scouring for any missed errors. One assignment I redid three times; although I was fairly sure I knew the answers, I was afraid the instructor wouldn't be able to read my handwriting. I would check the "virtual classroom" and my e-mails several times a day for fear I'd miss something.

At home, I constantly refreshed my laptop. And even when a family emergency called me out of town, I tried to keep up via BlackBerry. I realized, though, that it wasn't really an urge to do well that had me so nervous. It was my fear of failure. Although that fear continues to crop up, I remind myself that if my supervisors didn't think I could do it, they would never have approved my taking the course.

I remember that I have tackled difficult situations before, and though they weren't easy, I finished. So I will approach this course as I approached my first 5K race last year; I did what I could to prepare, and once I stepped onto the race course, I knew that nothing would prevent me from finishing; nothing could stop me from running the entire race.

And nothing will stop me this time, either.

Editor's note: Crystal Lewis Brown is an Army spouse of five years and is editor of the Fort Jackson Leader.

Family Happenings

RICHLAND ONE MAKE-UP DAYS

Richland One students are scheduled to make up three days of school that were missed due to inclement weather. The make-up days are: Feb. 21, April 22 and May 28. For more information, call 231-7504/7510.

BRIGHTSKIES CLASSES

SKIESUnlimited is offering Bright SKIES Academy Early Learning Classes. The spring session began Wednesday and runs through May 26. Classes are 9 to 10:30 a.m., Mondays, Wednesdays and Fridays at 5899 Chesnut Road. Students learn basic academic skills, such as pre-reading and writing, pre-math, recognizing letters and how to write their names.

Children must be fully potty-trained, and must be 3 by Sept. 1. Four-year-olds may attend if they are ineligible for Strong Beginnings and will not be eligible to attend school during the 2011-2012 school year. Call 751-4865/4824 for registration or enrollment questions. Call 751-6777 for questions about SKIES programs.

RICHLAND ONE TRANSFERS

The application dates for school transfers within Richland One is March 1 through May 1. Richland One parents requesting a student transfer to a new school must apply during this time period in order to be considered for a transfer for the 2011-2012 school term.

Application forms will be available on March 1 at 12:01 a.m. at *www.richlandone.org*. Forms also may be picked up at the Registrar's Office, 1310 Lyon St. Call 231-6944 for more information.

POST HOMESCHOOLERS

The Fort Jackson Homeschool Group meets throughout the school year on Fridays. Call Bethany Storlazzi at 419-0760 or e-mail *johnlazzi@yahoo.com* for times and locations.

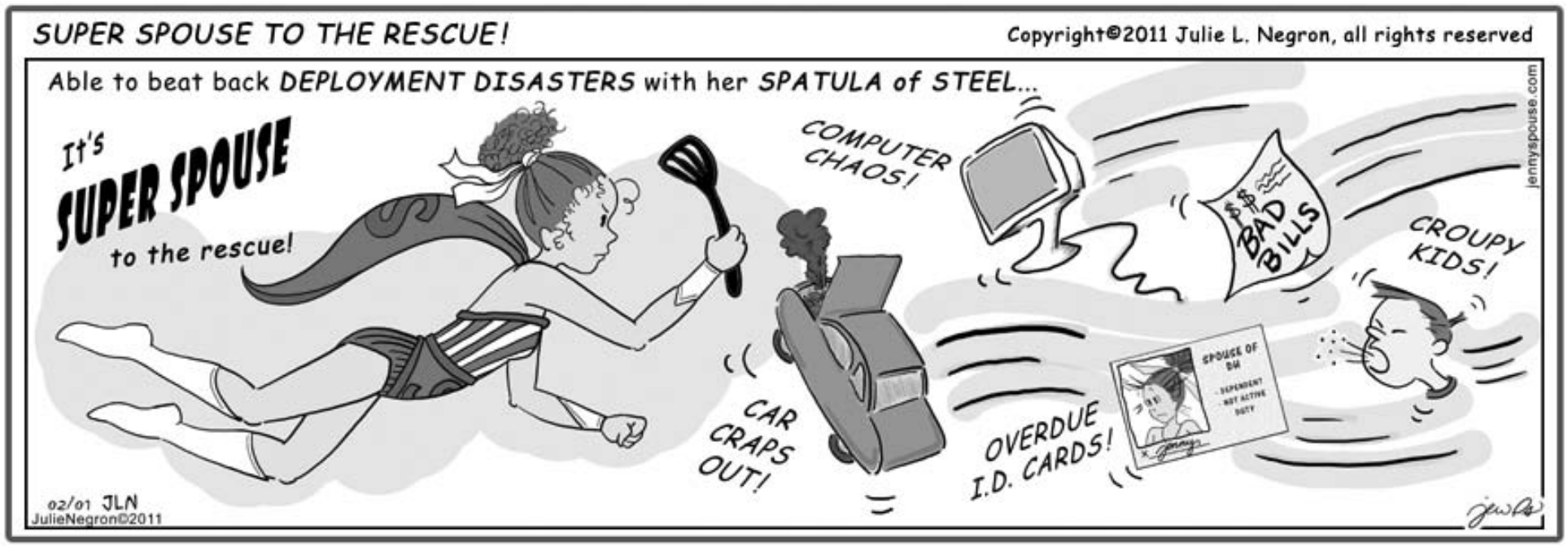
PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an orientation.

JUMPING JACKS

Jumping Jacks child care is available in the Solomon Center's Marion Room for parents to use while they work out at Andy's Fitness Center. For more information, call the Child, Youth and School Services Parent Central Services at 751-4865/4824.

Visit http://jackson.mhsoftware. com/ for the full on-post calendar.



Jail birds

Photo by KRIS GONZALEZ

"Sheriff" James Andrews, director of Child, Youth and School Services, tells a gang of "outlaws" to put their hands up as he corrals them into the Penny Carnival jail Friday at the Solomon Center. Participants at the CYSS Penny Carnival could name a person to be "arrested" for one penny. One carnival-goer decided to pay $1 to have everyone "arrested" for the unlawful act of "having too much fun."

Good sleep essential to child's health

From Army Public Health Nursing

"I don't want to go to bed! I am not tired!" How many times have you heard this from a child who can hardly keep his or her eyes open? Sleep is as essential to the well-being of the body as food and water. We cannot survive without sleep. Sleep is especially important to children, as it directly impacts both physical and mental development.

How much sleep do children need?

Most parents underestimate the amount of sleep children should get per day. The American Academy of Sleep Medicine recommends the following guidelines:

- ❑ Infants: 14-15 hours
- ❑ Toddlers: 12-14 hours
- ❑ Preschoolers: 11-13 hours
- ❑ School age: 10-11 hours
- ❑ Teens: 9-10 hours

These are only guidelines and, of course, sleep patterns will differ among children.

How do I develop healthy sleep habits for my child?

❑ Set the stage for your child as an infant to learn to fall asleep on his or her own. Put the child to bed when he or she is drowsy, but not asleep; this helps children learn to become independent sleepers.

❑ Routines are vital; establish a bedtime and adhere to it. Children like, and need, consistency.

❑ Cut children's caffeine and sugar late in the afternoon and prior to bedtime.

❑ Keep televisions and computers out of the bedroom. They can cause too much stimulation too close to bedtime.

❑ Develop and maintain a relaxing and enjoyable bedtime routine geared toward the age of the child.

❑ Never send a child to bed as a punishment. This can cause a negative outcome that can result in sleeping problems.

Some children do develop chronic sleeping problems that can be problematic into adulthood. Know your child's normal sleeping pattern. If anything regularly interferes with your child getting a full night of uninterrupted sleep, or you notice breathing problems when your child sleeps, notify his or her pediatrician.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Feb. 17 Leader must be submitted by today.

Announcement submissions are due one week before publication.

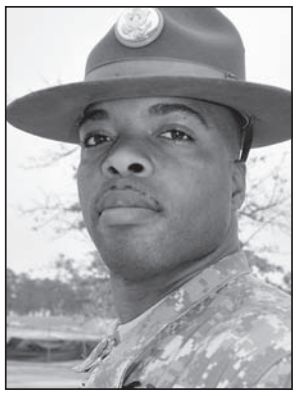
For example, an announcement for the Feb. 17 Leader must be submitted by Feb. 10.

Send your submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Photos by OITHIP PICKERT, Public Affairs Office

Staff Sgt.
Sunduyaia Thompson
Company B
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Reed Jaracz

SOLDIER OF THE CYCLE
Spc. Charles Dyer

HIGH BRM
Spc. Charles Dyer

HIGH APFT SCORE
Spc. Nevine Zaki

Staff Sgt.
Ashley Ledet
Company D
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Marshall Garrison

SOLDIER OF THE CYCLE
Pfc. Robert Moore

HIGH BRM
Pvt. Trevor Gearhart

HIGH APFT SCORE
Spc. Shannon Sellers

Staff Sgt.
Robert Reynolds
Company F
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Joseph Siddons

SOLDIER OF THE CYCLE
Spc. Daniel Wrobel

HIGH BRM
Pvt. Jonathan Campbell

HIGH APFT SCORE
Spc. Matthew Lombardo

Training honors

Staff Sgt.
Jeffrey Wendover
Cadre of the cycle,
Company C,
187th Ordnance Battalion

SUBMISSION GUIDELINES

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.

For information about display advertising, contact Kathy at 786-5681.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to *FJLeader@conus.army.mil*.

For more information, call 751-7045.

twitter

facebook

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao.
Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

February Promotions

Name	Rank	Name	Rank	Name	Rank
BERDY, Erik M.	LTC	HEYMAN, Joseph L.	MAJ	UNDERWOOD, Chester M.	MSG
GIST, Nicholas H.	LTC	HOFMANN, Patrick J.	MAJ	BROWN, Wardah S.	SFC
MERCER, Naomi R.	LTC	HUNTER, Modeque R.	MAJ	BYARS, Michael C.	SFC
MURPHY, Stephen M.	LTC	JONES, Tyler L.	MAJ	CANTY, Glenn S.	SFC
TOLLEFSON, Eric S.	LTC	JURANEK, Bobby M.	MAJ	DOWDY, Glenn L.	SFC
YANKOVICH, Michael F.	LTC	KELSHAW, Christopher J.	MAJ	ELLISON, Charisse N.	SFC
ANDERSON, Thomas N.	MAJ	LACOVARA, James A.	MAJ	FREEMAN, Letha M	SFC
BEERS, Wynne M.	MAJ	LEE, Andrew C.	MAJ	GITTENS, Willette A.	SFC
BUKOWSKI, Raven M.	MAJ	MACALLISTER, Adam E.	MAJ	HAWLEY, Edward L. Jr.	SFC
CHETCUTI, Steven C.	MAJ	MARCHESI, Justin M.	MAJ	JEFFERS, Brian L.	SFC
CORTEZ, Virginia A.	MAJ	MCVEY, Kimberly D.	MAJ	JOHNSON, Cytique T.	SFC
CROFFORD, Ira L. Jr.	MAJ	MEEKS, Brittany E.	MAJ	JOHNSON, Marcia A.	SFC
CUNNINGHAM, John D.	MAJ	MENHART, Dustin A.	MAJ	KEITH, Michael D.	SFC
DALRYMPLE, Shawn P.	MAJ	MILLER, Adam M.	MAJ	KNAPP, Daniel J.	SFC
DASILVA, Joseph V.	MAJ	RIVAS, Christina L.	MAJ	MOORE, Edward J. Jr.	SFC
DAVIS, Nathaniel B.	MAJ	SHIELDS, Sean R.	MAJ	NANCE, Jim J.	SFC
DENNING, Brian T.	MAJ	SPENCER, John W.	MAJ	OMEALLY, Nephoteria S.	SFC
DONNELL, Tyler R.	MAJ	STICK, Margaret G.	MAJ	PAGE, George D.	SFC
EARNHART, Geoffrey L.	MAJ	THOMPSON, Scott D.	MAJ	SAUNDERS, Jonathan L.	SFC
EATON, Joshua A.	MAJ	YATES, Kyle R.	MAJ	SELF, Brian T.	SFC
ERWIN, Michael S.	MAJ	CHAPMAN, Otto	1LT	WASHINGTON, Asata S.	SFC
FERGUSON, Benjamin J.	MAJ	EMERY, Timothy R. Jr.	1LT	CAMPBELL, Heatherlee L.	SSG
GILBERT, Joseph I.	MAJ	GAMERO, Geraldine	1LT	FLYNN, Benjamin C.	SSG
GREEN, Danilo A.	MAJ	HARRIS, Melanie C.	1LT	HERNANDEZ, Shawnta M.	SSG
GREENE, Morgan D.	MAJ	JEFFERSON, Blossom A.	1LT	JONES, Vanan R.	SSG
HAIGLER, Dwayne R.	MAJ	JOHNSON, Yvonne D.	1LT	MABRY, Jamar R.	SSG
HAN, Pierre N.	MAJ	MORENO, Daniel A. III	1LT	PHARR, Sherika Y.	SSG
HARDIN, Daniel W.	MAJ	NGUYEN, Linh T.	1LT	BARRON, Lisa A.	SGT
HARPER, Justin D.	MAJ	SMILEY, Detrick L.	1LT	MONDELL, Nicole L.	SGT
HARRISON, Adrienne M.	MAJ	WRIN, Stacey A.	1LT	ODOM, Matthew J.	SGT
HARRISON, Walter R.	MAJ	COCHRAN, John D.	CW3	SPANN, Britiney R.	SGT
HOLLENBECK, Neil A.	MAJ	SYDNOR, Willie C.	MSG	VEGABAZAN, Emilyn P.	SGT

Calendar

Today
School Board meeting
4 p.m., C.C. Pinckney Elementary School

Friday
National Prayer Breakfast
7 to 8:30 a.m., NCO Club
The guest speaker is Dr. Tom Mullins.

Army Nurse Corps 110th birthday celebration
2:30 p.m., Moncrief Army Community Hospital dining facility

Saturday
Black History Month 5K fun run
9:30 a.m., Darby Field
For more information, call 751-4247/7873.

Friday, Feb. 11
Fatherhood Forum
10 to 11:30 a.m., Post Conference Room

Tuesday, Feb. 15
Black History Month luncheon
11:15 a.m. to 3 p.m., Solomon Center
Tickets cost $10. For more information, contact your brigade equal opportunity adviser, the Equal Opportunity Office or your unit representative.

Housing events

Monday, Feb. 14
Valentine's Day sugar cookie decorating
3 p.m.
Icing, sprinkles and sugar cookies will be available for you to decorate and take home to your sweetheart.

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

Announcements

PHONE BOOK RECYCLING

The Fort Jackson Recycling Center, 5671 Lee Road, will accept telephone books for recycling through March 31.

MILITARY SAVES WEEK SEMINARS

Army Community Services offers special financial seminars during Military Saves Week. The following classes are scheduled:

— Credit and you, 11:30 a.m. to 1 p.m., Feb. 22

— TSP and retirement planning, 11:30 a.m. to 1 p.m., Feb. 23

— Money management and everyday life, 11:30 a.m. to 1 p.m., Feb. 24

— Cut your grocery bills in half, 9:30 to 11:30 a.m., Feb. 25

All classes take place at the Family Readiness Center. For more information, call Christine Julius or Martha Phillips at 751-5256.

EXCESS PROPERTY SALE

FMWR has scheduled an excess property sale from 8 a.m. to 3 p.m., Friday at Kennedy Hall. The sale is open to all DoD ID card holders. Items include TVs, DVD players, entertainment centers, etc. Items will be available for preview from 10 a.m. to 2 p.m., today. For more information, call 751-4155.

EO AWARDS

The Equal Employment Opportunity Office is soliciting nominations for the Third Annual EEO Supervisor of the Year Award. The award will be presented at the Annual EEO Committee Meeting March 3. Managers, supervisors or employees may submit nominations by Feb. 11. Call 751-7248/5443 for criteria information.

MILITARY ONESOURCE TAX FILING

Military OneSource provides free tax consultation and online tax filing services to active duty, Reserve and National Guard service members and their families. Participants must register at *www.militaryonesource.com*.

GLASS RECYCLING

Glass recycling containers will be put up in the housing area Monday. The containers will be placed on Pershing Road in Mabry Manors and at the corner of Moses and Carter roads in Pierce Terrace 7. Additional containers will be placed in other areas of housing by the end of the month.

RED CROSS SEEKS VOLUNTEERS

The Fort Jackson Red Cross is looking for leadership volunteers. Available positions include hospital chair, youth chair and fundraising chair. For more information, call 751-4329 or e-mail *jacksonredcross@yahoo.com*.

MACH NUTRITION CLINIC

The following classes are scheduled for February:

— Diabetes class, 8 a.m. to noon, today

— Cholesterol and high blood pressure class, 2 to 3 p.m., Feb. 10 and 24

— Army Move!, 2 to 3 p.m., Monday and Feb. 14 (Session 1); and 2 to 3 p.m., Feb. 9 and 16 (Session 2)

— Victory weight loss class, 2 to 3 p.m., Feb. 17

All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

MG JAMES URSANO SCHOLARSHIP

The MG James Ursano Scholarship program is now accepting applications. It provides children of active-duty, retired or deceased Soldiers with financial assistance to pursue a four-year college degree. Students must apply each year. For more information, visit *www.aerhq.org* or call 751-5256.

ID CARD APPOINTMENTS

Soldiers, retirees, family members and DoD employees can now use the ID Cards Appointment Scheduler System. Appointments will be available from 8 a.m. to 3:30 p.m., Monday through Friday. To schedule and appointment, visit *http://appointments.cac.navy.mil*.

SCHOLARSHIPS FOR SPOUSES

The AER Stateside Spouse Education Assistance Program is accepting applications through April 1. The scholarships are available to Army spouses and are awarded based on financial need. For more information, visit *www.aerhq.org* or call 751-5256.

DECA SCHOLARSHIP

The 2011 Scholarships for Military Children program is now available in commissaries and online at *www.commissaries.com*. Choose the "News & Info" tab, then the "Scholarship info" tab. Applications are also available at *www.militaryscholar.org*.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.

School news

MONTESSORI INFO SESSION

Parents of students in the Richland One school district who are interested in enrolling their children in Montessori programs are invited to an information session scheduled for 8 a.m., Friday, at Logan Elementary School. For more information, call 231-6709 or e-mail *alipscomb@richlandone.org*.

Book show

TeVaughn Higgins, Horrell Hill Elementary School Student Council president, and Cassidy Gearhart, Student Council vice president, show off a portion of the books donated to them by the U.S. Army Student Detachment. The USASD book drive yielded 605 books. The USASD works with the elementary school as part of the Adopt-A-School program.

USASD courtesy photo

Follow the Fort Jackson Leader on Twitter at http://twitter.com/FortJackson-PAO

Obama visits 2-39th dining facility

Continued from Page 1

making the rest of the country aware of not just the challenges we face, but the work you do to get these young recruits and trainees back on track, because a lot of people around the country could use the same kind of support."

Hertling said that 75 percent of America's youth are ineligible to join the military for a variety of reasons. Out of those ineligible, 17 percent are disqualified because of obesity.

He outlined the problems obesity creates in recruiting new Soldiers and the challenges physically unfit Soldiers face in Basic Combat Training.

"Our challenge is to fix it quickly," Hertling said.

Hertling told Obama that the Soldier Fueling Initiative has been effective.

"What we're seeing is, the choices of the Soldiers are changing in basic training and they're feeling better, and we get a lower attrition rate," Hertling said.

After the meeting, Obama visited the 2-39th dining facility, where she not only had a chance to see for herself what food options are available, but also to talk to drill sergeants and Soldiers about nutrition.

Barbara Johnson, manager of the 2-39th DFAC, said the goal was to present the first lady with an accurate impression of what Soldiers eat on a daily basis.

"Our task was to put out one of the meals from the 21-day cycle menu," Johnson said. "It was nothing different. We didn't do (anything) extra. It was a meal we would serve on a day-to-day basis."

The four entrée choices that day were baked salmon, oven-roasted chicken breast, honey mustard ribs and lasagna Florentine. Johnson said only the ribs were categorized as a performance limiting food item, giving the Soldiers three healthful entrée options.

Staff Sgt. Tayibat Agbabiaka, a drill sergeant with Company E, 2-39th, said during her conversation with Obama she was able to share the experiences she has as a drill sergeant, both with regard to seeing Soldiers come into the Army out of shape as well as the challenges she faces to eat well.

"It is definitely hard to eat right as a drill sergeant, because sometimes we're trying to get the Soldiers (around); we don't get to eat breakfast or we don't have time to eat lunch," Agbabiaka said.

One of the Soldiers who had a chance to meet Obama, Pfc. Michael Vasquez, Company A, 2-39th, said he had been physically active before enlisting and had considered himself a sensible, albeit picky, eater.

"Once I got here, I started eating more vegetables, and I started using the labels more, because I always thought I was eating right, but it turns out some things that I thought were the right thing to eat, they weren't," Vasquez said. "So the labels helped a lot."

For Pvt. Kimberley Welsh, Company E, 2-39th, the consistency of regular physical training and planned, nutritious meals has proven beneficial, she said.

"I've actually gained weight, but it's not fat weight, it's muscle. I've toned up a lot, Welsh said. "I feel a lot better about myself, especially physically."

One of the things Vasquez said he will take away from meeting Obama is the call to pass along his knowledge about eating right and exercising to family and friends, "not because she said it, but because I could see how passionate she was about it."

Susanne.Kappler1.ctr@us.army.mil

Photos by SUSANNE KAPPLER

First Lady Michelle Obama shares a light moment with Pfc. Kevin Antolin, left, and Pvt. Rudolph Buchanan, both with the 2nd Battalion, 39th Infantry Regiment, during her visit to Fort Jackson Jan. 27. Obama met with drill sergeants and Soldiers-in-training at the battalion's dining facility.

Above, First Lady Michelle Obama addresses attendees of the graduation of 1st Battalion, 34th Infantry Regiment Jan. 27 at Hilton Field. Left, Fort Jackson dining facilities use labels to indicate which types of food enhance a Soldier's performance and which types of food are considered for moderate performance or performance limiting. The labeling is part of the Soldier Fueling Initiative, which addresses the nutritional needs of Soldiers in Initial Military Training.

First lady speaks at BCT graduation

By SUSANNE KAPPLER
Fort Jackson Leader

During her visit to Fort Jackson Jan. 27, First Lady Michelle Obama addressed Soldiers and family members at the 1st Battalion, 34th Infantry Regiment graduation ceremony on Hilton Field.

Obama said she was thrilled to be with the new Soldiers and congratulated them on their achievement.

"In just 10 short weeks, you've done so much," she said. "You prowled through obstacle courses. You marched endless miles with heavier and heavier loads. You completed both basic and advanced rifle marksmanship. You conquered Victory Tower. You made it through Omaha Range, and probably did more sessions of PT than any of you care to remember."

The first lady emphasized the perseverance needed for the Soldiers to make it through basic training despite cold weather and hard training.

"The truth is, you never gave up. You never gave in," she said. "Instead you pushed yourselves to your limits and then beyond. And in doing so, you found that those limits were often only just limits of will or maybe your own imagination. You learned that tough isn't something that you are; you learned that discipline isn't something that you are. Those are things that you become through persistence and hard work. Yes, you learned to follow, but you also learned to lead."

Obama also addressed the family members in attendance, whom she described as instrumental in their support of the new Soldiers.

"The honor these men and women are receiving here today isn't just a testament to them, to their character, commitment and hard work," she said. "It is a testament to all of you. It's a testament to the love that you gave them and the values that you instilled in them."

She told the crowd that the Soldiers' welfare was the president's top priority.

"I want you all to know that my husband has no greater honor than being their commander in chief," she said. "He has no higher priority than assuring that your sons and daughters have everything they need, not just to do their job, but that they get the care and benefits they've earned when that job is done."

In closing, Obama called the graduating Soldiers "the very best America has to offer."

"We see it in those of you who were born far from our shores, but who love this country and signed up to serve it before it was even your own. We see it in those of you who are continuing a long line of service — the third, fourth or fifth generation in your families to wear our nation's uniform," Obama said. "We see it in the willingness of every Soldier here today to serve your nation in a time of war, knowing full well the risks that entails. And we see it in how you embrace the Army values that you've been taught — loyalty, duty, respect, selfless service, honor, integrity and personal courage — values that aren't just Army values, but American values."

Susanne.Kappler1.ctr@us.army.mil

VOICES: WHAT THEY SAID ABOUT MEETING THE FIRST LADY

Pfc. Michael Vasquez, Co. A, 2-39th

"I was a little nervous when she was first walking up, but when she sat down and started talking she just started making us feel comfortable."

The visit coincided with Vasquez's 24th birthday.

"Coming into (basic training), I was thinking that it was going to be a birthday I can't wait to forget. But now I think it's a birthday that I'll always remember."

Pvt. Kimberley Welsh, Co. E, 2-39th

"It was an amazing opportunity. I spoke to my mom (Sunday) and she (said), 'I turned on the news and you were there.' She started to cry ... because she was so proud of me."

Staff Sgt. Tayibat Agbabiaka, Co. E, 2-39th

"It was a very easygoing conversation. ... You can tell that she does care about childhood obesity and how it's affecting our nation, especially our young Soldiers."

Barbara Johnson, 2-39th DFAC manager

"It was an honor and a privilege at the same time to be able to showcase our Soldier Fueling Initiative."

CMYK
27" WEB-100
CMYK

Teen Job Fair scheduled

By THERESA O'HAGAN
FMWR

It may only be February but it's not too early to start thinking about the summer. Although playing video games and watching marathons of Teen Mom on MTV might be fun at first, soon a teen's mind may turn to other thoughts like how to get enough change together to buy gas to hang out with friends or a myriad of other reasons young people become concerned with cash flow. Many teens will come to the realization, "I need a job!"

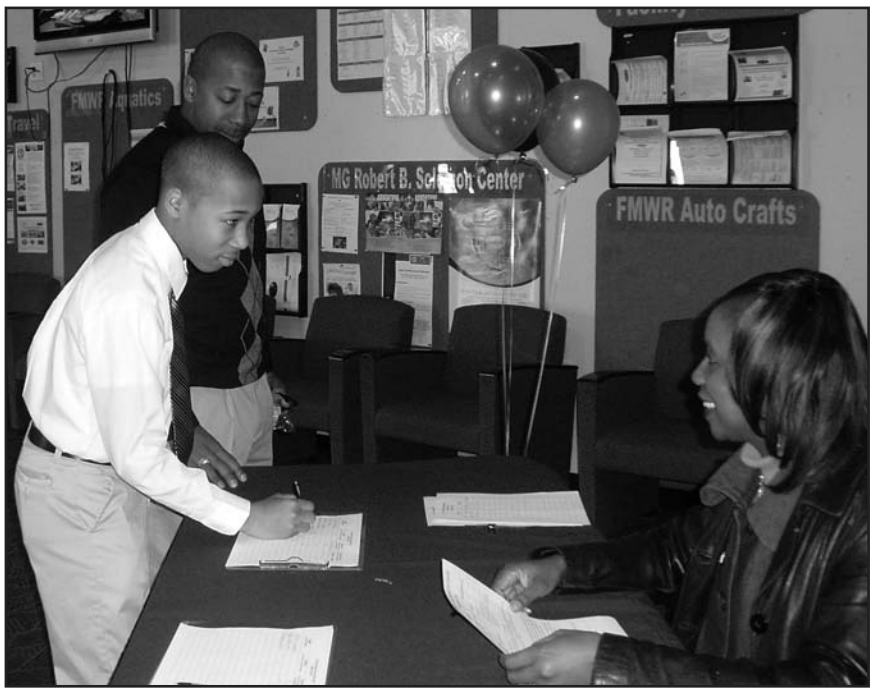
Fort Jackson and the surrounding areas have employment opportunities available for the diligent and persistent seeker.

"It is never too early to begin your job search. Why? The market is literally saturated with teens like yourself who are looking for a summer gig," said Barbara Martin, Employment Readiness Program manager.

What can make one teen stand out from the rest are the preparations he or she makes. Employers want to hire young people with a positive attitude who are reliable and willing to learn new skills.

One way to prepare is to attend the workshops offered by ACS and then put that knowledge to work at the Teen Job Fair. ACS will offer a workshop, How to Complete Job Applications, 10 a.m. to noon, Feb. 26, at the Family Readiness Center, 3499 Daniels Circle. Another workshop, Teen Job Fair Preparation Workshop, is scheduled for 10 a.m. to noon, March 5. The Fort Jackson Employment Readiness Office will host a Teen Job and Education Fair, 10 a.m. to noon, March 19, at the Solomon Center. This event is open to the public.

"The job search process is much more competitive than it has ever been; adults are applying for and working in jobs that were formerly labeled 'teen jobs,'" said Edwina Gwynn, ACS employment specialist. "The Teen Job and Education Fair is a great opportunity for teens to get out there and get early exposure to the job-search process and begin searching for opportunities to further their education. Hopefully, teens and their parents will take advantage of the chance to speak one on one with employers as well as recruiters."



Courtesy photo

A teen registers during a recent teen job fair. The next teen job fair is scheduled for 10 a.m., March 19 at the Solomon Center, and is preceded by workshops on how to prepare for the event.

The Teen Job and Educations Fair provides teens with hands-on experience.

"Teens are able to meet potential employers, complete job applications, practice interviewing, learn about volunteer opportunities and obtain information from some of the local colleges and vocational programs. We are offering a wide range of resources for families from scholarship information, setting up student savings accounts and jobs for special needs teens," Martin said.

Martin also said there are few tips for landing a summer job.

"Look for 'NOW HIRING' signs. Employers might give teens more consideration for employment if they show up at their door and fill out an application on the spot," Martin said. Martin also recommends sites such as *www.snagajob.com* that list many part-time jobs that hire 16-year-olds.

The best areas for finding employment are: city-run youth programs, amusement, theme and recreation parks, ice-cream, juice shops and grocery stores; libraries, museums and zoos; fast food and casual dining restaurants; child and elder care services; and offices needing clerical or customer service help.

Teens should also consider volunteering as another option for the summer.

"You will gain valuable experience that can be used on future job applications as well as aid you when applying for college scholarships," Martin said.

To register for the workshops call 751-4862 or 751-5256.

FEBRUARY EDGE! CLASSES

❑ **Chocolate, Gummies and Other Yummies** — 3:30 to 5 p.m., Mondays and Fridays, 5955-D Parker Lane. For ages 9 to 15. Learn to make candy just in time for Valentine's Day. Try candy sushi, chewing gum, gummies and rock candy.

❑ **Nailing it Together** — 3:30 to 5 p.m., Mondays, Balfour Beatty Community Center (for transportation to the FMWR Wood Shop). For ages 11 to 18. Learn to work with wood to create cool and usable stuff, learn the basics of hand and power tools and how to use them safely.

❑ **Lights! Camera! Action!** — 4 to 6 p.m., Tuesdays and Wednesdays, 5955-D Parker Lane. For ages 11 to 18. Learn the tricks of the trade from a video expert.

❑ **Outdoor Gourmet** — 4 to 5:30 p.m., Tuesdays and Thursdays, Balfour Beatty Community Center (for transportation to Twin Lakes). For ages 9 to 16. Learn dishes you can cook over an open fire.

❑ **Arti Gras** — 3:30 to 5 p.m., Thursdays and Fridays, Balfour Beatty Community Center. For ages 10 to 16. Have fun with printmaking, photography and other out-of-the-ordinary arts materials.

❑ **Polar Bear Past Bedtime** — 3:30 to 5 p.m., Wednesdays, Post Library. For ages 6 to 12. Chill with cool critters as we explore the wintry land of the polar bear with the Magic Tree House bunch.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older.

For children 9 and 10, classes are $5 per hour.

FMWR calendar

THURSDAY

❑ Comedy night at the **NCO Club** featuring comedian Tyler Craig. Doors open at 6:30 p.m., the show starts at 7:30 p.m. Tickets cost $12 in advance and $15 at the door.
❑ Visit **Century Lanes** for food, fun and bowling.
❑ **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.
❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.

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.
❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center.**

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

❑ Watch the Super Bowl at **Magruders Pub**, free admission, door prizes and other specials.
❑ **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.
❑ Family day at the **Youth Services Center**, 2 to 6 p.m.

WEDNESDAY

❑ Come to Morale Call starting at 8 p.m. in the NCO Club **Liberty Lounge** and pay no cover charge. Starting at 10 p.m., ladies specials begin in the ballroom during Working Women's Wednesdays.
❑ Get your party on at **Club NCO** starting at 8 p.m. Admission is $5 for military, $7 for civilians.
❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

❑ The annual FMWR Fitness Challenge runs through April 4. Participants must be fitness members to compete in one of three categories; fitness, weight loss or total lifestyle change. Fitness memberships are $30 a month. Call 751-5768 for more information.
❑ 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.
❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.

Be smart about carbohydrates

By CAPT. BETHANY DESCHAMPS, RD
Moncrief Army Community Hospital

In the late '90s, the low-carbohydrate era of dieting emerged. The Atkins diet, and many other modified versions of it, hit bookstore shelves, all claiming to have a fast and effective diet for weight loss.

Most of these diets encouraged high amounts of fat and protein intake and very low amounts of carbohydrate. Grocery store shelves were lined with new "low-carb" products, from cereals to ketchup to candy. Eventually, the craze died down, especially after more and more research was published that demonstrated the adverse health effects from following dangerously low-carbohydrate, high-protein diets.

Even though Dr. Atkins is a name of the past and grocery stores no longer have their shelves lined with low-carb products, carbohydrates are still in question. As a dietitian, I am regularly asked by patients about carbohydrates.

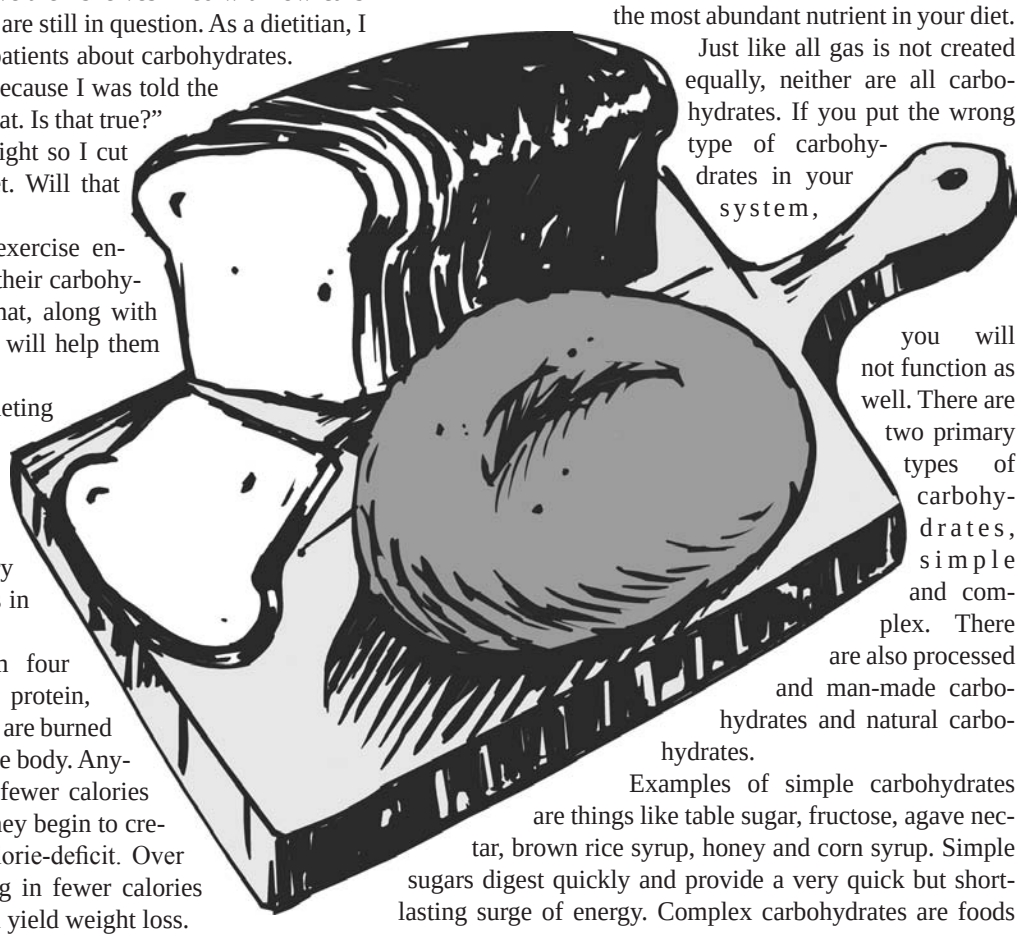
"I stopped eating fruit because I was told the sugars would make me fat. Is that true?"

"I am trying to lose weight so I cut all breads from my diet. Will that help?"

Many athletes and exercise enthusiasts also try to cut their carbohydrate intake in hopes that, along with their intense training, it will help them lose body fat.

In the world of dieting and weight loss, there are many ways to lose weight, but not all of those ways are healthy. Weight loss is a very simple concept; calories in versus calories out.

Calories come from four sources, carbohydrate, protein, fat and alcohol. Calories are burned and used as energy by the body. Anytime someone takes in fewer calories than they use or burn, they begin to create what is called a calorie-deficit. Over time, consistently taking in fewer calories than used or burned will yield weight loss.



Based on this basic scientific concept, if you take in less carbohydrate and not replace those calories with some other nutrient (i.e., protein or fat) you would lose weight. However, you could decrease intake of any other nutrient and as long as there is a calorie deficit, the same effect would occur.

Carbohydrates are considered an essential nutrient and need to be consumed through diet every day. They are the body's primary and most readily available source of energy. Imagine that your body is like a car. Other nutrients such as protein and fat are fluids that are important to normal engine function and carbohydrates are the gas that goes in the gas tank.

Carbohydrates are also a great source of vitamins, minerals and fiber. They are essential for proper brain function and secretion of certain hormones. Just like gas is the greatest volume of fluid that is in a car, carbohydrates should be the most abundant nutrient in your diet.

Just like all gas is not created equally, neither are all carbohydrates. If you put the wrong type of carbohydrates in your system, you will not function as well. There are two primary types of carbohydrates, simple and complex. There are also processed and man-made carbohydrates and natural carbohydrates.

Examples of simple carbohydrates are things like table sugar, fructose, agave nectar, brown rice syrup, honey and corn syrup. Simple sugars digest quickly and provide a very quick but short-lasting surge of energy. Complex carbohydrates are foods like vegetables, rice, corn, wheat or other grain products, beans and legumes, and fresh fruit. Processed and man-made carbohydrates would be things like table sugar, corn syrup, high fructose corn syrup, instant mashed potatoes, packaged items like pop-tarts, chips, snack crackers, white bread and sweetened cereals.

When it comes to choosing the best carbohydrates for your body, always choose those that come from a natural source and that have had little to no processing or man-made carbohydrates added. For example, choose whole fruit instead of fruit juice, which contains added sugars and have been stripped of the fiber and nutrients contained in whole fruit.

Choose old-fashioned oatmeal instead of packaged, pre-sweetened oatmeal, in which the oats have been processed and high fructose corn syrup and other processed sugars have been added. Choose power bars for a quick breakfast or energy boost instead of pop-tarts or granola bars which have processed sugars and processed grains added.

Choose grain products in which the first ingredient is 100 percent whole grain or whole wheat flour instead of enriched white bread or white flour. Choose foods that have been naturally sweetened with agave nectar, fructose, honey or other natural sweetener.

Always go for complex sources of carbohydrates in their natural form — fruits, vegetables, whole grains, dairy products, beans and legumes. If it doesn't grow on a tree, come from a plant or animal, then chances are it is processed to an extent and/or contains man-made sugars and not the best choice for carbohydrates.

The problem with man-made sugars such as high fructose corn syrup is, because they are not natural carbohydrates, the body has a hard time recognizing them as carbohydrates and processing them to be used as a readily available source of energy. Instead, because the body cannot use it, it tends to store those calories from man-made sugars as fat instead of burning them off as energy.

Natural sources of carbohydrates are easily used by the body for energy and these forms of carbohydrates, unless eaten in excess, are not typically stored as fat.

So enjoy carbohydrates at meals and as snacks. They should be the basis of your diet and at least half of your food choices at meals and snacks. But go for the natural sources for optimal energy, greater satisfaction and for weight management.

MACH updates

REMINDERS AVAILABLE BY TEXT

Moncrief Army Community Hospital now offers appointment reminders by text message. To sign up, complete an opt-in form, which is available in the clinics and at the information desk. Completed forms may be left in those locations, as well. Reminders will arrive two to three hours before an appointment.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

CATARACT SCREENING

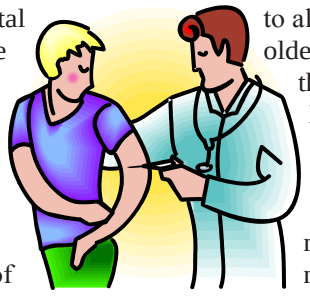
The MACH Ophthalmology Clinic will conduct quick cataract evaluations Tuesday for all beneficiary categories. To schedule an appointment, call 751-5406. A referral is not needed for an appointment.

REFILL PHARMACY CLOSURE

The refill pharmacy will be closed Saturday through Monday for automation improvements. Phone-in refills can be picked up at the main pharmacy during that time. For more information, call 751-4072/2101.

LASIK SURGERY

The MACH Ophthalmology Clinic is now offering pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active duty service. For more information, call 751-5406 or visit the front desk in the EENT Clinic on the third floor of MACH.



DFAC OPEN

The MACH dining facility is open and fully operational. The DFAC offers a full hot bar and grill, a sandwich/wrap station and a salad bar.

FLU VACCINATIONS SET

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. Flu shots will not be given Feb. 18 and 21.

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:

Solomon Center: 8 a.m. to 3:30 p.m., Monday, Feb. 14 and 28; 8 a.m. to 2 p.m., Saturday and Feb. 26.

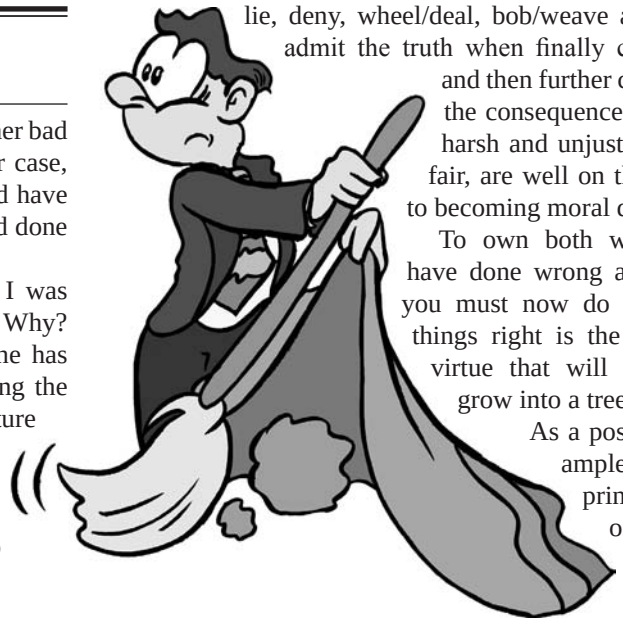
Owning mistakes plants seed of virtue

By CHAPLAIN (MAJ.) TOM McCOURT
Soldier Support Institute

I recently talked with a Soldier who had to own her bad decisions and the unpleasant consequences. In her case, she was going to be discharged from the Army and have to return home feeling ashamed about what she had done and anxious about what her future might hold.

The strange thing was, after talking with her, I was encouraged by her and tried to encourage her. Why? Because she had done the needful things once one has made a mistake: Admitting the wrong and enduring the consequences. For such a person, the long-term future is bright although the short term may seem cloudy (with chance of rain).

Conversely, the long-term forecast is not nearly as bright for those who do the opposite. Those who lie, deny, wheel/deal, bob/weave and only admit the truth when finally cornered, and then further complain the consequences are too harsh and unjust and unfair, are well on their way to becoming moral disasters.



To own both what you have done wrong and what you must now do to make things right is the seed of virtue that will one day grow into a tree of life.

As a positive example of this principle, I once had a chaplain assistant who was arrested for DUI. Because he was guilty, he went to court on his own and pleaded guilty. He accepted the judgment, and for six months he had to ride his bike to work and attend Alcoholics Anonymous meetings, regardless of the weather. I'm sure it was no fun. He also was demoted from a specialist to a private first class, which is also no fun.

However, less than eight years later, he is now a far wiser, very responsible and highly accomplished noncommissioned officer. In fact, he was recently promoted to sergeant first class in the chaplain assistant Military Occupational Specialty, 56M, which is fairly difficult to achieve.

He credits his turnaround to his DUI conviction and its results. I credit it to his willingness to own his mistake and pay for it.

We will all make mistakes, the critical difference lies in what we do afterward.

Worship & Praise

PROTESTANT

■ Sunday
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9 a.m. Daniel Circle Chapel Gospel service, Post Theater
9:30 a.m. Hispanic, Solomon Center
9:30 a.m. Main Post Chapel
10:45 a.m. Sunday school, Main Post Chapel
11 a.m. Magruder Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
6 p.m. Transitions Christian service, Anderson Street Chapel
■ Wednesday
6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study
■ Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
■ Tuesday
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
■ Wednesday
6 p.m. Gospel prayer service, Magruder Chapel
7 p.m. Gospel Bible study, Magruder Chapel
7 p.m. LDS scripture study, Anderson Street Chapel
■ Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel
■ Sunday
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
■ Saturday
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month

CATHOLIC

■ Monday through Friday
11:30 a.m. Mass, Main Post Chapel
■ Sunday
9:30 a.m. CCD (September through May), Education Center
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
11 a.m. Mass (Main Post Chapel)
12:30 a.m. Catholic youth ministry, Main Post Chapel
7 p.m. Women's scripture study, Main Post Chapel
8 p.m. Mass, McCrady Chapel (SCARNG), McCrady Training Center
■ Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
■ Friday
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

■ Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

■ Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
■ Friday
1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

■ Sunday
9:30 to 10:30 a.m. Worship service, Memorial Chapel
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

■ Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS
■ Sunday
9:30 to 11 a.m. Anderson Street Chapel
■ Thursday
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

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
McCrady Chapel (SCARNG)
3820 McCrady Road (located at McCrady Training Center)
Memorial Chapel
4470 Jackson Blvd., 751-7324
Warrior Chapel (120th AG Bn.)
1895 Washington St., 751-5086/7427
Installation Chaplain's Office
4475 Gregg St., 751-3121/6318

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

CASES OF THE WEEK

❑ A civilian was charged with driving with a suspended license and having no registration in his possession during a traffic stop, Military Police said. The driver's license had been suspended for driving under the influence, MPs said. The vehicle was released to a licensed driver.

❑ Two Soldiers were charged with shoplifting in connection with a theft from the Main Exchange, MPs said. One Soldier stole a bag of beef nuggets, and the other stole a pair of earrings, MPs said. The value of the items was approximately $10. The Soldiers were released to their units.

❑ A civilian was charged with a PT zone violation after driving his vehicle in a restricted zone, MPs said. Drivers are prohibited from entering PT zones from 6 to 7 a.m.

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

Courts-martial

❑ Staff Sgt. Peter Dolan, a Fort Jackson drill sergeant in Company B, 2nd Battalion, 39th Infantry Regiment, was convicted Jan. 28 at a special court-martial for violating the command policy prohibiting illegal associations between permanent party Soldiers and Soldiers-in-training.

Dolan pleaded guilty to one charge of engaging in an illegal association with a Soldier-in-training on multiple occasions. He was sentenced to a reduction in rank from E6 to E4 and 75 days confinement. He will serve his confinement at the Charleston Naval Brig.

❑ Sgt. 1st Class Lamar Williams, a Fort Jackson Advance Individual Training instructor and platoon sergeant in Company D, 369th Adjutant General Battalion, was convicted Jan. 27 at a special court-martial for adultery and for violating the command policy prohibiting illegal associations between permanent party Soldiers and Soldiers-in-training.

Williams pleaded guilty to one charge of engaging in illegal associations with two different Soldiers-in-training and one charge of adultery. He was sentenced to a reduction in rank from E7 to E4 and three months confinement. He will serve his confinement at the Charleston Naval Brig.

NO HOLIDAY FROM TERRORISM
AVOID COMPLACENCY
MAINTAIN SITUATIONAL AWARENESS
SECURE YOUR PROPERTY
PRACTICE ANTITERRORISM PROTECTIVE MEASURES
Report suspicious activity to Fort Jackson MPs (803)751-3114/3115

Follow the Leader at www.twitter.com/fortjacksonpao

Intramural basketball gets under way

By CHRIS RASMUSSEN
Fort Jackson Leader

It may not be the NBA or even the NCAA, but intramural basketball at Fort Jackson is garnering a lot of attention from Soldiers and civilians alike.

The winter basketball season, which began in mid-January, boasts 25 teams for the active-duty and recreational leagues.

"We have more teams than we have had in a while," said Cindi Keene, sports coordinator. "It is going to be an exciting season with Commander 's Cup points and bragging rights on the line."

The top four teams from each league will compete starting April 25 in a double-elimination tournament. Soldiers must comprise the entire team for those competing as active-duty teams. If one civilian is on a team, they compete in the recreation league.

"I'm playing for the unit," said Dennis Stribling, a center for the Soldier Support Institute's team. "It is also a great way to have fun and stay in shape, but it is all about camaraderie."

This season the 80th Division Swamp Foxes will be defending back-to-back titles from last year's winter and summer leagues. The 171st Infantry Brigades team, which is made up of Soldiers from the 120th Adjutant General Battalion (Reception) and 171st Inf. Bde. Headquarters, placed second in last year's winter league. The Soldiers Support Institute was runner-up in the summer league.

Benjamin Cruz, who plays guard for the 4th Battalion, 10th Infantry Regiment Bulldogs, is starting his first season at Fort Jackson.

"It isn't always about winning. I just love the sport," Cruz said. "I have played in intramural basketball leagues at other installations, and it does wonders for morale. The bonds we form on the court are brought back to the unit and it spreads good morale."

Make no mistake, however, the leagues provide plenty of excitement for both spectators and players. For example, on Tuesday, SSI and the 187th Ordnance Battalion were slugging it out all night. Down by three points, SSI's David Chapman nailed a three-pointer at the buzzer to send the game into overtime. The 187th went on to win the game, 61-52.

> "It isn't always about winning. I just love the sport. ... The bonds we form on the court are brought back to the unit and it spreads good morale."
>
> **— Benjamin Cruz**
> *4th Battalion, 10th Infantry Regiment*

So far this season there are still eight undefeated teams including the 187th. The rest includes MEDDAC, the Veteran's Administration, McEntire Air National Guard, the 81st Regional Support Command, Legion of Doom, Nightflyte and 1st Battalion, 61st Infantry Regiment.

MEDDAC, is one of several teams that has its hopes set on this season's title.

"We have a lot of good players," said Brian Parker, the team's coach. "We work very hard and practice every lunch break we can. A lot of our guys have been playing together for a while now and we know good things are going to happen. We just need to play solid defense."

Teams play games twice a week at Coleman and Vanguard gyms. Some teams play on Mondays and Wednesdays and the others matchup on Tuesdays and Thursdays.

Chris.Rasmussen@conus.army.mil

Photo by CHRIS RASMUSSEN

Max Toussaint, a forward for the 4-10 Bulldogs, catches some air during a practice layup before a game against the Soldier Support Institute Jan. 25. This year, 25 teams are competing in winter basketball intramural leagues.

Winter basketball standings*

Monday/Wednesday League		Tuesday/Thursday League	
81st RSC	4-0	187th	4-0
MEDDAC	4-0	LOD	3-0
VA	4-0	NightFlyte	3-0
Swampfoxes	3-0	1-61st	2-0
2-39th	2-1	80th	2-1
120th	2-2	4-10th	2-2
1-34th	1-2	193rd	2-3
SCNG	1-2	SSI/TSB	2-3
1-13th	1-3	81st	1-2
171st	1-3	3-60th	1-3
3-34th	1-3	2-60th	1-4
Enforcers	0-4	165th	0-5
TFM	0-4		

*Standings as of Wednesday morning

Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.
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Want more Fort Jackson news? Watch Fort Jackson video news stories and Victory Updates at http://www.vimeo.com/user3022628