

TRACKING ...

NEWS

Black history to be honored at event

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The Fort Jackson *Leader*

Thursday, February 10, 2011

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

www.jackson.army.mil



A cut above



Post barber retiring after 49 years

By CHRIS RASMUSSEN
Fort Jackson Leader

Eddie Mack has witnessed a lot of changes in the nearly half-century he has cut hair at Fort Jackson. From racial segregation to providing one last trim to a Soldier on his way to Vietnam, the legendary barber has left his impression on the installation.

Mack, who came to Fort Jackson in 1962 as one of two black barbers at the time, will retire April 30.

"It is just time for a change. It is not that I am tired. I have been in this profession for 49 years, and I am ready to move on," he said. "But I know I will miss coming here to see my friends and all of the people who come from all over the world. Fort Jackson means everything to me."

The native Columbian got his start cutting hair at Fort Jackson shortly after graduating from Patterson Barber College, a local barber school.

"There were 14 barbers and two of us were black," Mack said of his first job on post. "We could only cut black Soldiers' hair. That hurt us in the pocket because we worked on commission and the white barbers cut three times as many heads as us. It was hard to make any money." It wasn't until the Vietnam era that Mack would be allowed to cut white Soldiers' hair.

Despite segregation and racial attitudes, Mack prospered and moved to new barbershops as they were opened on the installation.

"Back then haircuts were just 55 cents," he said. "We would get really busy around 6 p.m. when the Soldiers came in from training. We would have a whole company come in with 250 men."

He opened the first brick barbershop in 1966 at the 3rd Training Brigade, which at the time taught a 16-hour survival course for Soldiers about to be deployed to Vietnam.

Eddie Mack gives Sgt. 1st Class Maurice McGhee, an Equal Opportunity adviser with the Soldier Support Institute, a trim at his NCO Club barber-shop. Mack will retire in April after 49 years as a barber on Fort Jackson.

Photo by CHRIS RASMUSSEN

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Profession of arms concept gains steam

Every Army leader, Soldier and civilian needs to become familiar with the term “profession of arms,” because you will be hearing a lot of dialogue during the course of this year on the subject as our Army revisits its doctrine and assesses itself as a profession. Gen. Martin Dempsey, commanding general of U.S. Army Training and Doctrine Command, has already begun a yearlong effort that examines not only the profession-of-arms concept, but also its attributes and the intrinsic meaning of being a professional.

Now that I have introduced some philosophical thoughts, you may be asking yourself why this is important to you and the Army’s mission. For starters, it is time for our Army to take a retrospective look at itself and our profession. Army Chief of Staff Gen. George Casey determined it necessary so that we can refine our policies and programs following nearly a decade in which our country has been engaged in war.

Continuous operations in Iraq and Afghanistan have changed us as an Army. We are now in transition as we draw down our combat power in Iraq. As we transition, we know we must reflect on our strengths and our weaknesses as an Army and conduct a thorough self-examination of our profession, our Army culture and our professional ethic. We find ourselves doing some self-policing, because we are well aware that a competent force wins battles and a strong professional Army wins our country’s wars.

TRADOC has the lead in this venture and will over-

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



see quarterly Armywide profession of arms forums this year. An interim assessment is due in June. A final report, assessment update and recommendations will follow at the end of the year.

We have begun by creating a very important dialogue, one that will impact not only those who are currently serving but also future generations of Soldiers. The Profession of Arms campaign and its three lines of operation — assess dialogue, review and revise — will examine responses across the board to include feedback from officers, warrant officers, noncommissioned officers, Soldiers and civilians.

Various functions and activities will take place within the lines of operation to include forums, symposiums, reviews, conversations and related assessments. At the center of all the dialogue, three important questions are waiting to be answered:

— What does it mean for the Army to be a profession

of arms?

— What does it mean to be a professional Soldier?

— After nine (soon to be 10) years of war, how are we as individual professionals and as a profession meeting these aspirations?

The results of this conceptual foundation will prepare us in a number of ways. Gen. Dempsey has made the point: “Our discourse on the profession will allow us to weave together our programs and converge on our fundamentals, to re-examine and recommit to the professional military ethic, to review how we are doing in developing leaders, and to enter into discourse about our roles and responsibilities.”

Gen. Dempsey probably would refer you to a lesson learned, or one of the big awakeners for our Army — an incident that coincidentally occurred outside the Army — to illustrate the importance of “shifting from a reactive to proactive stance to recognize and influence change” before we are forced to adapt on others’ terms.

Gen. Dempsey points to a *New York Times* editorial on last year’s oil spill in the Gulf of Mexico. The editorial writer places much of the blame on a failure in leader development, executives who failed to see the conditions of increasing complexity in which company employees were operating. Gen. Dempsey fashioned that setting to our transparency downrange and a future operating environment that everyone agrees will grow more complex.

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The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the *Fort Jackson Leader* are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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

The civilian printer is responsible for commercial advertising.

For display advertising rates and information: call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29202. For classified advertising information only: call (800) 698-3514 or e-mail skaress@ci-camden.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157.

To submit articles, story ideas or announcements, write the *Fort Jackson Leader*, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

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Installations aim for ‘net zero’

The Army has a bold vision for managing natural resources on its installations: They will become net zero. That is, as we go about the complex business of living, working and training on installations, our use and production of resources will balance out so that in the end, we do not over-consume or waste. The most exciting part of the Army Net Zero vision is this: We all have a part to play in achieving it.

When the concept of net zero was first applied to installations, it was in terms of energy. A task force that grew out of a 2008 joint initiative of the Departments of Defense and Energy studied the possibility of net zero energy installations, or installations that produce as much energy on site as they use over the course of a year. Army Net Zero goes beyond energy, though, to also include water and waste.

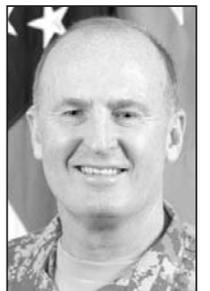
Army Net Zero’s holistic approach increases our ability to achieve the larger goal of sustainable installations. With an eye to all three — energy, water and waste — we are more likely to move beyond isolated projects, which carry the risk of succeeding in one area at the expense of another, to an integrated plan that balances benefits and costs across our operations.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery and disposal. To achieve net zero energy, garrisons start with aggressive conservation efforts, to reduce the amount of energy being used in the first place.

Then they repurpose energy, or find secondary uses for building exhausts, boiler stack exhausts and other thermal energy streams, and recover heat from the electricity generation process. Once they have reduced their load through conservation and efficiency measures, they can meet their remaining requirements through renewable or alternative energy projects.

A net zero water installation limits the consumption

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



of fresh water and returns water back to the same watershed, so as not to deplete the groundwater and surface water resources of that region in quantity or quality.

Similar to the process with energy, installations aiming for net zero water begin with rigorous conservation efforts. Then they repurpose the water used in showers, sinks, washing machines and cooling towers, capture rainwater for on-site use, and treat wastewater for recharging into groundwater aquifers. They achieve net zero water by capturing, repurposing and recharging an amount equal to what they consume.

A net zero installation reduces, reuses and recovers waste streams, converting them to resource values with zero landfill. In other words, a net zero waste installation aims to make disposal an unnecessary step. Garrisons start by reducing the initial amount of waste, and then find ways to repurpose waste with minimal processing.

For example, they might crush construction rubble to use on trails. When they cannot reuse waste, they recycle or compost as much as they can or convert it to energy. They achieve net zero waste when they have nothing left to send to the landfill.

During my site visits during the past year, I have

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Civil War, blacks theme of luncheon

By **CHRIS RASMUSSEN**
Fort Jackson Leader

From the battle of Lexington to the battle for Fallujah, countless African-Americans have sacrificed their lives to preserve the freedom of America.

No other conflict, however, may have been more personal than the Civil War. Tens of thousands of African-Americans enlisted in the Army and Navy, making extraordinary sacrifices to help unite a fractured country and free millions from slavery.

“What African-Americans did in the Civil War helped not only blacks but others in this country,” said Sgt. 1st Class Chetoria Jackson, 165th Infantry Brigade Equal Opportunity adviser. “All of us can go further and dream bigger because of what they did.”

Fort Jackson will celebrate the contributions of African-Americans during the Civil War this month as part of African-American History Month.

This year’s luncheon, which is slated for 11:15 a.m., Tuesday, at the Solomon Center, will feature a performance by the Airport High School JROTC. There will also be a showing of clips from the PBS documentary “For Love of Liberty: The Story of America’s Black Patriots.” The menu includes fried catfish, pepper steak and gravy, white rice, collard greens, black-eyed peas, cornbread and assorted desserts. Tickets are \$10 and may be purchased from brigade EO advisers or at the door on a first-come basis. There are 450 tickets available for the luncheon.

The Black History Month 5K Fun Run/Walk, which was postponed due to inclement weather, is scheduled for 9:30 a.m., Sat-

urday, at Darby Field. Registration forms are still being accepted by the 165th Inf. Bde. Final registration will be accepted the day of the event from 8:30 to 9 a.m.

The month will conclude with a Civil War living memorial encampment, 10 a.m., Feb. 26, at Darby Field. The living memorial will be conducted by the 54th Massachusetts Civil War Re-enactment Regiment. The 54th Massachusetts Volunteer Infantry Regiment was one of the first official black units during the Civil War.

Immediately following the living memorial will be a showing of the movie “Glory” at the Post theater. Members of the Triple Nickles, veterans of the first black paratroop unit, will attend the Feb. 26 events.

“This year’s theme invites us to reflect on 150 years since the start of the Civil War and on the patriots of a young country who fought for the promises of justice and

equality,” said Sgt. 1st Class Janeen Simmons, Equal Opportunity Staff Office. “Let us pay tribute to those who have served and continue to serve in our military.”

African-American History Month, which is celebrated during the month of February, dates back to 1926 when Carter G. Goodson created Negro History Week. It was celebrated on the third week in February to commemorate the births of former slave turned statesman Frederick Douglass and President Abraham Lincoln. The week-long celebration was made into a month in 1976.

“I have really enjoyed learning about the origins of Black History Month. I had a lot of questions going into it, such as ‘Why is it in February?’” Jackson said. “This has given me the opportunity to research history that I otherwise wouldn’t have.”

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Prayer breakfast



Above, Tom Mullins addresses attendees of this year’s National Prayer Breakfast Friday at the Officers’ Club. Mullins is the founder of Christ Fellowship Church in Florida and the author of “The Leadership Game” and “The Confidence Factor: Discovering the Winning Edge for Life.” Right, Chaplain (Col.) Bart Physioc, installation chaplain, presents Mullins with a gift for his participation in the prayer breakfast.

Photos by JAMES ARROWOOD, Command photographer



Post sponsorship training on tap

By **KRIS GONZALEZ**
Fort Jackson Leader

When Miranda Broadus was hired to work at Fort Jackson in 2008, she had already spent months doing research about the installation and surrounding area.

With 25 years of experience working at different U.S. Naval bases all around the world, Broadus already knew where to get information online to help make her transition to Fort Jackson a smooth one.

But what she didn't know was in which area near post was best for her to live.

"You go on the Internet and you see these places that look really nice, but you don't really know about that part of town," Broadus said.

So she called Fort Jackson's Army Community Services Employment Readiness Assistant, Shirley Cherry, who would not only be Broadus' future coworker, but would also serve as her sponsor.

"She was so helpful," Broadus said. "I called her and said 'I've been looking in this area, have you heard of this apartment complex or address?' and when I gave her the name and address she said 'No, no, no, you don't want to live in that part of town.'

Cherry sent Broadus information about reputable apartment complexes, the specials they were running, about the school districts, the number to the off-post housing and school liaison offices, and other things above and beyond what Broadus had requested.

"She even went as far as to send me a welcome package, and a list of all the schools and their ratings," Broadus said. "I was like

IN THE KNOW

Sponsorship training is scheduled for 1:30 to 2:30 p.m., Feb. 17, in Room 213 of the Strom Thurmond Bldg. To register, call 751-1124 or e-mail Miranda.Broadus@us.army.mil.

"Wow, this is first-class service."

When Broadus finally arrived here, Cherry made sure her new colleague was comfortably settled in. Broadus said Cherry's hospitality made her feel like she fit right in.

Broadus said not only had Cherry set a precedent for how future ACS sponsors would treat new employees, but she had also set a standard for Army sponsorship that Broadus, in her position as the ACS Relocation program manager, now teaches other sponsors to emulate as they prepare to welcome their own Soldiers and civilian employees to Fort Jackson.

In the ACS Sponsorship Training class, which Broadus said is designed to educate command appointed sponsors and those interested in becoming a sponsor on their roles and responsibilities, she said she provides them with all the resources and tools they need for effective sponsorships.

Broadus will teach the next class Feb. 17, and she said she expects her classroom to fill up fast because the Total Army Sponsorship Program has just become true to its name. Sponsorship is now mandated for the total Army — all Soldiers and DA civilians transitioning to new installations will get sponsors.

In January, Gen. Peter Chiarelli, vice chief of staff of the Army, released a directive that all installations implement an active sponsorship program mandating Soldiers in the rank of private through colonel and civilians in grades GS-15 and below to be assigned a sponsor, and that a trained sponsorship pool must exist at the unit and installation level.

"It's a program that's always been in place, we've always had it, but it was pretty much, 'If you want a sponsor you can request it, and we'll get one provided to you,'" Broadus said.

The directive came as a result of a recent Army Family Action Plan issue that the sponsorship program had not been effectively implemented, utilized, monitored and inspected. An AFAP committee recommended that the program be standardized and enforced Armywide, with an emphasis on taking care of Soldiers relocating to and from Initial Entry Training.

"The AFAP identified the sponsorship program as not being implemented at each location, whereas it was assumed that sponsorship was alive and well," said Twyla Perkins, supervisor for Human Resources Strength Management.

With the new mandate, the TASP should do what it was designed to do — to help Soldiers, their family members and civilian employees transition easily from one installation to another, and to have assistance provided to them by their gaining command, Perkins said.

Perkins, who is in charge of coordinating levy briefings, said all relocating Sol-

diers will be required to fill out a DA form 5434 requesting a sponsor for their next unit. More often than not, the Soldier will be assigned a sponsor before arriving at the next installation. If for some reason the gaining unit does not receive the Soldier's information before the PCS, the unit will assign a sponsor through what's called reactionary sponsorship, upon arrival.

The Army is expected to launch an automation system that tracks sponsorship as a part of in and out processing in an attempt to alleviate such delays.

Civilian employees must contact their gaining Civilian Personnel Office or future supervisor to be assigned a sponsor.

The directive does not mandate that the sponsor and person being sponsored be the same rank or grade, but Broadus said it is highly recommended.

"The units usually try to match Soldiers with sponsors who are of the same rank if they can, the same gender or whose family make up is the same," Broadus said. "If the Soldier is married with children, it's good to have a sponsor that also has kids."

The Army also requires that Soldiers and civilian employees possess certain qualities in order to be selected as sponsors.

"They must be motivated," Broadus said. "They have to want to volunteer because someone who really wants to do something is going to give it their all. They must be open-minded and be able to put themselves in the newcomers shoes. They need to be culturally diverse, but the most important thing is they need to be positive."

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Making the grade



Courtesy photo

Capt. Angela Lee-McClain, Company C, 3rd Battalion, 34th Infantry Regiment, speaks to children at Caughman Elementary School about Martin Luther King Jr. during a recent awards ceremony. The battalion sponsors a mentorship and reading program for Caughman Elementary School students in third through fifth grades.

Housing Happenings

COMMUNITY UPDATES

- All housing offices will be closed Feb. 21 in observance of Presidents' Day.
- Balfour Beatty is now accepting geographical bachelors and bachelorettes for on-post housing. Call 738-8275 for more information.
- Balfour Beatty is on Facebook. Search for Fort Jackson Family Housing, then "like" us to stay up-to-date on housing happenings.
- Energy-saving tip: Run your dishwasher and washing machine only when fully loaded. Fewer loads reduce energy consumption and water usage. Learn how to "Live Army Green" and get more energy saving tips by visiting www.balfourbeattycommunities.com/livearmygreen/.

COMMUNITY UPDATES

- To date, 260 homes have been completed.
- To date, 641 units have been demolished.
- Throughout the demolition and construction process, safety is Balfour Beatty's top priority. Precautions for the safety of Soldiers and families will be employed.

Boy involved in claw machine rescue

By KRIS GONZALEZ
Fort Jackson Leader

Kids say the darndest things.

That's what Bethany Johnson Storlazzi, head of Fort Jackson's home-school group, thought when her 8-year-old son, Drew, said he saw a baby in a toy vending machine as they walked by the Carolina Wings restaurant in Northeast Columbia last week.

"Drew, that's not possible," Storlazzi told her son, as she brushed it off as a kid's whimsical imagination.

But Drew remained adamant he wasn't making things up and he was determined to get the boy help.

"He grabbed my hand and hauled me back to the window to see inside the building," Storlazzi said.

And lo and behold, Drew was right. A little boy was tucked alongside the prizes in a giant claw machine.

"It took me a minute to realize that the small child was not on the other side of the machine but was truly inside it, bright red in the face and crying," she said. "It was unbelievable to see him there. I was so afraid for him."

Immediately Storlazzi, her husband, Army Reservist Chief Warrant Officer 3 Charles Johnson, and their three children rushed into the restaurant and charged toward the side room where 5-year-old Michael Horger was trapped.

Michael, who had reached up inside the machine to grab a ball, had hoisted himself up through the hole where prizes usually drop and positioned himself in a way that he was unable to back out of the machine the way he had squeezed in. The opening measures about a foot high and 7 inches wide.

Storlazzi dashed into the main dining room to locate Michael's parents while her husband looked for management to find keys to unlock the machine.

When Michael's father, Mike Horger, heard the commotion, he realized right away that it was about his son.

"It couldn't have been more than two minutes earlier that he had asked me for quarters and I gave him the last two quarters I had left," Horger said. "Within



two minutes we see these people running into the arcade. I thought he had broken something, honestly. Then when I saw him in the machine I thought, 'Wow, how did he do this?'"

Since no keys for the machine were on the premises, Michael's father coaxed him back out of the opening.

"He had been putting his hands down and it was his arms that were keeping him trapped," Horger said. "I told him to stay calm and to put his arms in the air, hands up and he slid right out."

When he was finally freed, Michael was clutching a ball that he wouldn't let go, and his face was red, but his father said he couldn't tell if it was from the spotlights inside the machine or more from embarrassment.

And even though he said he was a little embarrassed himself, Horger said he was very relieved that the Storlazzi-Johnson family had passed by when they did.

"I'm extremely grateful," he said. "It could have been really bad for him."

Kayla Crowell, a server who was working that night, even gave Drew \$1 as a reward for his actions.

Storlazzi credits her son and his tenacity for saving Michael.

"If it weren't for Drew's insistence, that little boy could have been in that hot, dangerous location for a whole lot longer with a sad outcome," Bethany Storlazzi said. "Drew is my hero."

Kris.Gonzalez1@us.army.mil



Photos by KRIS GONZALEZ

Drew Johnson, 8, stands alongside the claw machine in which he spotted 5-year-old Michael Horger trapped. Top left photo, Johnson describes how Michael, whose father was able to get him out of the machine, crawled inside the machine's 7-inch wide opening.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Feb. 24 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Feb. 24 Leader must be submitted by Feb.

17

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News and Notes

NEC MOVES

The U.S. Army Signal Network Enterprise Center will relocate to Building 5615 (formerly Hood Street Elementary School) throughout February. Beginning Monday, help desk service will be provided from the new location. The phone numbers will remain the same. To contact the NEC and for more information, call 751-GNEC, 751-DOIM or 751-5333.

THRIFT SHOP OFFERS PROM HELP

The Thrift Shop has started "The Golden Carriage Project," which is aimed at girls attending a junior or senior prom. The Thrift Shop offers prom dresses to students with military and school ID cards. The Thrift Shop also accepts gown donations for the program.

AG MEMBERSHIP BREAKFAST SET

The Adjutant General Corps Regimental Association's quarterly membership breakfast is scheduled for 7:15 to 8:30 a.m., today 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 community members an 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 Wednesday for more information and to reserve a seat.

Pep talk



Photo by SUSANNE KAPPLER

Steve Spurrier, head coach of the University of South Carolina football team, visited Soldiers assigned to the Warrior Transition Unit Monday to thank them for their service and sacrifice. The Gamecocks have supported the Army in recent years by partnering with the Wounded Warrior Project to generate funds for wounded service members and by donating tickets to Fort Jackson Soldiers.



Feb. 10 — 6 p.m.
How do you know? PG-13

Feb. 11 — 4 p.m.
Marmaduke PG

Feb. 11 — 7 p.m.
Season of the Witch PG-13

Feb. 12 — 6 p.m.
Gulliver's Travel PG

Feb. 13 — 6 p.m.
Season of the Witch PG-13

Feb. 16 — 6 p.m.
Season of the Witch PG-13

Feb. 16 — 6 p.m.
Gulliver's Travel PG

Ticket admission

Adults: \$4.50
Children (12 and younger): \$2.25

Visit www.aafes.com for listings or call (803) 751-7488.

DoD asks troops to spit out

From ucanquit2.org

FALLS CHURCH, Va. — DoD and TRICARE want military personnel to participate in the Great American Spit Out Feb. 24 and kiss the spit good-bye for a day.

Some 19 percent of 18- to 24-year-old men in the armed forces use smokeless tobacco, more than double the national rate.

To help cut that number, the DoD Quit Tobacco — Make Everyone Proud campaign at www.ucanquit2.org is focusing this month on helping those who spit and chew tobacco to develop a personalized quit plan and to take action that may get them more kisses and help them gain more years of a healthy life.

"Many of our servicemen started using smokeless tobacco at a young age due to peer pressure and became addicted before realizing the negative effects it could have on their personal relationships and health," said Cmdr. Aileen Buckler, M.D., M.P.H., U.S. Public Health Service officer and chairman of the DoD Alcohol and Tobacco Advisory Committee.

Throughout the month, the DoD website will host a special GASpO page, www.ucanquit2.org/facts/gaspo/, where service members can publicly post their pledge to quit.

Capt. Larry N. Williams, U.S. Navy tobacco clinical cessation champion, will host an Ask the Expert forum, answering questions about smokeless tobacco. Installations planning GASpO events will find ideas, an event registration page, pledge cards and downloadable promotional materials.

Service members and their friends, family and other supporters are invited to join the GASpO event on Facebook at www.facebook.com/event.php?eid=177051459002636.

Those planning to quit can get a "Kiss me, I'm tobacco-free" badge to post on their Facebook pages.

Smokeless tobacco use has been linked to oral cancer. Surgery to treat oral cancer can lead to the removal parts of the face, tongue, cheek or lip.

Also on the site are hard-hitting facts that dispel the myth that smokeless tobacco is a safe alternative to smoking.

For instance, almost half of those who contract oral cancer die within five years, and one person dies from oral cancer every hour.

"Don't let spitting and chewing get in the way of your personal relationships," Buckler said. "Take this opportunity to do something for yourself and those you love. Kiss smokeless tobacco good-bye and experience the benefits to your social life and health."

Enrolling in the website's comprehensive support system, Train2Quit, can be the first step in the journey to saying goodbye to smokeless tobacco.

The system features interactive components such as quit tools, self-assessment questionnaires and quizzes. Service members can create a customizable quit plan with a calendar to track progress and learn how to beat cravings, overcome weight gain and cope with the effects of nicotine withdrawal.

The site also has personal quit coaches, who are available around the clock to answer questions about becoming tobacco-free.

Longest-serving SMA says goodbye

By **JACQUELINE M. HAMES**
Army News Service

WASHINGTON — The longest-serving sergeant major of the Army emphasized the importance of maintaining an adaptable force in a farewell interview Monday at the Pentagon.

Sgt. Maj. of the Army Kenneth O. Preston has served as the top enlisted adviser for seven years, from January 2004 until next month. He faced several key challenges when he first arrived, but said he feels the Army has advanced through properly manning, equipping and training the force.

“If you look at the Army at that time, we were in Iraq and Afghanistan at that time, we were tied up with fighting two wars,” Preston explained. “It was pretty significant to have large numbers of Soldiers forward-deployed in both Iraq and Afghanistan. That was the first piece, just the size and the demand on the Army.

“The focus coming in here was manning, training, and equipping and making sure our Soldiers had the best equipment, the best training, and had the right skill sets and had the right number of people in their units and organizations for the mission they were being asked to do,” Preston said.

Preston feels that the Army has achieved those initial goals and gone beyond to greater successes. The Army has grown in size and transformed to a modular force.

“The whole transformation of the Army, in my mind, has been the biggest accomplishment that’s really taken place since 2004,” he said.

The manning of the Army has grown by about 100,000 Soldiers over the course of Preston’s career, and logistics have advanced greatly — the SMA compared the uniforms and equipment from 2004 to today’s and said it’s like



Photo by **MASTER SGT. JASON SHEPHERD**,
Army News Service

Sgt. Maj. of the Army Kenneth O. Preston discusses his career as the top enlisted adviser. Preston is scheduled to retire in March.

looking at pictures of the modern Soldier compared with Soldiers from the Korean War. Training has also been made more relevant by incorporating lessons-learned and providing professional military education geared at

supporting an Army at war, he said.

“We’ve taken an Army that was the best Army in the world and taken it to a whole new level.”

Preston joined the Army just out of high school, hoping for the opportunity to get away from his small hometown in western Maryland. He served as a cavalry scout and tank commander during his 35-year career and as the command sergeant major for the Combined Joint Force Task Force 7 in Baghdad, Iraq, before taking the position as SMA.

He advised his successor, Command Sgt. Maj. Raymond F. Chandler III, to command and learn the Army from an historical perspective. Once in the position of SMA, he had access to a plethora of information and historical files to help understand the decision-making processes that led the Army to where it is today in terms of manning, equipping and training the force, Preston said.

Understanding the historical information will be essential to keep the Army from making the same mistakes twice, he added.

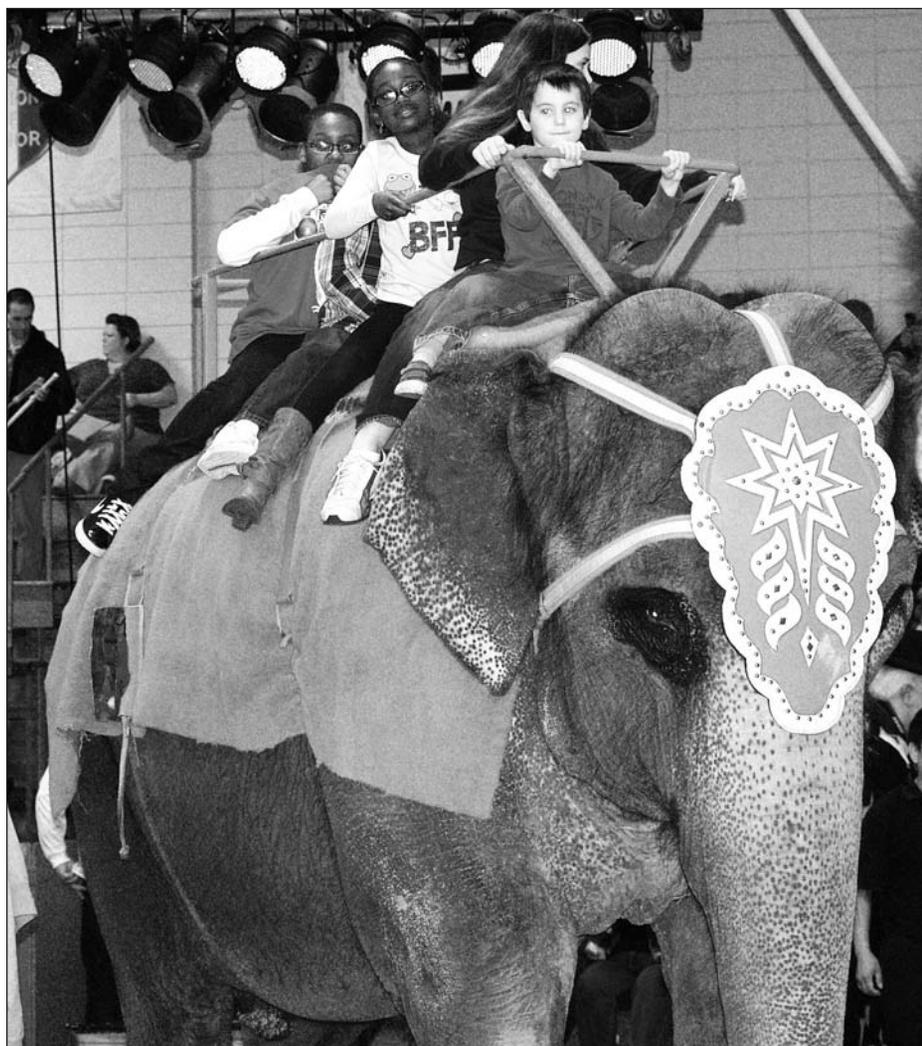
“Learn where we were in 2004, learn how, and why we evolved to where we are today, because this will really help in understanding not only where we’ve been and where we are today, but where we want to continue to strive for the future,” Preston said.

Preston also encouraged NCOs to be the subject-matter experts in their field, and advised them to take and use every opportunity to teach.

“The most valuable contribution that any senior non-commissioned officer can give back to his or her Soldiers is to be a teacher,” he said.

“I like to joke around with a lot of the young Soldiers: ‘I don’t know what I’m going to do when I grow up,’” Preston said.

He plans to return home to Maryland, “back to the farm,” to determine what the next chapter in his life will be.



Elephant walk

Fort Jackson community members ride a circus elephant Saturday during a trip to Jamil Shrine Temple Royal Hanneford Circus in Columbia. The trip was hosted by the Fort Jackson Exceptional Family Member Program.

Photo by
CAPT. JOSE GONZALEZ,
157th Infantry Brigade



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

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Leader on Twitter
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Photo by CHRIS RASMUSSEN

Photos of Soldiers whose hair Eddie Mack has cut during his nearly half-century of barbering on Fort Jackson line the walls of the NCO Club Barbershop. Mack, who will retire in April, has cut the hair of many of the post commanders and post command sergeants major during his time here.

Former blacks-only barber recalls Vietnam era

Continued from Page 1

The 3rd Training Brigade was located in today's "Rolling Pin" barracks on Magruder Avenue that is home to the 369th Adjutant General Battalion.

The most challenging period at Fort Jackson for Mack was during the Vietnam War, when he worked long hours and met countless Soldiers.

"We worked until midnight some nights. A first sergeant would call in late and tell us his troops were returning from the field and needed haircuts before being shipped off to Vietnam," he said. "They would leave my chair and head off to war. It was sad to see these young boys leave home and not know if they would ever come back."

Mack, who noticed a positive change in race relations at Fort Jackson during the Vietnam War, went on to cut hair at the

Officers' Club, and in 1983, he opened his own barbershop at the Main PX, which he later sold.

"When I first came to Fort Jackson there were no black sergeants major or first sergeants. There was one E7," Mack said. "But the change of attitudes concerning race came during the Vietnam War. It brought everyone together.

"It is a lot different today than when I first came on post," he said. "I am very proud to see so many black senior NCOs."

For the past several years he has operated the NCO Club Barbershop, which

“When I first came to Fort Jackson, there were no black sergeants major or first sergeants. (Today) I am very proud to see so many black senior NCOs.”

— Eddie Mack
NCO Club Barbershop

is the last shop on post still contracted and owned by the Army instead of a civilian contractor.

"They taught me more than how to give a haircut when I was at barber college," he said. "They taught us how to manage money and invest in the stock market."

These days, Mack cuts the hair of generals, officers, NCOs and anyone else looking for a nice trim.

"He is always upbeat and has a positive word to say," said Master Sgt. Chanley Pickard, Equal Opportunity Staff Office chief. "Even though he cuts generals' and

officers' hair, he treats every customer the same."

Mack, who plans to take it easy and enjoy life with his wife and grandchildren, will hand over the NCO Club Barbershop to his employee, Adarryl Gilmore.

"Mack is an inspiration and a living history on the topic of barbering," Gilmore said. "His shoes are very big to fill but I am going to do my best to get my foot halfway in his shoe."

Although Mack is a civilian and never served in the armed forces, he said there is a deep connection between himself and the Army.

"I feel like I have been in the Army and served my time," he said. "And I wouldn't have exchanged it for any job in the world."

Chris.Rasmussen@us.army.mil



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Fort Jackson talks back:

Staff writer Kris Gonzalez asks Fort Jackson educators: 'How do you celebrate cultural diversity in the classroom?'



Wanda Beatty
Second-grade teacher and multicultural coordinator

"We teach our students about different people, cultures and traditions through guest speakers, foods, games, videos and stories."



Regina Hanson
Gifted resources teacher

"I show my students pictures of historical events or situations and ask them inquiry questions to encourage thought-provoking dialogue."



Dianne Shoats
Lead, Child Development Center home

"We have a photo board where we display photos of important people in American history who have helped us to get to where we are now."



Shirley Medina-Fonseca
K-3rd grade Spanish teacher

"We compare traditions of different countries, we read books and watch movies about different cultures, and we incorporate music, rhymes and dance ..."



Patricia Brouwer
Pre-kindergarten teacher

"At the beginning of the year we mark on a map where each student was born to show we come from all over the world, yet we're all one family, one community."



Jeff Nichols
Physical education teacher

"I initiate discussions about athletes and coaches of all different backgrounds who have made significant contributions to sports."

Final report expected after yearlong review

Continued from Page 2

This raises questions that we must ask ourselves about how persistent conflict and transparency affect our understanding of what it means to be a professional Soldier.

Fueling the dialogue and debate will be five key attributes: expertise, service, values, trust and development. The objective is to assess each of these attributes at the individual, unit and institutional levels. What's really important — and even critical, I might add — is the feedback the Army receives.

The Army is anticipating plenty of discussion on the subject. In fact, last year there was a White Paper specifically written on the profession of arms to facilitate the Army-wide dialogue, which will continue throughout 2011.

Take into account that the Army has been around for 237 years. The Army Officer Corps was professionalized in the late 19th century though professional military educational systems as well as the Army War College.

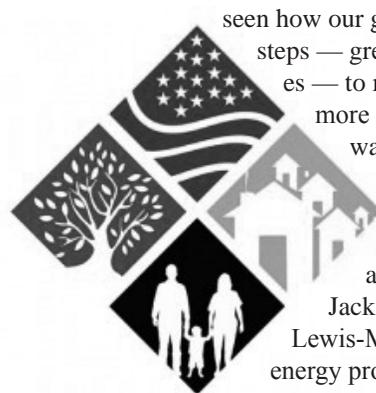
In today's Army, professionalism has been extended through the development of our NCOs, warrant officers and many Army civilians.

By year's end, we will have learned enough for foundational purposes so that we can renew our understanding of our proud profession as we continue to move forward.

Army Strong and Victory Starts Here!

Water, energy, waste targeted in five-point Net Zero concept

Continued from Page 2



IMCOM
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seen how our garrisons have taken steps — great strides in some cases — to manage our resources more efficiently. Look at the water projects at Forts Huachuca, Bliss and Belvoir; the waste management projects at Forts Bragg and Jackson and Joint Base Lewis-McChord; and the energy projects at Forts Drum, Wainwright, Carson and Campbell, to name just a few. So

I know there will be tremendous interest in an opportunity that the assistant secretary of the Army for Installations, Energy and Environment is launching this month. The ASA (IE&E) is asking garrisons to nominate themselves to become Net Zero Energy, Net Zero Water or Net Zero Waste installations, or all three, by 2020. Five will be selected in each category, with one to become all three.

These installations will receive long-term, in-depth training and support and become showcases for the strategies, technologies and best practices of sustainable resource management.

I encourage every garrison to take on this challenge. It will require commitment and a lot of hard work. Not only

do we have to learn about energy, water and waste management best practices and technologies, but we also have to learn the business practices that support them. We have to build partnerships with those in the private sector and in non-government organizations who will join us in investing in the net zero vision. However, this is a prime opportunity to learn lessons we will be required to know in the future.

Everyone — every Soldier, civilian and family member — has a role to play in managing our resources. Maybe it seems like a smaller role; turning out the lights, adjusting the thermostat, or separating out recyclables at home. Maybe it is a more direct role, such as running an installation waste management program or writing enhanced-use leases or energy savings performance contracts. Regardless, every effort adds up, and what it adds up to is important — our future.

Energy efficiency and security is a critical issue for the Army. The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

The same can be said of water, or practically any of our resources. If the Army is to accomplish its mission in the future, if we want to be good neighbors to those outside our gates and to leave a healthy world for our children and grandchildren, then we have to start operating sustainably today. It is the right thing to do.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Phillip Lawson**
Company A
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Quaniece Spearman

SOLDIER OF THE CYCLE
Pfc. Melissa Porter

HIGH BRM
Spc. Cole Landon

HIGH APFT SCORE
Spc. Matthew Jackson



**Staff Sgt.
John Duncan**
Company B
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. John Kilroy Jr.

SOLDIER OF THE CYCLE
Pfc. Jacob McCandless

HIGH BRM
Pvt. Michael Bleick

HIGH APFT SCORE
Spc. John Kilroy Jr.



**Sgt. 1st Class
Steven Swisher**
Company C
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Philip Livsey

SOLDIER OF THE CYCLE
Pvt. Chelsea Trolli

HIGH BRM
Pvt. Joshua Hopkins

HIGH APFT SCORE
Spc. Hamilton Booker



**Staff Sgt.
Brad Unterseher**
Company D
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Paul Romer

SOLDIER OF THE CYCLE
Pfc. Riley Gray

HIGH BRM
Pvt. Steven Billings

HIGH APFT SCORE
Spc. Jamie Ledbetter



**Staff Sgt.
Tayibat Agbabiaka**
Company E
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Clifford Summers Jr.

SOLDIER OF THE CYCLE
Spc. Nickolas Dohrmann

HIGH BRM
Pvt. Elena Barth

HIGH APFT SCORE
Pvt. Ashonna Ambrose-Daniels



**Staff Sgt.
Annie Yaeger**
Company F
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Sean Lamb

SOLDIER OF THE CYCLE
Pfc. Colton Sells

HIGH BRM
Pvt. Sonny Salcedo

HIGH APFT SCORE
Pfc. Hunter Stingl

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sharrion Sweet

TRAINING SUPPORT
James Miller

SERVICE SUPPORT
Troy Evans

DFAC SUPPORT
Barbara Johnson

FAMILY SUPPORT
Diana Day

Training honors



**2nd Lt.
Mikelle Everett**
Distinguished honor graduate
Basic Officer Course,
Adjutant General School



**Warrant Officer
Joshua Harvey**
Distinguished honor graduate
Warrant Officer Basic Course,
Adjutant General School



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search for "Fort Jackson Leader."

facebook

Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel

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

Military Widows/Widowers Association

Sundays, 2 p.m., Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Woodrow Wilson Unit 4

Second Monday of the month, 6:30 p.m., 511 Violet St., West Columbia, 788-1836 or 791-4422.

Weight Loss Surgery Support Group

— Second and fourth Monday of the month, noon,

Weight Management Center, 180 Laurel St.

— Second and fourth Tuesday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

La Leche League breastfeeding support group

First Tuesday of the month, 10 a.m. to noon, Room 8, 5615 Hood St., 751-5256/6325.

Sergeant Audie Murphy Club

First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post 182

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

American Red Cross

New adult volunteers orientation, second Tuesday of the month, 9 a.m. to noon, 571-4329.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Disabled American Veterans

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

Fleet Reserve Association Unit 202

Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 1:30 p.m.,

4405 Jackson Blvd., 751-1148.

Victory Riders Motorcycle Club

First and third Thursdays of the month, 5 p.m., Magruder's Club. E-mail sec@ffvictoryriders.com.

The Rocks Inc., James Webster Smith Chapter

Third Thursday of the month, 5:30 p.m., Post Conference Room, 751-1898.

Society of American Military Engineers

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

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrogers11@sc.rr.com.

Chrome Divas of Columbia

Second Saturday of the month at 10:30 a.m., 606-5402 or www.thebikerchicks.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Ladies Auxiliary Post 641

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

The Ladies Auxiliary Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguilar@yahoo.com or visit www.combatvet.org.

Sergeants Major Association

Last work day of the month, 4 p.m., Magruder's Pub, 447-1526. Open to active-duty and retired sergeants major.

SUBMISSIONS

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

HAPPENINGS

Calendar

Friday

Fatherhood Forum

10 to 11:30 a.m., Post Conference Room

Saturday

Black History Month 5K fun run

9:30 a.m., Darby Field

For more information, call 751-4247/7873.

Tuesday

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.

Tuesday, March 1

AER Campaign kickoff

9 a.m., Joe E. Mann Center, ballroom

Housing events

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

Monday

Valentine's Day sugar cookie decorating

3 p.m.

Icing, sprinkles and sugar cookies will be available for attendees to decorate.

Friday, Feb. 25

Crockpot Recipe Exchange

3 p.m.

A slow-cooker station will be set up and recipe cards will be available to take home. Residents are encouraged to bring their own creations and recipes to share with others.

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.

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 Friday. 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.

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:

- Cholesterol and high blood pressure class, 2 to 3 p.m., today and Feb. 24
- Army Move!, 2 to 3 p.m., Monday (Session 1); and 2 to 3 p.m., Feb. 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.

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.

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.



Clothing time

Sarah Parker sorts through children's clothing during the second annual Swap-O-Rama children's clothing swap. The event was co-hosted by the Exceptional Family Member Program and the New Parent Support Program Jan. 28 at the Bal-four Betty Community Center.

Photo by KRIS GONZALEZ

Sweetheart Ball presents Valentine's Day family fun

By **SUSANNE KAPPLER**
Fort Jackson Leader

As cupid takes aim for this year's Valentine's Day, Fort Jackson's Child, Youth and School Services offers military parents — or other adult caretakers — the opportunity to celebrate the holiday of love with their children during a Sweetheart Ball, 7 to 9 p.m., Saturday, at the Joe E. Mann Center ballroom.

"The event is just a way for parents to get out with their children and make them feel special on Valentine's Day," said Leslee Rivard, CYSS, who is involved in the preparations for the ball.

Rivard explained that the idea for the ball, which is financed through the Army Family Covenant, was inspired by "daddy-daughter" dances held at a number of off-post schools.

"It's something that's done at the schools, but it's never specifically targeted to military families," Rivard said.

Because in many military families, one parent is deployed or working long hours, participation in the ball is open to grandparents, aunts and uncles or any other special adult in the children's lives.

Jeron Bailey, CYSS, said she hopes the event will provide a bonding experience between the children and the adults. A photographer will take photographs of the "couples" under a decorated arch. The photos will be put in a photo sleeve and will be ready to take home the same evening, Bailey said.

As with any ball, "couples" will have ample opportunity to dance. The music will be provided by a DJ and will consist of choices appropriate for all ages. In addition, arts and crafts activities will be available and refreshments will be served.

The event is free and open to the Fort Jackson community. Space is limited, though, and tickets must be picked up before the ball. Tickets are available at all on-post child care facilities, at Parent Central Services and at all other CYSS facilities. Ballgoers are encouraged to dress in semi-formal or formal attire or Class A uniforms.

"We encourage all the families, if you live off post or on, to attend," Rivard said. "We're hoping that the children feel ... handsome, they feel beautiful, they feel special — that they feel attended to on this holiday that sometimes is only



Photo by **SUSANNE KAPPLER**

Beverly Metcalfe, who works with Child, Youth and School Services, makes boutonnieres and corsages for Saturday's Sweetheart Ball.

about couples."

Rivard, who is expecting her first child, said she hopes the Sweetheart Ball will become an annual Valentine's Day staple on Fort Jackson — one that her daughter can attend in the future.

"Hopefully she'll go to a dance with her father someday," she said.

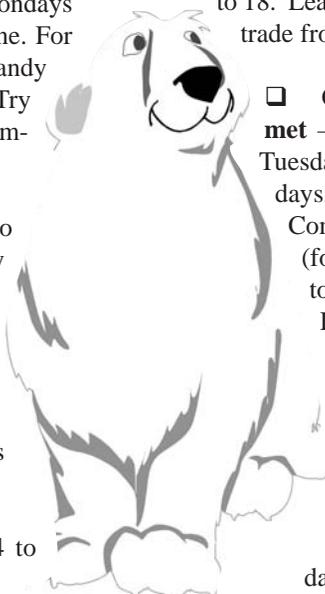
Susanne.Kappler1.ctr@us.army.mil

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 Wednes-



☐ **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. School-age children who register with Child, Youth and School Services qualify for four hours of open recreation, which can be used toward any EDGE! program.

FMWR calendar

THURSDAY

- ☐ 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

- ☐ **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.
- ☐ 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.

Too much of a good thing?

Protein-rich diets not always best

By CAPT. BETHANY DESCHAMPS, RD
Moncrief Army Community Hospital

America is a high-protein society. Protein is available in abundance — protein powders of all kinds and concentrations, 12 to 16 ounce T-bone steaks at restaurants, high protein cereals, pre-mixed protein shakes and bars, enormous omelets, large servings of breakfast meats, half-pound burgers, and the list goes on.

Because of its abundance and marketing gimmicks claiming this nutrient is everything you need to build muscle, feel full, decrease body fat and lose weight, people tend to think the more of this nutrient they take in the better.

A protein molecule is composed of different amino acids linked together. When protein is digested and broken down, the amino acids are absorbed into the blood stream and used by tissues. Amino acids are essential for cellular regeneration and repair, tissue maintenance and regulation, hormone and enzyme production, fluid balance, and energy production. Amino acids are used by every cell of the body to include muscle, bone, tendon, ligament, skin and organs.

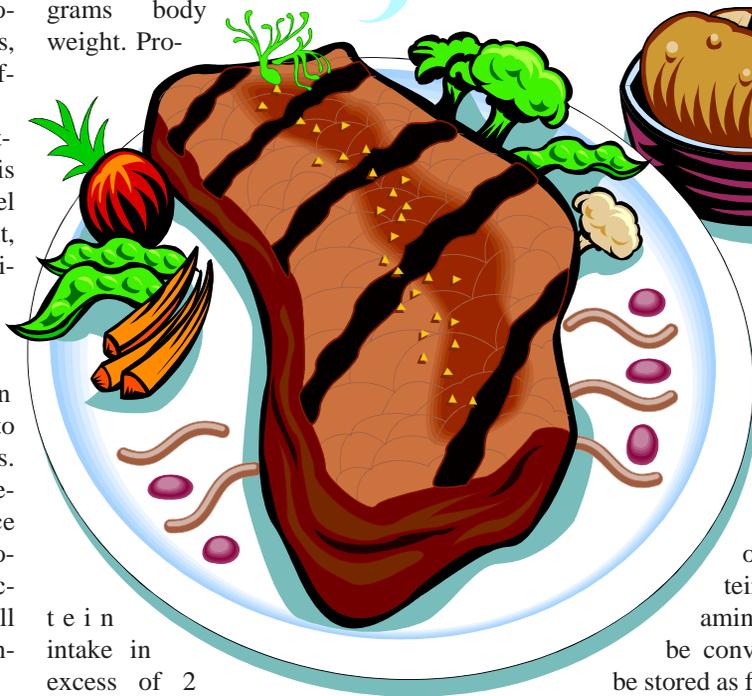
Protein needs vary with each person and are based on how quickly cells are breaking down. Certain conditions increase protein requirements such as decreased calorie intake and increased activity. An average inactive person taking in sufficient calories requires .8-1.0 grams/kilograms body weight per day.

Those on calorie-restricted diets have increased protein requirements because when calorie intake is less than what is required to maintain weight, the body will convert some amino acids into energy. Amino acids converted to energy cannot be used for cellular regeneration and repair, therefore additional protein is needed to maintain cellular health. Protein requirements for those on calorie-restricted diets are 1 to 1.2 grams/kilograms body weight.

For athletes or serious exercise enthu-

siasts, protein needs increase because exercise increases the rate of cellular breakdown, especially muscle. For endurance athletes, protein requirements are 1.2-1.4 grams/kilograms

body weight and for strength/power athletes, protein requirements are 1.6-1.7 grams/kilograms body weight. Pro-



tein intake in excess of 2 grams/kilograms-body weight is not proven to have any additional benefits compared to consuming the recommended amounts.

Protein, like any other nutrient, will be converted to fat when taken in excess of what the body needs. Also, wastes from protein breakdown are excreted through urine. Excess protein intake can lead to dehydration due to increased urination and can be taxing to the kidneys.

A well-balanced diet can provide a sufficient amount of protein. Supplementation is not always necessary. One ounce of any type of meat or fish provides seven grams of protein. A 3-ounce portion of steak (size of the palm of your hand) provides 21 grams of protein. One cup of any type of milk contains 8 grams of protein, one egg has 6 grams of protein, one slice of cheese has 8 grams of protein, 1/2 cup

of beans has 8 grams of protein and four slices of deli meat contains 5 to 10 grams of protein.

Supplementing with protein powder would be a viable option if not enough protein can be consumed through food sources.

Choose protein supplements that contain 15 to 25 grams of protein per serving.

Spread protein intake throughout the day. Cells are constantly breaking down and need a steady supply of amino acids but can only use so much protein at a time. Excess amino acids that cannot be converted to energy will

be stored as fat. Consume no more than 25 to 40 grams of protein at each meal/snack and eat smaller meals containing adequate protein every three to four hours. Protein takes about two to three hours to digest.

By eating an appropriate source every three to four hours, cells will have the maximum amount available for use with little left over. Avoid large portions of protein and stick to smaller servings (i.e., 4-ounce steak vs. 12 ounces).

Keep a food journal for a few days to ensure you are taking in adequate amounts of protein and if not, increase the amount of food sources containing protein in your diet like milk, beans and fish.

If you are taking in too much, especially in one sitting, decrease the portions you consume at meals and make more room on your plate for healthy fruits and vegetables.

MACH updates

TEXT REMINDERS

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 offers 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.

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.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Feb. 24 Leader must be submitted by today.

Announcement submis-

sions are due one week before publication.

For example, an announcement for the Feb. 24 Leader must be submitted by Feb. 17.

Send submissions to

FJLeader@
conus.army.
mil. For more
information,
call 751-
7045.



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



sulted in broken windows, broken lighting and holes in the walls, MPs said.

❑ A civilian was denied access to post after being charged with driving with a suspended license and failure to surrender a suspended license, MPs said. The driver, who was originally stopped for lack of insurance, had his license confiscated.

❑ A Soldier was charged with improper backing in connection with a traffic accident in which he backed his car into another vehicle, MPs said. The driver's side and bumpers of both vehicles sustained scratches.

CASES OF THE WEEK

❑ Three civilians were released to their sponsors after Military Police detained them for vandalism/wrongful damage of private property, MPs said. The three were throwing rocks at a housing unit, which re-

crimestoppers
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www.midlandscrimestoppers.com

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Fort Jackson Leader

AMERICA CALLING

“DO NOT BECOME COMPLACENT”

REPORT SUSPICIOUS ACTIVITY

TO FORT JACKSON MPs

(803) 751-3114/3115

River Raiders

Post fitness club to tackle 10K

By PAMELA GREENE
FMWR Fitness Department

For the fourth straight year, the Fort Jackson Family and Morale, Welfare and Recreation Fitness Department will take a team to the annual Cooper River Bridge Run/Walk in Charleston.

Join the "Fitness Meets Nature" Club April 2 as club members participate in this 10K, which draws thousands of participants. Free transportation from the Solomon Center to Charleston will be provided to the first 50 people who sign up. Food, registration and other incidentals are the responsibility of each participant.

The FMWR bus will depart from the Solomon Center early that Saturday and head to Charleston for the race. Once the race is over, the group will stop at a local seafood restaurant for a victory meal before heading back to Fort Jackson.

This is a great opportunity to get in a good physical workout for the day, as well as a great finisher for participants of the FMWR 2011 Fitness Challenge. In short, this is a great opportunity for all of us to mingle with fellow exercisers and then enjoy a great Charleston meal.

The FMWR Fitness Meets Nature Club is free to all interested in becoming a member. To reserve a seat, e-mail pamela.greene1@us.army.mil.

Those interested in participating can also place their names and e-mail address



Courtesy photo

Members of Fort Jackson's "Fitness Meets Nature" Club make a pit stop during last year's trip to the Cooper River Bridge Run in Charleston. The club will participate in the 10K run/walk again this year.

on the sign-up sheet located in front of the aerobics room at the Solomon Center. Participants are responsible for their own registrations. Visit www.bridgerun.com for registration information.

Visit the department Web page at www.fortjacksonmwr.com/fitness to gain access to fitness articles and calendars. "Like" us on Facebook by searching, "Fort Jackson FMWR Fitness Department," to stay posted on Fitness Department happenings.

MORE TO KNOW:

The Cooper River Bridge Run is a 10K (6.2 miles) run/walk from Mt. Pleasant to downtown Charleston, a portion of which is above Charleston's scenic Cooper River. The race, which started in 1978, takes runners across the Arthur Ravenel Jr. Bridge, which is 2.5 miles long and 200 feet high, with a

4 percent slope. Race organizers expect about 40,000 participants in this year's race.

In addition to the run, there will be an expo that begins the Thursday prior to the race, a children's run and festival and a "Taste of the Bridge Run" pasta dinner. Visit www.bridgerun.com for more details.

Winter basketball standings*

Monday/Wednesday League

VA	6-0
81st RSC	5-0
120th	5-1
MEDDAC	4-2
Swampfoxes	3-1
SCNG	3-2
3-34th	3-3
2-39th	2-2
1-34th	1-4
1-13th	1-5
171st	1-5
Enforcers	1-5
TFM	0-5

Tuesday/Thursday League

187th	5-0
NightFlyte	5-0
LOD	4-1
80th	3-1
SSI/TSB	3-4
1-61st	2-0
4-10th	2-3
81st	2-3
3-60th	2-3
193rd	2-5
165th	1-6
2-60th	1-6

*Standings as of Wednesday morning



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facebook

Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

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