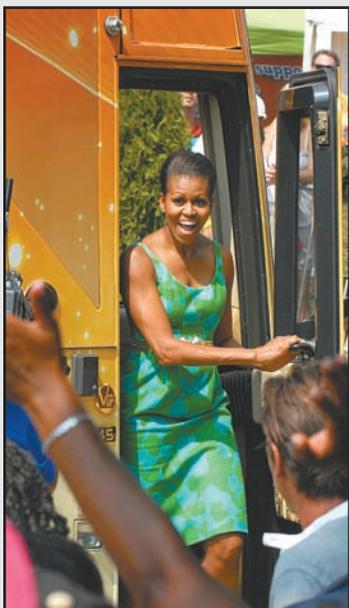


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# The Fort Jackson Leader



Thursday, December 1, 2011

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www.jackson.army.mil

# Army STARRS

## Post participates in mental health study

By **SUSANNE KAPPLER**  
*Fort Jackson Leader*

Some of the first things new Soldiers do when they arrive at the 120th Adjutant General Battalion (Reception) have been around for generations — getting an Army

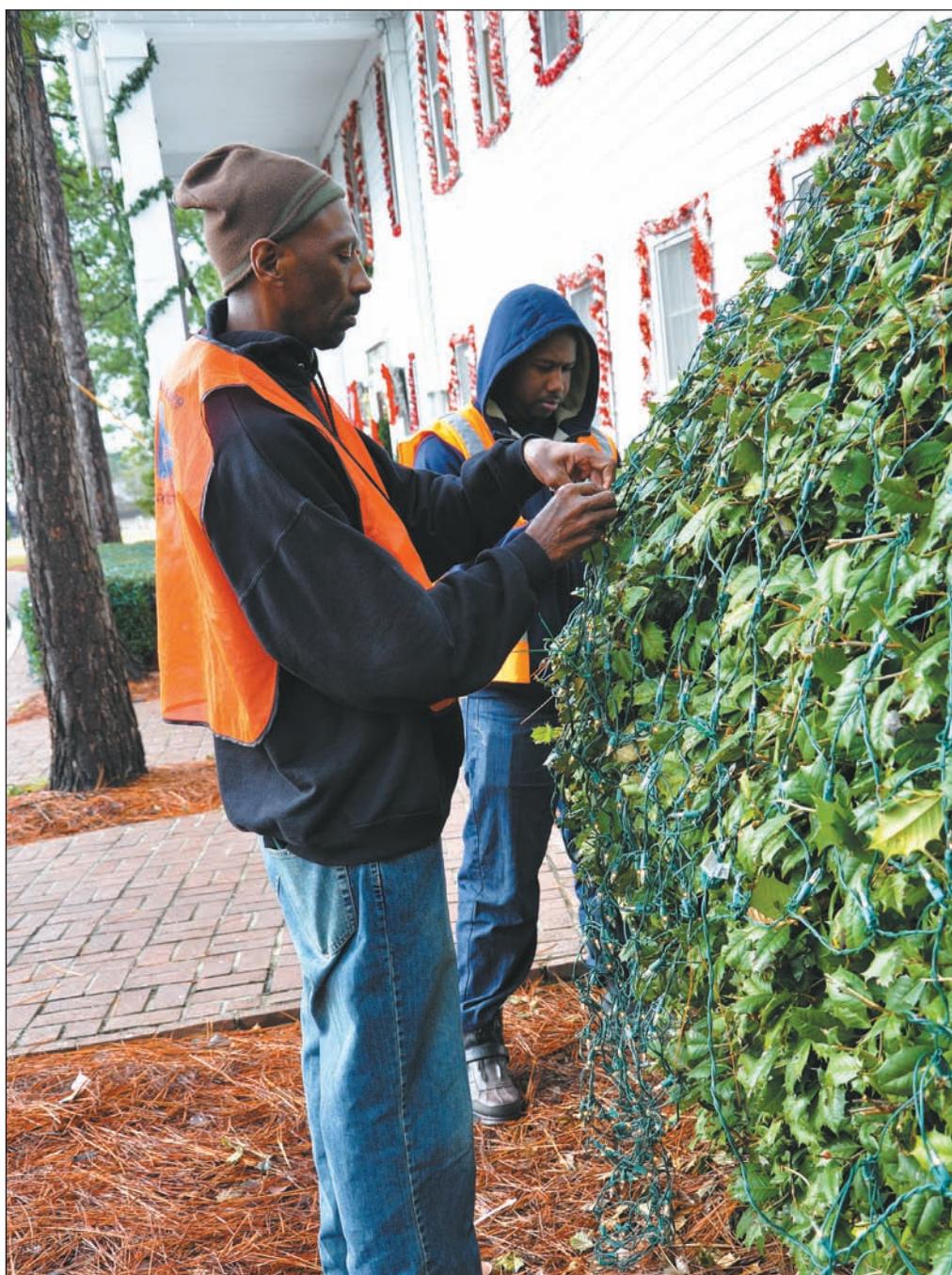
haircut, receiving uniforms and undergoing medical tests. But since last January, new Soldiers have been given the opportunity to contribute to a long-term Army-wide study that aims to enhance Soldiers' well-being.

The Army Study to Assess Risk and Resilience in Servicemembers, or Army

STARRS, is a five-year study conducted in partnership with the National Institute of Mental Health that researches factors that influence Soldiers' mental health.

"The ultimate goal is that we're looking

See **STUDY:** Page 11



## Holiday preparations

Charles Ladson, left, and his son, Gabe, work together to decorate the Post Headquarters building and grounds. The two contract employees have been working for the past two weeks creating holiday light displays throughout Fort Jackson. More than 33,000 lights will illuminate Post Headquarters and its grounds throughout the holiday season. The installation will celebrate the beginning of the holiday season with its annual holiday tree lighting ceremony today at 5 p.m. in front of Post Headquarters. After the ceremony, light refreshments will be available. Santa Claus will also stop by to visit with the children who attend. For more information on the post's holiday preparations, see Page 3.

Photo by  
CURSHA PIERCE-LUNDERMAN

# Stewardship efforts help more than post

**Y**ou don't need a math degree from MIT to understand the concept that saving energy equates to saving money. As taxpaying citizens, we always need to make sure that we scrutinize our costs so that the funding that is allocated to us is used to its maximum benefits.

It's just one of the many ways in which Fort Jackson community members can be good stewards. Let's focus for a moment on energy costs alone. Fort Jackson — at last tally — spends more than \$15 million per year on its energy bills. That breaks down to about \$1.25 million per month, or \$42,000 per day.

Our garrison and its public works professionals are always looking for ways we can reduce our energy consumption and costs with electricity, water, gas and oil. Here's a prime example in which DPW recently stepped up to the plate and got the job done.

Fort Jackson's existing 2.26 million gallon thermal energy storage tank, located at central energy plant No. 2, was recently repaired. The repair allowed the tank to operate at its full potential. The results of the repair produces approximately \$230,000 in cooling energy cost savings per year. Fort Jackson's electrical rates are approximately seven cents per kilowatt hour during peak times (1 p.m. to 9 p.m. every day) and four cents per kilowatt hour during non-peak times. The thermal energy storage tank is filled with cooling water during non-peak times (at the lower rate). The tank cooling water is used for building cooling during peak billing rate times, saving approximately three cents per kilowatt hour. Those pennies per hour add up.

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



Along those lines, consider that our installation, because of the volume of energy that it uses, can save a considerable amount of money by doing little things as well. As you may know, all of our computer work stations on post are set up to go to sleep during various times. This results in savings of about \$200,000 a year, not an insignificant amount. It's been estimated that if the 10,000 or so people who work or live on Fort Jackson reduced their energy usage by a mere 10 percent, we could save millions of dollars each year. This money saved could in turn be used elsewhere in improving the quality of work areas, recreational facilities and equipment.

Let's focus outward for a minute and examine the energy objectives of the Army as a whole. In doing so, we realize that there are more than financial goals as far as energy usage is concerned. The Army is looking to reduce operational and installation energy demands because the enhancement of energy security is an operational necessity.

We must also be open-minded and receptive to new

initiatives that might involve the use of propane and methanol fuel cells, solar-panel collectors and wind turbines as alternative energy sources. Our senior leaders are stressing that anything that we can do to reduce our costs is good for the Army and for the taxpayer. It's also important that we remain good stewards of the environment as well.

Our environmental policy requires that we implement programs that ensure compliance, prevent pollution, sustain natural and cultural resources and promote continual improvement. An integral part of the mission is to be a leader in environmental and natural resource stewardship.

The Army must continue to look at operational and installation energy demands, which it is doing. The Army has put together a task force to address a larger Army Renewable Energy Execution Plan, which will help reaffirm our commitment of being good stewards. But, once again, you can do your part by conserving energy and not wasting it. Here are a few tips on how to save energy to get you on point:

- Turn off lights, equipment and appliances when you leave a room or office.
  - Keep doors and windows closed.
  - Don't use space heaters unless they are authorized.
  - Turn off all outside lights during the day or when they are not needed.
  - Learn to recycle glass, plastic, aluminum and paper.
- Your stewardship efforts will not only aid Fort Jackson; they will preserve our natural resources for generations to come. Together we can make a difference.
- Army Strong and Victory Starts Here!

## 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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Staff writer.....Cursha Pierce-Lunderman

Website: [www.jackson.army.mil](http://www.jackson.army.mil)

# Website provides leaders continuity, collaboration

**F**ort Jackson has initiated a leadership development Web page to promote idea sharing across the Army Training Center on Fort Jackson and across Initial Military Training. The Web page has two versions — an open version for all military IMT installations and units to review and an AKO-access only SharePoint version with more guarded information and postings for Fort Jackson leaders.

These two sites allow the exchange of best practices across the different Basic Combat Training and Advanced Individual Training brigades in IMT. The leadership concepts can also be beneficial to Basic Officer Leadership Course instructional sites and to Warrant Officer training. The postings provide useful tactics, techniques and procedures that will enable units to accomplish their missions more effectively.

The website has multiple applications. It will contain recent unclassified articles submitted by members of the IMT community. As a collection of articles and posting become available, the G5 will group them into an issue of the Fort Jackson Journal. The issues will become a means of archiving the material and encouraging junior and senior leaders to share their tacit knowledge with all. Old Initial Entry Training and IMT Journal editions are already posted on the Web page for easy access. Much of the material in these older articles still has relevance to trainers today.

As we experience the change of command season every summer, entirely too much experience walks out the door with every leader who relocates. A new commander comes into IMT, and the steep learning cycle repeats itself. New leaders take a year to become very knowledgeable of IMT

**COL. CRAIG J. CURREY**

Fort Jackson  
Deputy Commander



TTPs, but do not share their ideas well in their last year as they prepare to PCS. This cycle leads to a two-year training paradigm in units that is continuously repeated with old ideas sometimes coming back into vogue a few years later. This website is designed to prevent reinventing the IMT wheel. As leaders approach the end of their tours, they need to write articles and share what they have learned. We cannot allow material to slip out of our grasp when hard drives are wiped clean as departing leaders PCS. The website acts as a repository for successful ideas. The products can be in the form of unit Standard Operating Procedures, techniques, Cycle After Action Reviews, training cards, and other unit training products. The best ideas percolate up from junior leaders. We need to be capturing these and sharing them with the entire IMT community. Training notes from senior leaders can also be posted and tracked on the website. If the commanding general puts out a guidance email, it may be worth retaining on the Web page for future referral.

# Post community decks the halls

By CURSHA PIERCE-LUNDERMAN  
Fort Jackson Leader

It's that time of year. Tales of a nutcracker prince and a red-nosed reindeer fill the ears of those young and old. Shoppers rush to stores in search of perfect gifts while nativity scenes and menorahs remind us of the miracles of the season.

Fort Jackson is helping to usher in the holiday spirit with fun events for the entire community this week. A tree lighting ceremony is scheduled for 5 p.m., today in front of Post Headquarters and the annual holiday concert will be 6 p.m., Sunday at the Solomon Center.

Melisa Childs, with the Directorate of Contracting, said she has been focusing on the details of the installation's holiday décor and tree trimming on a daily basis.

"I've been working on this project for a year. It's been a long process from allocating the funds to replacing old decorations, but it has been fun," Childs said. "We coordinated with a decorator to make sure that we had something special this year. We have new decorations on the tree and even presents under the tree that make it feel like a home environment."

A Columbia-based company is responsible for the decorations team.

"There are about 15 of us working together out here," said Charles Ladson with Professional Buyers Advantage, who is heading up the decorations. "We've been working 7 days a week for the past two weeks to get ready for this."

The team used ladders and 25-foot high boom lifts to decorate the Post Headquarters and tree with more than 33,000



Photo by CURSHA PIERCE-LUNDERMAN

**Nutcracker soldiers guard presents underneath the Christmas tree at Post Headquarters. The tree will lit during a ceremony at 5 p.m., today.**

lights. "There are deer that light up and the angel out front lights up. We're working hard to make sure that it all lights up

on Thursday night," Ladson said.

The PBA team is not just using lights to brighten the holidays; decorating Fort

Jackson has also provided a life-changing opportunity.

"We have some in the group working on the decorating who were homeless or otherwise out of work, but multi-skilled and very talented people," said James McQuilla, the CEO of PBA who came out to observe the work Tuesday. "They've been very excited to be a part of this and do something so meaningful."

Their work will continue with maintenance of the light displays until January.

Hot cocoa will help participants keep the chills away as they wait for Santa, who traditionally rides in on a fire truck.

The C.C. Pinckney Elementary School choir will also perform during the event.

This year, the 282nd Army Band's holiday concert will do more than just showcase the talents of its members. The band has also invited instrumentalists from outside the Fort Jackson community to join its performance during its annual concert Sunday.

"There will be about 40 people playing from our band. We have five local high school students that will be performing with us and one or two retirees," said Chief Warrant Officer Jonathan Ward, bandmaster. The band has been rehearsing for the past month to create a concert that all will enjoy.

"It's just a good variety of Christmas music this year like classic Christmas, big band jazz and modern rock," Ward said. "The holiday concert is for the community and for the Soldiers to kick off the holiday season. It will be something special for everyone."

Cursha.Pierce@us.army.mil

## Roberts announced as new post commander

Leader Staff Report

Brig. Gen. Bryan Roberts was nominated Friday by Gen. Ray Odierno, chief of staff of the Army, to become the next commanding general of the Army Training Center and Fort Jackson. Roberts, who received his commission in 1983, currently serves as the director of the Iraq Training and Advisory Team.

His previous assignments include deputy commander of the United States Army Recruiting Command at Fort Knox, Ky., and commander of the 2nd Brigade Com-



ROBERTS

son in June 2010.

The change of command is tentatively scheduled for early April.

bat Team, 1st Cavalry Division, Fort Hood, Texas. Roberts' current deployment is his third to Iraq.

Roberts will replace Maj. Gen. James Milano, who took command of the Army Training Center and Fort Jack-



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



# DeCA scholarship program begins

By TAMMY L. REED

DECA marketing and mass communications specialist

FORT LEE, Va. — Jordan Cherry, last year's Scholarships for Military Children recipient, said receiving extra money for college lightened her financial load.

"This scholarship definitely decreases the financial burden of school, which we all know is a big benefit," she said.

Applications for the 2012 Scholarships for Military Children Program are available starting today at commissaries worldwide, as well as online through a link on <http://www.commissaries.com> and directly at <http://www.militaryscholar.org>.

Awards will be based on funds available, but the program awards at least one \$1,500 scholarship to a student at each commissary. Scholarships are funded by donations from commissary vendors, manufacturers, brokers, suppliers and the general public. Every dollar donated goes directly to funding scholarships. No taxpayer dollars are expended on the scholarship program.

If there are no eligible applicants from a particular commissary, the funds designated for that commissary are used to award an additional scholarship at another store.

The scholarship program was created to recognize military families' contributions to the readiness of U.S. armed forces and the commissary's role in the military community. Since the program began in 2000, it has awarded more than \$9.3 million in scholarships to 6,069 military children from 62,000-plus applicants.

"While these numbers are impressive, what's even more impressive is what past scholarship recipients are doing with their education," said Defense Commissary Agency Director and CEO Joseph Jeu. "Many recipients have entered a wide range of career fields such as teaching, business, law and military service — to name just a few. Many others have earned advanced degrees. They are making their way in this world, and they are making a difference."

To be eligible for a scholarship, the student must be a dependent, unmarried child, no older than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while



DeCA photo by RICK BRINK

**Jordan Cherry speaks to a group at the Fort Lee, Va., Commissary after being awarded a scholarship through the 2011 Scholarships for Military Children Program. Applications for this year's program are being accepted starting today. Applications and essays must be received by Feb. 24.**

on active duty or survivor of a retiree. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsors, are enrolled in the DEERS database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2012 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay on a topic available

at <http://www.militaryscholar.org>. Applications must be turned in to a commissary by close of business Feb. 24.

The scholarship program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. Scholarship Managers, a national, nonprofit, scholarship-management services organization, evaluates applications and awards these scholarships. If students have questions about the scholarship program application, call Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

## NEC Signals

The Army's network places the latest and greatest in computer technology, productivity tools and collaboration sites, not to mention Internet connectivity options at our fingertips by one click of the mouse. With wide-open cyberspace and processing power of systems growing each day, it is easy to forget that to every advance, there are unfortunate setbacks which present an increased security risk to our government information systems.

The primary purpose of the Army network is to provide secure, relevant and real-time communications resources to the Soldiers and civilians of our community in order to accomplish the mission where time and efficiency are of the essence. The United States Army Signal Network Enterprise Center accomplishes many technical security tasks to keep the Army network compliant, but network security is a team effort that involves the positive actions of each and every user across the installation to be truly successful.

The following are a few everyday tips to follow for ensuring protection of government information systems:

- ❑ Read your Acceptable Use Policy. Each user of the Army network signs an AUP when upon being granted access to any Army network. It contains all the basics necessary to keep users compliant when using government information systems.

- ❑ If a person is not sure if he or she should be doing something on a government information system, then that person has probably just answered his or her own question. This is especially true of attempting to install hardware or software on a government system. If a use is unclear, always consult the unit information technology support professionals or the installation point of contact before engaging in any such network activities.

- ❑ Access to the Army network is a privilege and should be treated as such. Do not share Common Access Cards, passwords, PINs or any other account informa-

tion with others.

- ❑ Be smart about Internet access and frequent sites that are reputable/legitimate. Also, only use available tools for their intended purpose. Access to inappropriate internet sites or the use of hacker-related or "sniffer" software will result in the immediate removal of network privileges and can result in punitive actions.

- ❑ Be mindful of the classification and the sensitivity level of the materials processed on government information systems. Store documents containing personally identifiable information or other sensitive data on the system (if necessary) in a separate, encrypted location (such as "myEFS") from other non-PII documents to prevent accidental spillage.

For more information on Network and Internet Acceptable Use or for a copy of the Fort Jackson Computer User Agreement/Acceptable Use Policy, please contact the installation information assurance manager at 751-2942 or [Jennifer.phifer@us.army.mil](mailto:Jennifer.phifer@us.army.mil).

## Housing Happenings

### COMMUNITY UPDATES

- ❑ All housing offices will close at noon, Dec. 21. For housing emergencies, call 338-4809. Regular business hours will resume the following day. Balfour Beatty offices will remain open.
- ❑ Congratulations to Staff Sgt. Michael Argent, the October comment card winner. Fill out a comment card after interacting with Balfour Beatty staff and possibly win a prize.
- ❑ Congratulations to Master Sgt. Samuel Moffitt, winner of the Best Halloween Decorations contest.
- ❑ Contact the Community Management Office for details on how to receive prorated rent for Pierce Terrace 5.
- ❑ Energy conservation tip: Reduce water usage by running the dishwasher when it is full, but not overloaded.
- ❑ Be sure to turn off Christmas lights when leaving for extended periods.
- ❑ The Christmas decoration contest is under way. Homes must be decorated by dusk, Dec. 22 for judging. Winners will receive a \$50 gift card.

### CONSTRUCTION UPDATES

- ❑ To date, 549 homes have been completed.
- ❑ Only 61 homes in the junior noncommissioned officer housing area remain to complete the 610 new homes planned for the area.

# Poll cites military, civilian gap

By **DONNA MILES**  
*American Forces Press Service*

WASHINGTON — A new report confirms a concern defense and military leaders have long recognized: There's a growing disconnect between Americans and their military.

The report, published last week by the Pew Research Center, notes that a smaller share of Americans currently serve in the armed forces than at any time since the peacetime era between World Wars I and II.

Just one-half of 1 percent of Americans served in uniform at any given time during the past decade — the longest period of sustained conflict in the country's history — the report says. Meanwhile, as the military shrinks in size, the connections between military members and the broader civilian population "appear to be growing more distant," the report says.

The report was based on surveys of more than 2,000 civilian adults and almost 1,900 veterans, more than 700 of whom served after 9/11.

Among the respondents, most said they have family members who are serving in the armed forces or have served in the past. However, older Americans were

considerably more likely to have close military ties.

More than three-quarters of civilian adults 50 and older reported having an immediate family member — a spouse, parent, sibling or child — who served or serves in the military. For many, that service took place before the end of the draft and the introduction of the all-volunteer force in 1973.

Only 57 percent of civilian respondents ages 30 to 49 said they had an immediate family member who served. The percentage dropped to one-third among respondents ages 18 to 29.

The report appears to confirm that for many Americans, military service is a family tradition. Seventy-nine percent of veterans surveyed reported that an immediate family member is serving or has served in the military. That compares to 61 percent among the civilian respondents.

Decisions to serve also appear to be influenced by race, region and political preference, the report showed. Sixty-eight percent of whites, 59 percent of blacks and 30 percent of Hispanic respondents reported having immediate family members who serve or have served in uniform.

Sixty-four percent of Southerners reported immediate family ties to the military. The percentage for those living in the Northeast was 56 percent, and in the West, 57 percent. City dwellers were somewhat less likely than those in the suburbs or rural areas to say a family member served in the military.

Political party also appeared to be an influencing factor. Seventy-three percent of Republicans, 59 percent of Democrats and 56 percent of Independents said an immediate family member served in the military.

The report confirmed perceptions by civilians as well as veterans that the American public doesn't understand the problems faced by those in the military. Seventy-seven percent of veterans and 71 percent of the general public shared this view.

Retired Navy Adm. Mike Mullen spoke frequently during his tenure as chairman of the Joint Chiefs of Staff about what he called a "worrying disconnect" between civilians and the military.

Speaking earlier this year at the U.S. Military Academy at West Point, N.Y., Mullen expressed concern that civilians don't fully understand the sacrifices military members make.

## Chowing down



Photo by JAMES ARROWOOD, command photographer

**Soldiers with the 3rd Battalion, 34th Infantry Regiment, celebrate Thanksgiving at Fort Jackson with a Wednesday afternoon meal complete with all the trimmings. Members of the cadre and other senior leaders served the Basic Combat Training Soldiers.**

## News and Notes

**171ST RELOCATES**

The 171st Infantry Brigade headquarters is now located at 3330 Magruder Ave.

**ROAD CLOSURE SCHEDULED**

A portion of Strom Thurmond Boulevard between Marion Avenue and Caldwell Dental Clinic is closed through Sunday. Motorists may still turn either left or right onto Marion Avenue. The dental clinic may still be accessed from the opposite direction using Strom Thurmond Blvd.

**TREE LIGHTING SET FOR DEC. 1**

A holiday Tree-Lighting Ceremony is scheduled for 5 p.m., today in front of Post Headquarters.

**SMA OFFERS SCHOLARSHIP**

The Fort Jackson Sergeants Major Association is taking applications for a \$500 scholarship for the spring semester. Those eligible to apply are: any non-commissioned officer currently assigned to Fort Jackson and his or her immediate dependents (i.e., spouse, child, step-child, etc.); any member of the Sergeants Major Association and his or her dependents. Email [regina.h.willingham.mil@mail.mil](mailto:regina.h.willingham.mil@mail.mil) for an application packet. Applications must be received by Dec. 1.

**GATE 4 PROCEDURES CHANGE**

Gate 4 is open only to inbound traffic from 6 to 10 a.m., Wednesdays and Thursdays. During these times, motorists will not be able to exit the installation through Gate 4.

**GATE 1 SHOP CHANGES HOURS**

The Gate 1 Express (formerly called the Shoppette) is now open from 7 a.m. to 6 p.m., Monday through Friday and from 10 a.m. to 6 p.m., Saturday and Sunday.

**SKIES OFFERSTUMBLING CLASS**

SKIESUnlimited is offering tumbling and cheerleading classes for children 4 through 18. Girls will learn the fundamentals of cheerleading to include: motion technique, jump technique, voice projections, counting music, showmanship, cheers, dances, tumbling and stunts. Classes, which are taught by Tumble Tree faculty, are divided into age-appropriate groups and taught based on ability. Children can be transported to and from Fort Jackson schools and dropped off at any Child, Youth and School Services facility once class is finished. Transportation forms are available at [www.fortjacksonmwr.com/skies](http://www.fortjacksonmwr.com/skies).

The cost is \$40 per month. Tumbling class is 5-6 p.m., Thursdays and cheerleading is 6-7 p.m., Thursdays. Enrollment is open. Call 751-4865 for registration. Call 751-6777 for additional class information.

# Show seeks military families

By **ELAINE SANCHEZ**  
*American Forces Press Service*

WASHINGTON — The cast of ABC's "Extreme Makeover: Home Edition" would like to brighten the holidays for a deserving military family this year.

The reality show is seeking nominations for military families in desperate need of a home makeover. The selected family will be featured in an upcoming holiday episode.

"We want to do a holiday-themed episode that's even bigger and more extreme than ever," David Shumsky, the show's casting director, said in an ABC news release. "In order to pull off such a huge venture, we need the support of the entire community. We know that the military communities will come out to help one of their own."

The popular reality show features Ty Pennington, his design team and a host of volunteers performing a massive home makeover in just seven days. The show focuses on families whose home situation is a severe hindrance to their quality of life, Shumsky explained.

"We really want to help families whose homes present major problems for the family — those big issues that affect the family's quality of life on a daily basis," he said. "We want to find deserving people who just don't have the resources, ability or time to fix those serious issues without our help."

"For this special episode we'd love it if the holiday season had some special significance to the family's story," he added.



Photo by *ELAINE SANCHEZ, American Forces Press Service*

**Michelle Obama surprises a Navy veteran on the set of the ABC reality series "Extreme Makeover: Home Edition" in Fayetteville, N.C., in July. The reality show is now seeking nominations for military families to feature in an upcoming holiday episode.**

"Maybe they have unique holiday traditions or volunteer in an organization specifically geared toward the season. Ultimately, we want to give this family the best holiday they've ever had."

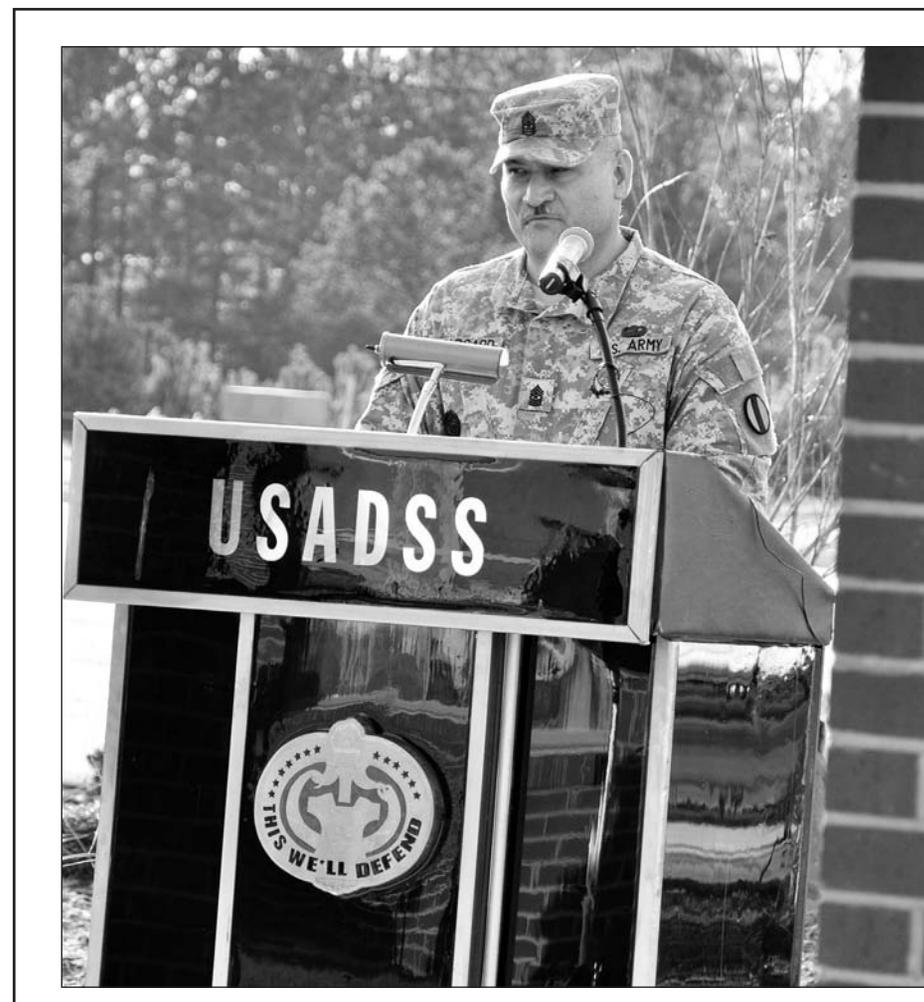
Families in need of a home makeover or community members who know of a deserving family are welcome to submit nominations.

Nominations must include the names and ages of every household member, a description of the major challenges within

the home, a short description of the family story, and a contact phone number.

People should also explain why the family is deserving, heroic or a great role model in their community and, if possible, include recent photos of the family and home. People can submit nominations via email to [jax@emhe.tv](mailto:jax@emhe.tv).

For more information on how to apply, visit the show's website at <http://abc.go.com/primetime/xtremehome/index?pn=apply>.



## Drill sergeant students get new home

**Sgt. Maj. Robert Maggard, deputy commandant of the U.S. Army Drill Sergeant School, shares details of construction of the new Drill Sergeant School barracks during a ribbon-cutting ceremony Nov. 22. The \$24 million facility includes a dining facility and two learning resource centers. The building will become home for up to 372 drill sergeant students during their time in training at Fort Jackson.**

Photo by  
*CURSHA PIERCE-LUNDERMAN*

# SSI celebrates Native Americans

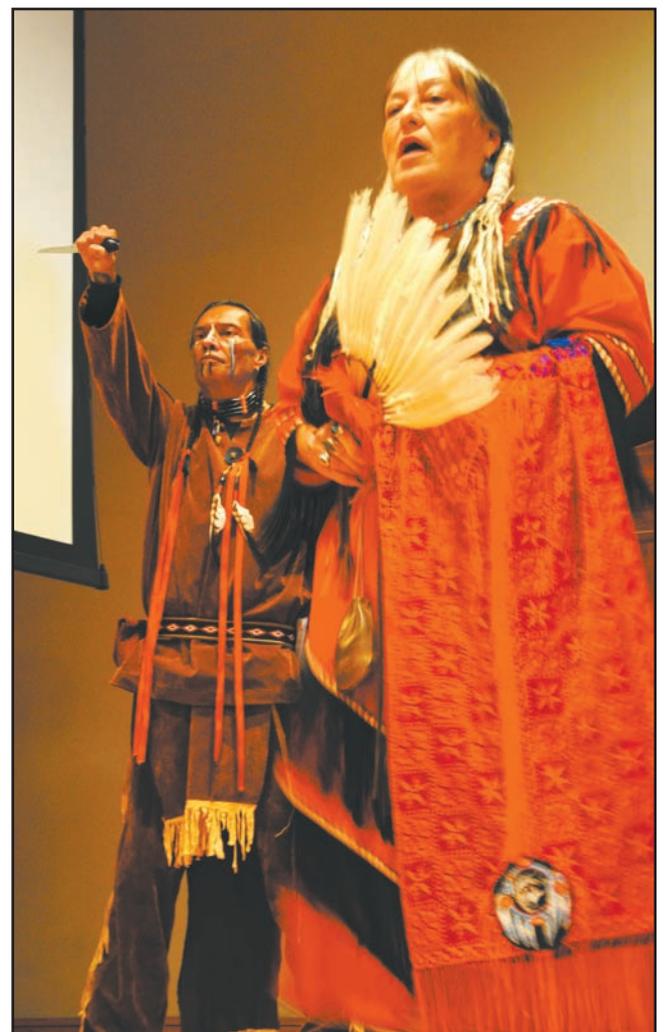


*Photos by SUSANNE KAPPLER*

Susan “White Lily” Little, a member of the Stockbridge Munsee Band of the Mohicans, performs a traditional butterfly dance during the Soldier Support Institute’s celebration of Native American Heritage Month Tuesday at the SSI auditorium. The dance portrays a butterfly’s emergence from its cocoon.



Above, Little explains the meaning of the traditional dance she performed to the audience. Right, Thelma “Bright Eyes” Hamilton, a member of the Monacan Indian Nation, performs as part of a women’s traditional dance while Ethan Twocrows, a Lakota Sioux, honors the dancing women. The guest speaker for the event was Sgt. 1st Class Lisa Cowboy, Company B, Training Support Battalion, who spoke about the contributions of the Navajo people to the military.



# Study aims to identify well-being factors

Continued from Page 1

for risk and protective factors that affect Soldiers' well-being," said Michaelle Scanlon, Army STARRS project coordinator with the NIMH. "There may be some things that we can discover that put an individual at risk, but there may very well be things that protect somebody from well-being issues. So we're looking at both sides of the mental health issue."

The study consists of five components — the historical data study, the all Army study, the new Soldier study, the Soldier health outcomes study and the pre/post deployment study. Fort Jackson is one of three installations selected to participate in the new Soldier study, along with Fort Benning, Ga., and Fort Leonard Wood, Mo.

Participation in the study is completely voluntary, said Chris Duncan, Army STARRS site coordinator for the University

of Michigan, which is one of the research partners for the program.

"We ask the Soldiers to participate in an informed consent briefing," Duncan said. "During that briefing, we explain to them how the data is collected, what we're going to do with it, that their answers are strictly confidential — we strip out all personal identifiers."

To guarantee anonymity, Soldiers are issued an ID number, which is used throughout the process instead of their name or Social Security number.

Duncan said more than 9,000 Soldiers have agreed to participate in the study on Fort Jackson since January. Participants are asked to give blood, which will be analyzed

at Rutgers University, and complete a computerized, self-administered survey. Participation in the program takes about 75 minutes, Duncan said.

Scanlon said the questions in the survey include topics such as mood, social support, self image, stress, past injuries, family history, alcohol and drug use, tobacco use and neuro-cognitive tests.

According to the Army STARRS website, the study was prompted by the rising suicide rates in the Army since 2002. Duncan said the program also helps new Soldiers realize that the Army is serious about reducing suicide in its ranks.

"You see posters around the room — 'One suicide is one too many' — these

are (some of) the Army efforts to reduce (suicide)," he said. "Now they can see somebody, they can put a face on something concrete that's truly taking an active role in trying to reduce (suicides)."

For the 120th, participating in the study initially provided the challenge of fitting it in the battalion's already packed battle rhythm for incoming Soldiers, said Lt. Col. Michael McTigue, the 120th commander. He added that the research team's flexibility and understanding of competing demands made the integration easy.

"From very early on we were made aware that this is part of the Army's commitment to stay mentally fit," McTigue said. "I know it's an important program. I know it will pay big dividends in the end. ... It's all about Soldiers helping Soldiers."

For more information on Army STARRS, visit <http://www.armystarrs.org>.  
Susanne.Kappler1@us.army.mil

“I know it's an important program. I know it will pay big dividends in the end. ... It's all about Soldiers helping Soldiers.”

— Lt. Col. Michael McTigue  
Commander, 120th Adjutant  
General Battalion (Reception)

## Safety award



Courtesy photo

Maj. Gen. James Milano, Fort Jackson's commanding general, and Sean O'Brian, installation safety director, are on hand to recognize Capt. Jeanie Hollar, Task Force Marshall, as Additional Duty Safety Officer of the Year in a ceremony Tuesday at the Post Conference Room.

## Family Life & Resiliency Center

"Help for your journey"

Family Life & Resiliency Center staff members provide counseling for individuals, couples, families and groups.

Counseling is open to Soldiers, family members, children, civilians and retirees and is 100% confidential.

To schedule an appointment, call 751-4961/4966.

Business hours are 9 a.m. to 5 p.m., Monday through Friday.

The center is located at 5460 Jackson Blvd., (behind the Strom Thurmond Building).



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



# Site allows IMT community to share key ideas, issues

Continued from Page 2

The website, besides providing a forum to share IMT ideas, can be a place for other communities of interest to exchange ideas. The athletic trainer community can use this site to capture its lessons. As they have been piloted at selected installations and are now being expanded, they have learned many successful techniques that need to be shared with other civilian athletic trainers as they are hired. The steep learning curves of newly hired athletic trainers can be reduced by shared tacit knowledge from the veteran trainers.

Even as the athletic trainer population matures, they can still share great TTPs with others to increase their effectiveness. Each trainer has different training experiences and can share how he or she has modified techniques to help Soldiers. These ideas must be shared to help everyone; in a military environment, leaders can no longer wait six months to learn their new jobs.

The site also contains a repository of training videos that enable trainers to see real training before they experience it. Ideal for Leader Development Training and Training Support (Victory University), these videos show real cadre training actual Initial Entry Training Soldiers.

These videos are not intended for new Soldiers or families. They are meant for cadre to see what can go right and wrong in training. They do not always show what right looks like. Sometimes they show errors that our cadre make during training. The videos have basic questions to help guide

cadre discussion. As we look to improve teaching skills in our cadre, we need to concentrate on successful techniques that model coaching and facilitation.

Our cadre needs further refinement, and these videos can help a battalion in its certification process. The films can reinforce learning points by showing actual field training events that are difficult for a unit to replicate when it is on cycle break or not on that particular range. The Web page also has a profession of arms site to capture the Army's ongoing review of the profession and the excellent material that has been written on it.

Again, the site is convenient to the user who is checking on IMT material to read material quickly that has been referenced by the chain of command on Fort Jackson. The CG and post command sergeant major also have a rigorous leadership program for battalion commanders and CSMs. Material related to this program is also posted for them to review and to retain as they experience the various learning and developmental assignments.

We need to enable the IMT community to share ideas and issues. The answer to a particular problem on Fort Jackson may have been developed at another installation, and solutions at Jackson may be what other IMT installations could use.

*Editor's note: To access the open version of the site, visit [www.jackson.army.mil](http://www.jackson.army.mil) and click on "Leader Development" on the left side of the page. The other version is listed under "Leader Development" on the SharePoint site.*

## LETTERS Editor

**The *Leader* welcomes letters to the editor. All letters should include the name and address 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@gmail.com](mailto:FJLeader@gmail.com). Call 751-7045 for information.**



### *What's your Christmas wish?*

Are you wishing for a white Christmas? Or maybe that a special someone will be home in time to open the gifts? Whatever your Christmas wish may be, share it with us.

Send your Christmas wish, along with a photo of yourself (or your wish), and we may run it in the *Leader's* final issue of the year Dec. 15. Email your wish and photos to [FJLeader@gmail.com](mailto:FJLeader@gmail.com) by Dec. 8 for consideration.



## Calendar

### Today

**Tree-Lighting Ceremony**  
5 p.m., Post Headquarters

### Sunday

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

### Thursday, Dec. 8

**Post Command Sergeant Major Relinquishment of Responsibility**  
3 p.m., Post Headquarters

### Friday, Dec. 9

**Garrison holiday gala**  
6 p.m., Solomon Center

### Saturday, Dec. 10

**5K Jingle Bell Run**  
8 a.m., Hilton Field Softball Complex  
Open to all military ID card holders

### Monday, Dec. 12

**CFC victory celebration**  
11:30 a.m., Officers' Club

## Housing events

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

**Every Monday in December, 3 to 4 p.m.**

### Kids' snacks

Children receive free snacks while supplies last.

## Announcements

### RED CROSS BLOOD DRIVES

The American Red Cross has set up a blood drive from 9 a.m. to 2 p.m., Dec. 9 at the Balfour Beatty Community Center conference room. To sign up, call 738-8275 or 360-2036. The Red Cross Blood-mobile will be at the main entrance parking

lot of Moncrief Army Community Hospital in front of the Troop Clinic from 9 a.m. to 2:30 p.m., Dec. 15. To sign up or to get information on additional blood drives on post, call 360-2036.

### FREE TICKETS FOR GLORIOUS

The Installation Chaplains Office gives out a limited number of free tickets for the Christmas music program "Glorious," which is scheduled for 4 p.m. and 7 p.m. at Shandon Baptist Church. Tickets are available on a first come, first served basis.

### AWARD NOMINATIONS SOUGHT

Employer Support of the Guard and Reserve, a DoD agency, is accepting nominations for the 2012 Secretary of Defense Employer Support Freedom Award. Nominations may be submitted through Jan. 16. For more information, visit [www.freedomaward.mil](http://www.freedomaward.mil).

### SPORTS BANQUET

Fort Jackson's annual sports banquet is scheduled for 11:30 a.m., Tuesday at the Solomon Center. The banquet is open to all who participated in the sports program throughout the year. RSVP is required by Nov. 29. For more information, call 751-3096.

### BASKETBALL LETTERS OF INTENT

Letters of intent for winter basketball are due to the Sports Office by 4 p.m., Dec. 13. The league is for active-duty personnel only. For more information, call 751-3096.

### THREAT AWARENESS REPORTING

Briefings for the postwide Threat Awareness Reporting Program, formerly known as SAEDA, are scheduled for 10 a.m. and 3 p.m. Jan. 10, 17 and 24. Briefings are also scheduled for 10 a.m. Jan. 12, 19 and 26. The briefings will take place at the Post Theater.

### SPOUSE ASSISTANCE CHANGES

Effective with the academic year 2012/2013, Army Emergency Relief will consolidate its overseas and stateside spouses education assistance programs.

All spouses will be allowed to attend school part-time or full-time. Funding will be available for fall and spring semesters only. Other changes include minimum credit hour requirements, scholarship eligibility and a modified overseas application process. For more information, call 751-5256 or email [education@aerhq.org](mailto:education@aerhq.org).

### REUSE CENTER

Fort Jackson military and civilian personnel and on-post residents can obtain free overstock items at the Reuse Center. The center carries paint-related materials, adhesives, cleaners, printer cartridges, light bulbs and office supplies. Donations are also accepted. The Reuse Center is located at 2558 Essayons Way and is open Monday through Friday, 10 a.m. to 2 p.m.

### BOSS FOOD AND CLOTHING DRIVE

Better Opportunities for Single Soldiers will conduct a clothing drive through Dec. 15. For more information, call 751-1148.

### HOLIDAY EXTRAVAGANZA

The Victory Chapter Sergeants Major Association 2011 Holiday Extravaganza is scheduled for 6 p.m., Dec. 17 at the NCO Club. Tickets cost \$25. For more information, call (919) 605-4283.

### CHANGE IN HOURS

The Personal Property Office has changed its hours of operations for walk-in services. The new office hours are: 7:30 a.m. to 4 p.m., Mondays, Wednesdays and Fridays; 7:30 a.m. to 4 p.m. (limited services from noon to 4 p.m.); Tuesdays; 7:30 a.m. to noon, Thursdays. For more information or in case of emergencies, call 751-5137/5138.

### THRIFT SHOP NEWS

The Thrift Shop will be giving out one free Christmas basket each Wednesday after 1 p.m. The Thrift Shop will accept Christmas items through Dec. 15.

The Thrift Shop will be closed Dec. 27 through Jan. 5. No consignments will be accepted Dec. 20 through 22 and Jan. 10 through 12.

The Thrift Shop's Cinderella Project has free ball gowns for sergeants and below and spouses of active-duty sergeants and below.

*Visit the community calendar at [www.jackson.army.mil](http://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.*

## Off-post events

*The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.*

### 2ND DIVISION SOLDIERS SOUGHT

The Second (Indianhead) Division Association is looking for Soldiers who served in the 2nd Infantry Division. The association is planning a reunion in August. For more information, visit [www.2ida.org](http://www.2ida.org) or email [2idahq@comcast.net](mailto:2idahq@comcast.net).

### SUBMISSION GUIDELINES

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.

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@gmail.com](mailto:FJLeader@gmail.com).

Follow the Leader on Twitter  
at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Sgt.**  
**Carolyn Irwin**  
Company A  
2nd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Rebecca Burns

**SOLDIER OF THE CYCLE**  
Spc. David Troyer

**HIGH APFT SCORE**  
Spc. Roger Chan

**HIGH BRM**  
Pfc. Darrell Casenove



**Staff Sgt.**  
**Gregorio Garcia**  
Company B  
2nd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Jeremy Huntone

**SOLDIER OF THE CYCLE**  
Spc. Kleanthis Georgiou

**HIGH APFT SCORE**  
Pfc. Tamera Cain

**HIGH BRM**  
Pvt. Jeremiah Steele



**Sgt. 1st Class**  
**Rafael Gonzalez**  
Company C  
2nd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Kyle Speagle

**SOLDIER OF THE CYCLE**  
Pfc. Jason Duffy

**HIGH APFT SCORE**  
Spc. Kellie Lindberg

**HIGH BRM**  
Spc. Adam Johnson



**Staff Sgt.**  
**Gary Mattingly**  
Company D  
2nd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. David Jessop

**SOLDIER OF THE CYCLE**  
Pvt. Tabatha Jobson

**HIGH APFT SCORE**  
Pvt. Leila Valencia  
Spc. Janet Lay

**HIGH BRM**  
Pvt. Kyle Quinn



**Staff Sgt.**  
**Andrew Keith**  
Company E  
2nd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Andrew Neff

**SOLDIER OF THE CYCLE**  
Pfc. Cameron Nichols

**HIGH APFT SCORE**  
Pvt. Lisa Malone

**HIGH BRM**  
Pfc. Paul Ross



**Sgt. 1st Class**  
**Bradley Cloutier**  
Company F  
2nd Battalion,  
13th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Danielle Dever

**SOLDIER OF THE CYCLE**  
Pfc. Eric Ludwig

**HIGH APFT SCORE**  
Pfc. Andrew Sais

**HIGH BRM**  
Pvt. Anthony Mattioli

## SUPPORT AWARDS OF THE CYCLE

### STAFF SUPPORT

Sgt. 1st Class Daniel Knapp

### TRAINING SUPPORT

Ray Knox  
Margie Brooks  
Araminta Owens

### DFAC SUPPORT

Jocasta Alston

## Want more Fort Jackson news?

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

Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).

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

## Training honors



**Staff Sgt.**  
**Jeffrey Capalar**  
Cadre of the cycle  
187th Ordnance Battalion



**Staff Sgt.**  
**David Richardson**  
Instructor of the cycle  
187th Ordnance Battalion

### 187TH ORDNANCE BATTALION HONORS

#### DISTINGUISHED HONOR GRADUATES

Pfc. Audia Ramos  
Pvt. Mark Voelker

# December Promotions

Name	Rank	Name	Rank	Name	Rank
LODI, Paula C.	COL	QUINN, Matthew F.	MAJ	TOLER, Nicholas B.	SFC
JENSEN, Peter R.	LTC	SMART, Troy L.	MAJ	WILLIAMS, Robert L.	SFC
MOODY, Paul M.	LTC	SMITH, Troy D.	MAJ	YOUNG, Antonio D.	SFC
SIMONS, Raymond T.	LTC	STONE, Galen D.	MAJ	BENOZICH, James A.	SSG
WILLIAMS, Raymond E.	LTC	TAYLOR, Isaac L.	MAJ	BOATNER, Quashanda L.	SSG
ALEXANDER, Eric B.	MAJ	VERSHINN, Alex	MAJ	BUCKALEW, Charles R.	SSG
ALLEN, Nathaniel A.	MAJ	WHITE, Michael T.	MAJ	CARTER, Jonathan K.	SSG
ANTOLOS, Daniel A.	MAJ	VANHOOSIER, Kevin D.	CW4	DEDEUGD, Randy S.	SSG
BLACK, Lisa D.	MAJ	PICKARTZ, Jeffrey J.	MSG	DESCARTES, Victor D.	SSG
CAVANAUGH, Matthew L.	MAJ	SWEAT, Cleveland	MSG	GRANT, Karen E.	SSG
COFIELD, Shanda L.	MAJ	WALKER, Winfred D.	MSG	KELLY, James D.	SSG
COOPER, Noah B.	MAJ	ALVES, Luisa A.	SFC	MANNS, Charles L.	SSG
CROUSE, Robert L.	MAJ	ASERON, Danilo P.	SFC	McCANN, Michael J.	SSG
ECHEVERRIA, Nestro J.	MAJ	BIELLER, Derrick R.	SFC	MILLER, Herbert A.	SSG
EWING, Jonathan Paul	MAJ	CHANCE, John M.	SFC	MYERS, Andrea C.	SSG
FOWLER, Alan R.	MAJ	CLOUTIER, Bradley R.	SFC	PEEL, Richard A.	SSG
GOODRICH, Christopher D.	MAJ	DAVIS, Damon D.	SFC	ROACH, Anthony E.	SSG
HADLOCK, Erin D.	MAJ	FARRIS, John C.	SFC	ROWELL, Michael J.	SSG
HAYES, Emory J.	MAJ	GOMEZVELEZ, Samuel R.	SFC	VITUG, Matthew R.	SSG
HENDERSON, Andrew H.	MAJ	HAAS, Steven D.	SFC	WALTON, Timothy D.	SSG
JACKSON, Ina S.	MAJ	HERNANDEZAVILES, Hector	SFC	BALANTACRUZ, Mario	SGT
KAHRE, Kevin C.	MAJ	LITTLE, Erica M.	SFC	DOLAN, Peter E.	SGT
KLEIN, Eric P.	MAJ	MANCUSO, Vincent J.	SFC	GROVES, Raymond W.	SGT
MACON, Rachelle M.	MAJ	REYNOLDS, Tommy L.	SFC	OGLES, Steven J.	SGT
MOODY, Liliu P.	MAJ	SHROPSHIRE, Calvin C.	SFC	PORTER, Essence N.	SGT
MORRIS, Daniel C.	MAJ	STANLEY, Paul D.	SFC	SEVREY, Jedidiah L.	SGT
PATE, Calvin K.	MAJ	STAPLES, Kristene K.	SFC		
PETERSON, Douglas V.	MAJ	THACKER, Matthew P.	SFC		



Leader file photo

Performers take the stage at last year's Soldier Show production at Fort Jackson. Army Entertainment Division is accepting applications for Soldiers interested in being performers and technicians for the Soldier Show.

# Want to be a star? Soldier Show taking applications

## Special to the Leader

For those who have seen the Soldier Show and thought, "Wow, I'd like to be a part of that," the time has come.

Army Entertainment Division is seeking vocalists, dancers and musicians to perform, along with lighting, audio, video, costuming and stage technicians to support the performers. The Soldier Show is a high-energy live musical that showcases the talents of Soldiers. National Guard and Army Reserve Soldiers must be activated by their units to be eligible.

Be forewarned, the Soldier Show isn't some cushy assignment. Soldiers who are selected perform a 75-minute show, and rehearsal and training is six weeks, which includes choreography, scene/costume transitions, set build and tear down, and more.

The Soldier performers and technicians also are their own road crew, setting

up and breaking down the stage and lighting at each of the 70-plus stops the tour makes worldwide each year. They tour primarily by bus in the continental U.S., with a handful of overseas performances at the end of the season.

Interested Soldiers may self nominate by sending their packets directly to the AED offices. Locally, Soldiers can get assistance through Recreation Delivery Systems, by contacting Charles Stoumire, the Fort Jackson point of contact, at 751-0891. Complete details on the nomination process are available on [www.ArmyMWR.com](http://www.ArmyMWR.com).

All nominations must include an official Department of the Army photo, a copy of the Soldier's enlisted or officer record brief, current physical test scores, and a copy of the latest NCO Evaluation Report or Officer Evaluation Report. Performers must also submit a video-audition on DVD and technicians are required to submit a resume and photos of

past work.

Nominees need to include their name, rank, Social Security number, unit address, duty phone, email address, and areas of specialty for performers (singer, dancer, etc.) and areas of specialty for technicians (lighting, audio, carpentry, electrical work, etc.) Ensure the information is current and accurate.

AED officials will review all packets and select 12 to 20 Soldiers to travel to Fort Belvoir, Va., for live auditions. Selections will begin in January and will be completed by February. All travel costs will be paid for by the Family and MWR Command. Soldiers selected through the audition process will be attached to AED through Dec. 31 and must have a letter of release from their command, endorsed by a battalion-level or equivalent officer.

Nominations should be sent to: U.S. Army Soldier Show, Attn: 2011 Selection Committee, P.O. Box 439, Fort Belvoir, VA 22060.

## 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 6:30 p.m. Appetizers are available, while they last.

### FRIDAY

- ❑ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ❑ **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. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ❑ 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.

### SUNDAY

- ❑ Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.
- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

### WEDNESDAY

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ❑ 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 Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.
- ❑ 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. Others requiring care may sign up, but will pay the usual hourly rate.

# Foot care crucial for diabetics

By **JENNIFER DAVIS**

*U.S. Army Public Health Command*

Diabetes sufferers may have many negative health effects, and foot problems are among those issues. Conditions like nerve damage (also called neuropathy), skin changes, calluses, foot ulcers and poor circulation can lead to a host of other health complications and even result in amputation of the leg or foot. Ensuring proper foot health is essential in effectively managing diabetes.



uses food for growth and energy. Diabetics produce little to no insulin (a hormone produced by the pancreas), or don't respond well to the insulin that is produced by the pancreas. As a result, the body has difficulty retaining its fuel.

Simple daily foot care can prevent serious problems. According to the National Diabetes Information Clearinghouse, the following 10 steps will help prevent serious complications from diabetes:

## 10 Ways to Be Good to Your Feet

1. Take care of your diabetes; work with a health care team to monitor blood glucose levels.
2. Check your feet every day; look for red spots, cuts, swelling and/or blisters.
3. Keep blood flowing to your feet: exercise and be active.
4. Don't smoke; smoking affects small blood vessels and can cause decreased blood flow to the feet.

5. Ask your doctor about orthopedic shoes to improve circulation in your feet.

6. Wash your feet every day and dry them carefully, especially between the toes.

7. Keep your skin soft and smooth; use lotion to keep your feet moisturized.

8. Keep toenails trimmed and filed.

9. Wear comfortable shoes and socks at all times and try to never walk barefoot.

10. Remember to schedule annual comprehensive foot exams with your podiatrist.

People with diabetes should work with their health care providers and support network of family and friends to take steps to control the disease. Ensuring proper foot health means lowering the risk of complications and helps to ensure one can live a happy, healthy and active life. For more information about Diabetes Foot Health, visit:

American Diabetes Association, <http://www.diabetes.org/>

Centers for Disease Control and Prevention, <http://www.cdc.gov/diabetes/>

National Diabetes Information Clearinghouse, <http://diabetes.niddk.nih.gov/index.aspx>

# TRICARE offers help, support for substance abuse, addiction

*From TRICARE Management Activity*

In 2008, the National Survey of Drug Use and Health estimated more than 22 million Americans have substance abuse problems and dependencies. There are many reasons why people develop addictions, which can be difficult to overcome. The impact of their substance abuse not only affects the user, but everyone around them.

"Today, alcohol and other drugs threaten the future of millions of Americans," President Barack Obama has said. "Abuse of prescription medication has reached epidemic levels, drunk and drugged driving pose significant threats to public safety and individuals in recovery continue to confront barriers to full participation in our society."

TRICARE may cover services for the treatment of drug and alcohol abuse or dependency. Coverage may include detoxification, rehabilitation and outpatient group and family therapy. Beneficiaries are covered for three substance use disorder treatment benefit periods in a lifetime. All treatment for substance use disorders requires prior authorization from regional contractors, with the exception of emergency and inpatient hospital services that are considered medically necessary. Regional health care contractor contact information can be found at [www.tricare.mil/contactus](http://www.tricare.mil/contactus).

Beyond rehabilitation, TRICARE offers several programs dedicated to effectively reaching beneficiaries who suffer from drug or alcohol dependency. The TRICARE alcohol awareness site has information on alcohol abuse and resources for getting help. Interested beneficiaries can log on at [www.TRICARE.mil/alcoholawareness](http://www.TRICARE.mil/alcoholawareness).

The Defense Department's award-winning "That Guy" campaign promotes alcohol abuse awareness and responsible drink-

ing. The social marketing initiative targets service members 18-24 years old and highlights the embarrassing social consequences of drunkenness and alcohol abuse. Service members can learn more by visiting [www.thatguy.com](http://www.thatguy.com).

Military Pathways provides anonymous self-screening for alcohol abuse disorders as well as depression, post-traumatic stress disorder and generalized anxiety disorder. The program works to reduce negative stigma and raise awareness about mental health issues, as well as connect those in need to available resources. Military Pathways can be accessed at [www.militarymentalhealth.org](http://www.militarymentalhealth.org).

Military OneSource provides resources and support for service members and their families. It is available 24 hours a day, seven days a week and is private and confidential with a few exceptions (such as meeting legal obligations or to prevent harm to self or others). Service members and their families can call 1-800-342-9647, or visit [www.militaryonesource.com](http://www.militaryonesource.com) for help with substance abuse and addiction problems, as well as information on other counseling and treatment resources.

If a beneficiary or someone they know is suffering from addiction or substance abuse problems, they are urged to seek help and take advantage of the resources TRICARE has available for treatment and support.

For more information on substance abuse please visit [www.tricare.mil/substanceusedisorders](http://www.tricare.mil/substanceusedisorders). Sign up for TRICARE e-mail updates at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions).

Connect with TRICARE on Facebook and Twitter at [www.facebook.com/tricare](http://www.facebook.com/tricare) and [www.twitter.com/tricare](http://www.twitter.com/tricare).

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.

## MACH UPDATES

### SOME TRICARE DATA LOST

Some TRICARE patients may have been affected by the loss of some data by SIAC, one of TRICARE's contractors, officials recently reported. Computer tapes containing personally identifiable and protected health information of patients in Texas, or those who may have had laboratory exams sent to Texas, may be affected. The risk of harm from the missing data is expected to be minimal. The contractor will provide one year of credit monitoring and restoration services to patients who express concerns. Concerned patients may call (855) 366-1040, 9 a.m. to 6 p.m., Monday through Friday, for more information.

### DECEMBER FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older. Dates and times vary. The schedule for **Room 6-67 at Moncrief Army Community Hospital** is as follows:

**December:** Vaccinations will be given at **MACH, Room 6-67**, 8 a.m. to 4 p.m., Dec. 20, 22. Vaccinations will be given 8 a.m. to 8 p.m., Wednesday and Dec. 14, 21. The vaccination schedule for the **Main PX** is 10 a.m. to 2 p.m., Friday and Dec. 9, 16. The schedule for the **Solomon Center** is 8 a.m. to 3:30 p.m., Monday and Dec. 12, 19. The schedule for the **Commissary** is 10 a.m. to 2 p.m., today, Tuesday and Dec. 8, 13, 15.

Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

### 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.

### 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.

### MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area. Visit the Fort Jackson TRICARE Service Center on the 10th floor of the Moncrief Army Community Hospital and complete the TRICARE Prime Enrollment and PCM change form.

# Take time today to witness God's glory

By **CHAPLAIN (CAPT.) PATRICIA NICHOLS**  
120th Adjutant General Battalion (Reception)

Like I often do, I headed to the gym early yesterday morning, but as I passed through the door, the warmth and smell suffocated me.

The smell was probably my imagination since the gym is well-ventilated, but the lights were bright, the music loud, and the people looked like hamsters on wheels. I just couldn't take it. But I was there, so I headed to the weights.

As I reluctantly did upper body reps, I glanced out the window and noticed the sun beginning to rise. I decided then and there I would go meet the sun.

I drove across the street, parked the car and started running. I ran through the fields and down to the woods, and lo and behold, I came upon water — water with steam rising from it. Water with a sign posted that said something like this: Do not mess with the alligators — even if they are small.

What?

Wide-eyed, I glanced quickly around the wood line. No alligators were in sight, so I kept running.



Metrocreativeconnections.com

**The author's ordinary workout became a time for her to witness the beauty in God's creations.**

A bunny hopped across my path, and I heard other

small creatures playing in the bushes. The solitude was lovely. I ran over little rivulets of water bridged with wooden slats, and farther up the hill were signposts telling of the various plant life and trees in the area. I could not believe my good fortune.

I did not see a single person the whole run, and the sunlight danced on the fall leaves making them radiant. I wasn't even treasure hunting, but I had found the prize.

How often do we notice beauty calling?

Like hamsters on wheels, we go nowhere fast, or we arrive at our destinations too exhausted to enjoy the fruits of our efforts; but, every day beauty calls; calls us away from the mundane, the tedious, the laborious and calls us to the fresh, the rejuvenating, the dynamic. Sometimes it takes a little solitude to wake our senses.

Take some time today to notice the beauty. The whole world is full of God's glory, but God's most wondrous creation is you — and the people he puts in your path. Do something out of the ordinary. Soak in some solitude. Stop and notice the beauty.

*We are fearfully and wonderfully made. How wonderful are your works, O God, and that my soul knows well! (paraphrase, Psalm 139:14)*



**PROTESTANT**

- Sunday
  - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
  - 9:30 a.m. Hispanic, Post Theater
  - 9:30 a.m. Main Post Chapel
  - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
  - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
  - 10:45 a.m. Sunday school, Main Post Chapel
  - 11 a.m. Memorial Chapel
  - 11 a.m. Chapel Next, Bayonet 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, Daniel Circle

- Chapel
  - 7 p.m. Gospel Bible study, Daniel Circle
- Chapel
  - 7 p.m. LDS scripture study, Anderson Street Chapel
  - 11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
- 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

- 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

**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

**CHURCH OF CHRIST**

- Sunday
  - 11:30 a.m. 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



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).



## FIRST RESPONDER

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

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

### Lt. Col. Raymond Simons

Director, Emergency Services/Provost Marshal

### Sgt. Maj. Bruce Sirois

Provost Sergeant Major

### Bill Forrester

Fire Chief

### CASES OF THE WEEK

□ Military Police and the Physical Security Office are investigating damage to the wood line along the installation perimeter that resulted in the removal of a 30-foot-wide area of trees, MPs said. Physical Security secured the area, which could be used to bypass the gate to enter

the installation, MPs said.



□ A civilian was escorted from the installation after refusing to leave after MPs instructed him to do so, MPs said. The civilian was instructed to leave post in connection with a verbal altercation with a Soldier, MPs said. MPs originally responded to a report of disorderly conduct in the housing area, MPs said.

### TIP OF THE WEEK

Every year during the holiday season, fires injure approximately 1,650 people and cause \$990 million in damages across the United States. Everyone wants to have a safe and happy holiday season. The Fort Jackson Fire Department recommends some tips to remember when choosing a Christmas tree, putting up lights or decorating the home.

The best way to prevent a Christmas tree fire is to use an artificial, fire-resistant Christmas tree. If a real tree is a must, then ensure the tree is fresh at the time of purchase. A fresh tree will have

green needles that are hard to pull off the branches. Once the tree has been brought home, ensure that it is not placed near any heat sources. Make sure the tree stand is filled with water at all times. Finally, it is recommended that live trees are not up for more than two weeks.

When putting up Christmas lights, inspect each set of lights for frayed or damaged wires. Discard any that are damaged. When purchasing lights, make sure they have been listed by an approved testing laboratory (UL or Intertek). Lastly, do not overload electrical outlets. By rule of thumb never link more than three light strands, unless the manufacturer directions indicate it is safe to do so. Periodically check the wires; they should not be warm to the touch.

Use only nonflammable or flame-retardant decorations and place them away from heat sources. Never put wrapping paper in a fireplace. It can result in a very large fire, throwing off dangerous sparks and embers.

Avoid using candles if at all possible. Candles are prohibited for use on Fort Jackson in all areas except family housing. If candles are used, make sure

they are in stable holders and place them where they cannot be easily knocked over. Never leave candles unattended. Finally, as in every season, have working smoke alarms installed on every level of your home, and in all sleeping areas. Test them monthly and keep them clean and equipped with fresh batteries at all times. It is recommended to replace batteries in smoke detectors every six months or as needed due to power outages. Know when and how to call for help.

On Fort Jackson, dial 911 from any regular phone or call 751-9111, including the area code, from a cell phone for direct contact with the Fort Jackson 911 Center. Finally, remember to practice your home escape plan. This and further information can be found at [www.firesafety.gov](http://www.firesafety.gov). The Directorate of Emergency Services, Fire Prevention and Protection Division hopes you have a happy and safe holiday season.

**crimestoppers**  
1-888-559-TIPS  
[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

## LEGAL

# Program offers foreclosure alternative

From the Legal Assistance Office

Many families are finding themselves unable to keep up with their mortgage payments. The Obama administration has developed a program which seeks to help families avoid foreclosure. This program, called Home Affordable Foreclosure Alternatives Program, or HAFA, is part of "Making Home Affordable," an official program of the departments of the Treasury and Housing and Urban Development.

In order to be eligible for the program, homeowners must meet the following criteria: currently living in the home or have lived there within the last 12 months; have documented proof of a financial hardship that prevents making the mortgage payments; have not purchased a new home within the last 12 months; first mortgage is equal to or less than \$729,750; the mortgage was obtained on or after Jan. 1, 2009; and have not been convicted of felony larceny, fraud, forgery, theft, money laundering, or tax evasion when referring to mortgage or any other real estate transaction within the last 10 years.

HAFA is available only for mortgages that are owned or guaranteed by Fannie Mae and Freddie Mac or serviced by over 100 HAMP participating servicers. The

full list of HAMP servicers are available at the following website: <http://www.makinghomeaffordable.gov/get-assistance/contact-mortgage/Pages/default.aspx>

Those who meet the eligibility requirements, may opt for a HAFA

short sale or deed-in-lieu of foreclosure. In a short sale, the servicer allows the homeowner to list and sell the mortgaged property with the understanding that the proceeds from the sale may be less than the total amount due on the mortgage.

The mortgage servicer does have to agree to the sales price of the home, but once they agree to the sales price, the homeowner will not be responsible for the difference between what is owed on the mortgage and the amount for which the home sells.

With a deed-in-lieu of foreclosure, the homeowner transfers ownership of the home to the property servicer.

In order to qualify for a deed-in-lieu of foreclosure, you must have made a good-faith effort to sell your property but were unable to, and the title to the home free and clear of other mortgages, liens, and encumbrances.

Through the HAFA program, you will also receive \$3,000 in relocation assistance upon successful closing of your short sale.

If you have additional questions about obtaining mortgage help, you may contact an HUD-approved housing adviser free of charge at (888) 995-HOPE (4673).

## Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to service members, retirees and eligible family members.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

The office is closed on federal and training holidays. The office is located at 2600 Lee Road.

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Dec. 15 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, Dec. 15 Leader must be submitted by Dec. 8.

Send all submissions to

FJLeader@gmail.com or call 751-7045.

