

THURSDAY, DEC. 6, 2012

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON / COLUMBIA, S.C. COMMUNITY
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★ POST CELEBRATES
START OF HOLIDAYS

— PAGES 20-21

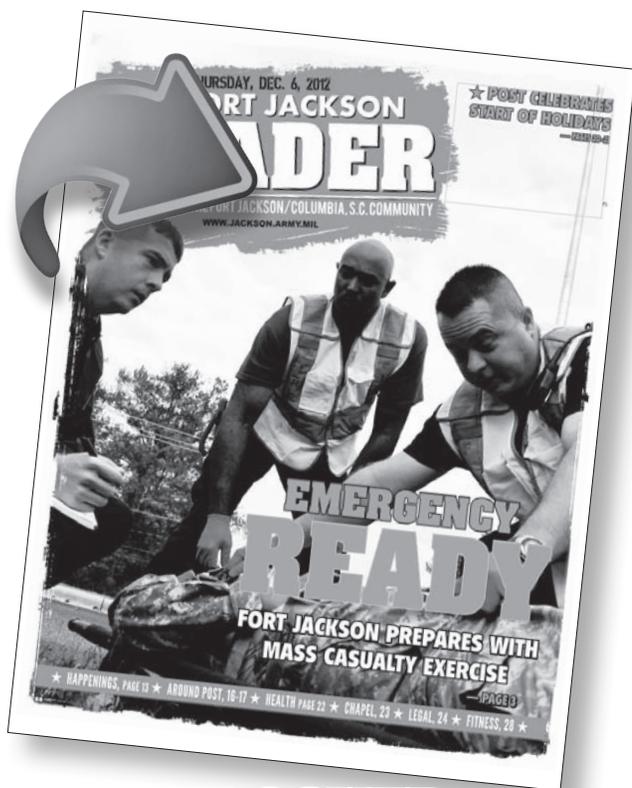


EMERGENCY READY

FORT JACKSON PREPARES WITH
MASS CASUALTY EXERCISE

— PAGE 3

★ HAPPENINGS, PAGE 13 ★ AROUND POST, 16-17 ★ HEALTH PAGE 22 ★ CHAPEL, 23 ★ LEGAL, 24 ★ FITNESS, 28 ★



ON THE COVER

Photo by WALLACE McBRIDE

Military and civilian emergency responders react to a staged active-shooter scenario on Fort Jackson Tuesday as part of a mass casualty exercise. SEE PAGE 3.

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COMMANDER'S CALL

Victory starts with NCOs

NCOs deserve recognition, are backbone of Army

Contrary to pop-culture portrayals of noncommissioned officers in our Army, their role is not to invoke fear in young Soldiers, but rather to invigorate future leaders.

The role of the NCO, which can be traced back as far as the Revolutionary War, exemplifies service, duty, honor and sacrifice. NCOs lead in daily military bearing, nuances and intricacies that cannot be measured.

Our NCOs have literally accomplished what seems like the impossible for us some days – the work ethic of many NCOs is above reproach.

From training to leading by example to the simple delineation of information from the top, NCOs are the backbone of the Army – sometimes quietly leading and setting examples, sometimes not so quietly leading by example – their dedication to the Soldier is unmatched.

No other group of Soldiers in the Army should be recognized more than the NCO – the leaders, who serve leaders and endlessly achieve goals, uphold time-honored traditions and mold mere men and women into Soldiers on a daily basis.

At Fort Jackson, our NCOs instruct, train and help facilitate some of our most important moments.

During Army Chief of Staff Gen. Raymond Odierno's recent visit here, his escorts at training sites were NCOs. These NCOs represented our post with dignity and self-discipline. They spoke with him about our daily mission of transforming civilians into Soldiers.

The NCOs' ability to provide sound doctrine of Army training without hesitation to the CSA, made it very clear to

all those involved that they are the driving force of success here on post.

We have a number of NCOs who lead from the front, to include the NCOs of the Sergeant Audie Murphy Club, which includes a number of outstanding NCOs. Like so many other NCOs, they are examples of how to lead Soldiers and the Army Family in the toughest of circumstances.

These NCOs spend time in our surrounding communities to make a difference on every level, whether it's in assisting with local mentoring programs or assisting in clothing donations for the homeless.

NCOs make up more than half of our permanent party personnel. We would not be where we are today, if it were not for the dedicated service of these selfless leaders who are committed to our success as Fort Jackson.

We understand that in order to maintain the fast-paced lifestyle here you also need

time to wind down. Many of you are probably wondering when the NCO Club will reopen.

The NCO Club is undergoing a \$4 million renovation that not only addresses what was damaged in the fire, but also items such as plumbing and electricity. We are projecting that the NCO Club will reopen in May.

Our NCOs deserve the best, and we are going to ensure the NCO Club serves as a place that is commensurate with their service.

The NCOs at Fort Jackson are a major reason why Fort Jackson is on track to becoming the Department of Defense's preeminent training center.

Victory Starts Here, and it starts with the NCO!
Victory 6

By BRIG. GEN. BRYAN T. ROBERTS

Fort Jackson
Commanding General



Leader file photo

A drill sergeant briefs Chief of Staff of the Army, Gen. Raymond Odierno, during his recent visit to Fort Jackson. NCOs make up more than half of Fort Jackson's permanent party personnel.



Follow Brig. Gen. Bryan T. Roberts at www.facebook.com/FortJacksonCommandingGeneral



Photos by WALLACE McBRIDE

'William Robone' enters the MG John A. Renner Building Tuesday morning, beginning a training exercise that included law, fire and emergency medical agencies from across the region. 'Robone' was one of two volunteer 'shooters' helping to test Fort Jackson's response to 'active shooter' events.

Gunsmoke and Mirrors

Fort Jackson stages realistic 'active shooter' exercise

By WALLACE McBRIDE
Fort Jackson Leader

There wasn't much color in the building to begin with, but the gunsmoke coated everything in a cataract haze. Specks of gunpowder floated in the air and screams echoed through the halls. A woman's voice on the public address system warned that an active shooter was on the premises. The sounds of gunfire punctuated her warnings.

Two men had entered the MG John A. Renner Building Tuesday morning, loaded for bear with grudges and automatic weapons. The location of the Army's Substance Abuse Program, the Soldier Family Assistance Center, American Red Cross and Warrior Transition Unit, the men opened fire, shooting 69 people. Within an hour, 22 people were dead, including the two shooters.

Thankfully, that scenario was not real, but a scheduled training exercise, designed to feel as real as possible for the authorities participating. Soldiers and civilians were dressed in prosthetics and painted with red corn syrup to simulate injuries, but nothing was left to chance. Each had a specific injury to portray, ranging from casual to mortal



Law enforcement officers respond to the call of shots fired at a Fort Jackson building Tuesday.

wounds. When security forces arrived, they subdued the two shooters, but there was more being tested Tuesday than the ability to deal with rogue gunmen.

"This could happen anywhere," said Mark Mallach, program manager for the installation anti-terrorism program. "We hope it never happens, but hope's not an option. There are families here, folks that visit here every week for graduation and other events, and we want them to know they're safe and coming into a secure environment."

The two "shooters" were Department of Emergency Services volunteers. Dressed in fatigues and carrying replica guns that fired caps that approximated the volume of actual gunfire, they entered the building through an open door and began their "assault." Moving room to room, they checked doors to see if they were locked, sometimes pretending to be a wounded victim to get those inside to let them inside.

On Tuesday, nobody took the bait.

Security arrived within minutes and began to track the subjects through the building. Both were marked "killed" during the incident, leaving authorities to identify and deal with the wounded.

See **SHOOTERS:** Page 10

Officers' Club to remodel outdoor area

By WALLACE McBRIDE
Fort Jackson Leader

The Fort Jackson Officers' Club is remodeling its courtyard to create a permanent location for future change of command ceremonies.

Samuel Guerry, business manager for the Officers' Club, said work began Monday on the project, which also includes construction of a new pavilion at the site.

"We've always had change of command receptions here following the ceremony, whether the ceremonies were held here, at Darby Field or elsewhere," Guerry said.

Over the last few years, he said the club has seen an increasing number of requests to conduct change of command ceremonies outside of the facility itself.

"We've also had an increasing number of outdoor weddings during spring and summer," he said. "We've been averaging between 14 to 16 outdoor weddings here each year."

He said the facility previously lacked a patio large enough to seat the appropriate number of people for VIP receptions. The club also lacks a dedicated site for flags and colors during change of command ceremonies.

"They've always had to work out some sort of arrangement for territorial and unit flags," he said. "Some have had the wherewithal to purchase flag stands, but some have just had to bring a truckload of weighted stands."

The renovation will install permanent flagpoles for use during change of command ceremonies.

It will also include the installation of a pavilion, which will help make the Officers' Club a more attractive location for weddings and formal events. Electrical outlets will be installed, putting an end to the practice of running extension cords into the club to provide power for



Courtesy graphic

An artist rendering depicts what the remodeled space outside the Officers' Club will look like. The area will be overhauled to accommodate change of command ceremonies and other outdoor events.

events.

"We'll have the ability to offer those amenities to folks who want to have outdoor parties," he said. "You could have a combo (band) and dance floor under the pavilion, or easily seat as many as 100 people for an outdoor dinner. It's pretty exciting for us."

The project is expected to be finished by February, he said.

"It will be tastefully done to match the rest of the roofing that's going up at Fort Jackson now," he said, "and will match the Fort Jackson look, so to speak."

Milton.W.McBride3.ctr@mail.mil

Re-enlistment

Eighteen noncommissioned officers re-enlisted in a ceremony Friday near Gate 1. Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, administered the oath of re-enlistment.

Photo by WALLACE McBRIDE



Emergency fund helps avert budget hardship

Imagine having a flat tire, a family emergency that requires you to purchase last-minute plane tickets, the leaky pipe that broke, the loss of a job or a natural disaster similar to Hurricane Sandy. These events can be stressful when the monetary means to cover the expenses are not available. So, how do we cover the costs of these pesky unexpected emergencies? By creating an emergency fund.

An emergency fund, or rainy day fund, consists of spare funds set aside to cover unexpected emergencies or last minute events. These funds are considered 'hands-off' money and should not be used to cover everyday expenses.

By creating the fund, you will become self-reliant in case of an emergency and will no longer rely on credit cards or loans, which increase your debt and set a path for financial hardship. But just how much do you put in this fund?

Most literature recommends having three to six months worth of salary set aside to allow you to maintain your current quality of life. But, depending on your specific requirements, you may need more than six months stashed away in your emergency fund.

The first step is to identify your monthly expenses. List your fixed expenses (constant expenses such as mortgage, automobile loan, child support, etc.), your variable expenses (ability to change, such as groceries, utilities, clothing, entertainment, etc.). It is important to identify your expenses as fixed and variable. In a financial crisis variable expenses can be significantly reduced or eliminated.

FINANCIAL ADVICE

By SHAWN SMITH
Army Community Services
Financial Readiness

Next, determine the amount of your emergency fund. Now that you have your expense amount, multiply that number by the number of months of salary you plan to put in your emergency fund. This is the "minimum" amount that should be in your emergency fund.

The third step is determining where to keep the emergency fund. The key is having immediate access to your emergency fund, therefore a savings account will be the best bet to secure the funds and earn a small amount of interest. You can use your current bank and simply open a separate "emergency fund" savings account or you can open an account at a different bank or credit union that may offer a higher interest rate.

Fourth, start funding the emergency fund. If you are currently in debt, your goal should be to become debt-free, so it is best to start with a small amount in the emergency fund. A goal of \$500 to \$1,000 in the emergency fund is reasonable to tackle small emergencies until you have your debts paid. Once all debt is paid, you can increase the amount in your emergency fund until you reach your goal amount.



Lastly, resist the temptation to touch the emergency fund. Remember why you established this fund — to pay for unexpected expenses. The funds should not be used to pay for a vacation, buy a new car, build an addition to the house, etc. And, remember to replenish the fund anytime funds are withdrawn.

For assistance creating an emergency fund, call Army Community Services at 751-5256.

Editor's note: Information from www.mint.com and <http://business.time.com> was used in this article.

Merry fitness!

A crowd of fitness enthusiasts get in shape for the holidays at the Merry Fitness Workout Extravaganza Monday at the Solomon Center. The event offered numerous types of workout classes.

Photo by WALLACE McBRIDE



News and Notes

PARENTING SEMINAR OFFERED

A "Scream Free Parenting" seminar is scheduled from 5:30 to 7:30 p.m., today at the Solomon Center. The speaker is Hal Edward Runkel, a licensed marriage and family therapist and author of the ScreamFree Living book series. Dinner will be served at the event. For more information and to register, call 751-6325.

HOLIDAY ROCK CONCERT ON TAP

The 282nd Army Band's "Close Quarters" rock ensemble will perform a holiday rock concert from 3 to 4 p.m., Sunday at the Solomon Center.

GATE 4 CHANGE ANNOUNCED

All lanes at Gate 4 are now open for two-way traffic during the gate's opening hours.

WREATHS ACROSS AMERICA EVENT SET

A Wreaths Across America ceremony is scheduled for noon, Dec. 15 at Fort Jackson National Cemetery. The public is invited to help place wreaths in honor of veterans. The cemetery is located at 4170 Percival Road. Visitors should park at the Blue Cross Blue Shield parking lot. Shuttle buses to the cemetery are available.

EOPF CLASSES SCHEDULED

The electronic official personnel folder, or eOPF, is the electronic version of a federal employee's official personnel folder. The Office of Personnel Management is in the process of converting paper personnel documents into electronic format. The Civilian Personnel Advisory Center will conduct eOPF training on the following dates:

☐ Tuesday and Wednesday at the Soldier Support Institute; 9 to 10 a.m.; 10 to 11 a.m.; 11 a.m. to noon; and 1 to 2 p.m.

☐ Dec. 18 at the 369th Adjutant General Battalion auditorium; 1:30 to 2:30 p.m.

LEGAL NOTICES

☐ Anyone with debts owed to or by the estate of Staff Sgt. Ray D. Won must contact Capt. Anthony Joyner, the summary court martial officer for the Soldier. Won passed away Nov. 15 in Kershaw County. To contact Joyner, call 751-4127 or email Anthony.L.Joyner4.mil@mail.mil.

Army readies for Navy game

From the Army Sports Office

WEST POINT, N.Y. — Army and Navy will square off for the 113th time Saturday at Philadelphia's Lincoln Financial Field.

The game returns to its most-played city after a one-year hiatus in the Washington area. Eighty-three of the 112 previous contests have been played in Philadelphia.

This year's game will serve as the deciding contest for the 2012 Commander In Chief's Trophy. For the first time since 2005, both teams enter the game with wins over Air Force. The Black Knights have not hoisted the trophy since 1996.

Saturday's showdown will feature two of the top six rushing offenses in the nation this season. The Black Knights lead the country with 369.82 yards per game on the ground, while the Mids are sixth at 285.45 rushing yards per game.

As a team, Army has run for 4,068 yards. It is the second-highest total in academy history behind last year's record total of 4,158. Army's per-game average is on pace to break the record of 359.8 that has stood since the 1945 season. The Black Knights need 251 yards against Navy to break the rushing average mark.

The Black Knights enter the annual rivalry with two 1,000-yard rushers. It is

just the second time in academy history Army has had two players reach the millennium mark. Senior quarterback Trent Steelman leads the team with 1,152 yards, a record for Black Knight quarterbacks, while junior running back Raymond Maples is second with 1,059 yards. The last Army duo to both reach the 1,000-yard mark was Doug Black and Nate Sassaman in 1984.

Steelman and Maples enter the final game of the season as Army's second most productive tandem ever. They have combined for 2,211 yards this season second only behind Mike Mayweather (1,338) and Willie McMillian (900) who gained 2,238 yards in 1990.

Steelman, on track to become the first modern-era Army quarterback to start four times versus Navy, is on a record-setting run for the Black Knights. He has reached the 100-yard rushing mark in each of the past five games, breaking the academy mark for consecutive 100-yard outings. Steelman has seven 100-yard games this season. A 100-yard effort against Navy would tie the Black Knights' single-season record of eight currently held by Mayweather (1990).

Steelman rushed for three touchdowns last time out against Temple to break the Black Knights' career record. The senior signal caller has found paydirt 44 times in his career, breaking the old record of 43 set by

1946 Heisman Trophy winner Glenn Davis.

Maples' 1,000-yard season also puts him in select company. The Philadelphia native is just the third player in Army history to rush for 1,000 yards in at least two straight seasons. Mayweather did it three times (1988-90), while Carlton Jones was the last to accomplish the feat (2004-05).

A win against Navy would snap Army's two-game losing streak since defeating Air Force, and would end the Black Knights' 10-game losing streak against the Mids.

A win Saturday also would end Army's 12-game losing streak in games played away from West Point. It would be the Black Knights' first win at Lincoln Financial Field (0-9). And it would be head coach Rich Ellerson's 18th win at West Point (17-31).

Navy head coach Ken Niumatalolo is in his fifth season on the Mids' sideline. He has posted a 39-25 record during his tenure and guided the Mids to four bowl games, including this season. He owns a 4-0 record against the Black Knights.

While Army enjoyed the upper hand against Navy during the majority of the 1990s, Navy has turned the tide in recent years. The Midshipmen have captured 13 of the last 15 meetings, including the past 10, to grab a 56-49-7 advantage in the classic rivalry.

CPAC CORNER

2012 BENEFITS OPEN SEASON

The 2012 benefits open season, which allows federal employees to enroll in, change or update benefit choices, will end Monday. For more information, visit www.abc.army.mil/sitemap.htm or call (877) 276-9287.

Open season includes health benefits, flexible spending

accounts and Federal Employees Dental and Vision Insurance Program.

There is no regularly-scheduled Federal Employees Group Life Insurance Open Season.

There are no more open seasons for Thrift Savings Plan. Employees can enroll in, change or terminate TSP contributions at any time.

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

Agency Name

ORI

Location of Inci

#1	Crime Inc
#2	Crime Inc
#3	Crime

of Victims

VI

Home Address

Employer Name/Address

Style

Owner

Home Phone

Mobile Phone

Resident Status

Mili Branch/

Home Phone

Mobile Phone

VI #

Cod



Law enforcement officers brandish prop weapons during Tuesday's drill, entering a Fort Jackson medical facility to subdue two violent gunmen. It was only the first stage in a series of challenges for the post's response teams.

Shooters

Continued from Page 3

But, the two "shooters" weren't finished. Dago and Segal, two of Fort Jackson's military working dogs, searched the building and located two faux exploding devices planted earlier in the day.

"We're constantly running drills," Mallach said. "They're not usually drills of this nature, but we're always running training exercises. This was a full-scale exercise focused on protecting the population of Fort Jackson and working with first responders in the local community."

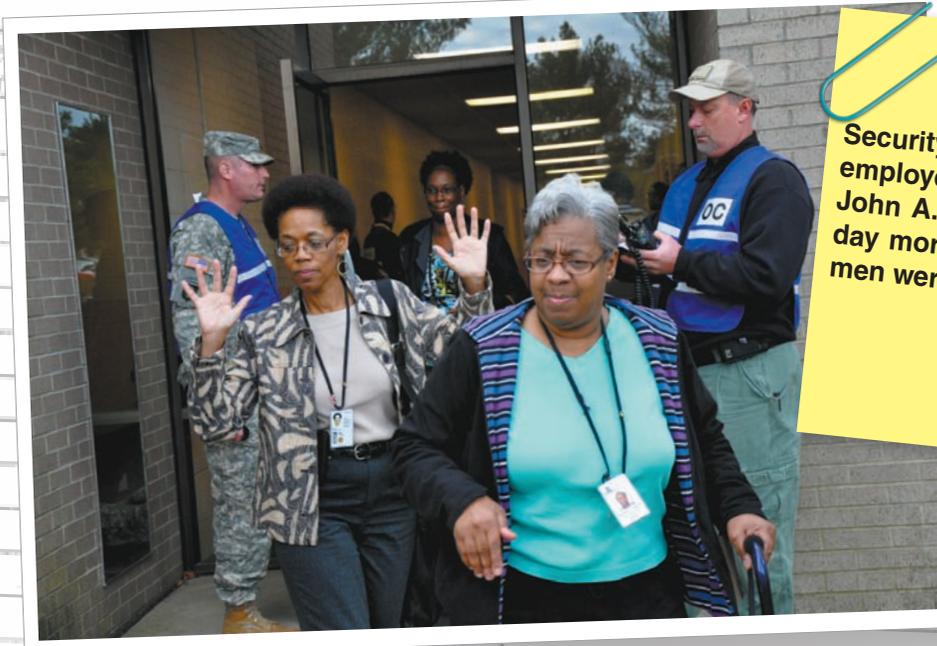
Once security had removed the threat, emergency personnel from on and off post arrived to treat the wounded. Some suffered "injuries" so serious they had to be carried out of the building by stretcher. Full-scale triage units were established outside to identify the seriousness of each injury and treat victims accordingly. For several hours, the parking lot was lit up by the emergency lights of ambulances, fire trucks and law enforcement vehicles from around Richland and Lexington counties.

Mallach said it's difficult to create an artificial emergency on post, because the exercise can't interfere with daily training activities.

See **TRAINING:** Page 11



Sgt. Cyrus Vaughn and Dago, a military working dog, make their way through the rooms of the MG John A. Renner Building in search of devices that might have been planted by the two gunmen. Dago and another dog, Segal, found two mock explosive devices hidden on the premises.



Security officials escort employees from the MG John A. Renner Building Tuesday morning after the two gunmen were subdued.

Training

Continued from Page 10

The organizers are also faced with the challenge of integrating outside assistance from law, fire and medical services for the event, all of which operate on their own schedules when emergencies aren't a factor.

"There's a lot of moving pieces out there," he said. "In a real world event, everything would stop. All training would stop, all access to the post would stop, except for support and response units. Trying to do it while we're trying to maintain a vibrant training environment can be a challenge."

The participation of outside agencies was an important component to Tuesday's drill, Mallach said.

milton.w.mcbride3.ctr@mail.mil



Law enforcement officers begin to identify the wounded during Tuesday's 'active shooter' exercise on Fort Jackson. More than 40 people were 'wounded' in the scenario, presenting different kinds of injuries for treatment by responding medical agencies.



One of the two gunmen at Tuesday's training exercise is subdued by law enforcement.



Criminal Investigation Division agents begin to question the wounded following Tuesday's mock shootings.



Emergency medical services treat the 'injured' outside the MG John A. Renner Building early Tuesday.

Calendar

Friday

American Red Cross blood drive
9 a.m. to 2 p.m., Single Soldier Complex Community Center.
For more information and to sign up, call 360-2036.

Saturday

Jingle Bell 5K fun run
8 a.m., Hilton Field Softball Complex
Same-day registration from 6:45 to 7:30 a.m.

Wednesday

American Red Cross blood drive
9 a.m. to 2:30 p.m., Moncrief Army Community Hospital
For more information and to sign up, call 360-2036.

Thursday, Dec. 13

Immigration 101 workshop
10 a.m. to noon, Strom Thurmond Building, Room 222
For more information, call 751-1124.

Thursday, Dec. 13 and Dec. 27

High school and college students Mouth Guard and Panorex Day
Oliver Dental Clinic
For more information, call 751-1624/6213.

Wednesday, Jan. 9

Retired Officer's Wives Club meeting
11:30 a.m.; Officers' Club
The guest speaker will be Bert Goolsby, author and retired judge. RSVP by 3 p.m., Jan. 4. To RSVP, call 788-1094 or 783-1220.

Announcements

4-10TH RELOCATION

The 4th Battalion, 10th Infantry Regiment has moved to 3225 Magruder Ave.

SCHOLARSHIP APPLICATIONS

Army Emergency Relief will begin accepting applications for the MG James Ursano scholarship Jan. 1. The scholarship program assists spouses and children of active and retired Soldiers in obtaining a four-year undergraduate degree. Recipients must apply each year and may receive assistance for up to four years. For more information, visit www.aerhq.org.

DENTAC CLOSURE

All Fort Jackson dental clinics will be closed from 12:30 to 4:40 p.m., Dec. 14 for commander's call and Dec. 19 for holiday parties. Patients requiring emergency care should report to the Urgent Care Clinic at Moncrief Army Community Hospital.

EMERGENCY ASSISTANCE

The Wounded Warrior Project and Operation Homefront are offering emergency financial assistance to service members and veterans who incurred a physical or mental injury, illness or wound, which was not due to their own conduct and coincident to their military service on or after Sept. 11, 2001. For more information, visit www.operationhomefront.net.

PHOTO CONTEST

To honor military families, Family and Morale, Welfare and Recreation has launched the "My Army life in photos" contest in conjunction with Shutterfly. For more information, visit www.armymwr.com/photocontest.aspx.

IMMACULATE CONCEPTION MASS

Immaculate Conception Mass will be said at 9 a.m. Saturday at the Main Post Chapel.

WINTER BASKETBALL

Letters of intent for winter men's and women's basketball are due to the Sports Office Dec. 13. For more information, call 751-3096.

OKINAWAN KARATE LESSONS

Beginning Nov. 26, Okinawan karate lessons are offered at 5:30 p.m., Mondays and Wednesdays at 13000 Jackson Blvd. Participants should be there at 5:20 p.m. to get access to the building. For more information, email Joel.Quebec@usar.army.mil.

YOUTH SPORTS SIGN-UP

Sign-up for winter youth sports runs through Friday. Children must be registered with Child, Youth and School Services. Winter basketball is open to children 4 to 15 years old. Cheerleading is open to children 3 to 13 years old. For more information, call 751-5040/7451.

SPEED LIMIT DURING PT TIMES

The speed limit on Marion Avenue between Early and Cleburne streets is 20 mph from 5:30 to 7:30 a.m.

AAFES REWARDS GOOD GRADES

Students who have a B average or better on their report cards can participate in the Exchange's "You Made the Grade" program to receive free and discounted products. Students should present their report card and military ID at the Exchange to participate.

COMMISSARY NEWS

- The Commissary will be open from 9 a.m. to 3 p.m., Dec. 24. It will be closed Dec. 25 and resume normal hours Dec. 26.
- The Commissary will be open from 9 a.m. to 5 p.m., Dec. 31. It will be closed Jan. 1 and resume normal hours Jan. 2.
- The Commissary Reward Card is now available at the store. The card lets customers access digital coupons and redeem them in any commissary. To register the card, visit www.commissaries.com/rewards/index.cfm.
- Commissary gift cards are available at www.commissaries.com.
- For more Commissary news, visit www.commissaries.com.

MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by Moncrief Army Community Hospital's Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 4:30 to 5:30 p.m., the first Wednesday of the month at MACH, Room 8-85. Support group meetings take place 5 to 6 p.m., the second and fourth Wednesday of the month at MACH, Room 8-85. For more information, call 751-2489.

THRIFT SHOP NEWS

- An open house is scheduled from 11 a.m. to 1 p.m., Wednesday. Holiday recipes from the Fort Jackson cookbook will be demonstrated.
- The Thrift Shop will be closed Dec. 24 through Jan. 4. Regular hours will resume Jan. 8.
- Donations can be dropped off any time. To get a receipt, drop off your donations during business hours.
- The Thrift Shop will hold a weekly football drawing throughout football season.
- The Thrift Shop is accepting Christmas items through Dec. 13.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Send your announcements to fjleader@gmail.com.

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.

DISCOUNTS FOR MILITARY

The American Red Cross is offering first aid, CPR, AED and caregiving training at a 30 percent discount for active duty service members and their families. Use the following discount codes, as appropriate: MARINES1013; ARMYFS0713; MILITARY1013 (for Air Force, Navy and Coast Guard). For more information, call (800) REDCROSS or visit www.redcross.org.

MILITARY SPOUSE OF THE YEAR

Military Spouse magazine is accepting nominations for the Military Spouse of the Year award. The nomination deadline is Jan. 4. For more information, visit www.msos.militaryspouse.com.



Friday, Dec. 7 — 7 p.m.
The Man With The Iron Fists R

Saturday, Dec. 8 — 4 p.m.
Cloud Atlas R

Sunday, Dec. 9 — 2 p.m.
The Man With The Iron Fists R

Friday, Dec. 14 — 7 p.m.
Fun Size PG-13

Saturday, Dec. 15 — 2 p.m.
Free screening PG-13

For more listings, visit www.aafes.com or call 751-7488.
Adults: \$5
Children (6-11 years old): \$2.50

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

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class
Jarell Williamson**
Company B
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Spc. Luke Duran

SOLDIER OF THE CYCLE
Pfc. Michelle Frankenfield

HIGH APFT SCORE
Sgt. Ashley Barber

HIGH BRM
Pvt. Mariusz Czerwiec

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

**SOLDIER LEADER
OF THE CYCLE**
Spc. Jonathan Buckson

SOLDIER OF THE CYCLE
Pfc. Connor Loze

HIGH APFT SCORE
Spc. Joshua Plaschkes

HIGH BRM
Pvt. Kyle West

**Staff Sgt.
Jon Beck**
Company D
2nd Battalion,
39th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Matthew Chebetar

SOLDIER OF THE CYCLE
Spc. Robert Potts

HIGH APFT SCORE
Spc. Richard Pemberton

HIGH BRM
Spc. Robert Gandy

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December Promotions

Name	Rank	Name	Rank	Name	Rank
ANDREWS, Keith J.	MAJ	ENGLING, Donald E.	SFC	GIBSON, Christopher R.	SSG
BROWN, Michael A.	CPT	ESTERLINE, Curtis R.	SFC	HOLUM, Jay C.	SSG
COFFEE, Patrick R.	CPT	FOIST, Richard L.	SFC	HUDSON, Amos B.	SSG
DAVIS, Brent D.	CPT	FOOR, Robert S.	SFC	McMILLAN, Vinico T.	SSG
EDWARDS, Alicia J.	CPT	GARCIA, Steve	SFC	MOORE, Keyshia L.	SSG
HILAIRE, Sophie S.	CPT	GRIFFIN, Scott W.	SFC	MOTON, Lenise M.	SSG
KENNER, Maurice G.	CPT	HALL, Sue A.	SFC	PADILLA, Sarah	SSG
PHAM, Long N.	CPT	HERNANDEZ, Joyce	SFC	SCHMITZ, Scott A.	SSG
STOVALL, Nikki L.	CPT	LEWIS, Spencer J.	SFC	SMITH, Tanesha T.	SSG
SUPER, John M.	1LT	LIPFORD, Corey L.	SFC	WEST, Toya	SSG
BROWN, Tyrone A.	MSG	MEDRANO, Saul A.	SFC	ARNOLD, Edwin A.	SGT
GUTIERREZ, Ricardo	MSG	POYER, Kevin J.	SFC	BILLIE, Barbara W.	SGT
ROBINSON, Christopher G.	MSG	QUTAISHAT, David M.	SFC	DUNBAR, Frank D.	SGT
CALLAHAN, James E.	SFC	SIMPKINS, Michael E.	SFC	JAMES, Duane R.	SGT
CASTILLO, Kareem D.	SFC	VAUGHN, Tasalaotele H.	SFC	KENT, Brittany M.	SGT
CAYETANO, Genaro M.	SFC	WITTEN, Marielena	SFC	LARKIN, Orion	SGT
CLAPP, Ryan	SFC	WREN, Daniel L.	SFC	LASTOVICA, Nicolas J.	SGT
CODIE, Alicia E.	SFC	BALDWIN, Tanesha T.	SSG	MILLER, Dylan S.	SGT
CRUELL, Rodriguez D.	SFC	BRIACOE, Jasmar J.	SSG	MUSTAFAA, Janeioro F.	SGT
CURRY, Frederica W.	SFC	COOK, Willie L.	SSG	SMITH, Geliesha T.	SGT
ELMORE, Felicia R.	SFC	GADSDEN, Terry I.	SSG	VALRIE, Kenneth G.	SGT

Santa Claus is HERE

Fort Jackson kicks off the holidays with tree, menorah lighting ceremony



Photos by SUSANNE KAPPLER

Rafael Gonzalez, 5, his sister Jacquelin, 4 months, and their mother Myra meet Santa during the installation's Christmas tree and menorah lighting ceremony Nov. 28 in front of Post Headquarters.

Top row, Santa Claus arrives on a fire truck to the delight of the many children present at the tree and menorah lighting ceremony Nov. 28 in front of Post Headquarters. Bottom left, Members of the 282nd Army Band perform during the ceremony. Bottom right, a nativity scene is among the displays put up in front of Post Headquarters to mark the holiday season.

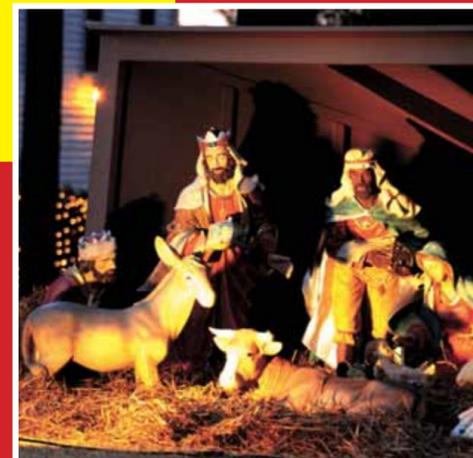
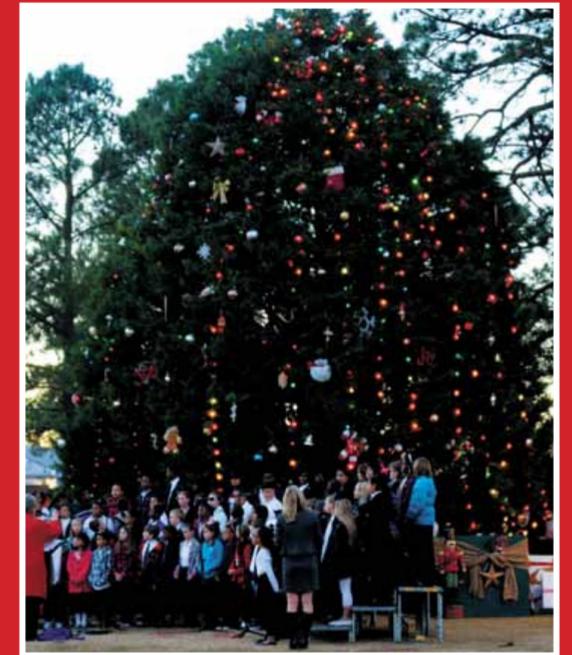


Photo by DAVID SHANES, command photographer

Top, Children from C.C. Pinckney Elementary School perform an assortment of Christmas and Hanukkah songs. Middle, a lit menorah is among the holiday-themed decorations. Bottom, Post Headquarters sports a festive look.

CMYK

CMYK

27" WEB-100



Photo by STAFF SGT. TOMEKA DeBRUCE, Moncrief Army Community Hospital

MACH honors volunteers

Col. Mark L. Higdon, Moncrief Army Community Hospital commander, presents a certificate of appreciation to Colleen Briggs, president of the MACH Family Readiness Group, for her volunteer efforts. Briggs and her family were honored in November for winning the Fort Jackson Family of the Year Award. MACH held its annual American Red Cross and Family Readiness Group volunteer ceremony in the hospital's Victory Conference room Nov. 16. MACH's command and staff honored 24 volunteers during the event.

MACH UPDATES

PHARMACY TRAINING HOLIDAY HOURS

Moncrief Army Community Hospital outpatient pharmacy hours of operation for Dec. 24 and Dec. 31 will be 7:30 a.m. to 4:30 p.m. The refill pharmacy hours of operation for both days will be 9 a.m. to 4:30 p.m. Moncrief Medical Home pharmacy hours for both days will be 8 a.m. to noon. Moncrief Medical Home will close at 3 p.m., Dec. 14 for a holiday celebration.

DRUG RECALL

Ranbaxy Pharmaceuticals Inc. is conducting a voluntary recall for select batches and strengths of Atorvastatin calcium tablets. The recall affects 10 mg, 20 mg and 40 mg strengths packaged in 90- and 500-count bottles. The batches may contain glass particles smaller than 1mm. MACH and Moncrief Medical Home pharmacies do not have any of the affected lot numbers in their current inventory. To check which lot numbers are affected, visit www.ranbaxy.com/atorvastatin.aspx. Patients who own drugs of the affected lot numbers should contact their pharmacy to inquire about exchanging the product.

DOD FORMULARY CHANGES

In accordance with DoD requirements, Singular (Montelukast) has been removed from the MACH formulary and will no longer be available for patients 19 or older. Patients with active refills will receive one courtesy refill. For more information, call (877) 363-1303.

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Your health care is a click away

Moncrief Army Community Hospital Integrated Health Clinic Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.



Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Dec. 20 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Dec. 20 Leader must be submitted by Dec. 13.

Send all submissions to FJLeader@gmail.com.

For more information, call 751-7045.



Four tips for building strong families

By **CHAPLAIN (MAJ.) TOM ALLEN**
U.S. Army Chaplain Center and School

Let's face it, we all want strong healthy families. None of us set out on the journey of marriage to have unhappy marriages and undisciplined children. We want healthy families and productive, mature children who can handle the difficulties of life.

Well, they don't just grow up that way. There are some things we must do as families to make sure our children have the best possible environment to be strong and healthy as they mature.

I have found four essential ingredients to a strong and healthy family. In fact, there was a study done several years ago by Harvard University, called, "Unraveling Juvenile Delinquency," that listed these four factors as the primary factors necessary to prevent your child from becoming a juvenile delinquent.

First, there must be a father's discipline. Dad must set the standards and make sure they are maintained. The key to this discipline is firmness, fairness and consistency. We must be firm in our standards and convictions. We must execute discipline fairly and with love, and we must be consistent. If it is wrong to draw on the wall today, it is wrong to draw on

the wall tomorrow.

Second, there must be a mother's supervision. Mom should know where her children are at all times. Moms should know what their kids are doing and should try to be with them as much as possible. Kids are not adults yet — we must provide the correct amount of supervision and guidance so they do not get into trouble.

Third, a child must see the father and mother's affection for each other. When mom and dad show love to each other and exhibit actions that show that love like holding hands, speaking lovingly to each other and, yes, hugging in front of our children, this shows the child the marriage is strong and healthy and provides security and safety for the child.

And finally, we must have family cohesiveness. We must spend time and do things together. No, I don't mean watching a movie. I am talking about taking a bike ride, a long walk, spending the day at the pool, playing a board game. Nothing builds strong family cohesiveness like doing things together. You cannot build love for each other if you never spend time together.

I know we are busy and there are many things on our plate to accomplish, but nothing is more important than our families and these are four things we can start doing today.



Worship & Praise

PROTESTANT

- Sunday
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9:30 a.m. Hispanic, Post Theater
9:30 a.m. Main Post Chapel
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

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
11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Family Life and Resiliency Center
6 p.m. Gospel prayer service, Daniel Circle

- Chapel
7 p.m. Gospel Bible study, Daniel Circle Chapel
- Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Saturday
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)
- Sunday
5 to 6:30 p.m. Club Beyond youth group, Family Life and Resiliency Center

CATHOLIC

- Monday through Thursday
11:30 a.m. Mass, Main Post Chapel
- Sunday
8 a.m. IET Mass, Solomon Center
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 p.m. Catholic youth ministry, Main Post Chapel
- Wednesday
7 p.m. Rosary, Main Post Chapel

- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

- Sunday
9:30 to 11 a.m. Anderson Street Chapel
- Wednesday
3 to 5 p.m. LDS family social, Anderson Street Chapel

- Wednesday
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318

Not too soon to start thinking taxes

By **CAPT. NICK ALLEN**
Fort Jackson Tax Center

Now that the holidays are upon us, we quickly approach that most venerable of seasons, when we come together to sit by the fire (of the looming April deadline), share stories of the year past (particularly, stories concerning income acquisition and financial activities), and remember the reason for the season (funding the government). Yes, the 2012 tax season is quickly approaching, and there's no time like the present to start preparing.

This year, the filing deadline is April 15. But fear not! Fort Jackson will open the Tax Center on Jan. 28. The Tax Center will provide free assistance to service members, family members, and eligible retirees. To schedule an appointment, call the Tax Center at 751-5829 (JTAX).

The Fort Jackson Tax Center will be located at Building 4282 at the corner of Jackson Boulevard and Early Street, inside the Kilbourne Communications Complex. Customer parking is located on Jackson Boulevard, Early Street and behind the building. The center will be open from 10 a.m. to 7 p.m., Monday through Friday, as well



as Saturdays as needed. Please call ahead on Saturdays to confirm that the center is open.

Please take all supporting documents to your appointment, including all pertinent W-2 statements, 1099 state-

ments, and any other necessary tax documents. Also, bring a valid military identification card and, if your ID does not already do that, documentation verifying your full Social Security number. If you do not take all necessary items, the Fort Jackson Tax Center will not be able to file your taxes.

The IRS organizes and certifies the Fort Jackson Tax Center as a Volunteer Income Tax Assistance, or VITA, Center. As a result, the IRS directly trains and certifies all Tax Center staff members.

However, if you have a high income, need to file tax returns for a prior year, or have other complex tax issues, the Fort Jackson Tax Center may not be able to assist you. Nonetheless, if you believe your matter might be complex, please contact the Tax Center first and ask if the staff can help.

Finally, the Tax Center is always looking for a few good volunteers. If you would like to learn more about taxes, gain experience in filing practices and policies, or just help the community, contact the Tax Center or call the Legal Assistance Office at 751-4287 for more information.

Exercise, nutrition tips for I-Frame bodies

In exercise, like in many things, one size does not fit all. Some of us need more of this and less of that.

When you go to a gym and you see all this equipment, how do you know which pieces will help you reach the goals you want for your body?

As discussed in last month's column, in the 1940s Dr. William H. Sheldon created a system for classifying body types. He came up with three major divisions (types) — ectomorph, endomorph and mesomorph. Typically our bodies are a combination of all three with one dominating and dictating the largest exercise

needs for our body type.

This article focuses on to the I-Frame of the body. I will describe the frame, give exercises for that frame type and include healthy eating options. My hopes are that these body specific segments will provide information, suggestions and approaches to help bring our weight and exercise habits into a healthier alignment. Please check previous installments of 'The Weigh it is' to read about the A-Frame and the H-Frame.

THE I-FRAME

The I-frame is the envy of many women. People who have an I-frame can eat pretty much whatever they want and not gain a pound. As hard as it might be to believe, many naturally thin women want a little curve and want definition. Yet they struggle to put on lean muscle tissue. This can be a downer to the person who is exercising faithfully and still cannot make any real noticeable changes. This proves that we all struggle with getting our bodies to transform and the process can be just as frustrating for the smaller person as for someone not so small.

Not only does adding definition and curve improve appearance, it can have positive health benefits, as well as improve athletic performance. Since adding curve means gaining some extra weight, you have to make sure those new pounds are the right kind — lean, attractive muscle tissue, not extra body fat.

Most I-frames are generally small-boned with a smaller allocation of muscle cells. Many I-frames also have a fast metabolism, which makes weight gain challenging.

EXERCISES

When you exercise, greater focus needs to be on the intensity, repetitions and the rest between sets. First, the intensity should be greater so you need to lift heavier weight than you are accustomed to. Next, your repetitions should be lower. If you are used to doing 15 repetitions, start doing six or seven. Finally, rest between sets should be about one to two minutes. This type of rest can really come in handy, especially if you are lifting heavier weights. Focus on lifting that challenging weight, then recover for one to two minutes between sets to really make a definition difference. Aim for doing weight training three days a week.

During your training, make sure the following exercises are used to target multiple muscle groups.

Barbell squats: This will target the entire lower body. It is recommended to perform barbell squats at the Swiss machine located in the weight area of most gyms. This machine will help with body alignment and weight sup-

THE WEIGH IT IS

By PAMELA LONG

*Fitness programmer,
Family and Morale, Welfare
and Recreation*



port. Remember to stand with legs hip distance apart or wider. Remember to keep your toes facing straight ahead. Try to squat down and back, not down and forward.

Dead lifts: Dead lifts are great for the lower body and your back to develop multiple muscles. You will need a barbell for this move as well. Remember to bend forward holding the bar and bring bar almost to end of your shin. Remember to keep your knees soft. Remember to keep your arms elongated the entire time. Your arms do not change position as you go down or come back up.

Bent over barbell row: This move will work your back and arms. Again, the barbell is your choice of equipment. With barbell in hands; bend forward with knees bent. Hold that bent positioning of the body and use your arms only to row the barbell up toward your chest, then back down toward your shins. Remember to remain bent over throughout the entire time. Your arms are the only thing that moves during this exercise.

Barbell bench press: This exercise will bring definition to the chest (pectoral) muscles as well as the shoulders and the triceps. The bench press is one exercise that quickly and effectively builds attractive upper body shape. You need to lie on a step bench or work bench for this exercise. Keep your back down by placing your feet on the bench as well. Arms should be no more than shoulder distance apart to get a great triceps workout. Pull the barbell down, almost touching below the breast area then push back up.

Shoulder press: Use the barbell again to create greater

definition in the entire shoulder — front, middle and rear

Abdominal maintenance: aim for crunches that are precise. When performed correctly, crunches are lower to the ground, elbows are at 10 and 2 o'clock positions, legs are together, the chin does not rest on the chest, hands are stacked, never laced. Exhale as you lift and inhale as you go down. When you crunch up, never go all the way back down. Stay mindful and keep your shoulders shrugged down at all times. Perform a pelvic tilt with every crunch. This means you curl in your lower tummy, but you do

not use your buttocks muscles to make this happen.

That way you must concentrate on the move, not just on lifting your hips off the ground.

Check out the "How to" clip at www.fortjacksonmwr.com/fitness. This month's featured exercise is the dead lift.

NUTRITION

No workout routine is complete without nutrition. Results are 75 percent more visible when healthy and clean eating is practiced. Make a habit of including the following practices in your nutrition lifestyle:

Drink plenty of water, at least eight glasses a day.

Eat often, at least five small meals a day.

Make fresh vegetables the star on your plate. Eat low fat, low calorie food items to help keep calorie intake under control.

Use a serving size of fruit as a way to satisfy your sweet tooth instead of reaching for sugary, refined flour snacks.

Include a serving of lean protein with every

meal to keep your metabolism balanced and hunger under control. Protein is very satisfying unlike carbohydrates, which raise blood sugar then make it dive. Protein is steadier on the glucose level.

Reach for whole grains for your carbohydrate choice. They are a great source of fiber, which also keeps you fuller and focused because it keeps blood glucose steady as well.

Begin practicing with these lifestyle changes and continue to take control of your health.

For questions, visit me at the Thomas Lee Hall Library at noon Fridays.

Next month, I will discuss the O-Frame physique.

