

★ **FORT JACKSON  
SOLDIERS KEEP  
BUSY DURING  
BLOCK LEAVE**

— PAGES 12-13

THURSDAY, JAN. 10, 2013

# THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY  
WWW.JACKSON.ARMY.MIL

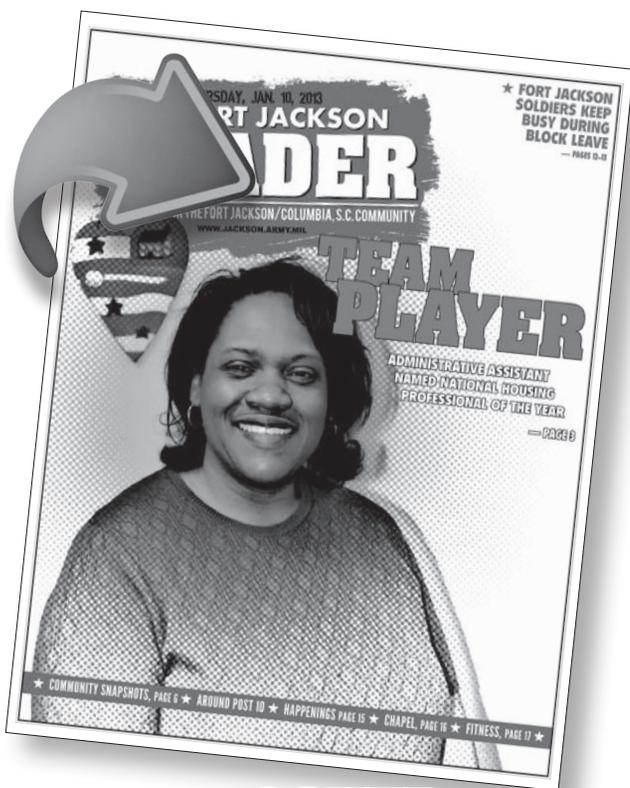
## TEAM PLAYER

ADMINISTRATIVE ASSISTANT  
NAMED NATIONAL HOUSING  
PROFESSIONAL OF THE YEAR

— PAGE 3



★ COMMUNITY SNAPSHOTS, PAGE 6 ★ AROUND POST 10 ★ HAPPENINGS PAGE 15 ★ CHAPEL, PAGE 16 ★ FITNESS, PAGE 17 ★



## ON THE COVER

Photo illustration by WALLACE McBRIDE

**Tina Barnes, administrative assistant with the Housing Division was named national 'Housing Professional of the Year.' SEE PAGE 3.**



### 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.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

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

For display advertising rates and information call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail sbranham@ci-camden.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

Commanding General.....Brig. Gen. Bryan T. Roberts  
Garrison Commander.....Col. Michael S. Graese  
Public Affairs Officer.....Michael B. Pond  
Command Information Officer.....Joseph Monchecourt  
Editor/Staff writer.....Susanne Kappler  
Staff writer.....Wallace McBride  
Staff writer.....Andrew McIntyre

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

Facebook: [www.facebook.com/FortJacksonLeader](http://www.facebook.com/FortJacksonLeader)

Twitter: [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao)

Flickr: [www.flickr.com/photos/fortjacksonpao/](http://www.flickr.com/photos/fortjacksonpao/)

Video news stories: [www.vimeo.com/user3022628](http://www.vimeo.com/user3022628)

## COMMANDER'S CALL

# Establish, enforce standards, discipline

## Shared principles form basis of leadership

**W**elcome back to Fort Jackson. I hope each of you had a safe and enjoyable time during the holiday season. Happy New Year!

As we move into the new year, I want to take the time to focus on Army standards and discipline. Army standards and disciplines form the very basic expectations of any effective military unit. These values are what I expect from each of you and should be the focus of everything we do. Loyalty, duty, respect, selfless service, honor, integrity and personal courage are what we owe those we train and serve.

Drill Sergeants, Advanced Individual Training Platoon Sergeants, and unit officers and noncommissioned officers — it is your collective responsibility to establish and enforce these standards for your Soldiers. The character of any Fort Jackson Soldier, which is the core of who we are, must be in harmony with these Army Values. These principles describe the professional military ethos and capture the tradition of our honored institution.

The most effective leadership comes from shared principles. Leaders who are great team players, commit themselves to the mission and are true to their word are the most effective leaders. These types of shared principles are essential for any effective leader. These shared principles support our Army standards.

Once you have established the Army standard, enforce it.

Engaged leaders know how to enforce the standards by living and demonstrating the Army core values and making on-the-spot corrections when they see a Soldier failing to meet the standard.

I believe that the actions of a single leader, emulated by many, can reshape the Army. A leader should never ignore deficiencies — when you do, you essentially establish a new standard — the wrong one! You should always lead by example.

Practicing discipline trains us to be obedient, loyal and respectful while instilling in us the will to win. Discipline is the inner strength to do what is right and to carry out your orders to the very best of your ability. It can be applied to any aspect of your service and in any situation. You show discipline when you push yourself during physical training and when you take pride in wearing the

uniform correctly.

Being a disciplined leader means you take responsibility for your actions. Discipline is enforcing the standards and working every day to become a better leader.

I expect leaders at every level to establish and enforce our high standards, establish disciplined systems and hold all Soldiers accountable. I also expect every Soldier to follow orders, do the right over wrong and *never* walk away from a deficiency.

Victory Starts Here and Army Strong!  
Victory 6

**By BRIG. GEN.  
BRYAN T. ROBERTS**

Fort Jackson  
Commanding General



Photo by TIMOTHY L. HALE, Army Reserve Public Affairs

**A Soldier performs an inspection on another Soldier's uniform. Enforcing uniform standards is just one way in which standards and discipline are upheld in the Army.**



Follow Brig. Gen. Bryan T. Roberts at [www.facebook.com/FortJacksonCommandingGeneral](http://www.facebook.com/FortJacksonCommandingGeneral)

# 'Genuine care and concern'

## Tina Barnes named Housing Professional of the Year

By **WALLACE McBRIDE**  
Fort Jackson Leader

Tina Barnes, an administrative assistant with the Housing Division, Directorate of Public Works, has been named "Housing Professional of the Year" by the Professional Housing Management Association.

Barnes was selected for contributing "immensely to the overall success of the Fort Jackson Housing Division for the past six years," according to a story appearing in an upcoming issue of the Professional Housing Management Association's magazine, *Defense Communities*.

"She also displays genuine care and concern for others," the organization notes. "She has dedicated herself to providing out-of-the-box assistance to Soldiers and Families with all their housing needs, regardless of Family composition, on and off the installation."

Barnes has been with the Housing Division for six years, coming to Fort Jackson from Child and Youth Services at Fort Leonard Wood, Mo. Emma Watson, chief of Fort Jackson's Housing Division, said Barnes routinely contributes to improve Fort Jackson's quality of life.

"Tina is one of many great teammates we have here at Fort Jackson who brings her best to work everyday," said Fort Jackson Garrison Commander Col. Michael Graese. "This recognition is indicative of her total dedication to her customers that she sees on a daily basis. She's constantly working to enhance the living experience of military members, and we're unbelievably proud of her, and the entire team."

During the summer, the Housing Division, garrison commander and garrison command sergeant major highlight homes of residents who take responsibility for enhancing their community environment.

"Tina, along with one of the other employees and one of the mayors, went shopping and spent money out of their own pockets to buy gifts for our Yard of the Month winners," Watson said. "I didn't ask them to do this and they didn't include me. It's just something they wanted to do for the residents."

Barnes also goes out of her way to recognize co-workers on birthdays and holidays, with those recognitions frequently having effects off post.

"Each month, if a team member has a birthday, she'll go and decorate (that person's) office for the birthday," Watson said. "It's not just a matter of making sure we have a card that everyone signs, which could be enough, in itself. But she actually goes and decorates the office for them. That's a nice surprise for when they come in."

Last year, instead of exchanging gifts with co-workers, she donated money to Epworth Children's Home in their names, she said.

"She volunteers for a lot of stuff around post and really helps to keep the division together."

"I love my job," Barnes said. "I absolutely love it. I'm very customer oriented and I think that's a plus for this



Photos by WALLACE McBRIDE



Tina Barnes, above, is an administrative assistant with the Housing Division, Directorate of Public Works. She's been named "Housing Professional of the Year" by the Professional Housing Management Association. Left, Barnes assists Capt. Horacio Brambila with paperwork at the Housing Division office Tuesday morning.

position."

Barnes said her duties as administrative assistant are centered on traffic at the Housing Division office, but requires a great deal of travel all over post.

"We greet the customers, that's a given," Barnes said. "But there's quite a bit of other responsibilities involved. We maintain the RV lot for residents who live on post. We process Exception to Policy (forms) for a wide variety of reasons, whether it's service members who are

authorized to reside on post but want to reside off post, those are processed through this office with a channel to the garrison commander."

She also helps to assist customers in finding homes off Fort Jackson, as well.

"I don't go into the community as much as (other Housing Division employees) do, but I still play a part in helping them," she said.

*Milton.W.McBride3.ctr@mail.mil*



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.

## News and Notes

## MLK DAY LUNCHEON SCHEDULED

The Fort Jackson Martin Luther King Jr. Day observance is scheduled from 11:30 a.m. to 1 p.m., Jan. 25 at the Solomon Center. The theme for the event is, "Remember! Celebrate! Act! A Day On, Not a Day Off!" The guest speaker will be Brig. Gen. Barrye Price, director for human resource policy, Army G-1. Tickets cost \$8 and can be purchased through the Fort Jackson Equal Opportunity Staff Office, from brigade equal opportunity advisers and unit equal opportunity leaders. For more information, call 751-4117 or 751-2990.

## CREDIT MONITORING OFFERED

The state of South Carolina offers free enrollment in a credit monitoring service for one year for those affected by a recent security breach at the South Carolina Department of Revenue. Confidential information such as Social Security numbers, credit card numbers and bank account numbers as stated on state tax returns dating back to 1998 may be at risk. To enroll in the credit monitoring service, call (866) 578-5422 or visit [www.protectmyid.com/scdor](http://www.protectmyid.com/scdor) and enter the activation code "SC-DOR123." Individuals and business have until Jan. 31 to sign up. For more information, visit [www.sctax.org](http://www.sctax.org) or call (800) 898-5000.

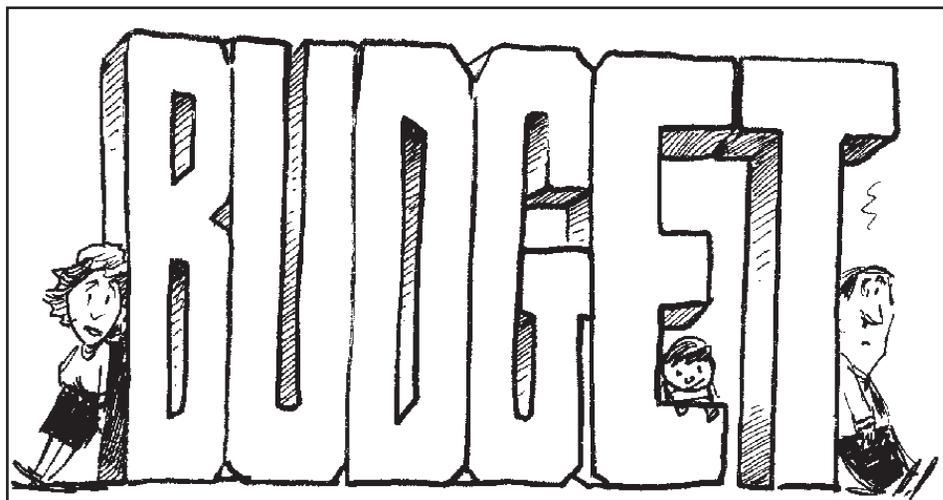
Follow the Leader on Twitter  
at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao)

# Have a happy financial 2013

As you enter 2013 are you better off financially than you were at the beginning of 2012? If your answer is, "No," don't worry — you're not alone. Instead of dwelling on the financial woes of the past, it's time to start the New Year off right and truly commit to a better financial picture for you and your loved ones.

One of the first things to look at is your current financial status, which is your current net worth. To do this it is vital to create a written budget accounting for all income minus payments (rent/mortgage, utilities, car payments, insurance payments, credit card payments, etc.). If you have additional funds remaining it is just a matter of figuring out what to do with them, but if there is a deficit, it's time to immediately review and trim the budget to eliminate the deficit. More than likely you will have to trim your variable expenses such as groceries, cable/internet/phone, cell phone, clothing, entertainment, dining out, etc. Then track your monthly spending and adjust your budget accordingly.

Once our budget is established it's time to take a hard look at your short-, medium- and long-term goals. This will provide the necessary financial path you need to take to achieve each of your financial goals. Let's say your short-term goal is to be debt-free minus mortgage. How do you get there? One way is to review your budget to determine your true needs (shelter, food, transportation, etc.) as opposed to your wants (hobbies, dining out, vacation, etc.). By prioritizing where your money is going and trimming away a few wants you may find



## FINANCIAL ADVICE

By SHAWN SMITH  
*Army Community Services  
Financial Readiness*

you have the additional funds necessary to begin making extra principal payments towards debts.

Next, look at the medium- and long-term goals. For many people, those include saving for retirement or college tuition. While saving for a child's college education is in the forefront of many families, your retirement should actually be your first priority. "Your child can borrow money for college, but no bank will lend you money to retire," is a popular saying among financial counseling professionals. Using the 'pay yourself first' standard, it is

best to ensure you have an emergency fund and are actively contributing the maximum allowed to an IRA 401(k) or Thrift Savings Plan before contributing to a 529 or other college savings plan for your children.

Our personal financial goals vary from one end of the spectrum to the other, but the steps to achieving the goals are the same:

- Develop a budget.
- Track what you spend.
- Adjust your budget.
- Repeat steps two and three each month.
- Tackle your short-term goals while planning your medium- and long-term goals, then finally tackle your medium- and long-term goals.

If you need help getting started, stop by Army Community Services (Strom Thurmond Building, Room 120) or call 751-5256 to make an appointment with a financial counselor.



*Courtesy photo*

## Job well done

Hank Chardos, director of Home Works of America Inc., presents T-shirts to Soldiers with the 3rd Battalion, 13th Infantry Regiment Tuesday. The shirts were a token of appreciation for the Soldiers' help in rebuilding two roofs on homes in Columbia during Victory Block Leave. The organization also presented a plaque to Lt. Col Steven Delvaux, 3-13th commander, for the battalion's commitment and service during the holiday season.



*Courtesy photo*

## Rose Parade fun

Hero dog Gabe poses at a monument for service dogs during the Rose Parade, Jan. 1 in Pasadena, Calif. Gabe and his owner, Sgt. 1st Class Chuck Shuck, a drill sergeant leader with the Drill Sergeant School, participated in the annual parade.

*Courtesy photo*

## Spreading hope

Sgt. Cherelle Lockett packs a box of food items at Harvest Hope Food Bank Saturday. Army Reserve Soldiers from the 1st Brigade, Gulf Division, 75th Training Command assisted the organization with packing more than 2,500 boxes designated for delivery to needy senior citizens in the Midlands.

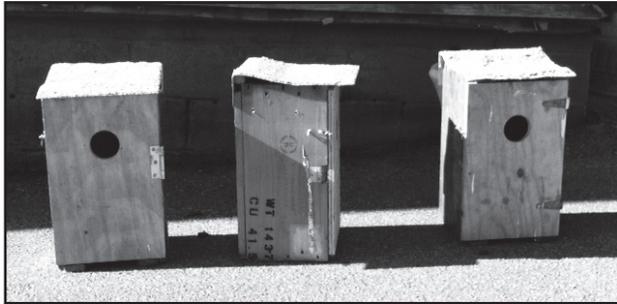


## Environmental news

□ Fort Jackson's Sustainability Management System, or SMS, is looking for people who are helping to sustain our environment. If you are supporting sustainability by recycling or reducing waste, you can take a picture with the "Sustainable Soldier" in the Solomon Center from 1 to 3 p.m., Jan. 24 to be recognized and possibly awarded for your efforts. For more information, contact Tameria Warren at [tameria.m.warren.ctr@us.army.mil](mailto:tameria.m.warren.ctr@us.army.mil) or call 751-9505.

□ The next Environmental Compliance Officer Course is scheduled for Jan. 28-29 in the Safety Center Classroom, 3240 Sumter St. To register, contact Pearlina Jackson at 751-5011 or at [pearline.jackson@us.army.mil](mailto:pearline.jackson@us.army.mil). Include the attendee's full name, rank, name of unit/activity, telephone number, and email address.

□ The next Hazardous Substance Management class is scheduled from 8:30 to 11 a.m., Friday, in the Environmental Division conference room, 2563 Essayons Way. The class will cover hazardous substance management (i.e. hazardous materials, hazardous waste, universal waste, and controlled waste); waste minimization; turn-in procedures; training; spill response; inspections; record keeping; and green procurement. This class is required for all personnel who manage hazardous waste or controlled waste, or have a high potential for hazardous waste generation or hazardous substance violations. The class is offered quarterly and is an annual requirement. For more information, contact Heather Thomas at 751-4231 or at [heather.s.thomas@us.army.mil](mailto:heather.s.thomas@us.army.mil).



□ Recycling is for the birds. Kestrel nesting boxes made out of 100 percent recycled materials were constructed using old or abandoned ammo boxes. The scrap plywood fronts were cut and donated by the Directorate of Public Works carpentry shop. The hinges and latches were re-used from the original ammo boxes. The roof of each box was made from recycled archaeology signs that had been removed due to damage from fires. Each roof was covered with recycled paint and sand was applied to the wet paint to provide a rough surface.

□ Garrison Command Sgt. Maj. Ernest Lee accompanied the DPW Environmental Division Solid Waste Program Manager to areas where solid waste is being illegally abandoned/disposed of on post. The tour was the first step in a postwide cleanup project. This is an excellent opportunity for units to receive monetary incentives. If you would like to volunteer or have your organization help with this cleanup effort, call Stephanie Gillian at 751-9507. It is against the law to dispose of trash/waste on the ground or in areas that are not designated as a collection site. There are numerous trash and recycling containers around post for you to properly dispose of your items. In addition, the Recycling Center is open six days a week.



Leader file photo

**Recycled cans await processing at the Fort Jackson Recycling Center. Fort Jackson's Sustainability Management System is launching a 'Sustainable Soldier' campaign to reward community members who support sustainability through recycling or in other ways.**

# Fort Jackson to recognize 'Sustainable Soldiers'

**By TAMERIA M. WARREN**  
*Directorate of Public Works*

Fort Jackson is committed to sustaining the environment for current and future generations.

In order to recognize those Soldiers and civilians who make an effort to be "green" and exemplify the installation's sustainability policy, Fort Jackson's Sustainability Management System is launching its "Sustainable Soldier" campaign.

Starting this month, Fort Jackson's SMS will recognize deserving people who demonstrate being good "Sustainable Soldiers." Individuals and units are invited to visit the Solomon Center from 1 to 3 p.m., Jan. 24, and have their pictures taken with Sammy the Sustainable Soldier. Participants must share in a few sentences how they are sustainable or support sustainability. Selected individuals or units will be featured in the Fort Jackson Leader and the installation's Environmental Newsletter, as well as receive prizes for a job well done. Everyone will have a new opportunity each month to be chosen and recognized as a "Sustainable Soldier."

The sustainability, or SMS, policy emphasizes that

Fort Jackson will promote continual improvement of environmental initiatives, always be in compliance with environmental laws, look for ways to prevent pollution, manage sustainable programs (e.g. protecting the endangered red-cockaded woodpecker), and sustain natural and cultural resources. In short, the policy is referred to as "PALMS" and many people throughout the installation are doing these items on a daily basis.

For example, units take advantage of the Unit Incentive Program that allows them to receive funding for their recycling efforts, and many facilities are encouraging recycling among their employees. Other examples include green products being offered at the LCI-SSSC store, units serving as volunteers for lake clean-up projects, and individuals (including housing residents) finding new uses for their old goods.

All of these efforts help Fort Jackson accomplish its goal of providing outstanding training while ensuring a good quality of life for Soldiers, their families, civilians and visitors, and maintaining a clean and vibrant environment.

For more information, contact the SMS coordinator at 751-9505 or at [tameria.m.warren.ctr@us.army.mil](mailto:tameria.m.warren.ctr@us.army.mil).



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."

facebook

## Around the Army

### PRESIDENT SIGNS NDAA

WASHINGTON — President Barack Obama signed the National Defense Authorization Act for fiscal year 2013 into law, Jan. 2.

Among other things, the act authorizes a 1.7-percent increase in Soldier pay, effective Jan. 1, as well as funds for Army procurement, operations, maintenance and research and development for both the generating force as well as for the operational force engaged in overseas contingency operations.

The act means that Congress has approved a plan for how the Army can spend money for fiscal year 2013, which actually began Oct. 1, 2012, and runs through Sept. 30, 2013.

The NDAA 2013 doesn't just spell out how the Army is authorized to spend money during fiscal year 2013, it also spells out some other changes for how the services conduct business.

For the active Army, the end strength drops to 552,100 Soldiers by Sept. 30, a decrease of nearly 10,000 Soldiers in the active-duty force. For the Reserve components of the Army, the authorized end strength remains the same as last year, with the Army National Guard at 358,200 and the Army Reserve at 205,000.

— *By C. Todd Lopez, Army News Service*

### CONE SPEAKS DURING BOWL WEEK

SAN ANTONIO — Gen. Robert W. Cone, TRADOC commanding general, spoke to the Army's 56 All-American Bowl Week Soldier heroes during a Jan. 5 breakfast at Sunset Station.

Cone's message, although brief, focused on three main points: Establishing the conditions for the Army in 2014, focusing on preparedness rather than short-term readiness, and the Army Profession.

"The world as we know it is going to change," said Cone. "I would argue that as we look to the future, we think more about being an Army of preparation."

Cone said this concept has significant impact on the "professionals" in terms of how they prepare the next generation of leaders. The challenge will now be investing in the right things to make sure we're ready. One of those investments starts with understanding the ideal of the Army as a profession. A professional is committed to a set of values, a profession has standards and discipline; it enforces itself and has a unique body of professional knowledge.

The final point to the message was the center of it all, the importance of leader development. In talking about an Army of preparation, Cone said you have to focus on leader development. The three components of leader development are experience, institutional development (formal Army schoolhouse training and education) and self development.

— *By Yalonda Wright, U.S. Army Recruiting Command*



Photo by DAVID VERGUN, Army News Service

**Soldier heroes participate in opening ceremonies at the U.S. Army All-American Bowl East-West championship game in San Antonio's Alamodome, Jan. 5. The 50 Soldiers all received combat awards for valor.**

# All-American Bowl showcases Army opportunities, heroes

By DAVID VERGUN  
Army News Service

SAN ANTONIO — The "Army Strong" message got a big boost last week as Soldier heroes, about 90 of the nation's top high school football players and their coaches, about 150 band members, a number of drill sergeants and many others converged for the 2013 U.S. Army All-American Bowl activities.

Events for the high school seniors included informal mentoring sessions with Soldier heroes, all of whom have received awards for valor; a robotics competition; visits with wounded warriors; field band clinics; a shotgun clinic; tours of nearby installations; and capping it all off, a championship game at the Alamodome between about 45 football players assigned to Team East and 45 to Team West.

The championship game, which Team East won, 15-8, was televised nationally on NBC.

The All-American Bowl theme this year was "Only the Strongest Wear Our Colors," a takeoff on the "Army Strong"

slogan.

"The Army All-American Bowl showcases the many options and opportunities available through Army service — active, Reserve and Guard. It also demonstrates how the Army profession develops our nation's future leaders and our communities' strongest citizens," said Lt. Gen. Jeff Talley, chief of the Army Reserve and commander of the U.S. Army Reserve Command.

"The exceptionally talented high-school players and coaches I've seen and spoken to while in San Antonio demonstrate the qualities I see in many of our citizen Soldiers," Talley said. "They are committed to excellence, are remarkably resilient, and work in a fast-paced environment without missing a beat."

"Any opportunity we can talk about the Army and show the Army to the rest of the American people is a great thing; and what better place to do it than with some high school seniors and with a football team," said Sgt. Maj. of the Army Raymond F. Chandler III during a football practice session Jan. 4, at the Alamodome.

Chandler emphasized that the Army is a winning team.

"We recognize individuals and their accomplishments, but the Army is a team sport," he said. "We're a Soldier-centric organization and as a team we're invincible on the battlefield, just as (these players) will be on the sports field."

"Kids coming in the Army today are really no different than when I came in 29 years ago, except they're a lot smarter and pick up quickly on technology," said Command Sgt. Maj. Michael McCoy, commandant of the Drill Sergeant School at Fort Jackson, during the game.

"Our job is to instill Army values in the young Soldiers and help them build up their physical and mental capabilities," he added. "It's all about serving our country to the fullest extent possible."

He said when he was a recruiter years ago, he never sugar-coated Army life.

"I told the prospects that you may be called to do the nation's bidding at any time," said McCoy, who is a veteran of two tours in Iraq.

## Advertising in the Leader

For information about classified advertising, call 432-6157 or e-mail sbranham@ci-camden.com. Classifieds can also be faxed to 432-7609 or mailed to P.O. Box 1137, Camden, S.C. 29020. For display ads, call Kathy at 786-5681.

# January Promotions

Name	Rank	Name	Rank	Name	Rank
HYSOM, Dennis E.	LTC	CATO, Kenneth M.	SFC	JONES, Toi J.	SSG
CRUMBLY, Samantha	LTC	CESPEDES, Janio D.	SFC	LIRIANO, Christian L.	SSG
BROWN, Cody H.	MAJ	CHAVEZ, Nicholas R.	SFC	PALOADE, Derix J.	SSG
CULVER, David M.	MAJ	DIMACUTAC, Dave	SFC	SANTI, Anthony J.	SSG
DAVILA, Damasio	MAJ	FANFAN, Regina L.	SFC	SCAMAN, Christopher S.	SSG
GETTINGS, Matthew L.	MAJ	GLADDEN, James W.	SFC	TRAMIEL, Cassandra R.	SSG
GODSON, Paul D.	MAJ	GREEN, Keisha S.	SFC	BRYANT, Lakeisha N.	SGT
GREEN, Christopher M.	MAJ	JONES, Brian L.	SFC	DELCASTILLO, Muriel A.	SGT
HOYER, Brodie K.	MAJ	JONES, Candace S.	SFC	GOLOP, Kimberly A.	SGT
JOHANNES, Andrew C.	MAJ	KELLER, Caroline A.	SFC	HENDRICKS, Jason T.	SGT
KNOX, Richard L.	MAJ	MONTALI, Christopher A.	SFC	HOPPER, Johnathan C.	SGT
MUELLER, Christopher W.	MAJ	OLIVER, Tamara M.	SFC	HUBBARD, Alicia M.	SGT
O'DONNELL, Raymond W.	MAJ	ORDUNO, Odilon P.	SFC	MAYNARD, Michael S.	SGT
PEEBLES, Stuart H.	MAJ	PERRY, Richard C.	SFC	PRUITT, Daisy B.	SGT
SULLIVAN, Patrick J.	MAJ	PERRY, Sarah E.	SFC	SINGLETON, Levon D.	SGT
UPPERMAN, Matthew P.	MAJ	SEJERSEN, Sean M.	SFC	SMEAD, Robert H.	SGT
VANTASSELL, Shawn J.	MAJ	TAYLOR, Esasha M.	SFC	SMITH, Matthew C.	SGT
WEIMER, Laura R.	MAJ	THACKER, William J.	SFC	TERRY, Shavonda D.	SGT
YOUNG, Peter J.	MAJ	TODD, Brian L.	SFC	THOMPSON, Jason M.	SGT
SUPER, John M.	1LT	TOWNSEND, Spencer E.	SFC	WALSH, Sheri M.	SGT
FLOYD, Robert W.	MSG	TUFF, Tamara L.	SFC	WASHINGTON, Brian K.	SGT
FORT, Larry	MSG	VOLZ, Dennis J.	SFC	WILLARD, Jarod P.	SGT
WOODS, Dietra A.	MSG	WINKLER, Samuel J.	SFC	WILLIAMS, Brittany N.	SGT
ARMISTEAD, Brian P.	SFC	AGUIRRE, Patricia	SSG	WILSON, Napoleon N.	SGT
BESTSEARCY, Clarewen O.	SFC	CLOSE, Matthew D.	SSG		
BOURNE, Romell T.	SFC	GARNER, Monique B.	SSG		

## ACS Calendar of Events — January

### THURSDAY, JAN. 10

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Scholarship seminar for family members** — 9 to 10 a.m.; Strom Thurmond Building, Room 222; to register, call 751-4862/5256
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222

### SATURDAY, JAN. 12

- ☐ **Key caller/sponsor a spouse training** — 10 a.m. to noon; Family Readiness Center; to register, call 751-7220

### TUESDAY, JAN. 15

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862/5256
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road

### WEDNESDAY, JAN. 16

- ☐ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213
- ☐ **Key caller/sponsor a spouse training** — 6 to 8 p.m.; Family Readiness Center; to register, call 751-7220

### THURSDAY, JAN. 17

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom

Thurmond Building, Room 222

- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 245
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

### TUESDAY, JAN. 22

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Resume writing/interviewing skills workshop** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road

### WEDNESDAY, JAN. 23

- ☐ **Steps to federal employment for military spouses** — 9 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862/5256

### THURSDAY, JAN. 24

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Starting and running a small business** — 9:30 to 11:30 a.m.; Education Center, Room 204; call 751-4109 to register.
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

### MONDAY, JAN. 28

- ☐ **Scholarship seminar for military family members** — 1 to 2 p.m.; Strom Thurmond Building; Room 222
- ☐ **English as a second language class** — 5 to 7 p.m.; W.R. Rogers Adult Education Center, Old Clemson Road
- ☐ **Her War Her Voice support group** — 6:15 p.m.; Family Readiness Center; to register, call 751-7220/7352

### TUESDAY, JAN. 29

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Job searching strategies for military spouses** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862/5256

### WEDNESDAY, JAN. 30

- ☐ **Social connections through hobbies** — 10 a.m. to noon; Family Readiness Center

### THURSDAY, JAN 31

- ☐ **Inprocessing/re-entry brief** — 7:30 a.m.; Strom Thurmond Building, Room 222
  - ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
  - ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
  - ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325. Free child care may be available for events. For more information on child care, call 751-1124.*



Photos by WALLACE McBRIDE

Above, holdover Soldiers warm up for games of volleyball inside the Solomon Center during Victory Block Leave, which shut down training operations at Fort Jackson for two weeks. Right, basketball games keep Soldiers active and occupied.

# Staying Active

## Soldiers remaining on post during block leave find ways to keep busy

By WALLACE McBRIDE  
Fort Jackson Leader

Activities on Fort Jackson slowed to a crawl during the final weeks of 2012.

Victory Block Leave began Dec. 19, sending thousands of Soldiers home for the holidays for two weeks. But, a few hundred Soldiers opted to stay behind. For some, the time and expense involved with going home for the holidays made the idea counterproductive. "Home," wherever that might be, was sometimes just too far away to reach, even with two weeks of leave.

"I want to save money so that, when I get home, I can start my life over," said Pvt. Mathis Evans, of Memphis, Tenn. He was among the dozens of Soldiers to take part in tours of the post's various museums during the break.

"It's not boring. They keep us busy at all times," he said. "I'm going on as many trips as possible and trying to stay active. I'm trying to

keep a positive attitude while we're on Victory Block Leave."

For others, it was just too difficult to travel to the other side of the globe. Pvt. Prince Rechebei is from the Republic of Palau in the South Pacific, and said he enjoyed the opportunity to see more of America during his break from Basic Combat Training.

"I wanted to see what South Carolina has to offer," Rechebei said. "And the activities have been really good. We're getting to see the history of the Army. I'm from the Pacific, and World War II was fought there really hard."

The island of Peleliu is in the southern part of his country, and is still remembered as the site of one of the bloodiest battles of World War II, he said.

It hasn't been all fun and games during break. Pvt. Dustin Waller, of Baton Rouge, La., said many of the Soldiers on break from Basic Combat Training were rousted out of bed each morning for beautification detail.

"Around 11 a.m. we have free time," he

said. "There are some fun activities. They take us on free trips here and there, when they have the opportunity. We've gone to football games, ice skating and some other fun things."

"It was my first time ice skating," he said. "It was actually pretty fun."

Even if they weren't with their families, the Soldiers came together to create a family unit of their own. Evans said several family-style gatherings took place that let them interact with each other, and the community at large.

"We just finished a housing building project for families in need," he said. Unfamiliar with South Carolina, the Tennessee native could only say the project was "somewhere in the Columbia area."

"During leave, we've mostly seen local areas," Waller said. "But, I took a couple of passes and was able to go to Charleston. They keep us pretty occupied. There's a movie room back at the battalion, MWR game room, access to basketball courts."

Milton.W.McBride3.ctr@mail.mil



Photo by JULIA SIMPKINS/Army Chaplain Center and School

Holdover Soldiers are treated to a catered dinner and a free showing of *A Night At the Museum* at the Army Chaplain Center and School's Fox Lab. The USO event was meant to boost morale among Soldiers who did not go home for the holidays.



Photo by WALLACE McBRIDE

Volunteers brief Soldiers on the history of military working dogs during an organized visit to Fort Jackson's Basic Combat Training museum during Victory Block Leave.



CMYK

CMYK

27" WEB-100

## Calendar

**Friday, Jan. 25**

### MLK Day luncheon

11:30 a.m.; Solomon Center

The guest speaker will be Brig. Gen. Bar-rye Price. For more information, call 751-4117 or 751-2990.

## Announcements

### GATE 1 CHANGE

Gate 1 is now open for outbound traffic from 5 a.m. to 9 p.m. throughout the entire week.

### GARDEN PLOTS RENEWAL

Garden plots in Victory Garden and in family housing are up for renewal. Permits are valid for 12 months, beginning Feb. 1. Garden plots are issued first to permanent party Soldiers, then to retired service members. Remaining plots are available to civilian employees. For more information, call 751-7126.

### CHRISTMAS TREE GRINDING

The Fort Jackson Recycling Center will accept Christmas trees for grinding until Monday. The Recycling Center is open from 7 a.m. to 3 p.m., Monday through Friday and from 8:30 a.m. to 3:30 p.m., Saturdays.

### TARP BRIEFINGS

Threat Awareness Reporting Program briefings are scheduled for the following dates at the Post Theater:

- Monday; 10 a.m. and 3 p.m.
- Jan. 17; 10 a.m. and 3 p.m.
- Jan. 24; 10 a.m. and 3 p.m.
- Jan. 28; 3 p.m.

### CIF INVENTORY CLOSURE

The Central Issue Facility will be closed Jan. 14 to 18 for its annual inventory. Soldiers and civilians who are required to clear the installation during this time should schedule an appointment before Monday by calling 751-6524/2870/2739. CIF will resume normal business hours Jan. 21. For more information, call 751-7213.

### CI RECRUITING TEAM VISIT

The Army counterintelligence special agent recruiting team will conduct information briefings 9 a.m. and 10:30 a.m., Jan. 25, at the Education Center. The presentations are primarily aimed at Soldiers in the grade of senior E4 and junior E5. For more information, contact Sgt. 1st Class Monica Backlund at (520) 533-5952 or at [monica.backlund.mil@mail.mil](mailto:monica.backlund.mil@mail.mil).

### FREE KARATE LESSONS

Free Okinawan karate lessons are of-

fered at 4:40 p.m., Tuesdays and Thursdays at the Floyd Spence Reserve Center drill hall. For more information, email [joel.quebec@usar.army.mil](mailto:joel.quebec@usar.army.mil).

### POST THEATER UPGRADES

The Post Theater will upgrade to a digital projection system, which will enhance the quality of the screenings and will allow the theater to show 3D movies.

### HIRED! LOOKING FOR APPRENTICES

The HIRED! apprenticeship program is looking for children of Soldiers and DA employees who are 15-18 years old and are interested in a 12-week apprenticeship on post. For more information, call 751-1136 or visit [www.fortjacksonmwr.com/cyss/hired](http://www.fortjacksonmwr.com/cyss/hired).

### 4-10TH RELOCATION

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

### SCHOLARSHIP APPLICATIONS

Army Emergency Relief is now accepting applications for the MG James Ursano scholarship. 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](http://www.aerhq.org).

### 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](http://www.operationhomefront.net).

### 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

Students can now apply for the 2013 Scholarships for Military Children Program. The program awards at least \$1,500 at each commissary. Applications must be turned in to a commissary by close of business Feb. 22. For more information, visit [www.commissaries.com](http://www.commissaries.com) or [www.militaryscholar.org](http://www.militaryscholar.org).

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](http://www.commissaries.com/rewards/index.cfm).

Commissary gift cards are available at [www.commissaries.com](http://www.commissaries.com).

For more Commissary news, visit [www.commissaries.com](http://www.commissaries.com).

### THRIFT SHOP NEWS

The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com). Community announcements may be edited to comply with Leader style and Public Affairs regulations.*

*Announcements are due one week before the publication date. For more information, call 751-7045.*

## Housing happenings

### PLASTIC BAG RECYCLING

Bring your plastic bags to the Community Center for recycling. Residents will be entered into a drawing for a gift card once per every 20 bags turned in.

### TRASH PICKUP

Residents are asked to place trash cans curbside the night before service is scheduled. Once the trash can has been emptied, it should be stored away properly.

### RECREATIONAL VEHICLES

Boats, campers, trailers, jet skis and other recreational vehicles must be stored in the RV storage lot on Essayons Way. These vehicles are not permitted to be parked in the housing area. To reserve free space and for more information, call 751-9339.

### SELF HELP

The Self Help Center offers lawn mowers for check-out. The center is located on Ivy Road and is open from 8 a.m. to 4 p.m., Monday through Friday. For more information, call 787-6416.

### MINOL UTILITY BILLS

Residents are required to pay their Minol utility bills each month. If the bill becomes delinquent after 30 days, the resident's chain of command will be notified.

### HSO ASSISTANCE

The Housing Services Office can help resolve disputes between landlords and tenants. For more information, call 751-5788/7566.

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

## 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) RED-CROSS or visit [www.redcross.org](http://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.msoy.militaryspouse.com](http://www.msoy.militaryspouse.com).

## CPAC CORNER

To process a Military Service Deposit Application, you must submit a fully complete SF3108 for FERS or SF2803 for CSRS employees with all parts of the form filled out. This will be effective Jan. 27. The forms can be found at [www.ops.gov/Forms/pdf\\_fill/SF3108.pdf](http://www.ops.gov/Forms/pdf_fill/SF3108.pdf) and at [www.ops.gov/Forms/pdf\\_fill/SF%202803.pdf](http://www.ops.gov/Forms/pdf_fill/SF%202803.pdf). For more information, call (888) 767-6738.



**Friday, Jan. 11 — 7 p.m.**  
Hotel Transylvania PG

**Saturday, Jan. 12 — 2 p.m.**  
Hotel Transylvania PG

**Sunday, Jan. 13 — 2 p.m.**  
Killing Them Softly R

**Wednesday, Jan. 16 — 1:30 p.m.**  
Wreck-It Ralph PG

**Wednesday, Jan. 16 — 4:30 p.m.**  
Killing Them Softly R

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

## Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the Jan. 23 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Jan. 23 Leader must be

submitted by Jan. 16.

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

# Changing for the better is possible

By **CHAPLAIN (CAPT.) GEORGE PERRY**  
2nd Battalion, 60th Infantry Regiment

I invite you to lean back and cross your arms over your chest. Now, uncross your arms, shake them out, and cross them the other way. Does it feel a little strange? One could make the same point by lacing one's fingers together one way and then the other. Most of us shave, brush our teeth, comb our hair (if we have it) the same way every time.

We quickly become comfortable with our choices and we resist change.

In Isaiah 28:10-13, we read, "*For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little.*"

The text reminds us that we can learn well or badly, but we usually learn bit by bit over time.

Another point to consider is that change is incremental. We have all seen people change for the worse — addiction, crime, suicide, spoiled marriages, etc. Changes aren't usually sudden, but gradual — things slowly change for the worse. If some folks saw the end of some roads when they started down them, they would not have started.

If you're like most of us, there have been some things in your life that you wish you had never started doing.

The third point to address is that there is also a progression of change for the better. In the Christian world, we call it sanctification.

We start out in the Christian life through justification — If we could do it, the cross didn't need to happen.

Once we have begun, we grow and develop by way of sanctification — that's the process of change in this world that we are talking about. The word means growth in holiness, in "set-apartness."

Our destiny is that of glorification. That's what things will look like in our eternal home. "We shall be like him, for we shall see him as he is."

Change is organic — it's part of growth (by definition) and part of life. What direction are we changing in — what are we choosing?

The final point to think over is this: Change is a process that we can choose to follow.

In the spiritual world, we begin with a confrontation — something brings the problem to our attention. Maybe we are surprised by something we do or say. Maybe someone else points something out to us, or we see a



television program that provokes a reaction from us.

Next, we figure out what we want to do to change things, or to move in a different direction inwardly. If we decide on doing

nothing, continuing in the same course is also a decision.

Ultimately, God's standards will not change. We can either keep circling in place or go on to the next level.



## 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

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."

# Week puts emphasize on healthy lifestyle

Typically weight-loss programs last about three months. This is how long it can take to make a habit stick. If we are lucky, we end up with including exercise and healthier eating into our lifestyle. At the same time, three months can be a bit overwhelming and many abandon the effort before they even get started. People not only want, but love a shortcut, especially if it ends with results.

But really, can you reach noticeable goals in a healthier lifestyle in fewer than 90 days? Most information points to “no” as the answer. Time is what makes the difference and the more time we spend getting our health under control, the more it is controlled.

In honor of the many who jumped on the band wagon of health, Jan. 20-26 was declared “Healthy Weight Week.” This celebration has been around for 20 years. Healthy Weight Week is a time to celebrate healthy lifestyle habits that last a lifetime and prevent overeating and weight problems.

Healthy Weight Week does not focus on the fad; instead the reality of where we are on this road of wellness is assessed by each of us as we come to terms with getting on the good path one step at a time, one day at a time.

Healthy Weight Week is not about hurrying to lose weight. It is about acceptance and the realistic approach we each must take in order for healthy change to stick.

Shortcuts such as diet pills, shakes, shots, wraps, gadgets, gizmos, etc. are not the long-term look of healthy living, but the frustrated temporary look — a look that requires you to keep drinking shakes and taking diet pills to maintain results gained.

This look often is void of physical fitness. Exercise is often viewed as negative, and people don’t want to spend time on their bodies — yet they each crave a greater looking body. Drinks and pills may drop weight from the body, but it will never tighten and tone. It will never lift and shift. Those medals are earned at the gym.



ders. These approaches to getting thin not only affect older woman, but teenage girls as well.

Almost half of third- to sixth-grade girls yearn to be thinner, and about 50 percent of teen girls develop significant eating disturbances at some point in their adolescence, according to the National Eating Disorders Association.

This brings about a weight fear, and often these girls eat in ways detrimental to their health and well being.

## THE WEIGH IT IS

By **PAMELA LONG**  
*Fitness programmer,  
 Family and Morale, Welfare  
 and Recreation*



Healthy Weight Week encourages each of us to accept where we are and just keep changing for the healthier and fitter. It is a process that takes time, but as I always state — embrace the journey, not the destination. Living healthier is a great reward, a blessing that deserves applause.

Healthy Weight Week also sheds light on eating disor-

Healthy Weight Week celebrates non-diet lifestyles that can prevent unhealthy eating and weight problems. Healthy Weight Week shows us that we do not have to starve in order to obtain an image that makes us are comfortable and proud. During this week, people are encouraged to get their health under control in lasting ways — to eat well, live actively and feel good about themselves and others. We must take the focus off failed weight-loss efforts and encourage health at our natural, realistic, obtainable sizes.

Healthy living breathes life into our lives. The choices we make to eat better and exercise more reward our bodies and our minds. I am pleased to know that an awareness holiday exist to celebrate natural efforts that yield lasting results.

For more information on fitness-related topics, visit the health and fitness lectures at the Thomas Lee Hall Library every Friday at noon.