

## TRACKING ...

## FAMILY



Recipes needed for FJ cookbook

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## THIS WEEK



Sgt. Maj. of the Army Raymond Chandler and spouse to host town hall meeting from 3:20 to 5 p.m., Friday at Post Theater. Open to Soldiers, DA civilians and their families.

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# The Fort Jackson Leader



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# Streamlining



Photo illustration by SUSANNE KAPPLER

Job seekers will have to use a new system soon to apply for DA jobs on post as Fort Jackson is scheduled to transition from the current Resumix system to the USA Staffing system April 30. Applicants will have to upload their resume to [www.usajobs.gov](http://www.usajobs.gov). The new system is designed to streamline the application process throughout DoD.

## Job application system to change soon

By CURSHA PIERCE-LUNDERMAN  
Fort Jackson Leader

The path to government employment is about to change.

This year, the Department of Defense will streamline the federal employment process by using a new software system called USA Staffing.

Fort Jackson will begin using the new USA Staffing system for employment management April 30.

"We are going through this transition

because DoD is trying to consolidate all of the agencies to have the same type of system," said Janice Parsons, the USA Staffing project manager with Fort Jackson's Civilian Personnel Advisory Center. "Now, if a person is applying for Army, Navy or Air Force positions, there will be the same process, and it wasn't that way in the past."

The Resumix system has been in use for the past decade for Army employment positions.

"The old system was very simple with no required documents up front. Resumix

was based on a skill set so people were looked at based on the skills in their resume and keywords from their past experience," Parsons said. "With the new program, applicants will also have to answer questions in order for the managers to decide if they are a good fit for the position. It's not just having a resume online and hitting a 'submit' button anymore."

USA Staffing is a web-based software program that will manage all recruitment

See **ACS**: Page 6

# Tax season under way, center to open

In today's economy, if you have the opportunity to save some money, you had better take advantage of it. I make this point because our Fort Jackson Tax Center will be opening soon. By using this service, you not only save tax preparation fees, but you might be shown ways to increase the amount of your refund or reduce the amount of tax that you must pay.

Now that the holiday bills are rolling in, I am sure that there are many people eager to get their tax refunds. Furthermore, most tax filers would agree that regardless whether a person anticipates a refund or thinks he or she might owe the government additional taxes, the filing process itself can be intimidating because of the fear of making mistakes on the returns.

To accommodate Fort Jackson Families seeking tax help, the Fort Jackson Tax Center will open its doors Monday. The tax center is located in Building 3390 on Magruder Avenue. The hours of operation are 10 a.m. to 7 p.m., Monday through Friday. The tax center may also be open on Saturdays, depending on the assistance required.

The tax center is one of our most valued and popular programs. The Fort Jackson Tax Center in 2011 prepared more than 1,600 federal returns and 1,200 state returns for active duty Soldiers, Family members, retirees and qualified dependents resulting in more than \$3 million in income tax refunds. This effort also resulted in the savings of over \$560,000 in tax preparation fees. In other words,

**MAJ. GEN.  
JAMES M. MILANO**

*Fort Jackson  
Commanding  
General*



you are guaranteed to save on the preparation and filing fees, which might average around \$130 for a simple return completed by a commercial tax specialist.

This year the office will, as in previous years, offer extended hours during the tax season as needed. Every year new tax laws affect how we file our returns. The tax center's staff members can explain these changes and will take the time to ensure that you understand the details with filing.

All preparers receive IRS certification and training, so you can count on the quality of advice and assistance. The service offered at the tax center a huge asset to the military community. Every dollar we can save is a dollar earned.

Keep in mind that April 15 is the normal tax-filing deadline, but this year the due date is April 17 because

April 15 falls on Sunday and April 16 is a federal holiday. If you already foresee that you might need more time than that, consider that one of a taxpayer's options is to file for an extension. That paperwork can be completed at the tax center in a matter of minutes and allows the Soldier, Family member or retiree until October to file.

However, an extension does not relieve or extend one's obligation of paying his or her taxes on time.

A few important pre-preparation things to remember are:

— To call the tax center at 751-5829 once it opens to see if you can be helped on a walk-in basis or need to schedule an appointment.

— To take supporting documents to the appointment (W-2's, 1099's, other tax documentation, etc.) with you.

— To present a valid military identification after arriving at the tax center.

Also, customers seeking tax assistance who have the new military ID card, which does not contain a full Social Security number, need to take their actual Social Security cards to the tax center. Those who still have old military ID cards that contain full Social Security numbers can continue to use them to file taxes.

Finally, I commend the outstanding, cumulative effort put forth last tax season by the tax center volunteers in 2011. So, let's do it again this year!

Army Strong! Victory Starts Here!

## The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

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# King's dream remains alive, demands everyone's action

It has been nearly 50 years since Dr. Martin Luther King Jr. delivered his famous "I Have a Dream" speech. This speech immortalized Dr. King. He became a beacon of hope to all races that have seen oppression and opposition; a beacon of hope that has fostered possibilities where they were otherwise deemed as impossible.

In his "I Have a Dream" speech, Dr. King said that although the country was facing difficulties at the time, he still had a dream — a dream deeply rooted in the American dream.

It is such a dream that has enabled African Americans to no longer receive their food in the back of restaurants because they are now restaurant managers and restaurant chain owners. It is this dream that has replaced the fear and anxiety that overwhelmed students who required protection and escorting to and from newly desegregated schools with a feeling of pride, self-accomplishment, and belonging.

Generations past and present are walking through the front doors of prestigious schools — as students, teachers, principals, college professors, and as presidents of universities. It is this dream that has allowed hope to prevail; minorities can dare to dream of becoming CEOs and presidents of major corporations, dare to dream of owning their own television network, and even dare to dream of becoming president of the United States.

Even in the military, one can see the progress made toward racial equality. We are no longer separated within our ranks by the color of our skin. We are now a band of blood brothers and sisters fighting hand in hand, willing to lay down our lives for each other.

Soldiers of all races, colors and creeds are fighting in Afghanistan against oppression based on discrimination of religious beliefs and creed. This is the self-sacrifice

## COMMENTARY

**By SGT. 1ST CLASS  
YOLANDA BROWN**  
*193rd Infantry Brigade  
Equal Opportunity Adviser*



and service to which Dr. King alluded when he stated, "Human progress is neither automatic nor inevitable. ... Every step toward the goal of justice requires sacrifice, suffering and struggle; the tireless exertions and passionate concern of dedicated individuals."

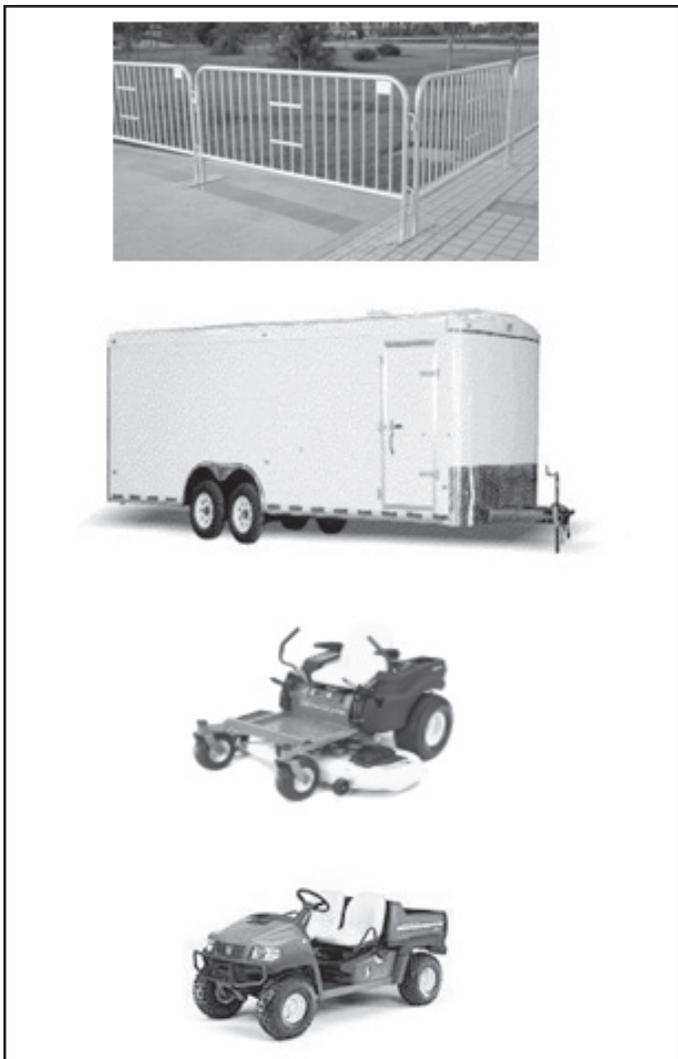
Soldiers of all ranks can achieve promotions to the next higher grade or be appointed to the next higher rank or position because of their potential and qualifications, not because of the color of their skin. Even within our own Fort Jackson community, we can see an array of Soldiers and civilians, deriving from all walks of life, working and training together to meet a common goal.

Although we as a people have made great strides toward establishing equality and dispelling injustice, we must continue to press toward the mark and bring the dream to fruition because it is not fully realized.

Where there is inequality in education, there is still much to do; where there is structural racism that hinders job opportunities and promotions, creating an imbalance in the scales of economic wealth, there is still much to do; where there is not equitable, affordable health care for all, there is still much to do.

Thomas Edison was once quoted as saying: "We shall

# Rewards in thefts offered



Photos by CID

From top, 100 galvanized steel barricades, a Horton Hauler trailer, a John Deere riding mower and a John Deere CX Gator are among the items missing.

## Leader Staff Report

The Fort Jackson Criminal Investigation Command, commonly known as CID, is asking the public for help in solving two equipment thefts that occurred in November.

CID is offering rewards of \$1,000 and \$3,000, respectively, in connection with the theft of various items in November.

A \$1,000 reward is available for information leading to the arrest and conviction of those responsible for the theft of an enclosed trailer from Warehouse Row between Nov. 10 and 11.

The Horton Hauler trailer, VIN 5E2B1202XB1041386, was loaded with 100 42-by-90 inch galvanized steel barricades.

The reward expires Dec. 17.

A \$3,000 reward is available for information leading to the arrest and conviction of those responsible for the theft of various items from the Weston Lake recreational area between Nov. 22 and 23.

The stolen items are a Club Car 4 series golf cart, a John Deere Z445 54 inch motor riding lawn mower, a John Deere CX Gator and a Tractor Supply Co. 6-by-10 foot trailer with a wooden floor and split gate.

The reward expires Dec. 21.

Anyone with information regarding those thefts should contact the Fort Jackson CID Office at 751-3784/7664 or Military Police at 734-3113.

Callers' identities may remain confidential.

The payout of cash rewards to military and federal employees for information leading to a conviction is contingent upon their exceptional actions regarding the information provided.



## Prayer breakfast scheduled Feb. 1

By **CHAPLAIN (CAPT.) CHARLES PERRY**  
2nd Battalion, 39th Infantry Regiment

Chaplain (Col.) Charles Howell, command chaplain of Installation Management Command, will be the guest speaker at the Fort Jackson observance of the National Prayer Breakfast, 7 to 8:30 a.m. Feb. 1 at the NCO Club.

This year's theme will be "Something Worth Fighting For," with the key scripture verse of 2 Samuel 23:11-12.

Howell will relate to past president Dwight D. Eisenhower's inspiring words:

"We succeed only as identify in life, or in war, or in anything else, a single overriding objective, and make all other considerations bend to that one objective."

The National Prayer Breakfast has a rich history, dating back to 1942 and the World War II time frame, when a group of senators and representatives began meeting for spiritual support. With the war raging overseas and the great demands put on them, the leaders met prayerfully seeking personal and spiritual support for each other.

In 1953, Eisenhower established a Presidential Prayer Breakfast, with the specific goal of seeking divine guidance which nationally enhanced and promoted a united dependence upon God.

In 1970, the event's name was changed to the National Prayer Breakfast. The breakfast takes place now annually in Washington on the first Thursday of February. Many military installations continue to annually host their own National Prayer Breakfast to support the national emphasis.

## OP-ED

# Luncheon to celebrate King's legacy set for Friday

Continued from Page 2

have no better conditions in the future if we are satisfied with all those which we have at present."

Complacency in our thoughts and in our actions cannot prevail if we are to have forward movement in realizing Dr. King's dream.

This year's theme for the Dr. Martin Luther King, Jr. Birthday Observance is "Remember! Celebrate! Act! A day on ... not a day off."

But these words serve as more than just a theme. It is the essence of the principles of equality and nonviolent social change espoused by Dr. King and it serves as our pledge to his memory to empower ourselves as individuals and strengthen our communities.

Remember! Remember the man and his dream. Do not let Dr. King's service and sacrifice be no more than

a shadow of a memory in our minds. We should always be aware of his teachings and principles of nonviolence in all that we do in order to build stronger communities and essentially a stronger, more tolerable country.

Celebrate! Celebrate Dr. King's life. Although he is no longer among us, his spirit and legacy remain. Celebrate in the fact that Dr. King served as a beacon of light, extinguishing the clouds of darkness that loomed around in the forms of racial inequality and social injustices.

Act! Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"

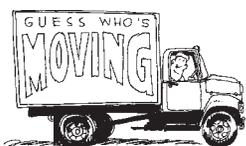


Each year, communities remember Dr. King by coming together on the King holiday to serve their neighbors and communities. It is important to keep Dr. King's legacy of service alive and make service a part of our everyday lives.

We should celebrate our accomplishments, but, more importantly, act to make this more than a day of reflection and accomplishments, rather a lifetime of devotion.

Remember! Celebrate! Act! A day on ... not a day off.

Editor's note: Fort Jackson will celebrate Martin Luther King Jr. Day with a luncheon at 11:30 a.m., tomorrow at the Solomon Center.



We've moved!  
Email story ideas and announcements to the Fort Jackson Leader  
at [FJLeader@gmail.com](mailto:FJLeader@gmail.com)  
or at [usarmy.jackson.93-sig-bde.mbx.fj-leader@mail.mil](mailto:usarmy.jackson.93-sig-bde.mbx.fj-leader@mail.mil).

## Housing Happenings

### COMMUNITY UPDATES

❑ The Housing Services Office will host a new construction workshop from 11 a.m. to 1 p.m., Feb. 8, at the Post Conference Room. Professionals will share important aspects of new home construction and home buying tips. The event is open to all ID card holders. Lunch will be provided. To register, call 751-9323/5788 by Feb. 6.

❑ The noncommissioned officer suites at the Single Soldier Complex are undergoing a facelift. Residents are asked to pardon the inconveniences during the upgrade.

❑ Reminder: Holiday lights and decorations should have been removed by Jan. 8. Residents who have not removed them yet, should do so immediately.

❑ The mayoral council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties. Interested residents should call Vickie Grier at 751-7567.

❑ Residents can bring their plastic grocery bags to the Community Center throughout January for recycling. For every 20 bags they turn in, residents will receive a raffle ticket for a chance to win a \$15 gift card.

❑ Residents should return trash bins to their designated storage area after pick-up to keep the neighborhood looking its best and to avoid discrepancy notices.

❑ Rental payments not received by the fifth of the month incur a \$25 administrative charge. An additional \$25 fee is charged for returned checks. This does not apply to residents who pay rent via allotment.

❑ Pets are not allowed to be tied to a rope or chain and left unattended outside. While outdoors, pets should be on a leash or within the confines of a fence. For more information on the pet policy, call 738-8275.

❑ Energy conservation tip: Plug home electronic devices, such as TVs, computers and stereo equipment, into surge protectors. This will save energy and protect your items in the event of bad weather. Turn the power strips off when the equipment is not in use to save even more energy.

❑ Refer someone to move on post to receive \$200.

### CONSTRUCTION UPDATES

❑ To date, 591 homes have been completed.

❑ Only 19 homes in the junior noncommissioned officer housing area remain to complete the 610 new homes planned for the area.

### FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older from 8 a.m. to 4 p.m., Monday through Friday, at the Immunization Clinic on the sixth floor of Moncrief Army Community Hospital.

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

# Factors determine eligibility for free foreclosure review

Millions of Americans may be eligible for a free mortgage foreclosure review.

To be eligible, foreclosure victims must have been going through the foreclosure process between Jan. 1, 2009, and Dec. 31, 2010. In addition, the property must have been the primary residence and the mortgage loan was serviced by one of the following financial institutions: America's Servicing Company, Aurora Loan Services, Bank of America, Beneficial, Chase, Citibank, CitiFinancial, Citi Mortgage, Countrywide, EMC, EverBank/Everhome, Freedom Financial, GMAC Mortgage, HFC, HSBC, Indy Mac Mortgage Services, MetLife Bank, National City, PNC Mortgage, Sovereign Bank, SunTrust Mortgage, U.S. Bank, Wachovia, Washington Mutual or Wells Fargo.

The review will determine whether the homeowner suffered financial injury and should receive compensation or other remedies because of errors or other problems during their home foreclosure process.

Examples of financial injury situations:

❑ The mortgage balance at the time of

## FINANCIAL ADVICE

By **CHRISTINE JULIUS**  
*Army Community Services  
Financial Readiness*

the foreclosure action was more than actually owed.

❑ Fees charged or mortgage payments were inaccurately calculated, processed or applied.

❑ The homeowner was doing everything a modification agreement required but the foreclosure sale still happened.

❑ The foreclosure action occurred while the homeowner was protected by bankruptcy.

❑ A foreclosure proceeded on a military member in violation of Servicemembers Civil Relief Act protections. The foreclosure action occurred on a mortgage that was obtained before active duty military service began and while on active duty, or within nine months after the active duty ended and the service member

did not waive his or her rights under the Servicemembers Civil Relief Act.

❑ The homeowner requested assistance/modification, submitted complete documents on time, and was waiting for a decision when the foreclosure sale occurred.

If you believe you are eligible to have your foreclosure papers reviewed, you must submit a Request for Review Form before April 30. Call 1-888-952-9105, Monday through Friday from 8 a.m. to 10 p.m. and Saturday from 8 a.m. to 5 p.m. to obtain the form.

For additional information and answers to basic questions about the review process, visit [www.IndependentForeclosureReview.com](http://www.IndependentForeclosureReview.com).

Reviews are conducted by independent consultants working under the direction of the federal regulators and may take several months to complete. You can learn more at [www.occ.gov/independentforeclosurereview](http://www.occ.gov/independentforeclosurereview). Or, you can contact Army Community Services, Financial Readiness Program at 751-5256 to talk to a financial counselor.

## Top performers



*Courtesy photo*

From left, Severn Jackson, Diana McClora, Cora Hill, Ora White, Eric Partner and Aleisa Brazel of Moncrief Army Community Hospital's resource management division are recognized for their branch being named MEDCOM's top performing Army treatment facility Medical Expense and Performance Reporting System Office. The MEPRS Office provides for the accounting and reporting of expenses, manpower and performance of military medical and dental facilities.

News and Notes

MLK LUNCHEON SCHEDULED

A luncheon in observance of Martin Luther King Jr. Day is scheduled from 11:30 a.m. to 1 p.m., Friday at the Solomon Center. This year's theme is "Remember! Celebrate! Act! A day on, not a day off!" The guest speaker will be Pamela Wilson, president of Allen University. Tickets cost \$8 and can be purchased through the Fort Jackson Equal Opportunity Office, brigade equal opportunity advisers and unit equal opportunity representatives. For more information, call 751-4117/2990.

SHRED DAY ANNOUNCED

The Fort Jackson Recycling Center has scheduled its quarterly shred day from 9 a.m. to 1 p.m., Wednesday. Shred day is for sensitive documents only. The Recycle Center is located on Lee Road between the Auto Craft Shop and the former Shoppette. For more information, call 751-4208.

RECLAMATION SALE SET

A military clothing reclamation sale is scheduled from 8 a.m. to 3 p.m., Feb. 1 and 2, at 2570 Warehouse Row. The sale is open to active and retired military personnel. The Army Service Uniform will be available. All sales are final, cash only. For more information, call 751-7213 or email [Thomas.W.Jones1@us.army.mil](mailto:Thomas.W.Jones1@us.army.mil).

THREAT AWARENESS CLASSES SET

Training for the postwide Threat Awareness Reporting Program, formerly known as SAEDA, is scheduled for 10 a.m. and 3 p.m. Tuesday. Training is also scheduled for 10 a.m. today and Jan. 26. The classes will take place at the Post Theater.



- Friday, Jan. 20 — 7 p.m.  
Arthur Christmas PG
- Saturday, Jan. 21 — 4 p.m.  
The Sitter R
- Sunday, Jan. 22 — 4 p.m.  
The Sitter R
- Friday, Jan. 27 — 4 p.m.  
Up PG
- Friday, Jan. 27 — 7 p.m.  
Sherlock Holmes:  
A Game of Shadows PG

Adults: \$4.50  
Children (12 and younger): \$2.25  
Visit [www.aafes.com](http://www.aafes.com) or call 751-7488 for listings.

# ACS classes to teach new system

Continued from Page 1

and hiring for DoD positions. Some things will change but the fundamental elements of managers deciding on candidate suitability will remain the same.

"USA Staffing takes three of our programs and combines them into one program. We're going to know their eligibility right away, which is different. They have to upload their resume and can upload their documentation forms like DD-214, VA letters or transcripts required to prove they are eligible for a position. If the documents are not uploaded to the site by the required time, people can be considered ineligible and screened out of a position," Parsons said.

She said that once someone has applied and answered questions selected by the managers, it remains at the managers' discretion to call that person in for an interview.

Barbara Martin, Fort Jackson's Employment Readiness Manager, said the changes will help job applicants readily understand the jobs that are available.

"The eligibility confusion will go away

and that's great," Martin said. "I have dealt with some spouses who were heartbroken because they got very far along in the hiring process, only to find out they were never eligible for the job in the first place."

Applicants may also need to ensure their resumes are consistent with the questions that will be asked as part of the USA Staffing system, Martin said.

"People will have to make sure that when they answer a question stating they

“Now, if a person is applying for Army, Navy or Air Force positions, there will be the same process, and it wasn't that way in the past.”

— Janice Parsons  
Civilian Personnel Advisory Center

work well under tight time deadlines, they have the job experience on the resume to support their statement," Martin said.

At Fort Jackson, both Army Community Service and Army Career

and Alumni Program have courses that teach how to navigate through the federal employment process. These classes will continue to provide information on how to seek employment with updated information on USA Staffing.

"I've already integrated some of the new information into my course," Martin said. "Once I get fully trained on the specifics of this new software, then I will have the screen shots and helpful information

that spouses and family members might need to get their information out there to employers."

As project manager, Parsons will be training staff on the post so there will be help available for those who need it.

"I am meeting with my own people and others on post for the training so everyone will be prepared for the transition," Parsons said. "It is a good idea for applicants to get a USAJobs account and upload their resume there so they will be ready to quickly respond to new jobs as they become available. You can create and store up to five versions of the resume with this new system, so you can be comprehensive and show a lot of your work history."

For those just beginning their job searches, ACS also has resume-writing help available to get ready for employment.

"We have a wide range of services for those looking for employment resources, even with these changes coming up," Martin said. "We're here to help and we're here to get our family members hired."

Upcoming ACS workshops are Steps to getting a Federal Job, Feb. 14, March 14, April 24, 9 a.m. to noon, Strom Thurmond Building Room 222. Registration required, call ACS Employment Readiness Office 751-4862/5256

[Cursha.Pierce@us.army.mil](mailto:Cursha.Pierce@us.army.mil)

## Helping hands



Photo by JAMES ARROWOOD, command photographer

More than 50 members of the Fort Jackson community received the commanding general's Helping Hands award in a ceremony at the Joe E. Mann Center Tuesday. The award is presented for exceptional service as a volunteer at Fort Jackson and in the surrounding communities.

## Leader deadlines

Article submissions are due two weeks before publication. For example, an announcement for the Feb. 2 Leader must be submitted by today. Announcement submissions are due one week before publication.

For example, an announcement for the Feb. 2 Leader must be submitted by Jan. 26. Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045.

# Stop bullying, know warning signs

By **CAPT. MARLA WASHINGTON**  
Army Public Health Nursing

Children often are faced with peer problems in school and in their communities. Bullying is one of them.

Bullying has always been a serious concern that can leave a lasting impression on a young person's life. I can remember one of the scariest days of my seventh grade year was with my first bully who was in the 12th grade, a neighbor, and mean as the day is long.

Every day I would climb over fences and take shortcuts home from school to avoid her and her friends. On the last day of school, she caught me alone, not paying attention, moseying through the alleyway.

When I realized who she was, my path to freedom — the neighbor's gate — was already blocked; at that point, I believe I stopped breathing. With my hair in her hand, she told me I was in for the fight of my life.

At that point, I believe my heart stopped.

But in my head, I could hear my mother saying, "Do the right thing and be strong."

I just wasn't sure if that meant to stand up for myself or run as hard as I could. I wanted to run, but I could not move my legs.

At this point, I had to stand strong, breathe, and in the old days it would be called, "putting up your dukes." In the end thankfully, it worked out in my favor. When it ended, I noticed my mother standing on the opposite side of the neighbor's gate. She was almost smiling at me.

Although she said she was proud that I stood up for myself, my punishment was 2 1/2 weeks for fighting.

Today I can laugh about this incident, but there are some children who cannot. Parents, school officials, or mentors have



to recognize the signs of bullying and take quick action to resolve these problems before they escalate. In recent cases, bullying has become more threatening, no longer a simple backyard brawl, but deadly. Before offering solutions, we must be able to identify the facts and recognize signs of bullying.

Bullying is intentional tormenting of another person in a physical, verbal, or psychological way. It can range from hitting, shoving, name-calling and mocking to extorting money and treasured possessions. Some kids bully by ignoring others and spreading rumors about them. Others use email, chat rooms, instant messages, social networking websites, and text messages to taunt others or

hurt their feelings.

The warning signs that a child is experiencing bullying or being teased include:

- Withdrawal.
- Crying frequently.
- Regular complaints of physical symptoms such as stomach-aches or headaches with no apparent cause.
- Unexplained bruises.
- Sudden change in grades or other learning problems.
- Not wanting to go to or avoiding school.
- Changes in social life — change from an outgoing social butterfly to a somewhat of a loner.
- Sudden change in the way your child talks — displaying low or no self esteem, no self value.

Knowing the warning signs can be the first and the best step in saving a life. For more information regarding bullying and steps to stop bullying ask school officials, community leaders, or visit [www.stopbullying.gov](http://www.stopbullying.gov).

## Sharing the dream



Photos by **SUSANNE KAPPLER**

Above, Sgt. David Tucker, 120th Adjutant General Battalion (Reception) recites Martin Luther King Jr.'s famous "I Have a Dream" speech during the Soldier Support Institute's celebration of Martin Luther King Jr. Day, Jan. 12 at the SSI Auditorium. Tucker's rendition drew a standing ovation from the capacity crowd. Left, attendees watch a video about King's legacy of service during the event.

# Fort Jackson — what's cooking?

## Thrift Shop to publish community cookbook

From the Fort Jackson Thrift Shop

The Fort Jackson Thrift Shop is publishing a Fort Jackson Cookbook titled, "Fort Jackson — What's Cooking?"

This is not the first time the Thrift Shop has embraced a project such as this. The Thrift Shop published and sold a cookbook in the early 2000's. But the new cookbook will have major upgrades. It will contain menus from current and past members of the Fort Jackson community and will display photographs from all around Fort Jackson. The cookbook will also contain suggestions for healthy cooking, cooking for kids, and etiquette.

The cookbook project committee, chaired by Amber Cerchione, is requesting recipes from the entire Fort Jackson community.

"We are looking for South Carolina classic recipes, modern recipes, easy recipes, gourmet recipes, ethnic recipes and unique recipes," Cerchione said. "We are also looking for recipes that people have used or discovered during their travels around the globe."

Kim Milano, who has championed healthy eating lifestyles while here at Fort Jackson, is coordinating a "healthy cooking" set of recipes.

"We have made wonderful changes in the nutrition programs at Fort Jackson over the last two years," Milano said. "While everyone likes comfort food, there is always room in the modern cookbook for healthy recipes and healthy meals."

Maria Currey is a strong advocate of family meal time as a way to bring families together.

"In the hectic and sometimes frantic world we live in today, it is important for families to sit together, enjoy a good meal, and talk together," Currey said.

She will be coordinating family meal recipes and family meal time recommendations.

Anyone from the Fort Jackson community — Soldier, civilian, family member, friend, volunteer — may nominate a recipe by going to [www.typensave.com](http://www.typensave.com), and log in.

The login is "ftjthriftshop" and the password is "hdqdu."

Follow the instructions to type in your contact information and recipe information. The cookbook committee will review all recipes and will choose the most appropriate and compelling 450 recipes.

If contributors would like to write down their recipes instead of using the computer to input their recipes, the handwritten recipes can be dropped off at the cashier at the Thrift Shop during normal business hours.

Please submit all recipes to the cookbook committee by Feb. 2.

The cookbook will be published and initially presented



Leader file photo

**Kim Milano cooks a healthful recipe during a demonstration at the SELF Symposium in September. Milano, a dietitian, will coordinate a "healthy cooking" set of recipes for the upcoming Fort Jackson community cookbook. Community members are encouraged to submit their recipes.**

to the Fort Jackson community during a "What's Cooking Fort Jackson" reception at the Thrift Shop, featuring delicious selections from the final product in mid-April.

Pre-sale order sheets will be available around March 1.

All proceeds from the sale of the cookbook will be returned to the Fort Jackson Thrift Shop and used to support the Thrift Shop's philanthropic mission.

The mission of the Fort Jackson Thrift Shop is to enhance the quality of life of Soldiers, retirees and family members by:

- Providing a place to shop for low cost household and personal items.
- Providing a place to consign used personal and household items with a valid, current military Identification Card.
- Distribute any profits earned to post charities and activities and to charity organizations serving the military community.

In the past three years, the Thrift Shop has donated more than \$50,000 to Fort Jackson Soldiers, families, and to organizations that support Soldiers and their families.

The Thrift Shop has provided philanthropic support through the use of Christmas vouchers or shopping cards for the Commissary and PX, emergency donations from the Thrift Shop itself, and donations to chaplain-sponsored

charitable programs. The Thrift Shop has also provided support to Victory Ranch, Pinckney Elementary School, EFMP, Red Cross and unit FRGs.

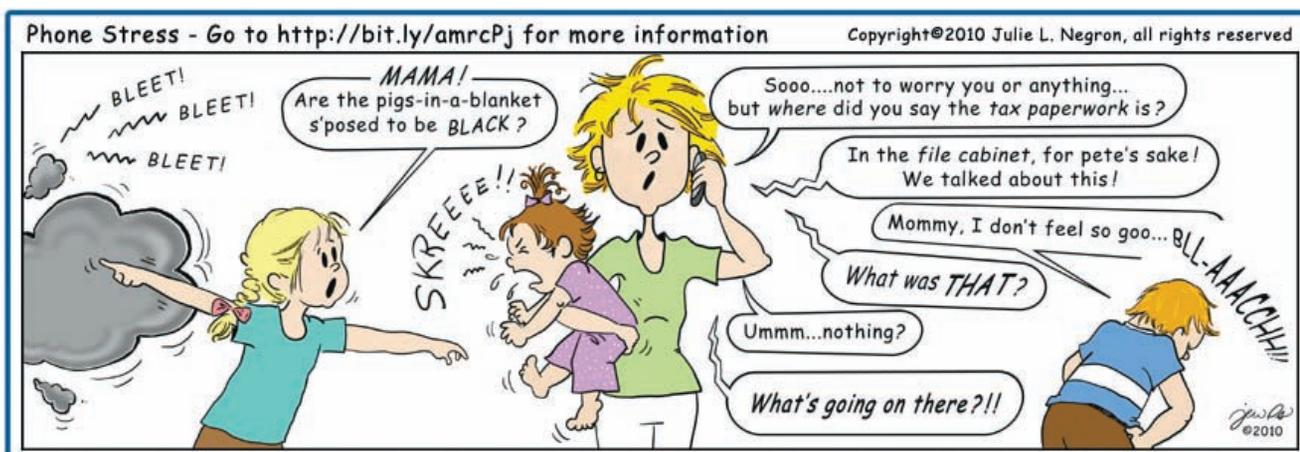
Donations or charitable support can be requested through the Thrift Shop welfare coordinator Dawn Physioc, or by coordinating with manager Kim Smith. The Thrift Shop board of directors has final approval of all philanthropic endeavors.

The Thrift Shop is supported by a team of volunteers who provide invaluable time and expertise to the shop and to the community.

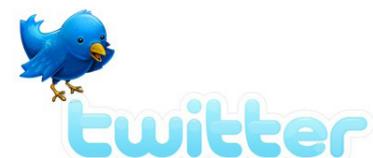
"Some of the volunteers have been volunteering at the Thrift Shop for 25 years and more. They are a very special group of people," said Cheryl Stall, who volunteered at the Thrift Shop while at Fort Jackson.

"Fort Jackson — What's Cooking?" will be a community effort, and the results of the project will support the Fort Jackson community.

The Fort Jackson Thrift Shop is located in the Fort Jackson Mini-Mall at 4713 Lee Road. Store hours are Tuesdays, 9 a.m. to 3 p.m.; Wednesdays, 9 a.m. to 5 p.m.; and Thursdays, 9 a.m. to 3 p.m.. The Thrift Shop phone number is 787-2153. You can also visit the Fort Jackson Thrift Shop on Facebook.



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



# Cone addresses Army 2020 strategy

By GARY SHEFTICK  
Army News Service

WASHINGTON — It's time for the Army to reverse gears after 10 years of war, said the service's leading proponent of training and doctrine.

Gen. Robert Cone, commander of the U.S. Army Training and Doctrine Command, spoke last week about "shaping the Army of 2020." As keynote speaker at the Association of the U.S. Army's Aviation Symposium dinner, he explained the terms "expansibility" and "reversibility."

When the Army expanded to meet wartime needs in Iraq and Afghanistan, it mobilized TRADOC Soldiers and replaced them at the training centers with quality contractors and civilians, he said.

Now that the manpower needs in theater are beginning to drawdown, he said "reversibility" must prepare the Army for the next war through a focus on full-spectrum training.

"The Army has evolved to an understanding of counterinsurgency," Cone said, but "does not understand the high spectrum of operations."

Preparing for the next war simply by studying Iraq and Afghanistan would be a mistake, he said. The next conflict might be quite different.

Earlier in the day, Cone had been at a "Unified Quest" seminar in Potomac, Md. More than 90 warfighters, interagency experts and foreign officers were attending a three-day seminar to determine how the Army of 2020 should fight as part of a joint force.

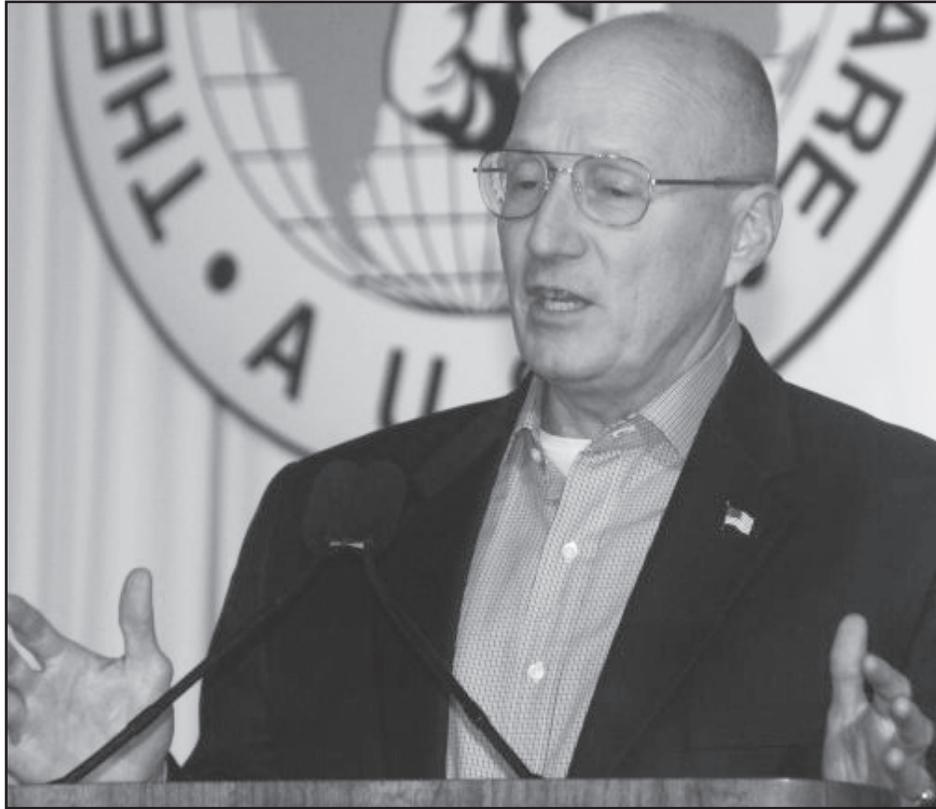


Photo by GARY SHEFTICK, Army News Service

**Gen. Robert Cone, commander of the U.S. Army Training and Doctrine Command, speaks about "shaping the Army of 2020" at the Association of the U.S. Army's Aviation Symposium dinner, Jan. 12.**

It was the fourth Unified Quest seminar in six months as part of the Army chief of staff's challenge to identify issues and opportunities that will test the force of the future.

The Middle East will likely continue to be an "Army-centric theater of operations" for years to come, Cone said. However, the administration is now placing more em-

phasis on the Pacific and Asian theaters, he added.

Emphasis in the Army needs to be on more than just deploying every other year, Cone said.

"We are an Army that values experience almost exclusively at this point," he said. Now there's a challenge to promote TRADOC assignments, fellowships and gradu-

ate school to round out leadership development, he added.

"My greatest fear is losing this great generation of warfighters that has done so much for us for the last 10 years," Cone said.

Training must be realistic, he said. Scenarios should not go back to fighting "Krasnovians" and fictional forces, he said, and he advocated focusing on possible real-world adversaries. Brigades in the United States can each be aligned with a real-world contingency, he suggested. There's a "whole sweep" of virtual training that units can do at home station, he said.

On the other hand, Cone said he doesn't expect leaders today to read the Army's entire inventory of 500 manuals. He said there's a push now to trim field manuals down to just 10 or 11 pages and put more information online. He termed this as part of a trend to "wiki-ize" doctrine.

"Manuals should be written by the guy with the hottest hand coming back from Afghanistan," he said.

It's also time to restore brigades to three maneuver battalions, Cone said. For some time, a number of brigade combat teams have been operating in theater with only two maneuver battalions. A recommendation is now before the Army secretariat to restore the three-battalion brigade, Cone said.

More engineers should also be restored to the BCTs, Cone suggested. Less mature theaters will need more combat engineers, he emphasized. And everyone who has served in the last 10 years knows the value of Army aviation, he added.

## FMWR schedules lifeguard training

From Family and Morale, Welfare and Recreation

Fort Jackson Family and Morale, Welfare and Recreation has released its 2012 lifeguard training schedule. Nine sessions are available for those who wish to become lifeguards.

- ☐ Session 1: Jan. 20, 21, 22, 28 and 29
- ☐ Session 2: Feb. 10, 11, 12, 18 and 19
- ☐ Session 3: Feb. 20-24 (weeklong session)
- ☐ Session 4: March 2, 3, 4, 10 and 11
- ☐ Session 5: March 23, 24, 25, 31 and April 1
- ☐ Session 6: April 2-6 (weeklong session)
- ☐ Session 7: April 13, 14, 15, 21 and 22
- ☐ Session 8: May 11, 12, 13, 19 and 20
- ☐ Session 9: June 4-8 (weeklong session).

Class times are 4 to 9 p.m., Fridays; 8 a.m. to 6 p.m., Saturdays; 1 to 6 p.m., Sundays; and 8 a.m. 4 p.m., daily for weeklong sessions.

Candidates must pass a test on the first day of class to continue. The test consists of the following skills:

- ☐ Swim 300 meters continuously using 100 meters front

crawl/freestyle (using rhythmic breathing with a propellant kick), 100 meters breaststroke (using a pull, breathe, kick, glide sequence); 100 meters choice between front crawl and breaststroke. This skill does not have a time requirement.

☐ Swim 20 meters using either front crawl or breaststroke; surface dive to a minimum depth of 7 feet; retrieve a 10 pound object and return to the surface; swim back to the starting point and get out of the water without using a ladder. When returning to the starting point, the candidate must hold the object out of the water with both hands while swimming on his or her back. This skill must be accomplished within 1 minute, 40 seconds.

The cost of the course is \$125 for military ID card holders and \$175 for others. All classes will take place at Knight Pool.

Candidates who complete the class will receive American Red Cross certifications in lifeguarding, first aid, CPR and automated external defibrillator use.

To register, visit the Solomon Center or Marion Street Station or visit [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com).

## Sports shorts

### DARTS LETTERS OF INTENT DUE

Letters of intent for intramural and recreational darts are due Jan. 26. The season is scheduled to begin Feb. 2. League play will be 5:30 p.m., Thursdays at Magruder's Pub. For more information, call 751-3096.

### SWIM MEET SCHEDULED

A swim meet is scheduled for 8 a.m., Feb. 4 at Knight Pool. The registration deadline for names and events is Jan. 31. The events offered are 50 and 100 freestyle, breaststroke, butterfly and backstroke. In addition, two relay events, freestyle and medley, are on tap. Each Soldier can participate in two individual events and one relay.

### BASKETBALL SEASON ONGOING

Winter basketball season games are played Mondays through Thursdays, beginning at 6:15 p.m., at Vanguard Gym.

For more information about intramural sports, contact the Sports Office at 751-3096.

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

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Joshua Kaplan**  
Company A  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Courtney Dallon

**SOLDIER OF THE CYCLE**  
Pfc. Justin Stalnaker

**HIGH APFT SCORE**  
Pvt. Daniel Zamora

**HIGH BRM**  
Spc. Daniel Godin



**Staff Sgt. David Stover**  
Company B  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Jared Zygmuntowicz

**SOLDIER OF THE CYCLE**  
Pfc. Mark Morano

**HIGH APFT SCORE**  
Pvt. Geraldo Velazquez

**HIGH BRM**  
Pvt. Anthony Mangiaracina



**Staff Sgt. Patricia Basabe**  
Company C  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Spc. Ryan Murphy

**SOLDIER OF THE CYCLE**  
Spc. Ryan Mattson

**HIGH APFT SCORE**  
Pfc. Nicholas Rizzo

**HIGH BRM**  
Pvt. Joshua Fowkes



**Sgt. 1st Class Dominic Mirabal**  
Company D  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Roberto Trigueros

**SOLDIER OF THE CYCLE**  
Spc. Kristopher Calnon

**HIGH APFT SCORE**  
Pvt. Burnell Stewart

**HIGH BRM**  
Spc. Richard Hernandez



**Staff Sgt. Aaron Fillmore**  
Company E  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pfc. Ryan Jones

**SOLDIER OF THE CYCLE**  
Pvt. Tommy Wilson

**HIGH APFT SCORE**  
Pvt. Chadrick Green

**HIGH BRM**  
Pvt. Jason Carmody



**Staff Sgt. Juan Villalobos**  
Company F  
3rd Battalion,  
34th Infantry Regiment

**SOLDIER LEADER OF THE CYCLE**  
Pvt. Joseph Blair

**SOLDIER OF THE CYCLE**  
Pvt. Torrie Johnson

**HIGH APFT SCORE**  
Pvt. Ezra Ancrum

**HIGH BRM**  
Pvt. Timothy Morrison

## SUPPORT AWARDS OF THE CYCLE

### STAFF SUPPORT

Sgt. 1st Class  
Christopher Widener  
Sgt. Whitney Mitchell  
Spc. Robert Smead Jr.

### TRAINING SUPPORT

Staff Sgt. Jarrod Nordby

### SERVICE SUPPORT

Angela McCreary

### DFAC SUPPORT

Anna Lloyd

### FAMILY SUPPORT

Carmen Villalobos

Jancy Payton  
Delcine Person  
Brook Willis

## Training honors



**LEWIS**

### 187TH ORDNANCE BATTALION HONORS

**CADRE OF THE CYCLE**  
Staff Sgt. Dominick Perea

**INSTRUCTOR OF THE CYCLE**  
Staff Sgt. John Lewis

**DISTINGUISHED HONOR GRADUATE**  
Pfc. Tara Schultz

## Want more Fort Jackson news?



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



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



## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Feb. 2 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the Feb. 2 Leader must be submitted

by Jan. 26.

Send your submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com).

For more information, call 751-7045.

## At your service

Phone numbers and operation hours for key post facilities

<b>All South Federal Credit Union</b>	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
<b>American Red Cross</b>	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
<b>Andy's Fitness Center</b>	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
<b>Army Career Alumni Program</b>	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Army Community Service</b>	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
<b>Army Continuing Education Services</b>	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Army Substance Abuse Program</b>	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Bowling, Century Lanes</b>	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
<b>Bowling, Ivy Lanes</b>	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
<b>Car Care Center</b>	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
<b>Chaplain Museum</b>	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
<b>Child and Youth Services</b>	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
<b>Civilian Personnel Advisory Center</b>	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
<b>Class VI</b>	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Clinical Army Substance Abuse Program</b>	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
<b>Coleman Gym</b>	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
<b>Commissary</b>	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
<b>DA Photos (TSC)</b>	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
<b>Defense Military Pay Office</b>	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
<b>Dental Clinics</b>	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
<b>Family Health Center</b>	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
<b>Family Life Resiliency Center</b>	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
<b>Florist</b>	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
<b>Fort Jackson National Cemetery</b>	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
<b>Furniture Store</b>	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
<b>Hospital Retail Annex</b>	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
<b>ID Section</b>	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
<b>Legal Assistance and Claims</b>	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
<b>LCI-SSSC</b>	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
<b>Main Outpatient Pharmacy</b>	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
<b>MG Robert B. Solomon Center</b>	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
<b>Military Clothing Sales Store</b>	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
<b>Movie Theater</b>	751-7488	Hours vary
<b>National Federation of Federal Employees</b>	751-2622	
<b>NCO Club</b>	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
<b>Officers' Club</b>	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
<b>Palmetto Falls Water Park</b>	751-3381	**Closed for season**
<b>Perez Fitness Center</b>	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
<b>Pharmacy Annex (PX mall)</b>	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
<b>Pool, Knight</b>	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
<b>Pool, Legion</b>	751-4796	**Closed for season**
<b>Post Exchange</b>	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
<b>Post Library</b>	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
<b>Post Office</b>	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
<b>Recycling Center</b>	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
<b>Reuse Center</b>	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
<b>Safety Center</b>	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
<b>Gate 1 Express</b>	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
<b>Gate 2 Express</b>	790-4478	Open 24 hours a day
<b>SSI Retail Annex</b>	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
<b>Thrift Shop</b>	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
<b>Vanguard Gym</b>	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
<b>Vehicle Registration</b>	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
<b>Veterinary Clinic</b>	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
<b>Weston Lake</b>	751-5253	Oct. 1 through April 30: 9 a.m. to 5 p.m.; May 1 through Sept. 30: 10 a.m. to 6 p.m.

Anything we missed? E-mail us at [fjleader@gmail.com](mailto:fjleader@gmail.com).

## Calendar

### Friday

**Martin Luther King Jr. Day luncheon**  
11:30 a.m. to 1 p.m., Solomon Center

### Tuesday, Jan. 31

**New Year, New You — Volunteer**  
9 a.m. to 2 p.m., Family Readiness Center  
For more information, call 751-6315.

### Retirement Review

10 a.m., Post Headquarters

### AUSA Palmetto State Chapter — general membership luncheon

11:30 a.m., Officers' Club  
The guest speaker will be Sloan Gibson, president of USO World. The cost is \$10. For reserved seating, call 751-7317 or email [C3601@ausa.org](mailto:C3601@ausa.org).

### Wednesday, Feb. 1

#### National Prayer Breakfast

7 a.m., NCO Club  
The guest speaker will be Chaplain (Col.) Charles Howell, IMCOM chaplain.

### Tuesday, Feb. 7

#### Town hall meeting

6 p.m., Solomon Center

## Housing events

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

### Ongoing

#### The Biggest Loser contest

The person who loses the highest percentage of weight will win a \$50 gift

card and a prize pack. Participants must weigh in weekly. To register, call 738-8275 or email [ayoungblood@bbcgrp.com](mailto:ayoungblood@bbcgrp.com).

### Today

#### National Popcorn Day, 3 p.m.

Celebrate by picking up a bag of popcorn at the Community Center.

## Announcements

### BASIC SKILLS EDUCATION

The next Basic Skills Education Program course is scheduled to run Feb. 7 through March 2. Classes meet from 8 a.m. to 2 p.m., Tuesday through Thursday. The program provides Soldiers with remediation in reading, mathematics and test-taking skills. Soldiers may improve their basic skills by enrolling in the BSEP class and using online training resources. Applications are available at the Education Center, Room A100. For more information, call 751-5341

### COMMUNITY TOUR SET

A "Come see your Army" tour is scheduled for Feb. 16. Participants will attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; and more. RSVP is required by Feb. 13. For more information and to register, call 751-1474.

### FCC PROVIDERS NEEDED

Military spouses who are interested in becoming family child care providers may apply to become certified to provide child care to military families in their homes. FCC orientation training is scheduled from 8 a.m. to 4 p.m., Feb. 6-10 at the Joe E.

Mann Center. Applications are being accepted through Jan. 27. For more information, call 751-6234.

### ACES NEEDS ASSESSMENT SURVEY

Army Continuing Educations Services is conducting its annual needs assessment survey. The survey gathers information for planning customer-relevant continuing education programs. The survey can only be conducted on computers that read Common Access Cards. To access the survey, visit <https://secureweb.hqda.pentagon.mil/Checkbox/Survey.aspx?s=70328bd5cd5446f08b7e69fb5526d56c>. For more information, call 751-5341.

### MG URSANO SCHOLARSHIP

The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit [www.aerhq.org](http://www.aerhq.org) or call (866) 878-6378.

### SPOUSE ASSISTANCE CHANGES

Effective with the academic year 2012/2013, Army Emergency Relief will consolidate its overseas and stateside spouses education assistance programs. All spouses will be allowed to attend school part-time or full-time. Funding will be available for fall and spring semesters only. Other changes include minimum credit hour requirements, scholarship eligibility and a modified overseas application process. For more information, call 751-5256 or email [education@aerhq.org](mailto:education@aerhq.org).

### CHANGE IN HOURS

The Personal Property Office has changed its hours of operations for walk-

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

*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. For more information, call 751-7045.*

## 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.*

### OCS ALUMNI REUNIONS

The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email [Army@OCSAlumni.org](mailto:Army@OCSAlumni.org) or call (706) 221-8720.

### SUBMISSION GUIDELINES

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com). For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609.

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

# Make careful transition, avoid injury in switch to minimalist running shoes

By MAJ. ZACK SOLOMON  
U.S. Army Public Health Command

In 1974, one of the first modern-day running shoes, the “Waffle Trainer,” was marketed as a lightweight shoe that would grip the road. This shoe launched a revolution in running shoe design and probably triggered the explosion in popularity of distance running throughout the United States in the 1970s and early 1980s.

Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running.

Shoe mid-foot arch construction grew rigid, and heel cushion material was heightened to correct running form and presumably prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches, and cushioned shoes for high arches. These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe, and finally they would begin running injury free.

Unfortunately, this system of shoe selection hasn’t lived up to runners’ expectations as running injuries persisted. Multiple U.S. Army Public Health Command studies in Basic Combat Training Soldiers have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged — the minimalist running shoe.

A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a

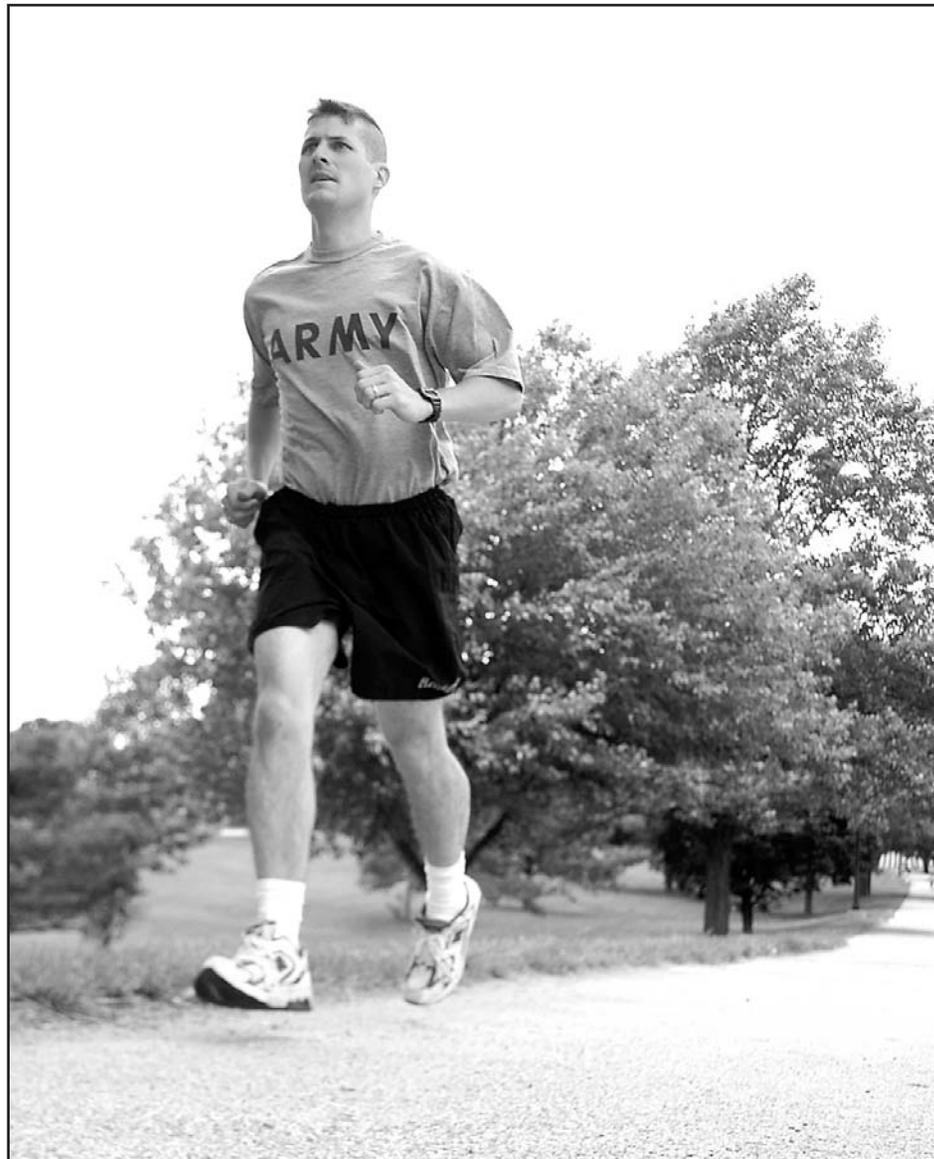


Photo by PRUDENCE SIEBERT, Fort Leavenworth Public Affairs Office

**Soldiers making the switch from cushioned to minimalist running shoes are urged to make a slow transition to avoid injuries.**

more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries.

Although the jury is still out on whether

minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe to a mini-

malist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, for example stress fractures.

The calf muscles will require the greatest adjustment, followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the Soldier adapts to a shortened stride and forefoot strike.

The following are a few tips to make a smooth transition:

❑ Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.

❑ No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.

❑ Avoid running two days in a row in minimalist running shoes for the first four weeks.

❑ Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.

❑ Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more information or if problems develop from any change in training or equipment, Soldiers should contact their medical provider or physical therapist.

## Correct hand-washing reduces risk of getting sick

By KRISTIN SHIVES  
TRICARE Management Activity

Sneezing, coughing and sore throats can all be signs of an infection. However, there is a great way to help prevent the spread of germs that can cause these symptoms — wash your hands.

The Centers for Disease Control and Prevention report that hand-washing is the single most effective way to prevent the transmission of disease. Using soap and water is the best method to remove germs on hands.

If soap and water aren’t available, another way to reduce germs on hands is to use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Alcohol-based hand sanitizers can reduce the number of germs, but they don’t elimi-

nate all types of germs.

What’s the right way to wash hands? The CDC lists the following steps:

— Wet hands with clean, running (warm or cold) and apply soap.

— Rub hands together to make a lather and scrub them well; scrub the back of hands, between fingers and under nails.

— Continue rubbing hands for at least 20 seconds (About the time it takes to sing the “ABC song.”)

— Rinse hands well under running water

— Dry hands using a clean towel or air dry them

CDC has partnered with Henry the Hand, an organization that teaches children how to prevent the spread of infection. The most common way for people to get infected by germs

that cause sickness is by putting dirty fingers in the eye, nose or mouth. Henry the Hand wants everyone to stay healthy by following its four principles of hand awareness:

— Wash hands when they are dirty and before eating.

— Don’t cough into hands.

— Don’t sneeze into hands.

— Don’t put fingers into the eyes, nose or mouth.

Hand-washing should always be done before preparing and eating food, before and after treating a cut or wound, and after using the bathroom, changing diapers, touching garbage, petting an animal and blowing your nose, coughing or sneezing. Beneficiaries who want to learn more on the how-to of hand-washing can visit [www.cdc.gov/hand-washing](http://www.cdc.gov/hand-washing). Henry the Hand offers kid-friendly material for hand-washing just go to [www.henrythehand.com](http://www.henrythehand.com).

# FMWR invites community to conquer snowy slopes

By **THERESA O'HAGAN**  
Family and Morale,  
Welfare and Recreation

So far this winter, the weather in these parts has been very mild and not very wintry. We have had an average high temperature of 60 degrees, and have hit a record 81 degrees.

Wouldn't it be nice to get a snow day once in a while?

The chance of getting a snow day anytime soon in the Midlands is a real long shot.

Since the snow won't come to Fort Jackson, well, Fort Jackson will have to go to where there is snow. Fortunately, the Community Recreation Division has planned a trip to the Cataloochee Ski Area on Jan. 28.

Unfortunately, there are only 14 spaces available on the minibus headed to those nice snowy mountains. CRD is providing transportation only for \$20 per person.

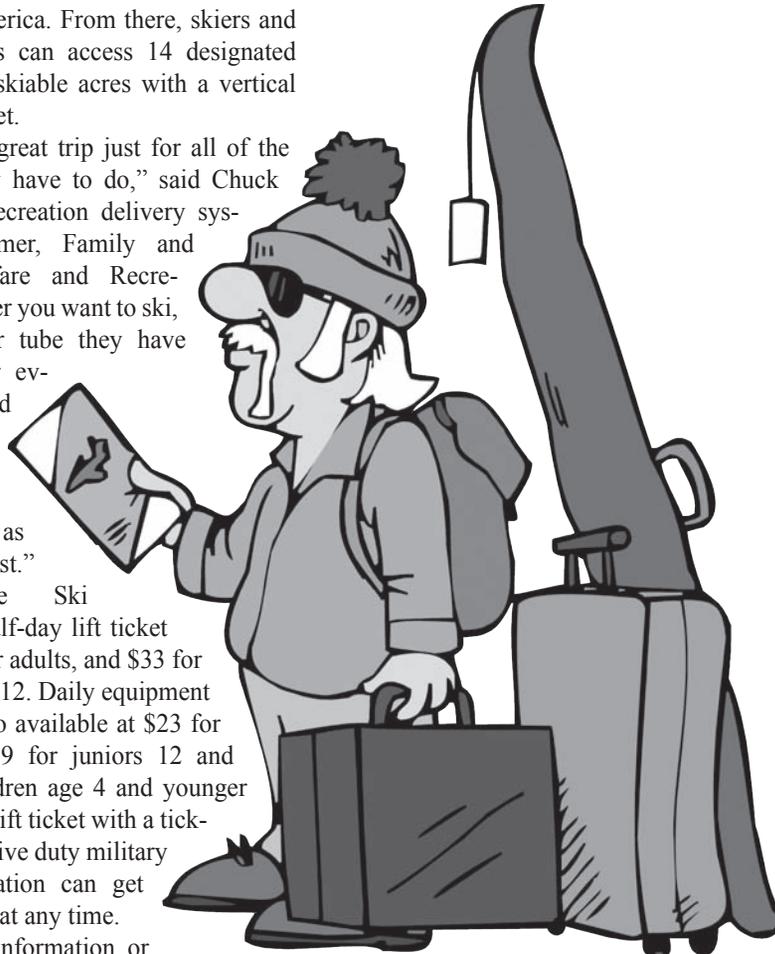
Cataloochee Ski Area opened on Moody Top Mountain in the early 1960s, making it one of the oldest ski resorts in North Carolina together with Appalachian Mountain Ski Area. Today, Cataloochee Ski Resort ("Cat" to locals) has five lifts, including the Rock Island Line, which transports riders all the way to the 5,400-foot summit, one of the highest elevations of any ski area in east-

ern North America. From there, skiers and snow boarders can access 14 designated runs over 15 skiable acres with a vertical drop of 740 feet.

"This is a great trip just for all of the stuff that they have to do," said Chuck Stoudemire, recreation delivery system programmer, Family and Morale, Welfare and Recreation. "Whether you want to ski, snowboard, or tube they have something for everyone. I would encourage anyone who is interested to sign up soon as this trip fills fast."

Cataloochee Ski Area offers half-day lift ticket rates at \$28 for adults, and \$33 for juniors ages 5-12. Daily equipment rentals are also available at \$23 for adults and \$19 for juniors 12 and younger. Children age 4 and younger receive a free lift ticket with a ticketed adult. Active duty military with identification can get the junior rate at any time.

For more information or to register, call Chuck Stoudemire at 751-0891.



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Announcement submissions are due one week before publication.

For example, an announcement for the Feb. 2 Leader must be submitted by Jan. 26.

Send all submissions to [FJLeader@gmail.com](mailto:FJLeader@gmail.com) or call 751-7045.



## FMWR calendar

### THURSDAY

- ☐ Visit **Century Lanes** for food, fun and bowling.
- ☐ **Victory Bingo**, 2 to 11 p.m.
- ☐ **Sleepy Storytime** at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ☐ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

### FRIDAY

- ☐ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

### SATURDAY

- ☐ **Victory Bingo**, starts at 1 p.m.
- ☐ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

### SUNDAY

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

### WEDNESDAY

- ☐ Victory Readers Club, 6 to 8 p.m., **Post Library**.
- ☐ **4-H Club** meets 4 to 5 p.m.; for grades 1-5. Call 751-1136 for information.

### ONGOING OFFERS

- ☐ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ☐ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.
- ☐ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ☐ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.



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



# Interim family support tied to BAH

By **CAPT. ALANA R. HINES**  
*Legal Assistance Office*

Because of new basic housing allowance rates for 2012 that recently took effect, service members providing interim family support pursuant should adjust their allotments accordingly.

Those receiving interim family support may also want to make sure they are receiving the proper amount.

Army Regulation 608-99 creates an interim support requirement that applies only when the parties do not have a court order or an agreement concerning support. If there is a court order and a parent fails to pay child support in accordance with a court order, many civilian legal consequences can follow, including arrearage payments or a garnishment of wages.

Absent a court order, if a verbal agreement exists and is being followed, the Army will not interfere. The Army will not step in and tell the Soldier that he or she must pay interim support. If the parties are not in agreement, then AR 608-99 interim support guidelines apply.

If a signed written agreement exists, the amount specified in the agreement controls. If no verbal or written agreement exists, AR 608-99 applies. The purpose of interim support is to provide some family support while the parties seek an agreement or a court settlement.

The interim amount is not intended to provide adequate support in all cases, and if a family member thinks the interim amount is not enough, he or she must obtain a court order or enter an agreement to change the Soldier's support obligation.

There are certain limited circumstances in which a Soldier can be released from support requirements, but this can only be done by a battalion commander or higher. The Staff Judge Advocate must be consulted before releasing a Soldier.

The specific situations in which a battalion commander

can release a Soldier are outlined in AR 608-99, Chapter 2-14. A special court martial convening authority, typically a brigade commander, may release a Soldier from providing spousal support, or reduce the amount of spousal support, if he or she is satisfied by a preponderance of evidence that the Soldier should be released as a matter of fundamental fairness, and must obtain a written legal opinion before releasing the soldier (Chapter 2-15).

If the dependents are residing in government housing, they do not qualify under AR 608-99. Further, if spouses are dual military, they do not qualify, but if they have children, then the children will still qualify.

The amount of family support owed under AR 608-99 is determined based on the Soldier's rank and the type of family situation. The BAH II (RC/T), also known as the BAH non-locality rate, is used as a yardstick to determine the amount of interim family support.

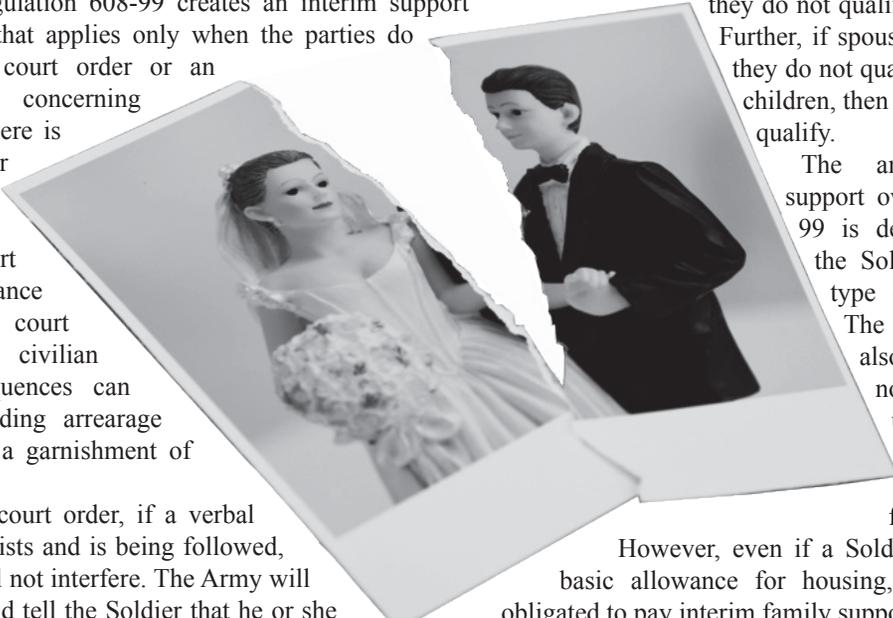
However, even if a Soldier does not receive basic allowance for housing, he or she is still obligated to pay interim family support.

If a Soldier has family members residing in different locations, a pro rata share of BAH II (RC/T) — married (non-locality with dependents) is owed to those not in government quarters.

The interim support obligation begins on the date that the parties cease living together. For example, if one of the spouses moved out Dec. 6, the first family support payment would be due Jan. 1, pro-rated for the number of days in December that the two were not living together.

If a dependent wishes to seek enforcement of AR 608-99, then he or she can begin by contacting the Soldier's commander. The dependant can also contact the local Inspector General office. If there are any further questions or concerns the dependent can always contact the Legal Assistance Office.

Service members with questions regarding their possible obligations under AR 608-99 are encouraged to speak with their commanders, and can also schedule an appointment with a legal assistance attorney.



2012 Non-Locality BAH Rates				
Effective 1 January 2012				
Pay Grade	Partial*	BAH RC/T		Differential
		Without Dependents	With Dependents	
O-10	\$ 50.70	\$ 1,428.00	\$ 1,756.50	\$ 324.90
O-9	\$ 50.70	\$ 1,428.00	\$ 1,756.50	\$ 324.90
O-8	\$ 50.70	\$ 1,428.00	\$ 1,756.50	\$ 324.90
O-7	\$ 50.70	\$ 1,428.00	\$ 1,756.50	\$ 324.90
O-6	\$ 39.60	\$ 1,309.50	\$ 1,581.30	\$ 269.10
O-5	\$ 33.00	\$ 1,260.90	\$ 1,524.30	\$ 259.80
O-4	\$ 26.70	\$ 1,168.20	\$ 1,343.70	\$ 172.80
O-3	\$ 22.20	\$ 936.90	\$ 1,111.80	\$ 172.50
O-2	\$ 17.70	\$ 742.50	\$ 948.60	\$ 203.70
O-1	\$ 13.20	\$ 636.90	\$ 849.30	\$ 220.50
O3E	\$ 22.20	\$ 1,011.00	\$ 1,194.90	\$ 181.20
O2E	\$ 17.70	\$ 859.50	\$ 1,078.20	\$ 216.60
O1E	\$ 13.20	\$ 747.60	\$ 996.60	\$ 254.10
W-5	\$ 25.20	\$ 1,187.10	\$ 1,297.50	\$ 108.00
W-4	\$ 25.20	\$ 1,053.90	\$ 1,189.20	\$ 132.90
W-3	\$ 20.70	\$ 886.50	\$ 1,090.20	\$ 201.00
W-2	\$ 15.90	\$ 786.30	\$ 1,001.70	\$ 212.40
W-1	\$ 13.80	\$ 659.40	\$ 867.00	\$ 205.50
E-9	\$ 18.60	\$ 865.50	\$ 1,141.20	\$ 271.50
E-8	\$ 15.30	\$ 795.00	\$ 1,052.70	\$ 254.40
E-7	\$ 12.00	\$ 732.90	\$ 977.10	\$ 294.30
E-6	\$ 9.90	\$ 677.40	\$ 902.70	\$ 284.40
E-5	\$ 8.70	\$ 609.00	\$ 812.10	\$ 242.10
E-4	\$ 8.10	\$ 529.80	\$ 705.90	\$ 209.40
E-3	\$ 7.80	\$ 492.60	\$ 656.40	\$ 171.30
E-2	\$ 7.20	\$ 469.50	\$ 625.80	\$ 229.20
E-1 >4	\$ 6.90	\$ 469.50	\$ 625.80	\$ 271.50
E-1 <4	\$ 6.90	\$ 469.50	\$ 625.80	\$ 271.50

\* Payment of the partial BAH RC/Transit rate to members of the uniformed services without dependents who, under Title 37 U.S.C. 403(b) or (c) are not entitled to the full rate of BAH RC/Transit, are authorized by Title 37 U.S.C. 1009(c)(2) and Part IV of the Executive Order 11157, as amended. BAH RC/Transit rates are adjusted by the average change in housing costs; BAH Diff rates increase by the increase in the basic pay raise.

## Fort Jackson Legal Office

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

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

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

## FIRST RESPONDER

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

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

### Lt. Col. Raymond Simons

*Director, Emergency Services/Provost Marshal*

### Sgt. Maj. Bruce Sirois

*Provost Sergeant Major*

### Bill Forrester

*Fire Chief*

### CASES OF THE WEEK

□ A Soldier was released to his unit after being arrested in connection with an assault consummated by battery. Accord-



ing to police reports, the Soldier pushed and held a civilian by the neck during an argument in the housing area. The incident remains under investigation.

□ A civilian was escorted off the installation and received two citations in connection with a theft at the Main Exchange. According to police reports, the civilian was caught on camera placing two perfume bottles and several articles of clothing in her purse and leaving without paying. The estimated value of the stolen items exceeds \$350, police said. In addition to shoplifting, the civilian was also cited for using fake identification cards.

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

## Report Suspicious Activity or Behavior



See Something

Say Something



twitter

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

# As for loyalty, there is no gray area

By **CHAPLAIN (MAJ.) CHARLES KUHLMAN**  
*Family Life Chaplain*

Many people take this time of year to renew old acquaintances, establish better habits and weed out the accumulated relational and physical debris from their lives. In my life, I have found benefit in reviewing foundational building stones.

Loyalty is a foundational virtue that impacts both relationships and job performance.

Loyalty is the very fabric of community. When treachery, the opposite of loyalty, is esteemed in a society, beware. In a society where treachery is uplifted as good, family ties mean little, friendships mean less, and life without loyalty becomes a dark place indeed.

Loyalty is an issue of character, not isolated action. One is either loyal or one is not. Prevailing wisdom would have us believe that disloyalty to family or spouse is irrelevant to job performance. However, if one is disloyal to his or her family, only time stands between the person and disloyalty on the job.

Why?

Loyalty is the willingness, because of relational com-

mitment to deflect praise, admiration, and success onto another. This sometimes comes at great personal cost. Loyalty never usurps authority and refuses to accept praise due another. It makes functional families and victorious armies. It is the most basic element which validates and cements relationships.

Loyalty in action may look like this: I am dressed nicely for a Sunday service in a suit and tie picked and purchased by my wife.

I receive the compliment: "Chaplain, you look right sharp in a suit, and that tie is fantastic!" At this point, I have the opportunity to pass the compliment to my wife: "Thank you very much; my wife picked it out for me. She has great taste," or exercise disloyalty by taking the praise myself.

By sharing the compliment, I nurture the relationship

with my wife and build her up by sending due praise her way. It is saying, "I could not have done this without these people. ..."

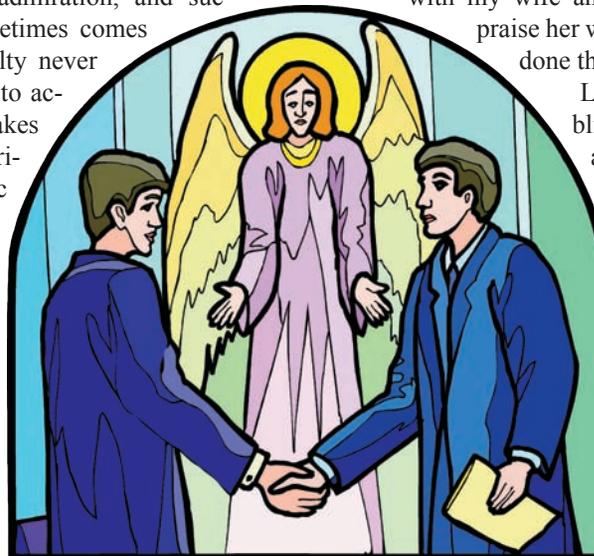
Loyalty is refraining from grumbling criticism to, or about, one another. If I joke to my peers that my wife is not very bright, how does that make me look? I would look like a fool, because I am the one she married.

Therefore, loyalty is a two-way street in any relationship, at home and at work. It is the cement that holds relationships together and allows difficult circumstances to be overcome.

One para-military individual said, "I never underestimate

the loyalty forged of sweat, blood and tears. It is much more dangerous than the loyalty which is bought and sold."

What kind of loyalty are you practicing today?



**PROTESTANT**

- Sunday
  - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
  - 9:30 a.m. Hispanic, Post Theater
  - 9:30 a.m. Main Post Chapel
  - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
  - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
  - 10:45 a.m. Sunday school, Main Post Chapel
  - 11 a.m. Memorial Chapel
  - 11 a.m. Chapel Next and Children's Church, Bayonet Chapel
- Wednesday
  - 6 p.m. Prayer service, Magruder Chapel

**Protestant Bible Study**

- Sunday
  - 9:30 a.m. Chapel Next Bible study, Bayonet Chapel
- Monday
  - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
  - 9:30 a.m. to noon Women's Bible study

- (PWOC), Main Post Chapel
- Wednesday
  - 6 p.m. Gospel prayer service, Daniel Circle Chapel
  - 7 p.m. Gospel Bible study, Daniel Circle Chapel
  - 7 p.m. LDS scripture study, Anderson Street Chapel
  - 11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
- Saturday
  - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

**Protestant Youth of the Chapel**

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

**CATHOLIC**

- Monday through Thursday
  - 11:30 a.m. Mass, Main Post Chapel
- Sunday
  - 9:30 a.m. CCD (September through May), Education Center
  - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
  - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
  - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

- 11 a.m. Mass (Main Post Chapel)
- 12:30 p.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel

- Wednesday
  - 7 p.m. Rosary, Main Post Chapel
  - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
  - 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

**ANGLICAN/LITURGICAL**

- Sunday
  - 8 a.m. Anderson Street Chapel

**ISLAMIC**

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

**JEWISH**

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

**LATTER DAY SAINTS**

- Sunday
  - 9:30 to 11 a.m. Anderson Street Chapel

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

**CHURCH OF CHRIST**

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

**ADDRESSES, PHONE NUMBERS**

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

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