

## TRACKING ...

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Bowl victory icing  
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# The Fort Jackson *Leader*

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# Homecoming

## Soldiers return after holidays

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

For more than 7,500 Soldiers who train at Fort Jackson, the holiday season came to an end with their return from Victory Block Leave Monday. More than 8,500 Soldiers left the post Dec. 16, but about 1,000 moved on to Advanced Individual Training or other assignments.

After returning, the Soldiers had to sign in at the Solomon Center before being sent back to their units for drug testing and refresher training, explained Maj. Michael Ufford with the Fort Jackson G3.

Ufford said that planning for Victory Block Leave began in July.

"The biggest challenge is linking all the voices involved in this massive puzzle," he said. "Just about everybody on this post is affected by, if not directly involved in, Victory Block Leave; from directorates (and) units, to civilian contractors, as well as other military installations and organizations like Fort Benning and Fort Gordon and TRADOC and (civilian partners) like the Columbia, Charlotte and Atlanta airports and the Columbia Amtrak station."

Ufford emphasized that one of the toughest challenges is coordinating ticket sales, which he said went extremely well.

"When all is said and done, I think all involved — the units, directorates and civilian organizations — can be proud of themselves for successfully executing a very challenging undertaking."

But not all Soldiers went home for the holidays. Almost 200 Soldiers stayed at Fort Jackson for various reasons. Some chose to save leave or money, while others were scheduled to leave the Army for medical or other reasons, said Maj. Thomas Adkins, executive officer of the 1st Battalion, 13th Infantry Regiment, which was designated as this year's holdover battalion.

For Pvt. Nicole Bryan, who is in Basic Combat Training with Company F, 3rd Battalion, 13th Infantry Regiment, the decision to stay was about wanting to stay in shape throughout the holiday season.

"If I had gone home, I would have been so excited about seeing family and friends and just spending the holidays," Bryan said. "I knew that I would probably be too busy just spending the time with them instead of working out like I should be. Here (we have) had PT in



Photo by **CHRIS RASMUSSEN**

**Pvt. Chris Williamson, Company F, 2nd Battalion, 60th Infantry Regiment, checks in with Spc. Lashunda Cunningham, 120th Adjutant General Battalion (Reception), at the Solomon Center after returning from Victory Block Leave Monday.**

See **HOLDOVER:** Page 9

# 2011 to be 'groundbreaking' for post

**B**efore I welcome everyone back from the holidays, I would first like to acknowledge the many Victory Block Leave organizers who have made this long and complicated operation flow so effortlessly. There is nothing easy about this operation. It requires an incredible amount of planning, coordination and execution and involves practically everyone on post in some way or another. This was a job well done!

We find ourselves at the beginning of a new year, ready to take on new challenges, and looking forward to what promises to be a year of exciting change and improvement as we continue toward our goals, and building on our past year's accomplishments.

Glancing back at 2010, you will notice that it was a year marked with a number of significant changes in training and more work in regard to Comprehensive Soldier Fitness. There were quite a few significant and noteworthy accomplishments around post. Three of the biggest were the opening of the Master Resilience Training school, the implementation of the new Basic Combat Training Program of Instruction and new physical fitness program, and the transformation of Fort Jackson to an Army Training Center.

Some other mile markers from 2010 included the

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



opening of the new Armed Forces Chaplaincy Center, the completion of more on-post housing, the opening of a new hotel, the switch to a new on-post telephone system to include emergency dialing, one of our reservists being named drill sergeant of the year, and the (first in many years) enlisted Sikh Soldier in the Army graduating from BCT.

There were newsmakers, as well to include NCOs saving lives; Battle of the Bulge veterans celebrating their 60th anniversary here; and Kid Rock coming to Hilton Field to salute our troops with a Patriots Day concert.

In 2010, we have also seen a number of Soldiers

become American citizens at BCT graduations, new traffic patterns on post and added security at the gates; the WTU getting on-post college courses as well as equine-assisted therapy; a new Global Assessment Tool center, as well as a new game room for single Soldiers and extended services for our families.

This past year we have set the tone, and now it's time to gear toward specific organizational goals, plans and programs as we roll out the new campaign plan this month and set the course for the future. Our campaign plan team has worked hard at streamlining and updating the plan. I am excited about the changes and am confident that the new plan offers a well-structured and comprehensive blueprint for 2011 and beyond.

This promises to be a groundbreaking year as we hit the ground running with the opening of the new BCT II complex and new Drill Sergeant School building, as well as the start of the BCT III and 2nd Battalion, 13th Infantry Regiment moving into renovated barracks. And, there are many more moves as a result.

Again, welcome back to all of you and I am thankful that you made it back safely. Let's get started with 2011 — we have a challenging mission to continue.

Victory Starts Here! Army Strong!

## The Fort Jackson Leader

**Fort Jackson, South Carolina 29207**

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## Lynch outlines command efforts

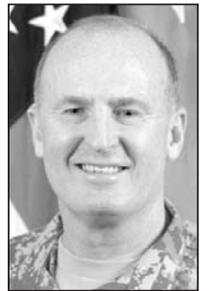
**L**ike many others this time of year, I have been reflecting on the past 12 months and looking forward to the new year. In my professional capacity, I am focusing on the future of the Installation Management Community. Specifically, what should the Installation Management Community look like a year from now? I have been asking this question of Installation Management personnel during meetings, town halls and garrison visits.

After all, the dedicated professionals at the garrisons and headquarters are doing the work on a daily basis; they know what it takes to deliver the facilities, programs and services that support our Soldiers and families. I have also been seeking feedback from Soldiers, families and leaders through a number of avenues, including installation visits, the Family Forums at the Association of the United States Army annual conference, the Army Community Services focus groups I recently held and the Army Family Survey.

This feedback is critical because everything we do is focused on providing Soldiers and families the programs, services and facilities that support their well-being, resilience and readiness. We need to know where we are on target and where we are missing the mark. I urge everyone — Installation Management personnel, Soldiers, family members, leaders — to continue to send me solid ideas that help answer the three fundamental questions: Are we doing the right things? Are we doing things right? What are we missing?

The point of asking for input from so many different people is to build a shared vision of where we are going in the next year. I am meeting with senior Installation Management community leaders this month to develop that vision based on all of this input. The shared vision will enable us to begin with the end in mind. Once we have a shared vision of what right looks like, we can figure out how to get there from here. We can eliminate random activities and focus all our efforts on the initiatives that will have the greatest impact on Soldiers, civilians and

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



family members.

We started 2010 by producing version one of the Installation Management community's Campaign Plan. The Campaign Plan laid out a vision, strategy and way ahead for providing the programs, services and facilities that support Soldiers and families. With the Campaign Plan and the three fundamental questions as our guides, we have continually challenged ourselves to improve our performance.

Some of our efforts are visible to those we serve. For example, based on feedback from Soldiers and families, we have enhanced delivery of several vital programs, including the Exceptional Family Member Program, Survivor Outreach Services, the Total Army Sponsorship Program, the Army Substance Abuse Program and the Army Continuing Education System.

Many of our efforts will not be immediately apparent to those outside of our workforce. For example, we are reducing the number of administrative regions from six to four and integrating the Family and Morale, Welfare and Recreation Command into IMCOM Headquarters. Soldiers and families will see no difference in the quality of support or number of services they receive, but behind the scenes, we will be working smarter. We will streamline delivery of services to our customers and generate savings that can be applied to Soldier and family pro-

# DES hosts Iraqi counterparts

By CHRIS RASMUSSEN  
Fort Jackson Leader

Fort Jackson leaders invited a delegation of Iraqi police leaders in December to observe and learn how the Directorate of Emergency Services operates.

The delegation, which included two brigadier generals and two officers — one of whom is Iraq's first female police officer — visited the installation Dec. 16 as part of a larger trip to spend time with the Richland County Sheriff's Office. Sheriff Leon Lott went to Iraq in July to help train Iraqi police officers and in return invited police officials to visit South Carolina.

"Richland County Sheriff's Department sponsored the delegation to demonstrate how civilian law enforcement operations were conducted in the United States," said Patrick O'Connor, DES deputy director. "Richland County asked Fort Jackson DES to provide the delegation an overview of how the U.S. military conducted law enforcement operations to compare and contrast the operations."

During their time at Fort Jackson, the Iraqi police leaders attended a Basic Combat Training graduation ceremony, toured DES facilities, observed a K-9 demonstration, were given a shoot or don't shoot presentation at EST 2000 and met with the installation's Special Reaction Team.

"It is an honor for us to be here," Brig. Gen. Nawad Ganjo Ahmad, assistant director of the Erbil College of Police in Kurdistan, Iraq, said through an interpreter. "I learned a lot from the graduation ceremony. We will try to adapt the graduation

ceremony for our police academy." Before the facilities tour, the Iraqi police leaders were given a briefing on police operations, traffic accident investigations, military police investigations, fire department operations and military working dogs.

Overall, (the Iraqi police leaders) were pleased with what they saw, and DES was happy to partner with our civilian counterparts to ensure a successful visit.

— Patrick O'Connor  
Directorate  
of Emergency Services

Ahmad, who said the Iraqi police are interested in using the help of canines, questioned through an interpreter how long a military working dog can be used and what happens to the dogs when they are retired from service.

"Dogs can work from anywhere between a couple of years to 11 years," said Sgt. 1st Class Ted Perry, K-9 Kennel master. "It just depends on the dog. When they are done working, we attempt to adopt them out to a good home."

Lott was initially invited to Iraq to assist the Erbil College of Police with providing



Fort Jackson firefighter Ken Morgan, left, explains the use of a hazardous materials suit during the Iraqi police leaders' visit to Fort Jackson in December.

input on how female officers can be integrated into their operations.

Lt. Hataw Fouad Ahmed, head of Female Training and Iraq's first female police officer, was part of the group who visited Fort Jackson.

"I am very proud to be the first female. I am very proud of that," Ahmed said. "It was kind of difficult being the first female, but if you like something, you do it."

The Iraqi delegation's visit ended with an overview provided by Col. Ronald Taylor, provost marshal.

"While their time with DES was brief, it was interesting to see that the delegation brought a female officer with them and she was given input into the conversation," O'Connor said. "Overall, they were pleased with what they saw, and DES was happy to partner with our civilian counterparts to ensure a successful visit."

Chris.Rasmussen@us.army.mil

Photos by CHRIS RASMUSSEN  
Sgt. Andrew LaFramboise, Directorate of Emergency Services, shows Iraqi police leaders and a Richland County Sheriff's Deputy some of the equipment he carries in his patrol vehicle during a Dec. 16 visit to the post's DES.



# Homebuyers ask for protection

## AFAP delegates address off-post housing issues

By KRIS GONZALEZ  
Fort Jackson Leader

If some Fort Jackson community members get their wishes, more resources will be made available to aid prospective military homebuyers in the decision-making processes.

At Fort Jackson's recent Army Family Action Plan conference, delegates discussed and proposed recommendations to Col. James Love, garrison commander, and Maj. Gen. James Milano, commanding general, that could potentially help protect military homebuyers from purchasing homes from substandard builders and contractors.

The three recommendations include requiring military housing services offices to provide military personnel with a list of verified, reputable home builders, contractors and inspectors in the communities surrounding installations; supporting legislation that protects military homebuyers from substandard practices by businesses; and developing a campaign plan that would communicate to military homebuyers available resources and measures in place to protect them.

"Some of us have been directly involved, indirectly involved or know other military homebuyers who have bought homes from substandard builders," said Maj. Jeff Shearin, executive officer of 2nd Battalion, 345th Infantry Regiment and an AFAP workgroup spokesman. "These homebuyers will incur short-term and long-term financial hardships and mental and emotional stress that adversely affect mission readiness.

"Currently, the Housing (Services) Office does not provide adequate information for prospective military homebuyers when relocating," Shearin said. "The (HSO) focuses primarily on renters and managing on-post housing. And if there are resources currently out there in the Army, whether through the housing office, the (Staff Judge Advocate), or other agencies here on post, they're not well advertised.

"A lot of us don't have the luxury of time to do research when we move to a new installation, to get to know the area, or to get to know the builders," he said. "What we're recommending is really about making information available to military homebuyers."

Milano said that although the military can't completely



Leader file photo

**Delegates at Fort Jackson's Army Family Action Plan conference in December pushed forward a proposal that would provide more on-post resources for military homebuyers. The issue is one of seven slated to be reviewed at the TRADOC AFAP conference this spring.**

protect homebuyers, he did agree that it could "perhaps offer them more comprehensive and in-depth support."

Both Milano and Love, however, voiced concerns about having HSOs compile lists of "reputable" builders.

"The (HSO) is a resource provider that gives you a host of resources to look at," Love said. "But we don't want to put the (HSO employees) in the position where they do value judgments on different types of home builders."

"The difficulty is that we can't come up with an all-inclusive list of the best builders because we may not have information on all of the builders in the area, and they may operate under various names," said Emma Watson, Housing chief. "And if we did have information about all of the builders, they would all be on the list until a valid case came up against one of them, warranting their removal from the list."

Watson said that although the HSO does not currently provide a list of builders, the office does provide informa-

tion from Housing and Urban Development, as well as listings of licensed real estate agents. She also said the HSO representatives provide as much information as possible about housing in areas surrounding Fort Jackson.

"We connect with agencies to provide as much information as we can during in-processing," Watson said. "In many cases, families contact a (real estate agent) or builder before they even PCS to the installation and check in with the HSO, so they don't get their information from us. The internet provides them with all sorts of information, and what we need to do is make sure we provide that information on our websites and at other various locations."

Watson said Fort Jackson's HSO, in conjunction with Army Community Services' consumer affairs office, also periodically offers seminars that provide tips on housing-related issues, such as how to qualify for a home, how to buy and sell a home, and how to buy a foreclosed home. Watson said any time a service member or family member is interested in suggesting a housing-related class, he or she can do so by contacting the HSO or ACS.

In the meantime, Milano said he strongly encourages homebuyers to consult the Better Business Bureau and the S.C. Department of Consumer Affairs concerning any businesses involved in housing.

"They're great resources," Milano said. "Buying a new home is probably one of the most significant decisions financially people make in their lives. It requires diligent research on the part of the consumer, and I would sure hope (homebuyers) do their appropriate research."

The military homebuyer issue, along with six other Fort Jackson AFAP issues, will be forwarded to the TRADOC AFAP conference in the spring, when they will be reviewed and prioritized among all TRADOC issues.

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### IN THE KNOW

This is the third in a series of articles about issues selected during the Fort Jackson Fiscal Year 2011 Army Family Action Plan conference.

AFAP is an Army-wide program that provides a forum for Soldiers, family members, retirees and DA Civilians to voice concerns and recommend solutions to Army leadership.

During Fort Jackson's conference, workgroups of volunteer delegates narrowed 39 quality-of-life



issues to seven top concerns and presented the issues and recommended solutions to the garrison commander and commanding general.

All seven issues will be forwarded to the TRADOC AFAP conference in the spring, when representatives from TRADOC communities will review and prioritize all TRADOC issues and send the top concerns

to the Headquarters, Department of the Army AFAP conference, where delegates will decide possible solutions to quality-of-life issues for all Soldiers, family members, retirees and DA civilians.



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# Resolve to be financially fit this year

For many people, New Year's resolutions usually include getting more physically fit. But being financially fit is also important. Here are a few tips to help consumers obtain their financial fitness goals.

## PREPARE A SPENDING PLAN

It is important that all consumers have a spending plan. Tracking all income and expenses is the foundation of financial fitness. [www.BudgetTracker.com](http://www.BudgetTracker.com) and [www.Budgetpulse.com](http://www.Budgetpulse.com) are two websites that can assist with creating a spending plan.

Review end-of-month leave and earnings statements. A few questions each consumer should ask him or herself are: Am I maximizing my income? Am I claiming the right exemptions? Am I paying myself first by contributing to the Thrift Savings Plan or a savings account?

Be sure to include additional income such as spouse's income, social security, child support, etc. Review expenses and separate needs from wants. Don't forget to review the spending plan bi-weekly or monthly.

Each person's lifestyle predicates how he or she spends his or her money. Knowing how we spend our money can help us eliminate debt and build wealth.

## STRATEGIZE A DEBT ELIMINATION PLAN

Develop a plan to pay off credit cards and personal

## FINANCIAL ADVICE

By **CHRISTINE JULIUS**  
Army Community Services



loans, especially those with high interest rates. Start by paying more than the minimum monthly balance. The average minimum payment is roughly 2 percent of the

credit card balance and the payment is going straight to interest.

As a result, it could take years to pay off the debt. Consumers have access to websites such as [www.Bankrate.com](http://www.Bankrate.com) and [www.Powerpay.org](http://www.Powerpay.org) to help compare options of paying the minimum balance versus adding an extra \$20 or \$50 to the minimum payment.

## ESTABLISH AN EMERGENCY FUND

Some consumers find establishing an emergency fund as a challenge, but the key is to start by setting small incremental goals. Typically, an emergency fund should be three to six months of a person's living expenses.

Begin by opening a separate savings account with an allotment of \$20 toward the emergency fund. As debt is being eliminated, more funds will be available to allocate toward the goal.

The surplus from the reduced debts can be rerouted to the emergency fund, added to another credit card, personal loan or the monies can be split between both the emergency fund and debt.

Army Community Services offers free and confidential financial counseling to active and retired Soldiers and their families. ACS staff members can help you achieve your financial goals in 2011. Call 751-5256 to schedule a session with a financial counselor.

## New Creed

Col. James Love, garrison commander, presents Ryan McCausland, site manager for the Army Center for Enhanced Performance, with a plaque recognizing his work with Army Community Services during a luncheon Dec. 17 at the Officers' Club. McCausland and ACEP staff helped ACS develop a creed and build teamwork skills.

Photo by CHRIS RASMUSSEN



## Leader deadlines

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

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

Send your submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For more information, call 751-7045.



## The gift of giving

Jose Cordova holds a pin commemorating his donating more than 15 gallons of blood throughout his time at Fort Jackson during a December blood drive at Moncrief Army Community Hospital. The next on-post blood drive is scheduled from 9:30 a.m. to 3 p.m., Saturday at the Navy Operational Support Center drill hall, 2620 Lee Road.

Photo by NICHOLE RILEY, Moncrief Army Community Hospital



# Suicide prevention task force added to national alliance

American Forces Press Service

WASHINGTON — A suicide prevention task force for troops and veterans has been added to a national alliance that officials hope will help bring more attention to the issues and offer solutions in the future.

The National Action Alliance for Suicide Prevention last week announced that troops and veterans — identified as a high-risk group — were added because of their increased suicide rates.

“Combined with initiatives already under way by the Department of Defense and the (Department of Veterans Affairs), this task force will further strengthen prevention, bringing together the best minds in the public and private sectors,” said Army Secretary John McHugh, co-chair of the alliance.

The alliance was launched last year

by Defense Secretary Robert M. Gates and Health and Human Services Secretary Kathleen Sebelius, with input and support of many public- and private-sector stakeholders, including the National Council for Suicide Prevention and VA.

Speaking Sept. 10 at the launch of the alliance — a public-private partnership — Gates emphasized the importance of a nationwide approach to suicide prevention. The alliance’s strategy pools federal and private-sector research and resources to work on addressing the national suicide rate.

“In everything we do, we must remember that every Soldier, Sailor, Airman or Marine is part, not just of the military, but also a larger community. Their families, their hometowns, their civilian employers, their places of worship — all must be involved in the

solution,” Gates said at the launch of the alliance held at the National Press Club. The military suicide rate has increased steadily over the past five years, exceeding the national average of 11.1 suicides per 100,000 people. The military last year averaged 12.5 suicides per 100,000, according to DOD reports.

The leaders of the alliance’s Military and Veterans Task Force are Dr. Jan Kemp, national director of VA’s suicide prevention program, and Maggie Haynes, director of combat stress for the Wounded Warrior Project, a non-profit organization.

In addition to the task force for service members and veterans, the alliance also established suicide-prevention task forces for other groups it determined are at high risk: American Indians and Alaska natives, and youth who identify as lesbian, gay, bisexual or transgender.

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## News and Notes

### MLK OBSERVANCE SCHEDULED

Fort Jackson’s annual Martin Luther King Jr. celebration is scheduled for 11:30 a.m., Wednesday at the Solomon Center. Tickets are \$10 and may be purchased from an Equal Opportunity adviser, the Equal Opportunity Office or a unit representative.



SWINTON

David Swinton, president of Benedict College, is guest speaker. The event is hosted by the 193rd Infantry Brigade.

### PEREZ GYM CLOSED

Perez Fitness Center is closed for renovations for the next six months. The facility is anticipated to reopen mid-year. Call 751-5768 for more information.

### FREEDOM AWARD ACCEPTS NOMINEES

Nominations for the 2011 Secretary of Defense Employer Support Freedom Award are being accepted through Jan. 17. The Freedom Award is the highest recognition the U.S. government gives to employers for their outstanding support of employees serving in the Guard and Reserve. Visit [www.freedomaward.mil](http://www.freedomaward.mil) for more information or to submit a nomination.



Jan. 7 — 7 p.m.  
Burlesque PG-13

Jan. 8 — 7 p.m.  
The Next Three Days PG-13

Jan. 9 — 7 p.m.  
Burlesque PG-13

Jan. 14 — 7 p.m.  
Love and Other Drugs R

Jan. 15 — 4 p.m.  
Tangled PG

Jan. 16 — 7 p.m.  
Love and Other Drugs R

Jan. 19 — 2 p.m.  
Love and Other Drugs R

Jan. 19 — 6 p.m.  
Tangled PG

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Ticket admission  
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Children (12 and younger) \$2.25

Visit [www.aafes.com](http://www.aafes.com) for listings.

# Former Soldier returns as top cop

By KRIS GONZALEZ  
Fort Jackson Leader

Fort Jackson has a new top cop. His name is David Navarro.

Similar to a city's chief of police, Navarro is the installation's supervisory police officer, who oversees all military and civilian police officers on post.

"My primary goal is to teach my officers how to deal with situations similar to those I've dealt with on the outside," said Navarro, an 11-year veteran with the Richland County Sheriff's Department who came on board in late October.

Navarro joined the RCSD in 1999 after retiring from the Army as a first sergeant here.

"When you're growing up and somebody asks, 'What do you want to do when you grow up?' I always said, 'I want to be a police officer,'" Navarro said. "So for my second career after leaving the military, I chose to pursue that. It's something that I truly wanted to do."

The San Diego native said when he joined the Army in 1979 at 19, he had intended on becoming a military policeman. But because he would have had to wait in the delayed entry program for more than a year to become an MP, Navarro said he decided to enlist as a light-wheeled vehicle mechanic. Navarro said he decided to stay in that field until he retired from the Army after 20 years.

Just a month before retiring, Navarro met Columbia's current Police Chief Randy Scott, who was a corporal then and taking the same local college class with Navarro here at Fort Jackson. On the first day of class, Navarro watched Scott, sweaty and wearing a muddy uniform, as he sat down next to him.

"I looked at him and said, 'Wow, what happened to you?'"

Scott told Navarro he worked for the RCSD and that he had just gotten into a chase on Percival Road right before class.

The two men talked more between breaks and Scott asked Navarro when he was going to get out of the military.

"When I told him I was getting out the following month, he said, 'You ought to come work for us,'" Navarro said.

Soon after, Scott introduced Navarro to Sheriff Leon Lott. During that meeting, Navarro decided to become a deputy. Navarro said Scott and Lott became his mentors.

For the next decade Navarro moved through the ranks of deputy, master deputy, corporal, sergeant and lieutenant for the RCSD, working in Region 3, which stretches from Monticello Road to Wilson



Courtesy photo

**David Navarro retired from the Army as a first sergeant before becoming a deputy with the Richland County Sheriff's Department. He has been serving as Fort Jackson's supervisory police officer since October.**

Boulevard in North Columbia — one of the toughest areas in the county to patrol, he said.

"While most officers didn't want to go to that area because of the crime rate, I chose to go there because what would take an officer in another region a year or two to learn, I could learn in almost three to six months in Region 3. And I did learn, really fast.

"It was a tough region and I had a lot of opportunities to experience everything that is related to law enforcement," Navarro said. "In regards to crime, it was all there — bank robberies, personal robberies, false alarms, domestics, stolen cars, stolen plates. I've been in shooting situations and busted drug deals."

He advanced quickly along his career path, ultimately being put in charge of specialized units, such as the community action team, traffic unit, health and safety unit, canine units and more. His primary

specialty was in drug enforcement.

"Navarro was one of the most active deputies ever at Richland County," Lott said. "I'm very proud of him. I've watched him grow personally and professionally. He has developed into a true leader of people.

He loves being a police officer and that shows in his duty performance."

Navarro said the greatest satisfaction he has gained from being a police officer has been from making citizens feel safe in their environment.

"When we make (citizens) feel they don't have to sell their property or run from their neighborhoods, that we've helped them regain custody of their areas, that's a beautiful thing," Navarro said.

Not only did he catch criminals, he said he talked to them as people and tried to guide them away from a life of crime.

"I've had parents come up to me and say, 'I just want to shake your hand. Thank

you so much for what you did for my son. That was the best thing that could have happened to him. Just to let you know, he's going to college now,'" Navarro said. "I'm like, 'Wow, that's a good thing.'"

Navarro said he has also seen his fair share of negatives as a cop, but he always learns from his experiences.

"I think it makes me a better person. It makes me appreciate my family more, and it makes me want to do my job more, to make a difference for citizens; I want to make (society) better for them."

During his tenure with the RCSD, Navarro also earned a bachelor's and a master's degree in criminal justice.

Lott said the combination of Navarro's education, military career and civilian law enforcement experience makes Navarro an excellent choice as Fort Jackson's top cop. He said Navarro's relationships within the community and the RCSD will also strengthen the county's ties with Fort Jackson.

Col. James Love, garrison commander, agreed.

"Navarro brings the perfect blend of experience to the job," Love said. "Due to his military experience, he understands our regulations, (standard operation procedures) and tactics, techniques and procedures. His civilian experience allows him to implement best practices from the civilian sector. It's really the perfect mix.

"I think he will understand all aspects of protecting a diverse and large installation like we have here," Love continued. "He's been in the military and worked as a civilian police officer in a large metropolitan area working complex issues. Those experiences will really benefit all of us as he leads an already excellent police force. We're looking for Navarro to take us to an even higher level of professionalism, competence and readiness."

Navarro said it is his understanding that the mission of Fort Jackson and the Army comes first that will help him be successful in his new position. The only thing he'll have to get used to, is the slower pace, he said.

"Fort Jackson's crime rate is a lot different (than the county's)," Navarro said. "It's a tremendous challenge, but I'm adapting. I'm taking it day by day."

He said he's proud to be given the opportunity to serve the Fort Jackson community.

"I think it's a gift," Navarro said. "What a beautiful thing it is that I was a Soldier here and now I get to serve Soldiers and their families."

Kris.Gonzalez1@us.army.mil

“What a beautiful thing it is that I was a Soldier here and now I get to serve Soldiers and their families.”

— David Navarro  
Supervisory Police Officer



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

facebook

# Holdover Soldiers make best of holidays

Continued from Page 1

the morning, so it's definitely benefitting me a lot more than going home."

Adkins said that physical training is the only mandatory training event for Soldiers during Victory Block Leave.

"PT is nothing too strenuous because we have all different levels of people — from red phase all the way to just short of graduation — so we have to kind of trim it down to the lowest common denominator," he explained.

For the rest of the time, the Soldiers were able to participate in a number of activities organized by Family and Morale, Welfare and Recreation and the USO. For Pvt. Travis Briles, Company B, 2nd Battalion, 39th Infantry Regiment, one of the highlights was attending sporting events, such as NBA and NFL games in Charlotte, University of South Carolina basketball games and the Meineke Car Care Bowl.

"That's something that most people don't have the opportunity to do (that) often," Briles said. "I've had a great time."

Other activities included trips to the zoo, movie theater, shopping mall and bowling alley, as well as video game and athletic competitions.

On Christmas Eve, Soldiers were presented a special meal by the 3rd Battalion, 13th Infantry Regiment dining facility before attending a USO holiday party.

"I haven't eaten this good in a long time," said Pvt. Devin Rickard, Company B, 2-39th. "They fed us really well."

For Bryan, being with her fellow Soldiers helped ease the pain of being away from home on Christmas for the first time.

"People around you make you feel like you're family. And the Army is your family now," she said. "We were looking out for each other because we understood that people were upset because they couldn't go home, and maybe it wasn't their choice that they couldn't go home. ... There was a day when I was really upset, and a couple of my battle buddies were talking to me, and they helped me get my mind off things."

Rickard said he doesn't regret staying on Fort Jackson for the holidays.

"You save a lot of leave, you save a lot of pay ... and you're guaranteed three meals a day," Rickard said. "You get the chance to do PT, to keep in shape, to keep in the Army mindset. That way, whenever (we) go back to basic training, I feel like we're going to be a step ahead of our comrades who went home."

*Susanne.Kappler1.ctr@us.army.mil*



*Photo by SUSANNE KAPPLER*

**Pvt. Nicole Bryan, left, Company F, 3rd Battalion, 13th Infantry Regiment, and Pvt. Deborah Davis, Company A, 1st Battalion, 34th Infantry Regiment, join in the chicken dance during halftime of the University of South Carolina's women's basketball game against Presbyterian College Dec. 28 at Colonial Life Arena. The game was one of a number of free activities for Soldiers who stayed at Fort Jackson for the holidays to participate in.**

# Shared vision important for IMCOM 2011 plans

Continued from Page 2

grams. Now, as we build a shared vision of what the Installation Management community should look like in November 2011 and lay out the plan to achieve that vision, we will continue to challenge ourselves to go beyond what we already know and are comfortable with. We will continue to look at the shape and size of our organization and workforce. We will continue to reach out and build relationships with others committed to supporting Soldiers and families, including universities, businesses, non-government organizations, and other government agencies. We will continue to identify, develop and align the resources, policies and processes needed to support family



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programs, safety, sustainability, energy security and other priorities.

The process of developing a shared vision can be difficult for some, since it carries the possibility of change, but it can also be energizing, and it is important for us to do if we take our jobs seriously. For one, we owe it to our fellow citizens to be good stewards of all the resources entrusted to us. We always have to be mindful of how we impact the environment, how we treat our people and how we spend taxpayer dollars.

If we do our jobs well, if we are good stewards of the resources entrusted to us today, then we will have the resources we need in the future.

An even more important reason is the Soldiers and families we support. We are committed to providing a strong, supportive environment in which they can thrive. We do not chase change for change's sake, but if the only reason we do something is because we have always done it that way, then we can do better.

We owe it to our Soldiers and families to ask what right looks like and to make sure we are on track to get there.

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## Fort Jackson talks back:

Staff writer Chris Rasmussen asks members of the community: ‘Do you have any New Year’s resolutions? If not, why?’



**Staff Sgt. Greg Genova**  
Company C, 4th Battalion,  
118th Infantry Regiment

“(To) be a better Soldier. (My unit) will probably be participating overseas, and I want to make sure my unit and my family can depend on me.”



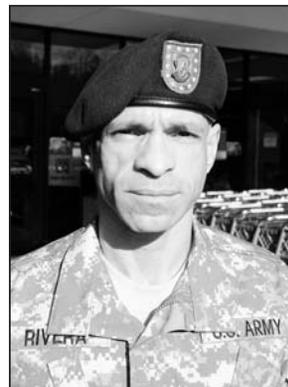
**Spc. Nathan Otto**  
Company C, 4th Battalion,  
118th Infantry Regiment

“Mine is to get into better shape for an upcoming deployment, and (to) get my finances in order.”



**1st Lt. Patrick Touchard,**  
Soldier Support Institute

“I don’t do resolutions. If you need to change something at New Year’s, you should do it beforehand.”



**Master Sgt. Eriberto Rivera**  
Equal Opportunity Office

“I haven’t thought about any resolutions. I set goals throughout the year because I think that is more realistic.”



**Lever Thompson,**  
Retiree

“I always set them, but I don’t keep them. This year, it is to lose weight.”



**Natasha Crawford,**  
The Exchange

“Mine is to get healthier. I have already quit smoking and lost 10 pounds.”

# Dental visit sets mom's teeth on edge

Unlike my husband, when it comes to dental health, I tend to be somewhat lax. My dentists almost always make a remark about whether I floss regularly, though what they observe during exams makes it obvious that I don't. And because I'm almost always between dentists, I don't always keep to the recommended six-month cleaning plans.

Because of my own habits, I wanted to make sure my husband and I started our son on the right path. I followed all the suggestions: no sleeping with a bottle, not too many sweets and brush his gums, and later, his teeth. I was ecstatic when I found out the daycare kept toothbrushes and toothpaste in the room so that the children could brush there, too.

So when I noticed that one of his front teeth appeared to be darker than the other, I was disheartened. Googling the symptom didn't do me any good: By day's end, I was convinced that his tooth was dead and if it didn't fall out soon, it would have to be pulled. I frantically called my son's godmother, a dentist, and filled her in. Her calm voice did little to reassure me. It's probably fine, she said. And if not, the worst that could happen is that the tooth would be pulled.



## CRYSTAL CLEAR

By Crystal Lewis Brown

Fort Jackson Leader



And since it was a baby tooth, he should have no problems with his permanent tooth coming in about five years from now. That's when vanity got the best of me; would he have to go through the next five years with one tooth missing? I imagined the story shared in whispers around the school. "Oh, he hasn't had a front tooth since he was 1. His mother allowed the poor boy to hurt his tooth."

The situation was made worse by the fact that my son did not yet have a dentist. He had not, in fact, ever been to a dentist. For once, the oversight wasn't a product of my procrastination; I could have sworn my dentist said that he didn't have to be seen until 2. Not so, said my dentist-friend. He should have been seen once the first tooth bud popped out. Bad Mom.

So I did what any mother who has fallen from grace and is seeking to redeem herself would do: I immediately set up an appointment with the dentist, making sure to

measure my words so as not to draw attention the fact that at almost 2, the boy had never set foot in a dentist's office. To the receptionist's credit, even if she thought I was the worst parent in the world, she didn't let on.

She didn't even let on when she called our house and left a message saying that despite what I'd told her when I made the appointment, our son did not actually have dental insurance. Sigh.

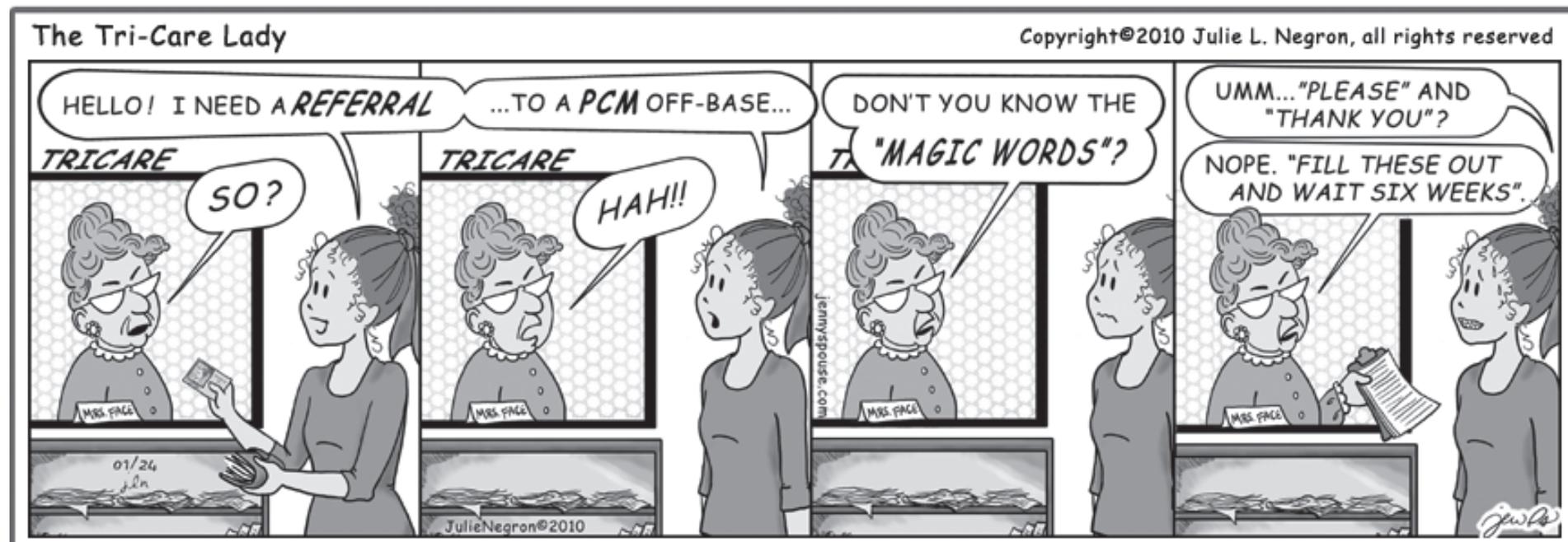
For some reason, I assumed that since we had signed him up for medical insurance, the dental was done automatically. As my husband would say, "When you assume, half the time you're right and the other half you're wrong." In my case, I was wrong. And as if to prove that Murphy's Law does exist, ("Anything that can go wrong, will go wrong") it turns out that my phone call to sign up for the insurance came two days too late. We'd missed that month's deadline, which meant that my son had to go another month (with a possibly dying tooth!) before he could see the dentist.

But this story does have a happy ending. On the first workday of the new year, my son had his first dental appointment. He was the best patient of the day, the staff said, and his teeth were perfectly fine.

So while other folks make a myriad of New Year's Resolutions, I think I will make just one: Stop freaking out. And I'm pretty certain I can keep it.

Until it's time to floss his teeth, that is.

*Editor's note: Crystal Lewis Brown is editor of the Leader and an Army spouse of five years.*



## Family Happenings

### GET HIRED!

A HIRED Apprenticeship Program orientation/interest meeting is scheduled for 5 to 6:30 p.m., Friday, at the Joe E. Mann Center. Teens are encouraged to attend. Pre-requisite trainings for the next term being Jan. 11. Visit [http://fort-jacksonmwr.com/distro/ParentOrientation\\_Jan2011.pdf](http://fort-jacksonmwr.com/distro/ParentOrientation_Jan2011.pdf) for details.

### FLOAT-IN MOVIE

Bring a swimsuit and settle in for a float-in movie at Knight Pool,

starting at 4:30 p.m. The movie is Jaws. Call 751-3484 for more information.

### PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center.

Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an

orientation.

### JUMPING JACKS

Jumping Jacks child care is available in the Solomon Center's Marion Room for parents to use while they work out at Andy's Fitness Center. For more information, call the Child, Youth and School Services Parent Central Services at 751-4865/4824.

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar.



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Twitter at  
[www.twitter.com/  
fortjacksonpao](http://www.twitter.com/fortjacksonpao) for break-  
ing news and updates.

# January Promotions

Name	Rank	Name	Rank	Name	Rank
BENNETT, Daniel T.	LTC	HARGROVE, Theodore J.	1LT	ESCHENLAUER, Adam M.	SFC
FELSMAN, Janine P.	LTC	KING, Antoinette C.	1LT	FLOWERS, Kimberly N.	SFC
JOHNSTON, Mark R.	LTC	LEMON, Steven	1LT	GREEN, Marlon D.	SFC
LEMAY, Richard H.	LTC	ONYEMA, Kingsley C.	1LT	HARRIS, Kelvin TJ	SFC
MORAN, Thomas P.	LTC	SCOTT, Shartie S.	1LT	HIGHTOWER, George K.	SFC
PARK, Robbie W.	LTC	ROSOL, Michael S.	MAJ	HOWELL, Stacy L.	SFC
ATTAWAY, Kenneth M.	MAJ	SALTER, Jackson T.	MAJ	JOHNSON, Tyesha L.	SFC
BECKER, Jordan M.	MAJ	SCOTT, Shane P.	MAJ	KIMES, Brian E.	SFC
BRENNAN, Julia A.	MAJ	ROSEL, Cynthia M.	CW4	KUBIAS, Marchelle M.	SFC
BROSEY, William D.	MAJ	CALDERON, Paul B.	CW3	MALCOLM, James A.	SFC
BROWN, Joel R.	MAJ	MOULTRIE, Sadatreya T.	CW2	MATTHEWS, Robert F.	SFC
CAREY, Brett A.	MAJ	KINSEL, Frank R.	SGM	MATTOX, Joseph F.	SFC
CHANBOON, Lielani	MAJ	LOWERY, Patrick C.	SGM	NOWAK, Jason E.	SFC
CONSEDINE, Kevin J.	MAJ	WILLIAMS, Keith Van Jr.	MSG	PARKER, Latanya S.	SFC
DAWALT, Brandon B.	MAJ	AKINS, Johnnie R.	SFC	PRICE, Julius J.	SFC
FURSMAN, Jonathan M.	MAJ	ALLRED, James A.	SFC	PRINCE, Tonya Y.	SFC
GIORDANO, Michael A.	MAJ	ASTORINO, Jeffrey T.	SFC	SHAMLEE, Daryl	SFC
KLEINHOLZ, Carl K.	MAJ	BAKER, Sueellyn S.	SFC	THOMAS, Tameka N.	SFC
MUKES, Joseph R.	MAJ	BRADLEY, April D.	SFC	TORRESTHEN, Florinda L.	SFC
OREILLY, Ryan C.	MAJ	CABANOS, Donnel R.	SFC	TRAMMELL, Cornelius K.	SFC
SCHMUTZ, Nathan L.	MAJ	CAPERS, Taquita K.	SFC	CRUTCHER, Natasha	SSG
SHILL, Daniel J.	MAJ	CHAUERS, James C.	SFC	PEREZ, Vincete	SSG
SMITH, Donald P.	MAJ	CINTRON, Angel	SFC	RIVERA, Renata P.	SGT
WILLIAMS, Renor S.	MAJ	CROCKETT, Dianne M.	SFC		
BRAS, Roxanne E.	1LT	DAVIS, Patrick D.	SFC		

## Calendar

### Today

**Fort Jackson school board meeting**  
4 p.m., C.C. Pinckney Elementary School

### Friday

**Float-in Movie — Jaws**  
4:30 to 7 p.m., Knight Pool  
For more information, call 751-3484.

### Tuesday

**Fatherhood Program forum**  
10 to 11:30 a.m., Dozier Hall  
For more information, call 751-6325

**Single Soldier town hall meeting**  
5:30 p.m., Single Soldier Complex,  
community building

### Wednesday

**AFTB Level I course, Day 1**  
8:30 a.m. to 3 p.m., Family Readiness  
Center  
Paid child care may be provided.  
Registration is required by Monday. For  
more information, call 751-6315.

**Helping Hands award**  
9 a.m., Post Conference Room

**Attention Deficit Disorder workshop**  
9 to 11 a.m., Main Post Chapel  
The workshop is presented by PRO-  
Parents of South Carolina.  
For more information, or to register, call  
800-759-4776 or 751-6150.

**Martin Luther King luncheon**  
11:30 a.m., Solomon Center

**Retired Officers' Wives Club luncheon**  
11:30 a.m., Officers' Club  
The topic is preventive medicine. Please  
RSVP by 3 p.m., Friday to [gary2921@bellsouth.net](mailto:gary2921@bellsouth.net).

### Thursday, Jan. 13

**AFTB Level I course, Day 2**  
8:30 a.m. to 3 p.m., Family Readiness  
Center

### Tobacco cessation class

3 to 4 p.m., Moncrief Army Community  
Hospital, staff conference room, third  
floor.

### Thursday, Jan. 20

**AFTB Level II course, Day 1**  
8:30 a.m. to 3 p.m., Family Readiness  
Center  
Paid child care may be provided.

Registration is required by Jan. 18. For  
more information, call 751-6315.

### Friday, Jan. 21

**AFTB Level II course, Day 2**  
8:30 a.m. to 3 p.m., Family Readiness  
Center

### Monday, Jan. 24

**Family Child Care orientation training**  
8 a.m. to 4 p.m. on Jan. 24-28 at the  
Joe E. Mann Center. Applications will  
be accepted until Jan. 18. For more  
information, call 751-6234.

## Housing events

### Friday, Jan. 14

**National Eat a Piece of Pie Day**  
3 p.m.  
Celebrate by eating a piece of apple pie  
and a scoop of vanilla ice cream.

### Friday, Jan. 21

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

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

## Announcements

### DHR CLOSURE

All Directorate of Human Resources  
offices, including the ID card sections,  
will be closed from 11 a.m. to 1 p.m., Jan.  
21 for the organization's quarterly awards  
ceremony and luncheon. In case of an  
emergency, alternate ID card sections are  
at the Soldier Family Assistance Center,  
751-1198; Shaw Air Force Base, 895-  
1596; and the South Carolina National  
Guard Center, 806-2078.

### CHRISTMAS TREE RECYCLING

Christmas trees can be recycled  
through Jan. 14 at the Fort Jackson  
Recycling Center at 6568 Lee Road.  
The center is open from 7 a.m. to 3 p.m.,  
Monday through Friday.

### MICC HOURS

The Mission and Installation Contract-  
ing Command's new opening hours are

from 8 a.m. to 4:30 p.m., Monday through  
Friday. The office is closed for lunch from  
11:30 a.m. to 12:15 p.m.

### MG JAMES URSANO SCHOLARSHIP

The MG James Ursano Scholarship  
program is now accepting applications. It  
provides children of active-duty, retired or  
deceased Soldiers with financial assistance  
to pursue a four-year college degree.  
Students must apply each year. For more  
information, visit [www.aerhq.org](http://www.aerhq.org) or call  
751-5256.

### ID CARD APPOINTMENTS

Soldiers, retirees, family members  
and DoD employees can now use the ID  
Cards Appointment Scheduler System.  
Appointments will be available from 8  
a.m. to 3:30 p.m., Monday through Friday.  
To schedule and appointment, visit <http://appointments.cac.navy.mil>.

### SCHOLARSHIPS FOR SPOUSES

The AER Stateside Spouse Education  
Assistance Program is accepting  
applications through April 1. The  
scholarships are available to Army  
spouses and are awarded based on  
financial need. For more information, visit  
[www.aerhq.org](http://www.aerhq.org) or call 751-5256.

### DECA SCHOLARSHIP

The 2011 Scholarships for Military  
Children program is now available in  
commissaries worldwide and also online  
at [www.commissaries.com](http://www.commissaries.com). Choose the  
"News & Info" tab, then the "Scholarship  
info" tab. Applications are also available at  
[www.militaryscholar.org](http://www.militaryscholar.org).

### THRIFT SHOP UPDATES

The Thrift Shop will not accept  
consignments during its Christmas  
blowout sale Jan. 11, 12 and 13.

### FREE COMIC BOOK

The 10th installment of the free  
New Avengers comic book for military  
audiences is now available at the  
Exchange. The book's title is "Hero  
Exchange."

### THRIFT SHOP UPDATES

Organizations that want to request  
funds, should submit a welfare request  
form. The form should list the reason,  
number of people involved and what other  
sources for funding have been explored.

### MONEY MATTERS CLASS

Money Matters, a Boys and Girls Club  
program for 14-18 year olds, meets 7:30

p.m. Wednesdays and 4 p.m. Saturdays  
at the Youth Services Center. The classes  
focus on budgeting, saving and planning  
for college. For more information, call  
751-7706.

### MILITARY CHILD AWARD

Operation Homefront is accepting  
nominations for the Military Child of the  
Year award through Jan. 31. The winner  
for each service branch will receive  
\$5,000. Ideal candidates demonstrate  
resilience and strength of character, and  
thrive in the face of the challenges of  
military life. For more information, visit  
[www.operationhomefront.net/mcoy](http://www.operationhomefront.net/mcoy).

### VA CASH BENEFITS

Pension-eligible veterans who require  
home care, assisted living or nursing  
home care may be eligible for VA Aid  
and Attendance and Housebound Benefit  
benefits. For more information, visit [www.vb.va.gov/bln/21/pension/vetpen.htm#7](http://www.vb.va.gov/bln/21/pension/vetpen.htm#7) or  
e-mail [va@oepp.sc.gov](mailto:va@oepp.sc.gov).

### ACS ON SOCIAL MEDIA

Army Community Service now has a  
Facebook page and Twitter feed. Follow  
FtJacksonACS on Twitter or friend Ft  
Jackson ACS on Facebook.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of  
calendar events.

## Off-post events

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

### Tuesday

**Combat Infantryman's Association**  
7 p.m., American Legion Post 14, 200  
Pickens St.

### LEADER ANNOUNCEMENTS

Community announcements should  
be typed and no more than 45 words.  
All submissions may be edited to com-  
ply with *Leader* style and Public Af-  
fairs regulations. Send all submissions  
to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For information about classified  
advertising, contact Camden Media  
Co. at 432-6157. Classified ads may  
also be faxed to 432-7609.

## Leader deadlines

Article submissions are due two weeks  
before publication.

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

Announcement submissions are due one  
week before publication.

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

Send your submissions to  
[FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For more information, call  
751-7045.



# Cholesterol linked to heart disease

By **TIM COFFEY**

Moncrief Army Community Hospital

A person's blood cholesterol level has a lot to do with his or her chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases a person's chance of getting a disease. In fact, the higher the blood cholesterol level, the greater a person's risk for developing heart disease or having a heart attack. Heart disease is the No. 1 killer of women and men in the United States. Each year more than a million Americans have heart attacks, and about a half million people die from heart disease.

## How does cholesterol cause heart disease?

When there is too much cholesterol (a fat-like substance) in the blood, it builds up in the walls of the arteries. Over time, this buildup causes "hardening" of the arteries, which means the arteries become narrowed, and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach the heart, it can cause chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms. Many people are unaware that their cholesterol levels are too high. It is important that a person find out what his or her cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even for those who already have

it. Lowering cholesterol is important for everyone — young, middle-aged, and older; women and men; and those with or without heart disease.

## What do cholesterol numbers mean?

Everyone 35 and older should have their cholesterol measured at least once every five years. It is best to have a blood test called a lipoprotein profile to find out those cholesterol numbers. This blood test provides information about your total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides.

A person's total cholesterol should be less than 200 and LDL less than 100. HDL cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

## What affects cholesterol levels?

A variety of things can affect cholesterol levels. Things a person can do something about are diet, weight and

physical activity. Things that people cannot control can also affect cholesterol levels. These include age, gender and heredity.

## What are the chances of developing heart disease or having a heart attack?

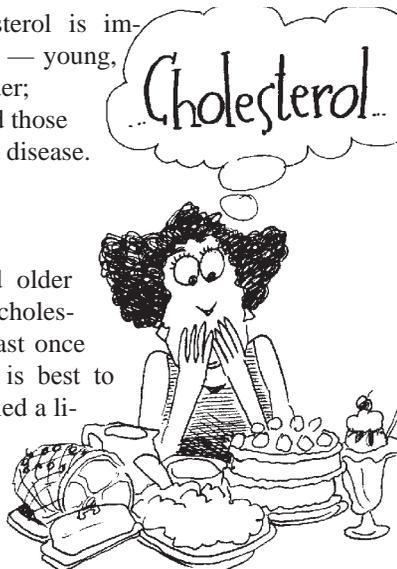
In general, the higher the LDL level and the more risk factors one has (other than LDL), the greater his or her chances of developing heart disease or having a heart attack. Some people are at high risk for a heart attack because they already have heart disease. Other people are at high risk for developing heart disease because they have diabetes (which is a strong risk factor) or a combination of risk factors for heart disease.

Major risk factors that affect a person's LDL goal include: cigarette smoking, high blood pressure, low HDL cholesterol (less than 40), family history of early heart disease and age (men 45 or older, women 55 or older). Even though obesity and physical inactivity are not counted in this list, they are conditions that need to be corrected.

## What can be done about high cholesterol levels?

Many people try very hard at eating healthy and exercising, yet never get the desired results. It is really important to realize that the nature of some people's problem with cholesterol is not with what they eat, but the fact that their bodies make too much cholesterol, especially the bad cholesterol. When lifestyle changes do not get to the desired goal, it may be necessary to use medication.

*Editor's note: Tim Coffey is a nurse practitioner and health care integrator at Moncrief Army Community Hospital.*



# TRICARE anti-smoking site touted

TRICARE Management Activity

Getting help to military members struggling to quit smoking is a top priority for TRICARE — and so is getting the word out about how to find that help.

Recently, the effort to reach out to beneficiaries has resulted in TRICARE's "Quit Tobacco-Make Everyone Proud" website, [www.ucanquit2.org](http://www.ucanquit2.org), earning three prestigious industry awards.

"We're honored to be selected for this distinction," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. "These awards show our dedication and commitment to helping our patients improve their health."

The 2010 Aesculapius Awards of Excellence recognize producers of health-related websites, television and radio public service announcements that the Health Improvement Institute judges consider exceptional in communicating health information to the public. TRICARE [www.ucanquit2.org](http://www.ucanquit2.org) is one of only five websites to receive this distinction.

TRICARE's website, [www.ucanquit2.org](http://www.ucanquit2.org), also received the MarCom Gold Award for Best Website Overall in 2010. The MarCom Awards program is an international creative competition honoring outstanding achievement by marketing and communication professionals. The competition is one of the largest of its kind, with nearly 5,000 entries in the 2010 competition. Only websites that exceed the highest standards of the industry achieve the MarCom award.

Every year, eHealthCare recognizes the best websites of

healthcare organizations. In September, eHealthCare announced TRICARE's Quit Tobacco-Make Everyone Proud website as the recipient for the Platinum Award for the Best Overall Internet Site in the eHealthCare 2010 Leadership Awards. The eHealthCare Leadership awards highlight the internet's role in achieving an organization's objectives and underscore the hard work that goes into creating outstanding health websites. Nearly 1,300 entries were received from a wide range of healthcare organizations in 2010.

Any TRICARE beneficiary who wants to quit using tobacco, including the smokeless kind, can go to [www.ucanquit2.org](http://www.ucanquit2.org). This website helps people develop personalized plans for quitting. Users can play games, listen to podcasts, connect to online cessation programs and chat with trained cessation counselors. Assistance is available seven days a week, from 8:30 a.m. to 10 p.m. Eastern time.

TRICARE beneficiaries in the United States can also get assistance with smoking cessation by calling TRICARE's Regional Smoking Help Lines, toll-free, 24 hours a day, seven days a week, including weekends and holidays. Access numbers are 877-414-9949 for the South Region, 866-459-8766 for the Northern Region and for the West Region 866-244-6870. Beneficiaries using Medicare can get assistance through Medicare.

With TRICARE's award-winning website, [www.ucanquit2.org](http://www.ucanquit2.org), beneficiaries making the commitment to stop using tobacco can get the help they need moving forward with a longer, happier and healthier life.



## MACH updates

### MACH WELCOME

Lt. Col. Shawn Scott is Moncrief Army Community Hospital's new chief of Specialty Care. Scott was previously MACH's chief of physical therapy.



### FLU VACCINATIONS SET

Seasonal flu shots are available to all eligible beneficiaries, 4 and older, 7 a.m. to 4 p.m., Tuesday through Friday, in Room 6-27, Moncrief Army Community Hospital.



Flu shots will not be given Jan. 14 or 17.

Children, newborns to 36 months, can receive vaccinations

on a walk-in or appointment basis at the Family Health Clinic. Call 751-2210 for more information.

Other sites are as follows:

**Solomon Center:** 8 a.m. to 3:30 p.m., Monday, Jan. 24 and Jan. 31; 8 a.m. to 2 p.m., Saturday and Jan. 22.

## Work it out!



Leader file photo

**Pam Greene, Family and Morale, Welfare and Recreation fitness programmer, leads a class at Andy's Fitness Center. The Fitness Department's Annual Fitness Challenge is under way, and participants can sign up in one of three categories — fitness, weight loss or total lifestyle change. Each participant must have a fitness membership, which costs \$30 monthly and includes access to all classes. Prizes will be awarded to the top competitor in each category. The challenge ends April 4. Call Greene at 751-5768 for more information or to register.**

## AFC paves way for upgrades

By **THERESA O'HAGAN**  
Family and MWR

Last year, the staff of the Physical Activities and Recreation Division of Family and Morale, Welfare and Recreation worked hard at keeping the promise to the Army Family Covenant by improving and expanding existing programs and services, as well as implementing new ones.

Perhaps most notably were the changes to Knight Indoor Swimming Pool. Although renovations and upgrades took longer than expected, patrons now enjoy a much improved facility that includes a new, durable roof structure, replacing the old, leaky one that had taken a beating from several decades of South Carolina heat.

The facility also features new slip-proof flooring on the pool deck and shower rooms. The old pool liner has been removed and has been replaced with a new gunite pool surface. A new

water filtration system has been added with pump motors that will increase the water turnover rate and the pool's new heating, venting and cooling system. A new dehumidification system will keep the building warmer and more comfortable. The front lobby has been renovated with new lights, suspended ceiling, check-out counter and ceramic tile flooring. The entire interior of the building has been repainted as well.

Also in the Aquatics Department, renovations were made to Palmetto Falls Water Park that included resurfacing of the entire water park swimming and water play areas to include completely new tile work and all new outdoor shower towers as well.

Outdoor Recreation also made improvements in 2010. The fence was expanded along Marion Street, all parks got new signs and the playset at Twin Lakes was replaced. Patriot's Park also got new playset — one for 2 to 5 year olds and one for 5 to 12 year olds.

Construction began on new projects such as a skeet shooting and trap range, campground expansion with 21 full hookup sites, a new operation center at Weston Lake and refurbishment of existing campgrounds. In 2010, Outdoor Recreation also conducted 31 day trips, seven EDGE Partnerships, a youth fishing derby, two special hunts and six classes.

The Thomas Lee Hall Post Library added Wi-Fi access and new software to the existing computers in order to give customers print capabilities.

The library staff continued to serve Soldiers and their families through various literacy and reading programs such as Victory Readers Club, Victory Crafters, Sleepy Storytime, Teen Advisory Board, Teen Book Club, Wii game nights, a literary program for Hispanic Heritage, Spooky Storytime, support for EDGE programs and Skies Unlimited programs, and the Summer Reading program.

## FMWR calendar

### TODAY

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

### FRIDAY

- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ☐ **Victory Bingo**, starts at 2 p.m.
- ☐ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.
- ☐ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

### SATURDAY

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

### SUNDAY

- ☐ **Victory Bingo**, starts at 10 a.m.
- ☐ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

### WEDNESDAY

- ☐ Come to Morale Call starting at 8 p.m. in the NCO Club **Liberty Lounge** and pay no cover charge. Starting at 10 p.m., ladies specials begin in the ballroom during Working Women's Wednesdays.
- ☐ 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.

### JANUARY EDGE CLASSES

- ☐ **Clothespin cuties** — 3:30 to 5 p.m., Thursdays starting today, 5955-D Parker Lane. For ages 8 to 14. Learn to make dolls and more using clothespins.
- ☐ **DIY Beauty** — 3:30 to 5 p.m., Thursdays and Mondays, Balfour Beatty Community House. For ages 8 to 16. Learn to make lip balm, bath salts, soap and more.
- ☐ **Widgets that Work/Gadgets that Go** — 4 to 5:30 p.m., Fridays and Tuesdays, Pinckney Annex, Hood Street. For ages 9 to 15. Build motorized gadgets, including a lie detector.
- ☐ **Brown Around the Edge** — 4 to 5:30 p.m., Fridays and Wednesdays, 5955-D Parker Lane. For ages 11 to 18. Become a master baker in this five-week class.
- ☐ **Winter of the Ice Wizard** — 3:30 to 5 p.m., Wednesdays, Post Library. For ages 6 to 10. Make treats that correspond with this Magic Tree House book.

*The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour.*

# Humble, simple act epitomizes kindness

By **CHAPLAIN (MAJ.) DANIEL MIDDLEBROOKS**  
*U.S. Army Chaplain Center and School*

I opened my wallet and started to pull out the items that were crammed into it. I put the receipts on the table, along with the pieces of paper with phone numbers, a \$1 bill and a small piece of cloth. Whereas the receipts will be logged and thrown away, the phone calls made and the last dollar spent, the small piece of cloth will remain in my wallet.

Before I explain the cloth, allow me to step back into time to describe a dinner. It is not with my family or my friends, peers or staff. It is a special one held at Passover in Jerusalem. The Last Supper, as it has been called in scripture and paintings, allowed Jesus to gather with his disciples for one last time together. Amid the aroma of roasted lamb and the discussions of the disciples, the young rabbi rises and does something extremely out of the ordinary.

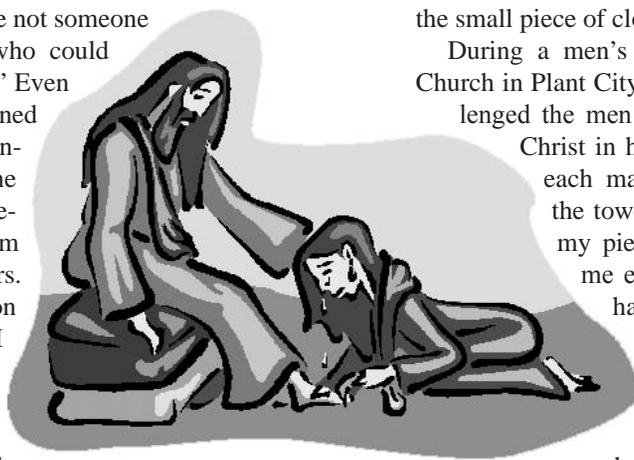
Although his rising may not have caught the attention of the crowd at the table, what he did next drew their eyes and questions. Jesus took off his outer robe and picked up a small basin of water and a towel. The disciples did not know what was going on until Jesus came to Peter and began to wash his feet. You probably could have heard a pin drop. Here the master was performing the task of a servant.

The men, like us, probably wondered why Jesus would perform such a menial task. "Isn't this a bit unnecessary

for him to do? Is there not someone in the other room who could come in and do this?" Even after Jesus explained why he did it, it is interesting that no one bothered to wash Jesus' feet or to help him wash the feet of others. This begs a question for me, "What am I willing to do for others?"

During my Multi-National Force and Observers deployment, I was surrounded by many great men who assisted me in ways that go beyond words of thanks and praise. How did I thank them? I washed their feet. It was the most moving service we ever experienced in the camp. Some people attending were those who did not come to church on a regular basis and I could see the questions in their eyes when I asked them to take off their boots. One major, a hard-charging engineer, had tears running down his face during the washing of his feet. It was, indeed, a holy time for all of us.

Why do we wash the feet of others? Why do we serve others? Both are answered in the example of Jesus. If he, the lord of lords and king of kings, was willing to humble himself to serve, can I do any less? This leads me back to



the small piece of cloth in my wallet.

During a men's breakfast at Turkey Creek Baptist Church in Plant City, Fla. — my home church — I challenged the men to redefine what it means to serve Christ in humility. With that challenge, I gave each man a small piece of cloth cut from the towel draped over a water basin. I keep my piece of cloth in my wallet to remind me each day to find someone to serve. I have learned that I am able to "wash a person's feet" by just meeting them at their point of need. It can be as simple as holding a door, providing directions, sending a card or hundreds of other ways.

I am also reminded that Jesus washed everyone's feet, including the one who would betray him, Judas. Serving others is not based on what they do for us or to us as it is on what Christ did for us. True service, although impacting the lives of others, is really for an audience of one — Christ.

The challenge for those men and me is the same challenge I put to you at Fort Jackson. Cut a small piece of cloth and put it in your wallet, your purse or somewhere where it will become a daily reminder to "wash someone's feet" with an act of kindness.

Remember, kindness is a special type of service that the blind can see and the deaf can hear. Do you have your scissors ready?



## PROTESTANT

- Sunday
- 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
- 9 a.m. Daniel Circle Chapel Gospel service, Post Theater
- 9:30 a.m. Hispanic, Solomon Center
- 9:30 a.m. Main Post Chapel
- 10:45 a.m. Sunday school, Main Post Chapel
- 11 a.m. Magruder Chapel
- 11 a.m. Memorial Chapel
- 11 a.m. Chapel Next, Bayonet Chapel
- 6 p.m. Transitions Christian service, Anderson Street Chapel
- Wednesday
- 6 p.m. Prayer service, Magruder Chapel

## Protestant Bible Study

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

- 6 p.m. Gospel prayer service, Magruder Chapel
- 7 p.m. Gospel Bible study, Magruder Chapel
- 7 p.m. LDS scripture study, Anderson Street 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

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

## CATHOLIC

- Monday through Friday
- 11:30 a.m. Mass, Main Post Chapel
- Sunday
- 9:30 a.m. CCD (September through May), Education Center
- 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
- 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
- 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
- 11 a.m. Mass (Main Post Chapel)
- 12:30 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel

- 8 p.m. Mass, McCrady Chapel (SCARNG), McCrady Training Center
- 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

## CHURCH OF CHRIST

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

## 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

## 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's Chaplain's Office**  
4475 Gregg St., 751-3121/6318

## FIRST RESPONDER

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

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

### **Col. Ronald F. Taylor**

*Director,*

*Emergency Services/Provost Marshal*

### **Sgt. Maj. Glen W. Wellman III**

*Provost Sergeant Major*

### **Bill Forrester**

*Fire Chief*

### **David Navarro**

*Supervisory Police Officer*

### **CASES OF THE WEEK**

❑ A civilian was charged with drunken driving after Military Police stopped him for driving erratically, MPs said. The civilian, who failed field sobriety tests, had a blood-alcohol content of .21 percent, nearly three times the legal limit. The legal limit in South Carolina is .08 percent. The civilian was also cited for operating an uninsured vehicle and operating a motor vehicle without a license.



❑ A civilian was charged with inattentive driving after running her vehicle into the gate while entering the installation, MPs said. The vehicle damages consisted of a small dent to the front driver side fender.

❑ A civilian was denied access to the installation after attempting to enter with an expired temporary registration, MPs said. She was also cited for failing to register a new vehicle.

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

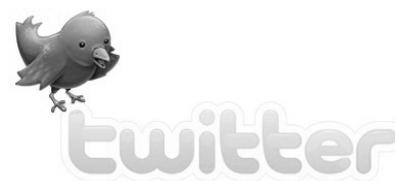
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### **Court-martial**

Capt. Robert P. Clark was convicted Dec. 23 at a general court-martial for violations of indecent conduct involving the attempted solicitation of a minor; attempted transmittal of obscene material to a minor; indecent language; and conduct unbecoming an officer and a gentleman.

Clark pleaded guilty to all charges and was sentenced by a military judge to 28 months confinement and dismissal from the Army.

Clark will be temporarily confined at the Charleston Naval Brig until a permanent place of confinement is determined.



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# Black Knights bowl champs

From Army Athletic Communications

DALLAS — Army clinched its first winning season since 1996 and snapped a two-game losing streak in bowl games after a 16-14 victory over SMU (7-7) in the 2010 Bell Helicopter Armed Forces Bowl Dec. 30.

Army (7-6) forced three turnovers, including a 55-yard fumble return for a touchdown by senior defensive end Josh McNary, to build a 16-0 halftime lead in front of a stadium-record crowd of 36,742 at Gerald J. Ford Stadium.

Army led, 13-0, less than 10 minutes into the game and tacked on a 44-yard field goal by junior Alex Carlton with 2:39 left in the second half to claim its largest lead.

SMU scored a pair of unanswered touchdowns to close within two points and had a 47-yard field goal try to take the lead with less than five minutes to go, but the kick sailed wide left. Army was able to run out the clock, converting a pair of key third-down plays.

A 22-yard pass from sophomore quarterback to junior wide receiver Davyd Brooks on third-and-four from the Army 47 sealed the victory.

The Black Knights are now 3-2 in their five bowl games after securing their first postseason win since a 31-29 win over Illinois in the 1985 Peach Bowl.



Photo courtesy Army Athletic Communications

**The Black Knights celebrate with the team trophy after winning the 2010 Bell Helicopter Armed Forces Bowl in a 16-14 win over SMU Dec. 30. This is Army's first winning season in 14 years.**

## All-American Bowl set for Saturday

By **ROB MCILVAINE**  
Army News Service

ARLINGTON, Va. — The U.S. Army All-American Bowl, the longest-running active high school all-American game, will showcase 90 athletes Saturday in an East-West match up at San Antonio's Alamodome in Texas.

The game will also be televised live on NBC and the Armed Forces Network at 1 p.m. that Saturday (EDT).

In addition to the game, the U.S. Army All-American Marching Band, composed of 125 of the nation's top high school marching musicians — nominated by their band directors and auditioned by the National Association for Music Education — will perform at halftime.

"The Army is proud to celebrate the hundreds of athletes, musicians and Army-Strong Soldiers who have participated in the bowl in the past 10 years, and looks forward to welcoming a new group of participants and celebrating the 2011 game," said Col. Derik Crotts, di-

rector of Marketing and Outreach, U.S. Army Accessions Command.

Army Accessions Command is the primary sponsor of the game, along with more than a dozen national businesses and organizations.

First played Dec. 30, 2000, at Highlander Stadium in Dallas, the game has since been played annually inside the Alamodome.

Selection as a U.S. Army All-American is considered an important and prestigious honor for these athletes and musicians who embody the characteristics of the Army-Strong Soldier — demonstrating strength through loyalty, duty, respect, selfless service, honor, integrity, and personal courage on a daily basis.

Throughout the years, more than 150 former Army All-American high school players play in the National Football League, including more than 40 first-round picks.

The Army bowl also serves as a time to honor not only wounded warriors and veterans, but also the Army's Soldier-Heroes who will participate with each

high school player in a multitude of All-American Bowl game-week activities.

Brian Lepley, Army Accessions Command Public Affairs, said each Soldier selected to be a hero has earned a medal for valor in either Afghanistan or Iraq.

"We choose these men specifically to share their Army story with these young athletes, to demonstrate the Army values, and to make a connection to someone who wouldn't have the chance to do so otherwise," Lepley said.

"Soldier-Heroes are paired with players in order for both of them to learn about each other's lives. The Soldier and the elite high school football player live such unique but disparate lives. They meet each other Wednesday before the game, compete in a Player Hero Challenge and have dinner," Lepley said.

The Soldier-Heroes will attend practice today and join the players at a barbecue tonight. Saturday, after an awards dinner Friday night, each Soldier-Hero will join his player during player introductions.

## Sports shorts

### SPORTS BANQUET

The annual sports banquet is scheduled for 11:30 a.m., Jan. 13 at the Solomon Center. Call 751-3096 for more information.

### DARTS

Letters of intent for intramural and recreational darts are due to the Sports Office by 3 p.m., Jan. 19. For more information, call 751-3096.



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for breaking news  
and updates.

## Leader deadlines

Article submissions are due two weeks before publication.

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

Announcement submissions are due one week before publication.

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

Send your submissions to  
[FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For more information, call  
751-7045.

