

THURSDAY, NOV. 8, 2012

THE FORT JACKSON LEADER

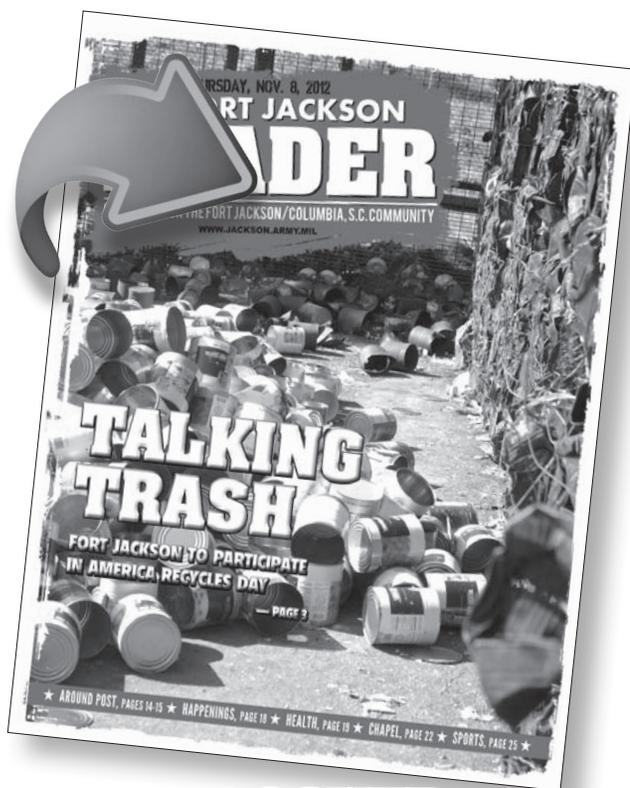
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TALKING TRASH

FORT JACKSON TO PARTICIPATE
IN AMERICA RECYCLES DAY

— PAGE 3

★ AROUND POST, PAGES 14-15 ★ HAPPENINGS, PAGE 18 ★ HEALTH, PAGE 19 ★ CHAPEL, PAGE 22 ★ SPORTS, PAGE 25 ★



ON THE COVER

Photo by ANDREW McINTYRE

Recycled cans are awaiting processing at the Fort Jackson Recycling Center. The installation will host a recycling event Nov. 15. **SEE PAGE 3.**

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Fort Jackson, South Carolina 29207

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COMMANDER'S CALL

Veterans Day a time to reflect on service

Post programs help Veterans reintegrate into civilian life

For the last century, we have celebrated our Veterans on this Veterans Day. When the cannons of World War I were silenced, we thought we had fought the "war to end all wars," but as history proved, we still needed our Soldiers.

We celebrate the strength, courage and dedication of our Veterans who not only wield the hammer of conflict but also shape the world for lasting peace.

The brave actions of our Veterans endure in the pages of history. Today, I want us to not only remember their gallantry on the battlefield; we must look at the lasting legacy of strength and service they brought with them when they returned home.

Our Veterans are the few, the minority — the 1 percent of our nation's citizens — who answer the call to duty. Their contributions to our country are countless and selfless.

It is not only fair, but it is our duty and privilege to honor them as America's Veterans for the price they paid for the freedoms we enjoy.

One way we honor our Veterans is by helping them to reintegrate strong. We can do so by providing them with every opportunity to succeed upon entering back into civilian life.

We are committed to lifelong success by connecting each Veteran and their Family members with opportunities for employment, education and health care.

There are 413,000 Veterans living in South Carolina, and approximately 46,000 Veterans call Columbia their home.

Each year, thousands of retirees decide to make Fort Jackson their home because of the great resources we have and the commitment we have made to them as members of Team Jackson.

The Army Career and Alumni Program has a number of programs that are designed for Veterans of each branch of service.

Routinely our Veterans receive counseling and professional development classes from our very professional ACAP counselors on networking, writing resumes and cover letters.

Additionally, one of ACAP's top priorities for Veter-

ans is to help them prepare for, find and keep employment. ACAP also provides information for health insurance and how to file for disability and unemployment insurance benefits.

Just as it is for the average American, health care is a major concern for many of our Veterans.

Team Jackson Veterans take advantage of medical and physical treatments provided at Moncrief Army Community Hospital and the Moncrief Community Home. Furthermore, other services are

available, to include social workers, substance abuse counselors and Family advocacy assistance.

In addition, we have resources and partnerships with other government agencies that enable our Veterans to succeed.

Our connection with the South Carolina Department of Veterans Affairs affords many of our retirees, Veterans, and their dependents with state and federal information on Veterans health care and education assistance.

Recently, I have heard so many great stories from young Veterans who take advantage of the Post-9/11 G. I. Bill to continue their education. They are determined now more than ever to build upon their Army training and education, apply it to a civilian career and establish a comfortable life for their Families.

Remember, services are here for our Veterans — you.

The most recent generations of our Veterans is younger, more experienced and versatile. Our Army training has developed Soldiers professionally and personally.

Through our Veterans and retirement services efforts, we want to continue to bolster our Veterans job opportunities, education and our state and federal partnerships. We will continue to recognize our Veterans' service and sacrifice to our country. Our country is forever indebted to Veterans and their Families.

As we move forward, we will continue to make the lives of our Veterans much better, as they have made ours better because of their service. On behalf of Fort Jackson, we sincerely appreciate your commitment and service to our nation. Happy Veterans Day!

Army Strong and Victory Starts Here!

Victory 6

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

Fort Jackson
Commanding General



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



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Fort Jackson to host recycling event

By WALLACE McBRIDE
Fort Jackson Leader

On Nov. 15, Fort Jackson will celebrate America Recycles Day with an art contest, recycling drive, education displays, music vendors and more.

"We want to make people on Fort Jackson aware of what can be recycled," said Stephanie Gillian, post solid waste manager. "It's to educate them on the importance of recycling, and to educate them on the opportunities here at Fort Jackson."

The contest entries must be made of at least 50 percent recycled materials or waste, and will compete in four different categories, including Best Use of Recycled Materials, People's Choice, Kid's Recycle Winner and the Grand Prize. The grand prize is a \$500 gift card.

America Recycles Day is the only nationally recognized day dedicated to promoting and celebrating recycling. Fort Jackson's celebration takes place 10 a.m. to 2 p.m. at the Officers' Club.

Activities are scheduled that day in the parking lot and Regimental Room of the Officers' Club.

"In the parking lot, we will be taking clothing donations for the Fort Jackson Thrift Store," said Lisa McKnight, the post's environmental awareness and outreach training coordinator. "And we will be doing a book exchange. The library doesn't need any books, nor do they have any to donate, so it's going to be a 'free-for-all table.'"

Crafters will be selling their work, and organizations such as the Department of Health and Environmental Control and Richland County government will also have tables set up for the event.

Recycling events also have benefits that aren't as immediate. The U.S. Department of Defense requires Fort Jackson to recycle at least 44 percent of its solid waste, and at least 60 percent of its construction and demolition waste, Gillian said.

"Through these kinds of events, this is how the community can help the installation meet these goals," she said. "They are a part of helping us meet these Armywide regulatory requirements."

The event is also designed to collect scrap metal and e-waste such as computers, television sets and stereo equipment.

"The state of South Carolina has essentially banned electronic waste from landfills," Gillian said. "You can't put a television or computer into a garbage can. They'll either take it out of your garbage and leave it in your driveway, or they just won't pick your trash up. These items cannot go into a landfill."

The options for discarding electronic waste in Richland County are mostly limited to scheduled recycling events for e-waste. Because of these restrictions, some people opt to dispose of the electronic equipment illegally.

"We've got a Conex box full of e-waste that we collected from fire breaks and out at Semmes Pond," McKnight said.

Gillian said that all data on recycled electronic devices will be destroyed by a certified electronics recycler.

McKnight said Fort Jackson recycling events provide



Photo by WALLACE McBRIDE

Stephanie Gillian, post solid waste manager, shows off electronics trash collected at various sites on post. Community members will have a chance to recycle electronics Nov. 15 at the Officers' Club.



opportunities for people to safely dispose of sensitive paperwork and computer hard drives.

"We've arranged for a company that picks up electronic items for Richland County to come on post for this one day," she said, "to collect personally owned electronics."

Gillian said the goal is to create quarterly e-waste recycling events on Fort Jackson in the future.

For more information, visit www.americarecyclesday.org.

Milton.W.McBride.ctr@mail.mil

ITEMS ACCEPTED

- Confidential papers for shredding
- Books for the book exchange
- Scrap metal
- Personal electronic waste, including:
 - Computers
 - Keyboards and mice
 - Computer monitors
 - Cable and wires
 - Power supplies
 - Hard drives
 - Servers and mainframes
 - Modems
 - Printers
 - Fax machines
 - Copiers
 - Speakers
 - Radios
 - Scanners
 - Game consoles
 - Stereos
 - Small household appliances
 - Microwaves
 - Floppy disks
 - Toner and ink cartridges
 - Televisions
 - Telephones
 - Camcorders and cameras

LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Nov. 29 Leader must be submitted by Nov. 15. Announcement submissions are due one week before publication. For example, an announcement for the Nov. 29 Leader must be submitted by Nov. 22. Send your submissions to FJLeader@gmail.com. For more information, call 751-7045.

IMCOM seeks to hire former Soldiers

By **BILL BRADNER**
IMCOM

Army civilians serve alongside Soldiers every day, in every theater. From state-side garrisons to forward operating bases in Afghanistan, Army civilians write contracts, deliver goods, manage networks, operate ranges, manage business operations and provide support functions that would otherwise present distractions to training and wartime operations. From the sound of reveille to when a Soldier turns out the lights at the end the day, Soldiers are supported by their civilian counterparts.

There are vacant positions throughout the U.S. Army Installation Management Command which need to be filled so IMCOM can provide world-class customer service and deliver programs and services to Soldiers, civilians, and families. Throughout the command, about 40 percent of civilian employees have served in uniform.

For Soldiers considering taking off their uniform, continuing their career with the Army as a civilian is a logical transition choice, said Col. Francis Burns, at the Office of the Assistant Chief of Staff for Installation Management.

“Have you ever wanted to live in Hawaii? Or return to Europe to live and work, while still supporting Soldiers and their families?” Burns asked. “You owe it to yourself to consider using that training and experience you earned in uniform to help you land the perfect job as a civilian.”

Federal service may be an ideal opportunity for wounded warriors and disabled veterans through a process called “Schedule A” appointment authority. Using Schedule A, qualified candidates with disabilities can be hired non-competitively. This speeds up the recruitment process, helping wounded warriors gain employment while filling critical vacancies quickly.

Schedule A benefits both the employer and potential employee by assisting those with disabilities to gain federal employment and by shortening the hiring process — which averages 102 days using traditional methods.

For example, IMCOM headquarters placed six interns in less than 45 days using the Schedule A appointment authority and the wounded warrior database.

“Schedule A cuts through a lot of the red tape,” said Rufus B. Caruthers, IMCOM Equal Employment Opportunity director. “The hiring action can take as little as two weeks, it can happen just that fast.”

There are many opportunities for Soldiers transitioning out of the Army, regardless of their status, to continue their service by joining the IMCOM team. Many of the benefits are obvious: paid job-related training and education, comprehensive benefits packages and leave accrual rates based on time-in-service. In addition to opportunities in the U.S., civilians serve around the world in locations such as Japan, Korea, Europe and Puerto Rico, among many others.

There are also many not-so-obvious benefits. The sense of camaraderie and teamwork is strong in the civilian

SCHEDULE A: THE BASICS FOR THOSE WITH DISABILITIES

Wounded warriors or disabled people seeking a position in the federal government should register with one (or more) of the following agencies:

❑ The Employer Assistance and Recruiting Network, <http://earn-works.com>, is a free service that connects employers with active duty, veteran and civilian disabled job candidates.

❑ The Workforce Recruitment Program, <http://wrp.gov>, is a recruitment and referral program that

recently graduated students with disabilities through both summer and permanent jobs.

❑ Veterans and wounded warriors should contact the Department of Labor’s Veterans Employment & Training Service at www.dol.gov/vets/welcome, the Hire Hero’s program at www.hireheroesusa.org, and the Wounded Warrior Project at www.woundedwarriorproject.org.

❑ Other resources include the Office of Personnel Management’s disability site at [www.opm.gov/dis-](http://www.opm.gov/dis-ability)

www.disabilityinfo.gov and the federal government’s one-stop website for people with disabilities, their families, employers, veterans and service members: www.disabilityinfo.gov.

Once registered, the selective placement coordinator or disability program manager at the agency taking advantage of the Schedule A hiring authority will search the databases above, as well as counterparts at other agencies, and provide a list of qualified disabled candidates to the hiring authority.

SCHEDULE A: THE BASICS FOR EMPLOYERS

Hiring managers should coordinate with their agency’s selective placement coordinator or disability program manager, usually found in the garrison’s Equal Employment Opportunity offices, and describe the competencies required for the position.

The SPC/DPM will consult with numerous resources, including local colleges and universities, the Wounded Warrior Program, EARN and the Department of Labor’s Workforce Recruiting Program (to name a few) and develop a list of eligible candidates.

No job announcement is required.

The hiring official reviews the list, conducts interviews, and makes a selection. Hiring officials also have the option of not selecting from the list and using the traditional hiring process.

Once a selection decision is made, the agency’s human resources office makes an offer to the candidate.

“Schedule A has been around for as long as I’ve been in federal service,” said Rufus B. Caruthers, the IMCOM EEO director, “but as the number of disabled vets grows, and

with the president’s emphasis on hiring disabled vets, we’ll see a big increase in the number of people hired under that authority.”

For employers, that means more qualified candidates to choose from. And for people with disabilities seeking employment, it means a significant growth in the number of hiring authorities using those databases to select candidates.

For more information, visit your local EEO or Wounded Warrior office, or go online to www.disabilityinfo.gov.



workforce, and is cultivated just as carefully as it is among active-duty Soldiers. Another similarity to serving on active duty is the emphasis Army civilians place on values.

“There’s not much difference in how you feel about your job and how you conduct business in and out of uniform,” said retired Sgt. Maj. Willie Wilson, who today works for IMCOM and runs the Army’s World Class Athlete Program. “And in most Army civilian positions, you’re still taking care of Soldiers and their families. I’m glad that’s still part of my job description.”

The sense of accomplishment and value is high in the Army civilian workforce. In a recent Federal Employee Viewpoint Survey, 92 percent

of federal employees answered positively to the statement “The work I do is important.”

Training and leader development is also as pervasive in the civilian workforce as it is in uniform. The Civilian Education System, modeled after the Army Noncommissioned Officer Education System, provides a full spectrum of continuing education and career development courses.

Civilians are first exposed to the training at in-processing to their first duty station, and have access to schools and virtual classes to help them progress from entry-level to Senior Executive Service.

IMCOM leads the way in work force development initiatives that include yearly opportunities for developmental assignments, structured mentoring programs, and an academy dedicated to instruction of installation management professionals.

IMCOM has also developed the IMCOM Enterprise Placement Program to help ensure the command can keep employees in the organization once hired. IEPP matches job vacancies at Army installations around the world with qualified IMCOM employees already serving in another capacity. The voluntary referral and placement program is designed to give employees affected by structure and re-sourcing changes the opportunity to relocate and find the best fit to continue serving the Army family. The IEPP enables the command to retain institutional knowledge and preserve its superior workforce, all while continuing the Army’s “I will never quit” philosophy that so many Army civilians take to heart.

“That’s our version of leaving no Soldier behind,” said Lt. Gen. Mike Ferriter, IMCOM commanding general. “We owe it to our dedicated civilians and to the Soldiers we support to do everything we can to keep a highly motivated, highly-qualified workforce in place to maintain our infrastructure and sustain our Army.”

Ferriter said that more than 2,000 positions are available today worldwide throughout IMCOM.

To learn more about the IEPP or civilian job opportunities with IMCOM, visit www.imcom.army.mil.

News and Notes

NATIVE AMERICAN HERITAGE LUNCHEON SET

A luncheon in celebration of Native American Heritage Month is scheduled for 11:15 a.m. to 3 p.m., Nov. 16 at the Solomon Center. Tickets cost \$10. The guest speaker will be Will Moreau Goins of the Eastern Cherokee, Southern Iroquois and United Tribes of South Carolina. For more information, contact the Equal Employment Opportunity Office, an equal opportunity adviser or call 429-4847.

HEALTH BENEFITS FAIR SCHEDULED

Federal civilian open season for health benefits will begin Monday and end Dec. 10. A health benefits fair is scheduled from 8 a.m. to noon, Friday at the Solomon Center. For more information on benefits, visit www.abc.army.mil or call 751-6379.

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at www.twitter.com/fortjacksonpao.

Veterans Day parade scheduled

By **ANDREW McINTYRE**

Fort Jackson Leader

Columbia's 34th annual Veterans Day parade is scheduled for Nov. 12 at 11 a.m. The parade will honor all veterans for their service and commitment to the nation.

The parade will start at the intersection of Laurel and Sumter streets and will proceed southbound on Sumter Street, ending at Pendleton Street near the State House.

The year's procession will include high school and military marching bands, floats, military vehicles, color guards and motorcycle clubs.

The grand marshal for this year's parade will be Vietnam veterans.

The Veterans Day parade is hosted by City of Columbia Parks and Recreation and Blue Cross and Blue Shield of South Carolina.

For more information, contact City of Columbia Parks and Recreation at 545-3100.



Guard provides aid after hurricane

By **SGT. 1ST CLASS JIM GREENHILL**
National Guard Bureau

NEW YORK — More than 7,000 National Guard members are providing aid to Hurricane Sandy-ravaged communities along the East Coast and other areas, including thousands of Guardsmen in New York and New Jersey helping residents get onto their feet after the super-storm destroyed homes and crippled infrastructure.

National Guard members on Nov. 3 started supporting other state and federal agencies working to ease gasoline distribution challenges in New York. Guard members also provided food, water, presence patrols and transportation, going from house-to-house on Staten Island conducting wellness checks and running pumps and generators.

More than 4,000 Guard troops are focused on the two states where Sandy did the most damage: New Jersey and New York.

“The National Guard takes its missions from the governor, and it’s supporting the first responders, so when the capabilities of the first responders have been exceeded, then the National Guard is called in to support,” said Gen. Frank J. Grass, the chief of the National Guard Bureau.

The National Guard has hundreds of thousands of troops available nationwide and a plethora of capabilities a phone call away, the general noted.

“We’ll tailor those to meet the need, based on what the city and the state require,” Grass said.

“More than 6,000 Army National Guard Soldiers are part of the massive relief effort across the entire region,”

said Lt. Gen. William E. Ingram Jr., the director of the Army National Guard. “Our Soldiers are concentrated in communities hardest hit by the cold, flooding and power outages.

“We’re ramping up our future operations as well,” Ingram said. “About a thousand additional Soldiers from Ohio, Pennsylvania, Massachusetts and Delaware are on their way to help out with critical transportation, security and supply distribution efforts in New York and New Jersey.”

Grass saw the challenges New Jersey and New York residents face first-hand Nov. 2 during an eight-hour visit to assess damage and needs and thank troops.

“New Jersey is in consequence management, recovering,” he said. “Lots and lots of contract capability, construction capability ... still long lines in some places as they recover and at the gas stations.”

As Grass conducted a damage-assessment survey from a National Guard UH-60 Black Hawk helicopter over New York City and its environs Nov. 2, he saw houses off their foundations, piles of soaked possessions including mattresses dragged to the curb, and sand-covered roadways from shore to shore of narrow barrier islands. As darkness fell, chunks of the metropolis were in darkness and gas stations were easy to identify by the police lights flashing outside and the miles-long lines of tail lights snaking along approach roads.

“In New York, it’s going to be a long haul there,” Grass said. “So much damage — especially the subways. It’s going to take a while to get those pumped out. But the city looks like it’s ready to roll. It’s functioning down

there. Some of the outer islands, you could see a lot of damage, and it’s going to take a while to get that cleaned up.”

“The National Guard has been called on again when our citizens are in need of help — neighbors helping neighbors,” said Maj. Gen. Patrick Murphy, the adjutant general of New York National Guard, during a visit to Manhattan to assess possible National Guard support to U.S. Army Corps of Engineers efforts to remove water from flooded road and subway tunnels.

“These are Soldiers who have trained for combat but serve in domestic operations,” Murphy said. “They’ve done just incredible work in the area of security, logistics distribution and working with law enforcement and their local partners. Our Soldiers and Airmen ... are true professionals and they want to help the citizens that they live with every day, their neighbors.”

“I saw today many, many Soldiers and Airmen who have deployed overseas,” Grass said as he returned to the Pentagon. “You couldn’t ask for a better team to be ready to support the citizens and every one of those Soldiers and Airmen out there I saw today was very happy to do the mission they are doing.”

Residents returned Guard members’ enthusiasm for the post-storm aid mission with appreciation.

“The level of appreciation for the Soldiers and the Airmen is just unprecedented,” said Command Sgt. Maj. Jerome Jenkins, the senior enlisted leader of the New Jersey Army National Guard. “Astounding, great reaction, because they know that we’re here to help. When they see the Guard, they know that we’re here to help.”

DINING FACILITIES THANKSGIVING MEAL SCHEDULE

Nov. 14	Drill Sergeant School	Building 9572	Noon to 1:30 p.m.
Nov. 21	120th Adjutant General Battalion (Reception)	Building 1875	11 a.m. to 1 p.m.
Nov. 21	187th Ordnance Battalion	Building 2260	4:30 to 7:30 p.m.
Nov. 21	1st Battalion, 61st Infantry Regiment	Building 11900	5 to 7 p.m.
Nov. 22	2nd Battalion 39th Infantry Regiment	Building 10401	11:30 a.m. to 1:30 p.m.
Nov. 22	Company F, 1st Battalion, 34th Infantry Regiment	Building 10401	1:30 to 2:30 p.m.
Nov. 22	369th Adjutant General Battalion	Building 4210	Noon to 2 p.m.
Nov. 22	2nd Battalion, 13th Infantry Regiment	Building 4270	11:30 a.m. to 2:30 p.m.
Nov. 22	1st Battalion, 13th Infantry Regiment	Building 11500	11 a.m. to 1 p.m.
Nov. 22	1st Battalion, 34th Infantry Regiment	Building 11500	11 a.m. to 1 p.m.
Nov. 22	2nd Battalion, 60th Infantry Regiment	Building 11500	11 a.m. to 1 p.m.

The Thanksgiving meal for retirees and guests is scheduled for 2 to 3:30 p.m., Nov. 22 at the 3rd Battalion, 60th Infantry Regiment dining facility, Building 5454.

Holiday meal rates are \$7.50 (standard) and \$6.40 (discount). The discount rate applies to spouses and dependents of enlisted service members in pay grades E1 through E4. For more information, call 751-4015/5556.



Army couple balance jobs, family

By **KIM WHEELER**
Special to the Leader

Striking the perfect balance between career and family obligations is tough enough for many couples, but when one spouse is a recruiter and the other a drill sergeant, the challenges increase.

Just ask Staff Sgts. Jason and Amy Mitchell. The Fort Jackson couple have spent more than two years juggling the stresses of two of the most demanding jobs in the Army while maintaining a strong marriage and sharing parenting responsibilities for their 16-month-old son, Matthew.

“There’s definitely not a lot of personal time,” said Amy, a drill sergeant in Company E, 1st Battalion, 34th Infantry Regiment.

“She’s up and out the door around four most mornings,” said Jason, a recruiter in Rock Hill, who makes the 70-mile drive to his recruiting station and back five days a week. “On a good day, she can pick our son up (from day care), and we can all spend some quality time at the end of the day.”

But even on those days, most of the couple’s time together is spent in the company of their son with Amy struggling to stay awake. And while there is rarely time for date nights, there is plenty of time for the ordinary stresses of married life — personality conflicts, divvying up household responsibilities, paying bills, and so on.

So how does the couple make it work?

Both Soldiers contend that their dual military status helps, rather than hurts, their relationship.

“Communication and understanding are key,” Amy said. “Being married to another Soldier is a lot easier, because you both understand what it is, what it takes to be in this job.”

“You’re speaking the same language,” agreed Jason, joking that being able to share TA-50 (Army-issued equipment) is helpful, too.

The couple have more than career and equipment in common, though. Jason said it is their shared interests, attitudes and backgrounds that form their “base foundation.”

In the months after they met during a USO concert at Contingency Operating Base Adder, Iraq, in 2009, Jason and Amy discovered they shared similar childhood experiences — his in Michigan City, Ind., hers in New Bedford, Mass. They also bonded over a love of fitness and a goal-oriented career drive.

“It helps when you take the time to get to know a person,” Jason said. “Learn their past, learn their five-year-plan, go through some problems and see what that person is really like in those situations.”

“You have to be adaptable and be able to compromise,” Amy added. “Personalities change sometimes, and you have to be able to adapt to that.”

Jason said he thinks this flexibility would have been harder to master if they had been younger or new to the



Photo by KIM WHEELER, special to the Leader

Staff Sgts. Amy and Jason Mitchell, who work as drill sergeant and recruiter, respectively, balance their busy work schedules and their family life despite the challenges of their demanding jobs.

Army when they met. When they wed in 2010, both Soldiers were 30 and mature enough to have realistic expectations for their marriage. They said they anticipated they would experience problems and go through rough patches, and they have.

“But no matter what happens, I know that she’s going to be my wife, and she knows that I’m going to stick around for her,” Jason said. “I have a 72-hour rule. For whatever problem you may be facing, give it 72 hours and things are going to start getting better.”

Despite the challenges they have encountered in the past few years, their respective assignments as drill sergeant and recruiter have been beneficial. Once an optical laboratory specialist, Jason found his passion in recruiting and recently converted to become a recruiter permanently. Amy, meanwhile, has honed and proven her leadership abilities on the trail.

“Drill sergeants have these green books where (Basic Combat Training Soldiers) can write messages to them,” Jason said. “I always read those comments, and to see more than 300 people talk about what a good leader she is, what a great mentor she is ... it’s touching.”

The growth their relationship has experienced during their time in South Carolina will continue to help them as they move into what Jason calls “the next phase.” Amy will report to Fort Belvoir, Va., soon to assume duties as a human resource noncommissioned officer in charge. Matthew will go with her, but they don’t yet know when Ja-

son will be able to join them. Although they are enrolled in the Army Married Couples Assignment Program, the Baltimore Recruiting Battalion is currently overstrength, so Jason will have to wait until a slot opens before he can be reassigned.

“This is just another stepping stone for us,” he said. “We already have a good foundation; now we’re adding to it.”



Courtesy photo

The Mitchells were married in 2010 after meeting during a deployment to Iraq a year earlier.



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81st RSC dedication

Retired Maj. Gen. James W. Darden, left, and Maj. Gen. Gill Beck, commanding general of the 81st Regional Support Command, unveil the plaque for the dedication of the 81st RSC auditorium Friday. The auditorium was dedicated in honor of Darden's service from 1966 to 2004 and included the command of the 81st RSC from 1995 to 1999 when it was located in Birmingham, Ala. Darden is currently an Army Reserve Ambassador for Alabama.

*Photo by
STAFF SGT. TOSHIKO FRALEY,
81st Regional Support Command*



Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



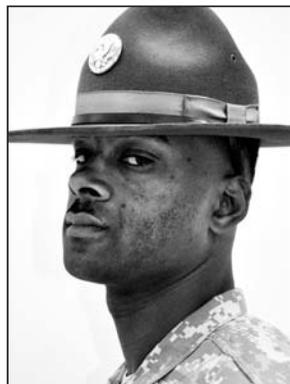
Sgt. Paul Tirey
Company A
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Brian Underdahl

SOLDIER OF THE CYCLE
Spc. Jason Angelini

HIGH APFT SCORE
Pvt. Sergio Foronda

HIGH BRM
Pvt. Justin Myers



Staff Sgt. Marcus Brantley
Company B
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Fidel Cruz

SOLDIER OF THE CYCLE
Pvt. Oscar Chicaiza

HIGH APFT SCORE
Pvt. Jason Wilson

HIGH BRM
Pvt. Randall Tate



Staff Sgt. Latwanya Robinson
Company C
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Alexander Damon

SOLDIER OF THE CYCLE
Spc. Kyle Patterson

HIGH APFT SCORE
Pfc. Daniel Hernandez

HIGH BRM
Pfc. Stephen Laroque



Staff Sgt. Robert Collie
Company D
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Christopher Robbins

SOLDIER OF THE CYCLE
Pvt. Zachary Gortz

HIGH APFT SCORE
Pvt. James Tripp

HIGH BRM
Pvt. John Hale



Staff Sgt. Joseph Fontenot
Company E
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Cody Palmer

SOLDIER OF THE CYCLE
Pvt. Micah Mathena

HIGH APFT SCORE
Pvt. Vanessa Cabrera

HIGH BRM
Pvt. Trenton Barnes



Staff Sgt. Juan Munoz
Company F
3rd Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Kevin Fuka

SOLDIER OF THE CYCLE
Pvt. Rhyann Brown

HIGH APFT SCORE
Pvt. Zachary Helsel

HIGH BRM
Pvt. Patrick Mooney

Training honors



ROBERTS



HARDEE



STRAUSBAUGH



CASTELLANO



HALE



ISOM



MAYFIELD

Staff Sgt. Nathan Roberts
Drill sergeant leader of the cycle
Drill Sergeant School

Staff Sgt. Matthew Hardee
Honor graduate
Drill Sergeant School

Sgt. 1st Class Matthew Strausbaugh
Leadership award
Drill Sergeant School

Staff Sgt. Giseal Castellano
Physical fitness (female)
Drill Sergeant School

Staff Sgt. Byron Hale
Physical fitness (male)
Drill Sergeant School

Sgt. 1st Class Robert Isom
Drill sergeant of the cycle
Company A
Task Force Marshall

Staff Sgt. Mark Mayfield
Drill sergeant of the cycle
Company C
Task Force Marshall

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

Recurring meetings

WEEKLY

Fort Jackson Boy Scouts

Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group

Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing

Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail Tom.Alsup@gmail.com or visit www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength

Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.

Protestant Women of the Chapel

Tuesdays, 9 a.m. to noon, Main Post Chapel, Bible study and fellowship. Homeschoolers are welcome. Free child care is available. E-mail jackson.pwoc.org.

Toastmasters International

Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307

Alcoholics Anonymous open meeting

Wednesdays and Fridays, 9 to 10 a.m., 9810 Lee Road. For more information, call 751-6597.

American Red Cross volunteer orientation

Wednesdays, 1 to 4 p.m., and Thursdays, 9 a.m. to noon. Only one session is required. Additional training is necessary for those volunteering in a clinical setting. Call 751-4329.

MONTHLY

Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit www.jacksonanglers.com.

Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4

Second Monday of the month (September through June), 6 p.m., 511 Violet St., West Columbia, 467-8355 or gblake12@sc.rr.com.

Weight Loss Surgery Support Group

☐ Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.

☐ Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St.,

ground level, Meeting Room 2.

Seabees

Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641

Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Sergeant Audie Murphy Club

First Tuesday of the month, 11:30 a.m., Post Conference Room, www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post 182

First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

Adjutant General's Corps Regimental Association, Carolina Chapter

Second Tuesday of the month, 11:30 a.m. to 1 p.m., Magruder's Pub and Club, 885-7114.

Fort Jackson Homeschoolers

Second and fourth Tuesday of the month. For time and location, call 419-0760 or email johnlazzi@yahoo.com.

National Federation of Federal Employees

Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or NFFE@conus.army.mil.

Fleet Reserve Association Branch and Unit 202

Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or turner6516@gmail.com.

Veterans of Foreign Wars Gandy-Griffin Post 4262

Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303

Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402

Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers

Adopt-A-School program

Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest Heights Elementary School, 751-1148.

Better Opportunities for Single Soldiers

First and third Wednesday of the month, 11:45 a.m. to 12:45 p.m., Single Soldier Complex, Building 2447, 751-1148.

Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magrud-

er's Club. E-mail sec@ffvictoryriders.com.

The Rocks Inc., James Webster Smith Chapter

Third Thursday of the month, 5:30 p.m., Post Conference Room.

American Legion Riders Motorcycle Group

Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.

Society of American Military Engineers

Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail William.huffin@us.army.mil.

MEDPROS training

Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail Erica.Aikens@amedd.army.mil.

Retired Enlisted Association

Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail jrodgers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV

Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Fort Jackson Cub Scouts

First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Ladies Auxiliary VFW Post 641

Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

Ladies Auxiliary VFW Post 4262

Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Gold Star Wives, Palmetto Chapter

Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.

Combat Vets Motorcycle Association

Third Sunday of the month at noon, (774) 451-7504, e-mail armyaguiar@yahoo.com or visit www.combatvet.org.

Ladies Auxiliary Louis D. Simmons Post 215

Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.

To submit a recurring meeting, email the name of the group, when and where the meeting takes place and contact information to fjleader@gmail.com.

Calendar

Tuesday

Single Soldier town hall meeting

6 to 8 p.m., Post Theater
The topic of the town hall meeting is the transfer of single Soldier barracks operations to the units Nov. 30.

Wednesday

Warrior Care Month: adaptive sports demonstration

2 to 4 p.m., Coleman Gym

Thursday, Nov. 15

America Recycles Day

10 a.m. to 2 p.m., Officers' Club
The event will include a shred truck, electronic waste collection, scrap metal collection and a book exchange. For more information, call 751-5971.

Thursday, Dec. 15

Immigration 101 workshop

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

Announcements

HIRED! ORIENTATION

A parent orientation meeting for the HIRED! apprenticeship program is scheduled for 6 p.m., Nov. 15 at the Youth Services Center. Prerequisite training will begin Nov. 26. The apprenticeship term runs Jan. 6 through March 31.

SPEED LIMIT DURING PT TIMES

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

AAFES REWARDS GOOD GRADES

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

DISPOSITION SERVICES CLOSURE

The Defense Logistics Agency Disposition Services (formerly DRMO) will be closed through Nov. 16 for training to transition to the new Reutilization Business Integration system.

COMMISSARY REWARDS CARD

The Commissary Reward Card is now available at the store. The card lets customers access digital coupons and redeem them in any commissary. To register the card, visit www.commissaries.com/rewards/index.cfm.

MORNING FITNESS CLASSES

Andy's Fitness Center now offers three new morning classes:

- 9 a.m., Mondays, kettlebell
- 10 a.m., Wednesdays, cardio
- 10 a.m., Thursdays, strength and condi-

tioning

For more information, call 751-5768.

AAFES CONTEST

The Army and Air Force Exchange Service is looking for the most adorable child in its third annual "Cutest Kiddo Contest." Participants should upload a photo to the Exchange's Facebook page by today. Prizes include a cruise and Exchange gift cards.

RECYCLE DAY CONTEST

Help celebrate Recycle Day Nov. 15 by submitting items made from recycled materials to the Environmental Management Branch. Prizes will be awarded to the best items submitted. For more information, call 751-5971 or email lisa.a.mcknight11.ctr@mail.mil.

MACH WEIGHT MANAGEMENT

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

THRIFT SHOP NEWS

- Donations can be dropped off any time. To get a receipt, drop off your donations during business hours.
- The Thrift Shop will hold a weekly football drawing throughout football season.
- The Thrift Shop is accepting Thanksgiving items through today.
- The Thrift Shop is accepting Christmas items Tuesday through Dec. 13.
- The Thrift Shop will be closed Nov. 20-22.

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

Housing happenings

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

HALLOWEEN DECORATIONS WINNER

The winners of the Halloween decorations contest are Sgt. Dutch Alexander and family.

PROHIBITED ANIMALS

The following dog breeds are not permitted in on-post family housing: chow chow, Doberman, pit bull, rottweiler, American Staffordshire terrier, English Staffordshire bull terrier, wolf hybrids or any other breed with dominant traits geared toward aggression. In addition, farm, exotic and wild animals are restricted.

YARD SALES

Residents planning to have a yard sale must obtain approval from Balfour Beatty

Communities before the event. Yard sale signs must not be posted on street signs or utility poles. Signs must be staked in the ground and removed as soon as the event is over.

THANKSGIVING ESSAY

Balfour Beatty Communities is accepting essays on the subject "What are you thankful for?" until Nov. 19. Submit your essay via email to ayoungblood@bbcgrp.com or in person at the Community Center.

TURKEY COLORING CONTEST

Turkey coloring sheets are available at the Community Center. Returned entries will be entered into a prize drawing Nov. 30. All entries will be displayed at the Community Center.

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.

FREE LEGAL CLINIC

The South Carolina Bar Association offers a free legal clinic from 6:30 to 8 p.m., today at the Richland County Public Library, 1431 Assembly St. The clinic will focus on the eligibility for a non-service connected pension and general strategies for gaining a service-connected pension.

PTSD STUDY SEEKS PARTICIPANTS

Researchers with the Dorn VA Hospital and the University of South Carolina are conducting a study of physical activity for veterans with combat-related post traumatic stress disorder. For more information, contact Shawn Youngstedt at 777-2666 or by emailing syoungstedt@sc.edu.

345TH BOMB GROUP REUNION

A reunion commemorating the 70th anniversary of the activation of the 345th Bomb Group is scheduled for Friday through Monday at L.B. Owens Airport in Columbia. World War II airplanes will be on display for the public on the afternoon of Nov. 9. For more information, call (785) 647-7541.

SUBMISSION GUIDELINES

Send all submissions to 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 sent by fax to 432-7609 or by email to sbranham@ci-camden.com.

FLU SHOTS

Moncrief Army Community Hospital is offering free influenza vaccines to military ID card holders. Flu shots will be offered at the following locations:

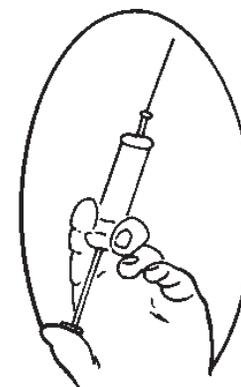
MACH, 6th floor, Room 5: Nov. 8, 8 a.m. to 4 p.m.; Nov. 7, 14, 21 and 28, 8 a.m. to 8 p.m.

Solomon Center: Nov. 19 and 26, 8 a.m. to 3:30 p.m.

Commissary: Nov. 13, 15, 20, 27 and 29, 10 a.m. to 2 p.m.

Exchange: Nov. 16 and 30, 10 a.m. to 3:30 p.m.

Vaccines for children younger than 4 are available at MACH, Room 6-39.



Friday, Nov. 9 — 7 p.m.

The Possession PG-13

Saturday, Nov. 10 — 4 p.m.

Premium Rush PG-13

Sunday, Nov. 11 — 2 p.m.

The Possession PG-13

Wednesday, Nov. 14 — 1 p.m.

Premium Rush PG-13

Wednesday, Nov. 14 — 4 p.m.

The Possession PG-13

For more listings, visit www.aafes.com or call 751-7488.

Adults: \$5
Children (6-11 years old): \$2.50

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

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

Avoid holiday weight gain

From Moncrief Army Community Hospital

Holiday gatherings are a great time to enjoy fellowship with friends and family and to enjoy some of your favorite foods. The holiday season is also a time when many people put on pounds. Holiday buffets and pushy family members can make it tempting to overindulge. The average American adult gains one to two pounds during the holiday season. That may seem insignificant, but that weight can be difficult to shed and adds up after a few holiday seasons.

HEALTHY HOLIDAY EATING TIPS

- Survey the scene. Check out all the foods on the buffet before fixing your plate. Choose your favorite foods and skip the dishes that are not so special. Include fruits and vegetables to keep your plate balanced.
- Don't skip meals. You may have good intentions by reducing the amount you eat before a party, but this strategy often backfires. Have

a snack like raw vegetables, fruit or a light yogurt before a party to curb your appetite. You will be less likely to overeat if you don't arrive starved.

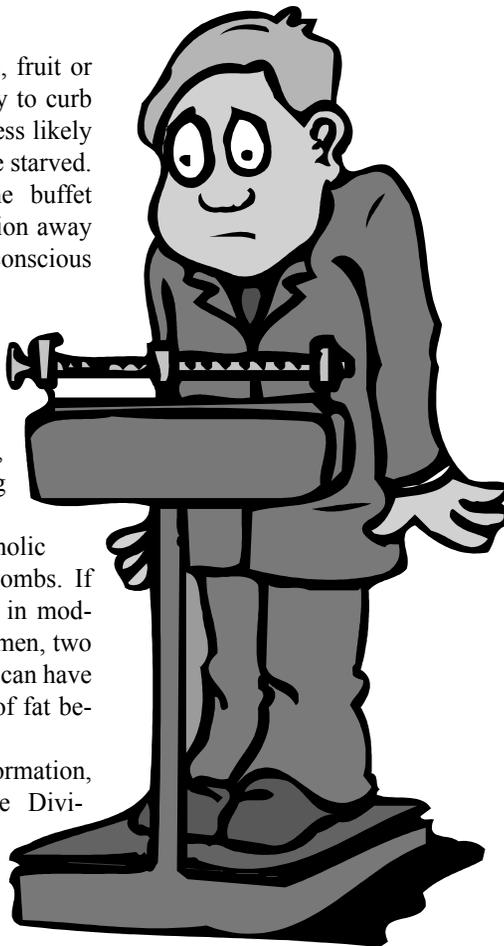
- Don't linger around the buffet table. Move your conversation away from the buffet to avoid unconscious nibbling.

- Practice portion control.

An easy way to keep portions in check is to use a smaller plate. You can't fit as much on a smaller plate, so you will end up eating less.

- Rethink your drink. Alcoholic beverages can be calorie bombs. If you choose to drink, do so in moderation — one drink for women, two for men. One cup of eggnog can have 350 calories and 20 grams of fat before any alcohol is added.

For more nutrition information, contact the Nutrition Care Division at 751-2489 to make a personal appointment or attend one of MACH's nutrition classes.



E-payment required for some TRICARE patients starting 2013

From Moncrief Army Community Hospital

Beneficiaries enrolled in TRICARE Reserve Select or TRICARE Retired Reserve could lose their coverage if they don't take steps to switch from their monthly premiums by check to an electronic form of payment before Jan. 1.

TRICARE will only accept monthly premium payments using recurring automatic payments by credit or debit card or by recurring electronic funds transfer from a linked bank account.

It is important that beneficiaries know they may be charged a fee of up to \$20 for accounts that have insufficient or unavailable funds. Failure to pay premiums by the date due will result in termination of coverage effective the last day of the month last paid and a one-year purchase lockout.

Beneficiaries can contact their regional contractor to set up automatic payments and obtain more information. Contact information for each region is available on the TRICARE contacts web site at <http://www.TRICARE.mil/contacts>.

You may also use the applicable link below to visit your TRICARE region to learn more about TRR/TRS payment options:

NORTH REGION

<https://www.hnfs.com/content/hnfs/home/tn/bene/enroll/fees/payments.html>

SOUTH REGION

<http://www.humana-military.com/south/bene/billing-enrollment/PaymentOptions.asp>

WEST REGION

<http://www.triwest.com/en/beneficiary/enrollment-benefits/epay/>

OVERSEAS

<http://www.tricare-overseas.com/TRR.htm>

<http://www.tricare-overseas.com/TRS.htm>

For more information about TRS or TRR, visit the TRICARE Health Plan Costs website at <http://tricare.mil/mybenefit/home/Costs/HealthPlanCosts/>.

FLU SHOTS

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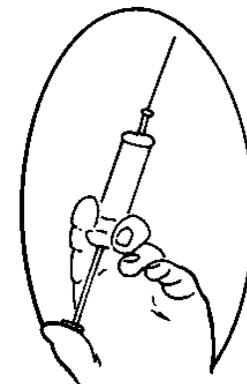
- **MACH, 6th floor, Room 5:** Nov. 8, 8 a.m. to 4 p.m.; Nov. 7, 14, 21 and 28, 8 a.m. to 8 p.m.

- **Solomon Center:** Nov. 19 and 26, 8 a.m. to 3:30 p.m.

- **Commissary:** Nov. 13, 15, 20, 27 and 29, 10 a.m. to 2 p.m.

- **Exchange:** Nov. 16 and 30, 10 a.m. to 3:30 p.m.

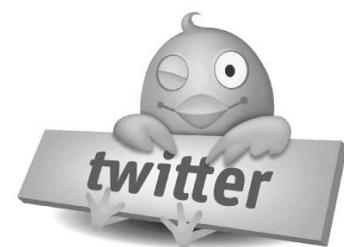
Vaccines for children younger than 4 are available at MACH, Room 6-39.



MACH UPDATES

PHARMACY TRAINING HOLIDAY HOURS

Moncrief Army Community Hospital outpatient pharmacy hours of operation for Friday and Nov. 23 will be 7:30 a.m. to 4:30 p.m. The refill pharmacy hours of operation for both days will be 9 a.m. to 4:30 p.m. Both pharmacies will be closed Monday and Nov. 22.



Follow the Leader on
Twitter at
www.twitter.com/fort-jacksonpao.

What are the big rocks in your life?

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

What are the big issues in your life, the big rocks so to speak? Is it your family, your relationship with God or your relationship with a significant other in your life? Have you ever noticed that we can get so busy doing all the little things in life that we never have time for the most important things, the big rocks?

I once heard of an expert in time management who was speaking to a group of business students about an important principle he wanted to teach them. He used an illustration those students may never forget. He pulled out a one-gallon, wide-mouthed mason jar and set it on a table in front of him and said, "It's time for a quiz." Then he reached under the desk and pulled out about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes."

Then he said, "Really?" He then reached under the table and pulled out a bucket of gravel. He dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the big

rocks. Then he asked the group once more, "Is this jar full?" By this time the class was onto him. "Probably not," one of them answered.

"Good!" he replied.

He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?"

"No!" the class shouted.

Once again he said, "Good!" Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim.

Then he looked up at the class and asked, "What is the point of this illustration?" One aggressive young business student raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things in."

"No," the speaker replied, "That's not the point. The truth this illustration teaches us is this: If you don't put the big rocks in first, you will never get them in at all."

We spend most of our time filling our lives with sand and gravel and we never have time for the big rocks, those things that matter most. If you don't put the big rocks first you will never fit them in.



PROTESTANT

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

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Family Life and Resiliency Center

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

Protestant Youth of the Chapel

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

CATHOLIC

- Monday through Thursday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 8 a.m. IET Mass, Solomon Center
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 - 11 a.m. Mass (Main Post Chapel)
 - 12:30 p.m. Catholic youth ministry, Main Post Chapel

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

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

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

JEWISH

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

CHURCH OF CHRIST

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

LATTER DAY SAINTS

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

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

ADDRESSES, PHONE NUMBERS

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

Civilian fitness program to start

By PAM LONG
FMWR fitness programmer

More and more agencies are adopting fitness and wellness programs in the work environment to show support for employees.

Family and Morale, Welfare and Recreation offers the FMWR Civilian Employee Wellness and Fitness Program for Fort Jackson.

Open registration starts today and will end Nov. 19. All participants must submit a signed participation form from their supervisor. The form and a welcome packet can be picked up from the information table located outside the

aerobics room in the Solomon Center.

The welcome packet includes the dates of the program, a space for people to document the days and times of the week authorized to participate in the program, and the location of the fitness/exercise program.

An orientation is scheduled for Tuesday. A temporary clinic will be set up in the aerobics room where body mass index and health assessments will be taken all day. The data gathering will be performed by staffed fitness trainers. Participants must have authorization signed by a supervisor.

Nov. 19 will be the official start of the program.

The program jump-starts the holidays with a "Couch to a 5K" event. The Couch to a 5K is one of many options offered to civilian employees. Participants can still work out at the gym and take part in aerobics classes. The Couch to a 5K is a nine-week event.

Civilians can also sign up for the President's Challenge. This self-paced program is designed to motivate participants to improve their fitness and wellness by tracking and rewarding their efforts. To enroll, visit http://www.presidentschallenge.net/login/register_individual.aspx.

For more information, call 751-5768 or visit www.fortjacksonmwr.com/fitness.

FLAG FOOTBALL STANDINGS

Monday/Wednesday league

2-60th	5-1
USADSS	4-1
187th	3-2
2-39th	2-3
MEDDAC	1-3
TFM	0-5

Tuesday/Thursday league

193rd	6-0
Lyte Dragons	6-1
Lights Out	6-2
120th	5-3
RRS	4-3
175th	4-3
1-13th	1-5
369th	1-8
1-61st	0-8

Standings as of Nov. 7

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

Paralympian honored

Centra Mazyck, right, who participated in this year's Paralympic Games in London in the javelin throw, is honored by her workout friends at Perez Gym Friday. Mazyck, who lives in Columbia, is a retired Soldier who was injured during a parachute jump in 2003. She used her workouts at the gym as part of her preparation for the games.

Photo by ANDREW McINTYRE

