

THURSDAY, OCT. 25, 2012

# THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON / COLUMBIA, S.C. COMMUNITY  
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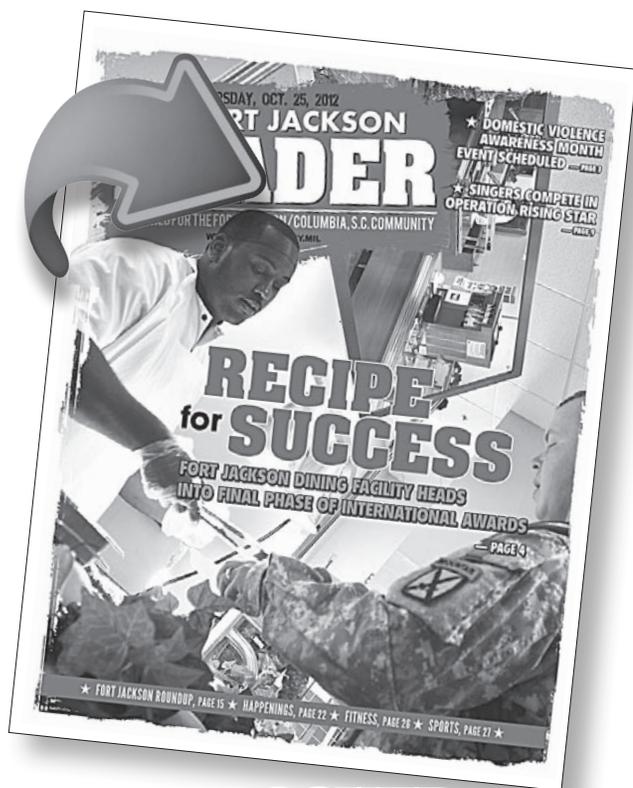
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## ON THE COVER

Photo by ANDREW McINTYRE

The U.S. Army Drill Sergeant School dining facility is competing today in the final round of the Philip A. Connelly Award competition for culinary excellence. **SEE PAGE 4.**



### Fort Jackson, South Carolina 29207

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## COMMANDER'S CALL

# Army's vision for future emphasizes training, leaders

## Fort Jackson at forefront of Army 2020 transition

As we begin the drawdown in Afghanistan, the Army is approaching a critical transition point. As an institution, we must succeed in the current fight while simultaneously preparing for the future. As we look to the future, we must continue supporting our Soldiers and their families while defending our nation.

Army 2020 is the vision that will transition the Army into a future force focused on developing adaptive leaders and organizations, modernizing equipment, and revolutionizing training to strengthen the Army. Every day at Fort Jackson, we are leading the way in training and developing the next generation of Soldiers and leaders for the Army of 2020 and beyond.

As we transition, it is important to remember that we have not always transitioned successfully. After World War II, for example, we endured the debacle of Task Force Smith in Korea. It took the needless sacrifice of many Soldiers for the institution to learn the importance of having an adaptable Army ready to fight emerging threats. Conversely, our leaders successfully reformed our Army following the war in Vietnam to produce the incredibly resilient force we enjoy today.

The coming decade will be a vital period of transition for the Army as we confront an increasingly complex environment and uncertain future. To meet these challenges, the Army must remain the best-trained, best-led, best-equipped fighting force in history. The question for the Army and all of us here at Fort Jackson is, "How do we transition from

today's force to the Army of 2020 in an era of fiscal austerity and still accomplish all that the Army must do as part of the joint force?"

The first and most important step in this transition for us is to maintain our focus on our Number One priority — people, the strength of Fort Jackson.

In many ways Fort Jackson has already begun its transition to the Army of 2020 through the transformation of Basic Combat Training, Advanced Individual Training, Basic Officer Leadership Courses and Recruiting and Retention Schools (to name a few) by focusing on improving the quality, relevance and effectiveness of Soldier learning experiences based on the Army Learning Model for 2015. Our training must also focus on instilling the nine 21st Century Competencies as outlined in the ALM for 2015:

- Character and accountability
- Comprehensive fitness
- Adaptability and initiative
- Lifelong learner (includes digital literacy)
- Teamwork and collaboration
- Communication and engagement (oral, written and negotiation)
- Critical thinking and problem solving
- Cultural and joint, interagency, intergovernmental and multinational (JIIM) competence
- Tactical and technical competence (full spectrum capable).

We are also investing the time and energy to develop the next generation of leaders. Our leader development program focuses on developing thinking, adaptive and innovative leaders. As the Preeminent Training Center in DoD, we must develop Soldiers with the mindset and requisite knowledge, skills and abilities required to operate effectively under conditions of uncertainty and complexity.

All of us have an important role in the development of the Army of 2020. Every day we are investing in our Army's future through the training we conduct, our leader development programs, our focus on Quality of Life for Soldiers and Families and by serving as stewards of our profession.

Army Strong and Victory Starts Here!  
 Victory 6!

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

Fort Jackson  
 Commanding General



Photo by SGT. STEVEN SCHNEIDER, TRADOC

Gen. Robert Cone, TRADOC commanding general, speaks about TRADOC's priorities, challenges and the way ahead for the command and the Army at an AUSA professional development forum in Williamsburg, Va June 21.



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

# 'There is no typical abuser'

## Domestic Violence Awareness Month event scheduled

By **ANDREW McINTYRE**  
Fort Jackson Leader

"Don't turn your back on Domestic Violence!" is this year's theme for Domestic Violence Awareness Month.

The Family Advocacy Program will host its annual domestic violence awareness event from 11:30 a.m. to 1 p.m., Friday at the Solomon Center.



**MUHAMMAD**

The guest speaker is Mildred Muhammad, former wife of the D.C. Sniper, John Allen Muhammad, and author of the book, "Scared Silent." Muhammad will talk about her experiences with domestic abuse. Her former husband was executed for killing 10 people in the Washington area in 2002. The sniper attacks were an attempt to make a planned

subsequent killing of her appear like a random act of violence.

"We will be giving out copies of her book, pamphlets and (will be) wearing purple to raise awareness," said Shenitha Shiver, FAP victim advocate.

FAP victim advocates assist abuse victims in numerous ways, including finding emergency shelters and helping with legal protection.

"Our top priority is the safety of the victim; and the victim can be a spouse or Soldier," said Kamala Henley, FAP victim advocate.

Shiver said abuse can be prevented by thinking outside the box and looking past the textbook profile of the typical abuser.

"The D.C. Sniper had the profile of a serial killer and not the profile of an abuser," Shiver said. "He committed those crimes to get to (Mildred) and this is



Photo by **ANDREW McINTYRE**

**Shenitha Shiver, a victim advocate with the Family Advocacy Program, provides information material about domestic abuse prevention to James Whitehead, an Army retiree, at the Commissary Tuesday. The information booth was part of the efforts by the FAP to raise awareness about domestic violence during Domestic Violence Awareness Month. A luncheon is scheduled Friday at the Solomon Center.**

not usually heard of in the domestic violence realm. Normally, if (abusers) do harm to someone it's those people who are in direct contact with the victim, such as family members so I want to bring light to the fact that there is no typical abuser."

According to a recent study by the Violence Policy Center in Washington, South Carolina ranked second in the nation in 2010 for the number of women murdered

by men.

"Victims of domestic violence have a right to live violence free," Henley said.

Henley said victims should not feel as though the abuse is their fault.

"There is hope. There are people like us who can help," she said.

*Andrew.R.McIntyre.civ@mail.mil*



**DON'T  
TURN YOUR BACK ON  
DOMESTIC  
VIOLENCE**

# Judges visit post dining facility

## Fort Jackson in final phase of service awards

By WALLACE McBRIDE  
Fort Jackson Leader

Army graders are on post today to evaluate the dining facility at the U.S. Army Drill Sergeant School for the ongoing Philip A. Connelly Awards.

The facility recently took the top spot in the awards' IMCOM Atlantic Region's Civilian Garrison category and is now competing against the other finalists on the international level.

Established in 1968, the awards are named for the late Philip A. Connelly, a former International Food Service Executives Association president who championed the organization's sponsorship of the awards. Categories in the annual awards include Battalion and Brigade, Dining Facilities Small and Large, Field Kitchens, National Guard and Army Reserves.

"The Philip A. Connelly competition is an award for excellence in food service," said Sgt. Major Reginald Uzzell, one of the graders visiting the post this week. "We look at everything from administration to account management to food presentation."

He said graders evaluate two meals, breakfast and lunch, served in a single day. Among the criteria considered are supervision and training, administration, headcount procedures, food preparation and quality, command support and appearance.

"We look at their total preparation," he said. "Everyone has a different flavor that they bring to the fight. When feeding Soldiers, they try to do the best job they can, and prepare the best meal, the best looking meal and the best sanitized meal possible."

"(The evaluators) want to find out how well the dining facility staff synchronizes all of those requirements in a seven-hour time period," said John Nelums, quality assurance evaluator with the Directorate of Logistics for Fort Jackson. "This is the all-Army super bowl for dining. It lets folks know what the expectations are on post."

Nelums said this is the second time Fort Jackson has performed well in the Connelly Awards. In 2008,



Photo by ANDREW MCINTYRE

**A Soldier eats lunch at the dining facility at the U.S. Army Drill Sergeant School Tuesday. Army graders are evaluating the DFAC for the ongoing Philip A. Connelly Awards. The evaluations began in April, when judges visited the facility to review its standards of food preparation.**

the 2nd Battalion, 39th Infantry Regiment DFAC was named best large garrison DFAC Armywide by the Phillip A. Connelly Awards, the first time in the program's history the post has received this honor. The Philip A. Connelly Awards Program is governed by the Army Food Service Program, and co-sponsored by the International Food Service Executives Association and

the Department of the Army.

The Connelly Awards evaluations began in April, when judges visited the facility to review its standards of food preparation.

Uzzell said the winners of this year's trials should be announced in January.

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## FMS changes commandant

Brig. Gen. David MacEwen, left, commanding general of the Soldier Support Institute, passes the colors of the Financial Management School to Col. Jeffrey Powell, center, in a change of commandant ceremony Friday at the Officers' Club. Powell's most recent assignment was as director of the Capabilities Development Integration Directorate at the SSI. He takes over for Col. Troy Clay, who retired after 28 years of service.

Photo by WALLACE McBRIDE



## News and Notes

### COUNTERINTELLIGENCE UNIT ON POST

The Fort Jackson Field Office of the 902nd Military Intelligence Group conducts counterintelligence and counterterrorism operations and investigations throughout South Carolina to detect, identify, neutralize and defeat foreign intelligence and terrorism threats to the Army. To report any known, suspected or perceived acts of espionage or terrorism, call (910) 263-0209 or 1-800-CALL-SPY.

### DOG PARK OPEN TO COMMUNITY

A dog park is now open from dawn to dusk on Chestnut Road, next to the SKIES facility. The dog park is open to ID card holders.

### LEGAL NOTICES

☐ Anyone with debts owed to or by the estate of Pvt. Levi A. Johnson must contact 1st Lt. Maurice Kenner, the summary court martial officer for the Soldier. Johnson passed away Sept. 29 on Fort Jackson. To contact Kenner, call 751-9492 or email [Maurice.Kenner@us.army.mil](mailto:Maurice.Kenner@us.army.mil).

☐ Anyone with debts owed to or by the estate of Pvt. Kyle Z. Alexander must contact 1st Lt. Dustin White, the summary court martial officer for the Soldier. Alexander passed away Oct. 6 on Fort Jackson. To contact White, call 751-1283 or email [Dustin.R.White14.mil@mail.mil](mailto:Dustin.R.White14.mil@mail.mil).

# Credit score not only factor

Does a great credit score mean a person has a strong and stable financial position? Does being approved for a loan mean that the borrower can afford it? No, not necessarily. Although excellent credit can serve as a tool for some of life's financial goals, it does not necessarily mean that the household pocketbook is in order nor that borrowers can afford every approved loan that is offered.

A credit profile is made up of various factors that help lenders ascertain the level of risk they take on when loaning money to an individual or business — not necessarily the borrower's ability to afford the loan. This is an important difference. Depending on the creditor, the lender may not even know if the potential borrower can afford the requested loan. Rather, lenders merely estimate how likely they are going to be repaid in a profitable manner based on the repayment probabilities of an applicant's particular risk class and other criteria.

Why is this important? In light of current economic challenges — to include the DoD's recent release that delinquent debt is now the Number One cause for security clearance denials — military families need to understand the real risks of taking on debt and that lenders aren't necessarily as interested in seeing if the loan is in the best interest of a family as they are concerned about their ability to make the loan profitable.

Families that are looking to take on new debt are ad-

## FINANCIAL ADVICE

By SHAWN ANDERSON  
Army Community Services  
Financial Readiness

vised to speak with an ACS financial counselor to gain added perspective on their ability to afford a new obligation. Often, families do not account for many of the periodic expenses in their lives such as car parts or the sofa that needs to be replaced.

Although credit is an important component of financial health, increasing net worth and balancing the budget so that a family can be certain to have shelter and food during tough times is a much more sustainable approach to measuring economic health. For this reason, the household budget and balance sheet should take front stage and credit scores could be seen with more objectivity by some. Questions such as, "Are we setting aside more than we are paying out?" and, "Are we prepared for unforeseen emergencies and long-term goals?" might reveal a more accurate measure of economic progress at home than the latest credit score.

To discuss these and other financial concerns, call ACS Financial Readiness at 751-5256.

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today. Announcement submissions are due one week before publication. For example, an announcement for the Nov. 8 Leader

must be submitted by Nov. 1.

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



Photos by WALLACE McBRIDE

Safety Specialist Vernell Samples, center, hosts a safety competition Tuesday between Fort Jackson's Directorate of Emergency Services and Family and Morale, Welfare and Recreation staff. Held at the Solomon Center, 'Who Wants to be a Safety Millionaire?' was part of a garrison-wide safety stand-down that urged Soldiers, staff and civilian contractors to review safety procedures.

# Who Wants to be a Safety Millionaire?

## Fort Jackson puts knowledge to the test during safety stand-down

By WALLACE McBRIDE  
Fort Jackson Leader

Tuesday's U.S. Army Garrison Fort Jackson safety stand-down was recognized in different ways on Fort Jackson. Some units marked the occasion with formal presentations on safety concerns specific to their mission. Others took the time to brush up on standard protocol.

Fort Jackson's Directorate of Emergency Services and Family and Morale, Welfare and Recreation decided to play a game. Personnel from those offices gathered Tuesday morning at the Solomon Center to compete against each other in "Who Wants to be a Safety Millionaire?" Questions about Fort Jackson's safety standards were asked, points were awarded and, in the end, DES took the top spot.

"All of the questions we asked were from the safety fundamentals course," said Garrison Safety Manager Ron Ross. "Everybody on the installation is required to take it."

The various garrison staffs spent the day doing inspections and reviewing

topics such as industrial and administrative safety, and evaluating Occupational Safety and Health Administration Voluntary Protection Programs. The programs recognize employers and workers in the private industry and federal agencies who have implemented effective safety and health management systems and maintain injury and illness rates below national Bureau of Labor Statistics averages for their respective industries.

"We want our standards to be better than Army standards, and to be better than industry standards," Ross said.

"Every day we have civilians and Soldiers who go out there and have accidents that can sometimes be fatal," Garrison Command Sgt. Maj. Ernest Lee told the Solomon Center audience. "I'm glad you took your time to come out here and support this cause."

"It's been a success," Ross said. "We hope that it will make more people come out the next time we have a safety stand-down."

The next garrison safety stand-down is scheduled for April.

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Fort Jackson's Directorate of Emergency Services won Tuesday's 'Who Wants to be a Safety Millionaire?' challenge at the Solomon Center. From left are DES Deputy Director Patrick O'Connor, Zach Jenkins, Jacob White and Nick Walker.



Above, contestants in this year's Operation Rising Star local audition await the results Saturday at the Solomon Center. The competition, which is open to service members and their families, took place in two rounds. In the first round, vocalists sang an a cappella piece. In the second round, the vocalists were accompanied by pre-recorded music. The contestants, who came from Florida, North Carolina and South Carolina, were evaluated by a panel of three judges in the first round. In the second round, the judges' scores and the audience vote each counted 50 percent.

Far left, Capt. Alisha Osborne, Training Support Battalion, performs the gospel song, "My Tribute (To God Be The Glory)" during the a cappella round. Osborne finished in second place and won \$250.

Left, 1st Lt. Thomas Johnson, TSB, sings, "Stars" from the musical, "Les Miserables." Johnson was the winner of the competition, which earned him \$500 and a chance to participate in the final round, which will feature the local event winners.

Photos by SUSANNE KAPPLER

## Tandem jumpers

Eight Fort Jackson non-commissioned officers and three civilians take the opportunity to participate in tandem jumps with the U.S. Army Parachute Team Golden Knights at Fort Bragg, N.C., Tuesday. The Golden Knights consist of two demonstration teams that travel all over the country performing aerial demonstrations at air shows and other special events.

*Photo by STAFF SGT. JULIAN ZAMARRIPA, G3 office*



## Exchange offers product shuttles

*From the Army & Air Force Exchange Service*

The Army & Air Force Exchange Service is delivering increased selection with its shuttle program.

To ensure military families living and working near McCrady Training Center enjoy the same selection as those at Fort Jackson, merchandise can be shuttled in based on specific customer requests. Everything from furniture to tactical gear can be transferred through the shuttle program.

"If you don't see what you're looking for, just ask a manager if it can be brought in from another location," said the Fort Jackson Exchange's Manager, Nancy Kessler. "If another nearby Exchange stocks it, chances are we'll be able to get it to the closest Exchange."

To use the program, shoppers can go to any Exchange customer service area and ask to speak to a manager. After recording the request and checking availability, the Exchange will give a projected arrival date.

The shuttle program is a free service at all Exchanges, Troop Stores and Expresses around the world.

## Want more Fort Jackson news?

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and Victory Updates  
at [http://www.vimeo.com/  
user3022628](http://www.vimeo.com/user3022628)**

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For more information, call 751-7045.



# VOW Act aims to ease Soldiers' transition

By **DAVID VERGUN**  
Army News Service

WASHINGTON — Soldiers will soon get more help transitioning from the Army to civilian life.

On Nov. 21, the Veterans Opportunity to Work, or VOW, to Hire Heroes Act requires every Soldier to attend the Transition Training Program, according to Danny Pummill, Department of Veterans Affairs director of VA/Defense Department liaison, speaking to reporters at the 10th Annual Military Reporters and Editors Conference in the Rayburn House Office Building in Washington Friday.

“This isn’t your ‘death-by-PowerPoint’ TAP from the 1990s,” he said, referring to dozens of PowerPoint slides on the Transition Assistance Program that were shown to service members during a one-day seminar. “(The new TAP) is well planned and thought out.”

“(TAP) is an adult, interactive learning environment similar to college with small group (discussions), as well as one-on-one-counseling. It used to be we had a classroom of upwards of 350 people,” he said. “Now, our max is 50, and spouses are encouraged to attend.”

A number of pilot studies were conducted over the past year, including with the Army National Guard and Reserve, said Susan S. Kelly, director, DoD Transition to Veterans Program Office.

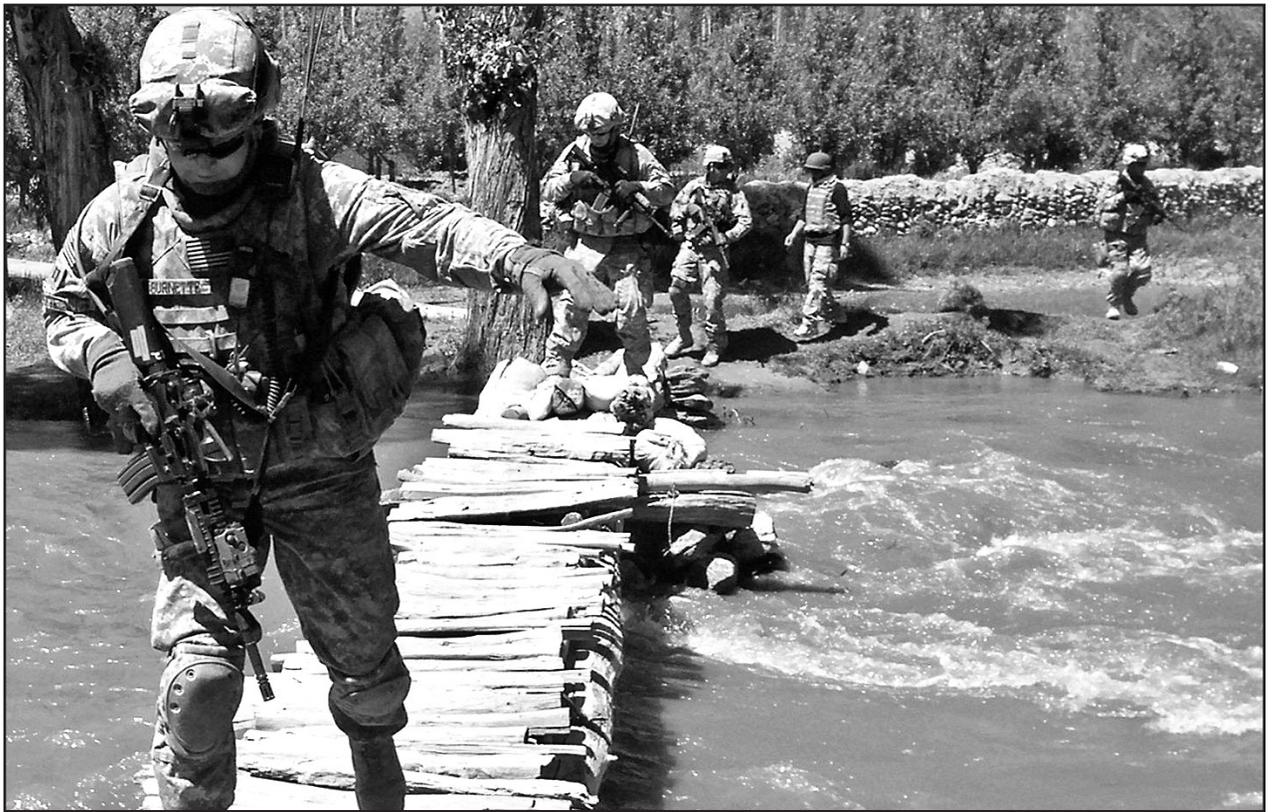
“We found that the needs of singles separating from a first tour were different than, say, a career Soldier with a family getting ready to retire,” she said. “We also found that each of the services have different cultures and personalities. For example, Soldiers and Marines respond to (information) differently than a roomful of Airmen.”

So next month, what can Soldiers expect to see when the VOW Act is implemented?

The initial TAP will feature pre-separation classes ranging from health care, life insurance and disability to higher education, vocational training and home loans, according to Kelly. She said the other parts of the VOW Act will be implemented in phases from then until the end of 2014.

By the end of 2013, Transition Goals-Plans-Success, known as GPS, will replace TAP, Kelly said. She explained that GPS is a classroom and one-on-one session with service members and their spouses to formulate a plan, including a detailed budget.

The plan could be vocational training or college, in which case the service member would meet with a representative from that institution and begin the paperwork process. She said those service members wanting to start their own business would meet with a representative from the Small



Army photo by STAFF SGT. RICHARD ROMAN

**Soldiers crossing the bridge from military to civilian life will soon get improved transition assistance throughout their careers, with implementation of the VOW Act next month. Here, Soldiers are patrolling the Nerkh Valley in Afghanistan.**

Business Administration to go over the feasibility of their business plan and funding resources.

For those wanting to enter the private or government sector workforce, she said career planners would assist with resume writing and job searches and meetings could be arranged with subject-matter experts in the targeted occupational fields. She said service members would also have a plan B in place in case something didn’t work out.

Other aspects of the plan include meetings with counselors to focus on the social and psychological factors, which she said are just as important to Soldiers transitioning. These factors are important, she said, because Soldiers are used to living in a structured environment and they need to be better prepared to be on their own.

Kelly said special efforts are being made to reach out to the Army Guard and Reserve to ensure they are getting all of the assistance too. In the case where Soldiers are living far from installations, transition teams would be sent out and some of the training that would otherwise be in a classroom could be done in a “virtual classroom” setting.

By the end of 2014, Soldiers will prepare for transitioning “across their military lifecycle,” she said. In other words, training programs with timetables will be formally instituted as soon as a service member enters the military, she explained. “In addition to being ‘military ready,’ they will now be ‘career ready.’”

The transitioning effort established by the VOW Act is a joint effort of the DoD, Department of Labor, VA, Department of Education, SBA, the Office of Personnel Management and the White House Domestic Policy Council.

“If someone told me six government agencies would come up with a plan, I wouldn’t have believed it would work,” said Pummill, who served 34 years in the Army before his current duties. “I’ve been meeting with them for a year now and we’re working things through. It’s a model for how government agencies can get together and share manpower and resources and do the right thing, in this case for service member; and, this is best plan possible to take care of our service members.”

**The Fort Jackson Leader will publish periodic updates on a variety of garrison community, construction and quality of life activities to keep the community informed of ongoing events.**

## Community updates

□ The quarterly meeting of the Environmental Quality Control Committee was attended by 13 committee members and 48 environmental compliance officers from various organizations. Topics included the Environmental Performance Assessment System, the Hazardous Substance Management Program, electronic waste, America Recycles Day and green procurement. Nine people were recognized for their outstanding environmental stewardship.

□ Fort Jackson will conduct a wreath-laying ceremony Nov. 7 at Gate 1 to recognize and honor veterans.

□ The Installation Security Office received 21 investigation requests. All requests were processed.

□ The Emergency Operations Center staff is preparing to visit the Fort Gordon, Ga. EOC to seek input on lessons learned and best practices regarding the installation of WebEOC. WebEOC is a web-enabled crisis information management system. In addition, EOC staff participated in a tabletop exercise at the Aiken Electric Cooperative. EOC also continues to actively participate in the installation exercise committee and to prepare for the postwide active shooter exercise in December.

□ Representatives from nine potential bidders for a new full food service five-year contract visited three dining facilities and participated in a briefing by the Directorate of Logistics. The visit was intended to give all potential bidders access to equal and relevant information related to the scope and depth of the contract in order to ensure a fair and open competitive process.

□ The Clothing Initial Issue Point semi-annual inventory has been set for the first week of December.

□ CIIP work glove status update: As of Oct. 16, CIIP has shorted 9,733 recruits for this item. This number takes into account 1,600 pairs of gloves previously received. CIIP just received another 630 pairs of medium gloves and 1,080 pairs of large gloves. These gloves will be distributed to Soldiers during Phase II Army Service Uniform. The issue strategy seeks to minimize the number of Soldiers leaving Fort Jackson without gloves.

□ The Headquarters DA Level Philip A. Connelly competition evaluation for Fort Jackson is scheduled through Friday. The Drill Sergeant School dining facility will be evaluated for the award.

□ A military clothing reclamation sale is scheduled for Nov. 1 and 2.

□ DA Police issued 36 citations: failure to obey a traffic control device — traffic cones (1), possession of a radar detector (2), expired registration (7), failure to yield to pedestrian in crosswalk (1), speeding (5), violation of seat belt law (1), suspended vehicle registration (2), failure to obey traffic signal (2), cell phone violation (3), shoplifting (2) unlawful parking in handicap zone (2), driving under suspension (2), prohibited parking (2), failure to judge proper clearance (1), operating an uninsured vehicle (1), improper backing (1), criminal domestic violence (1).

□ The Fire Department responded to 29 emergencies:  
— EMS: 20 (2 were heat casualty incidents)  
— Fire alarms: 7  
— HAZMAT: 2 (smell of gas)

□ Emergency Management provided disaster preparedness literature during the installation's Hispanic



Heritage Month celebration and at the Post Theater before the screening of Red Dawn. Emergency Management will participate in a tabletop exercise with local government on earthquake planning.

□ The management of unaccompanied personnel barracks will transfer from the Housing Division to units Nov. 30. Units will assume responsibility for day-to-day operations, including assignments and terminations.

□ The South Carolina Department of Health and Environmental Control identified no violations during its annual inspection of Fort Jackson underground storage tanks, Oct. 12.

□ The update of the Endangered Species Management Component of the Integrated Natural Resources Management Plan for the conservation of the endangered red-cockaded woodpecker on Fort Jackson is nearly complete. The U.S. Fish and Wildlife Service reviewed this EMSC, and the Directorate of Public Works addressed the comments and edits. DPW will staff the final draft at Fort Jackson for comments on or before Oct. 31, before IMCOM's review and formal consultation with the FWS.

□ The Environmental Management Branch conducted two classes on Oct. 12 and Oct. 14, respectively. A hazardous substance management class was attended by 10 people from organizations throughout post; and an environmental and hazardous substance awareness class, was attended by 93 people from the 175th Ordnance Company.

□ The on-post housing occupancy rate is 93 percent, which includes 83 waterfall residents (DoD civilians, military retirees and 21 geographical bachelors) and 45 Third Army residents. The unaccompanied personnel housing occupancy rate is 80 percent.

## Construction updates

□ The estimated construction completion date for Starship 4420 (3rd Battalion, 13th Infantry Regiment) was adjusted to Nov. 19. The contractor discovered natural gas supply issues when conducting final tests of domestic water heaters. An investigation indicated the need for a larger gas line to feed the facility. DPW is finalizing the plan to contract this modification. The construction contractor continues to work punch-list items, and furniture installation is on track.

□ The estimated completion date for Hilton Field revitalization projects is April 2013.

□ The estimated completion date of emergency repairs to Sub-Station 1 is Nov. 15.

□ A project is under way to build a parking lot access road to Building 1525 (81st Regional Support Command).

□ Construction on a Training Support Center on Washington Road is estimated to begin in December.

□ A new range tower with plastic glass windows and new air conditioning/heating units were installed at ranges 1 through 5.

□ Two of three obstacles for relocation at Fit to Win 2 have been built.

□ New containment boxes at the Teamwork Development Course 1 have been built. New containment boxes at the Teamwork Development Course 2 are built/complete with new rubber mulch spread.

□ Physical Security is participating in eight pre-construction charrettes at the facility engineers conference room.

□ Construction on Legion Pool is scheduled to start in late October or early November. The construction is scheduled to be completed in April.

□ Interior repairs on Building 4200 are scheduled to be completed Nov. 13.

□ The projected completion date for the SIM Center addition in Building 10100 is Nov. 13.

□ Roof repair on Building 1875 (120th AG Bn.) remains about 90 percent complete pending a modification to the contract. MICC is working the modification.

□ Lighting construction on Golden Arrow Road is scheduled to be completed Dec. 30.

## Quality of life updates

□ Implementation of the new Army transition policy: The Veterans Opportunity to Work (VOW) Act is effective Nov. 1 and makes transition services mandatory. The VOW Act's intent is to reduce veteran unemployment to below 5 percent over the next two years. Garrison staff identified and dedicated two classrooms at the Army Continuing Education System Center to conduct the Transition Assistance Program. The installation of Internet access is scheduled, and 62 laptops for both classrooms are on order.

□ The USPS has agreed to donate 25 outdated mailboxes to Fort Jackson. The 193rd Infantry Brigade will receive 15 of the mailboxes, and the remaining 10 mailboxes will be given to the 165th and 171st Infantry Brigades. Unit mail representatives are responsible for picking up the mail from the newly placed mailboxes and delivering it to the Fort Jackson U.S. Postal Service Office.

□ The Halloween Howl 5K fun run is scheduled for 8 a.m., Saturday at the Hilton Field Softball Complex.

□ The annual Fall Festival hosted by Child, Youth and School Services is scheduled from 7 to 9 p.m., Friday at the Solomon Center (no scary costumes, please). The event is free.

□ On Oct. 11, 55 community members attended the Community Information Exchange. The event informs about resources, activities and events available to Soldiers and Families.

□ More than 100 volunteers were recognized at the fourth quarter Helping Hands awards.

□ A luncheon in recognition of National Prevention of Domestic Abuse Month is scheduled from 11:30 a.m. to 1 p.m., Friday at the Solomon Center. The guest speaker is Mildred Muhammed, former wife of the D.C. sniper.

□ Fort Jackson's annual Family of the Year ceremony is scheduled for 4 p.m., Nov. 16 at the Solomon Center.

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.  
Leanna Lopez**  
Company A  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. David Martin

**SOLDIER OF THE CYCLE**  
Pfc. Michael Sons

**HIGH APFT SCORE**  
N/A

**HIGH BRM**  
Pvt. Mitchell Volschow



**Sgt. 1st Class  
James Fraley**  
Company B  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Julia Davidson

**SOLDIER OF THE CYCLE**  
Pvt. Casey Holley

**HIGH APFT SCORE**  
N/A

**HIGH BRM**  
Pvt. John Mears  
Pvt. Matthew Awalt



**Staff Sgt.  
Palmer Utley**  
Company C  
2nd Battalion,  
60th Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Charles Cassels

**SOLDIER OF THE CYCLE**  
Pfc. Conchita Stone

**HIGH APFT SCORE**  
Pvt. Dale Neymann

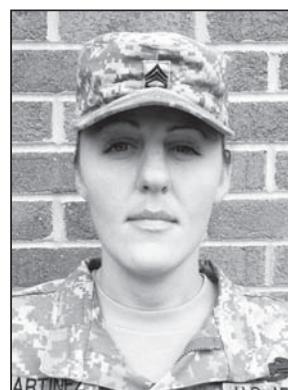
**HIGH BRM**  
Pvt. Darneil Key

## Training honors



**MITCHELL**

**Sgt. 1st Class  
Sean Mitchell**  
Platoon sergeant of the cycle  
369th Adjutant General  
Battalion



**MARTINEZ**

**Staff Sgt.  
Jennifer Martinez**  
Instructor of the cycle  
369th Adjutant General  
Battalion



**FARLEY**

**Sgt. 1st Class  
Stanley Farley**  
Cadre of the cycle  
369th Adjutant General  
Battalion

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

**vimeo**

## ACS Calendar of Events — November

### THURSDAY, NOV. 1

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — introduction to Excel 2007** — 9 a.m. to noon; Education Center, Room B-110; to register, call 751-4862
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

### MONDAY, NOV. 5

- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

### TUESDAY, NOV. 6

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

### WEDNESDAY, NOV. 7

- ☐ **Post newcomer orientation** — 9 to 11 a.m.; Post Conference Room
- ☐ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222

### THURSDAY, NOV. 8

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — intermediate Excel 2007** — 9 a.m. to noon; Education Center, Room B-110; to register, call 751-4862
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom

Thurmond Building; Room 222

- ☐ **Twitter webinar** — 1:30 to 2 p.m.; to access the webinar, call 751-4862
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

### FRIDAY, NOV. 9

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

### TUESDAY, NOV. 13

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

### THURSDAY, NOV. 15

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — introduction to PowerPoint 2007** — 9 a.m. to noon; Education Center, Room B-110; to register, call 751-4862
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ☐ **Total Army Sponsorship training** — 1:30. to 2:30 p.m.; call 751-1124 for more information

### TUESDAY, NOV. 20

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

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

### MONDAY, NOV. 26

- ☐ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

### TUESDAY, NOV. 27

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

### WEDNESDAY, NOV. 28

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

### THURSDAY, NOV. 29

- ☐ **Inprocessing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ☐ **Instructor-led computer training — intermediate PowerPoint 2007** — 9 a.m. to noon; Education Center, Room B-110; to register, call 751-4862
- ☐ **Phase II Levy overseas brief** — 10 to 11 a.m.; Strom Thurmond Building; Room 222
- ☐ **Stateside Levy brief** — 11 a.m. to noon; Strom Thurmond Building; Room 222
- ☐ **Foursquare webinar** — 1:30 to 2 p.m.; to access the webinar, call 751-4862
- ☐ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

*All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325.*

*Free child care may be available for events. For more information on child care, call 751-1124.*

## Calendar

### Today

#### EFMP clothing swap

3:30 to 5:30 p.m., Balfour Beatty Community Center

### Friday

#### Domestic Abuse Awareness Month event

11:30 a.m. to 1 p.m., Officers' Club  
The guest speaker will be Mildred Muhammad. Tickets cost \$9.50. For more information and to register, call 751-6325.

### Friday

#### Fall festival

7 to 9 p.m., Solomon Center  
No scary costumes. Transportation will be provided from the Solomon Center to the Haunted Room at the Youth Services Center. For more information, call 751-4865.

### Monday

#### Retirement Review

9 a.m., Post Theater

### Monday

#### Her War, Her Voice meeting

6:15 a.m., Family Readiness Center  
This month's meeting includes yoga practice. For more information, email [jackson@herwarhervoice.com](mailto:jackson@herwarhervoice.com)

### Monday, Nov. 5

#### Wounded warrior caregiver conference

8:30 a.m. to 3 p.m., Solomon Center  
For more information, call 776-4000, ext. 7180.

### Wednesday, Nov. 14

#### 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.

## Announcements

### DISPOSITION SERVICES CLOSURE

The Defense Logistics Agency Disposition Services (formerly DRMO) will be closed Nov. 5-16 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](http://www.commissaries.com/rewards/index.cfm).

### RECLAMATION SALE

A military clothing reclamation sale is scheduled for 8 a.m. to 3 p.m., Nov. 1 and 2, at 2570 Warehouse Row. The cash-only sale is open to military personnel of all ranks and to military retirees. For more information, call 751-7213.

### 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 conditioning

For more information, call 751-5768.

### BLACKHAWK BALL

The 171st Infantry Brigade will host its annual Blackhawk Ball at 6 p.m., Nov. 2 at the DoubleTree hotel in Columbia. The guest speaker will be TRADOC Command Sgt. Maj. Daniel Dailey. Tickets cost \$40. To RSVP, call 751-3319 or 751-3301.

### ABSENTEE BALLOT INFORMATION

Soldiers can access the federal write-in absentee ballot at <http://fvap.gov/reference/forms.html>. Unit voting assistance officers can answer questions about voting deadlines.

### 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 Nov. 8. 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](mailto: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 to 11 a.m. and 5:30 to 6:30 p.m., the first Wednesday of the month at MACH, Room 8-85. Support group meetings take place 6:15 to 7:15 p.m., the second and fourth Wednesday of the month at MACH, fourth floor dining facility. 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 foot-

ball drawing throughout football season.

- The Thrift Shop is accepting Thanksgiving items through Nov. 8.

Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com).

## Housing happenings

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

### OFFICE CLOSURE

The housing services, furnishing and administrative offices of the Single Soldier Complex will close at 11:30 a.m., Friday for an organizational day. Normal hours will resume at 7:30 a.m., Oct. 29.

### HALLOWEEN DECORATIONS

Judging for the best Halloween decorations will take place Friday after sundown. The winner will be announced Monday.

### PLASTIC BAG RECYCLING

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

### SELF HELP

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

### TRASH PICKUP

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

## 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.

### MILITARY KIDS APPRECIATION

The Cayce Tennis and Fitness Center will host a free tennis clinic for military children 8-14 years old 5 to 6 p.m., today.

For more information and to register, call 227-3030.

### 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](mailto:syoungstedt@sc.edu).

## FLU SHOTS

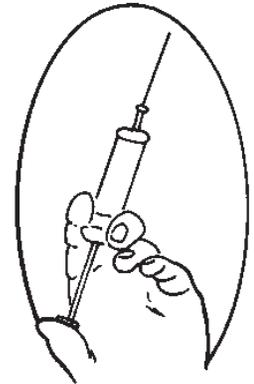
Moncrief Army Community Hospital is offering free influenza vaccines to military ID card holders. Flu shots will be offered at the following locations:

**Solomon Center:** Oct. 29; 8 a.m. to 3:30 p.m.; Nov. 5, 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 will be available at MACH, Room 6-39.



Friday, Oct. 26 — 7 p.m.

Lawless R

Saturday, Oct. 27 — 4 p.m.

The Expendables 2 R

Sunday, Oct. 28 — 2 p.m.

Lawless R

Wednesday, Oct. 31 — 1 p.m.

Lawless R

Wednesday, Oct. 31 — 4 p.m.

The Expendables 2 R

For more listings, visit [www.aafes.com](http://www.aafes.com) or call 751-7488.

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



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



# Exercise, nutrition tips for H-Frame bodies

In exercise, like in many things, one size does not fit all. Some of us need more of this and less of that. When you go to a gym and you see all this equipment, how do you know which pieces will help you reach the goals you want for your body?

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

This article focuses on the H-Frame of the body. I will describe the frame, give exercises for that frame type and include healthy eating options. My hopes are that these body-specific segments will provide information, suggestions and approaches to help bring our weight and exercise habits in a healthier alignment. Please check out last month's installment of "The Weigh It Is" to read about the A-Frame body.

## THE H-FRAME

You have an athletic shape so you have a healthy dose of muscles to keep your bones strong and fit.

Your upper and lower body (for the most part) is evenly proportioned. Your most challenging area is smack dab in your middle — your tummy. You probably need to trim some body fat off your waist, tone your abdominal muscles and trim your lower back.

Crunching your abdominals to death will not remedy the problem. So if you have been doing that unsuccessfully, hopefully this approach will prove more successful.

Crunches are necessary, but even more beneficial are blood flow and circulation. You need to wake up that sluggish circulation — and what better way to do that than aerobics and low-fat eating. When you combine aerobics with your abdominal conditioning crunch routine and a lower fat eating plan you should make noticeable changes in no time.

Important to note are many health hazards that come into play with the H-Frame body. Since the trouble spot is in the middle, health risk like heart disease and Type 2 diabetes are prevalent for H-Frames, which typically store higher volumes of abdominal fat. So, getting the middle in shape with diet and exercise will not only re-

## THE WEIGH IT IS

By PAMELA LONG

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



ward the body with a more pleasing look; but will also help with disease prevention.

## EXERCISES

In contrast to other fat storage sites on the body, abdominal fat, or visceral fat, responds fairly easy to exercise and diet. One of the best ways to activate this process is aerobic exercise.

The best aerobics for your mid-section include walking, jogging or running and treadmill exercise. This style of exercise should be performed at least five days a week.

Of course, you should still include exercises for your total body, but specific attention should be given to

cardio because it plays such a big role in trimming

your midsection. I recommend strength conditioning classes to get the weight portion of your workout in. Classes are an ideal way to get a great workout while being under the supervision of a trained instructor. If you don't have access to classes, you may want to invest in some strength training videos, such as videos that concentrate on weight training that is geared toward building healthy muscle tissue.

During your class or video, you want to make sure that the following exercise that target specific muscle groups are included

❑ **Lunges:** There is absolutely no better way to get that thigh in shape for the H-Frame body. The H-Frame does not have very large hips and thighs, so attempts to trim this area will more than likely yield quick responses. Lunges also target the buttocks.

❑ **Inner thigh squeezes:** All weight training workouts should include inner thigh exercises. This area can be a real challenge to target. I recommend using a resistance ball. If you are in a class setting, there should be resistance balls in your class. If not, I recommend you invest in one of these balls. They are very inexpensive and can

be found in most department stores. Using your thigh muscles to squeeze the resistance ball will strengthen those hard-to-reach muscles.

❑ **Pushups:** Perform pushups to work the chest, shoulder and abdominal area and the abdominal.

❑ **Shoulder presses:** Create definition in the entire shoulder — front, middle and rear.

❑ **Biceps curls:** Bring definition to the front of the arm.

❑ **Triceps dips:** Bring definition to the back of the arm. When doing triceps dips you want to stay close to your bench, keep your knees bent, and always bend from the elbow, not the hip.

❑ **Abdominal maintenance:** Aim for crunches that are precise. When performed correctly, crunches are lower to the ground, the elbows are at the 10 and 2 o'clock positions, the legs are together, the chin does not rest on chest, and the hands are stacked not laced. Exhale as you lift and inhale as you go down. When you crunch up, never go all the way back down. Stay mindful and keep your shoulders shrugged down at all times. Perform a pelvic tilt with every crunch. This means you curl in your lower tummy, but you do not use your buttocks muscles to make this happen. So you must concentrate on the move, not just lifting your hips off the ground.

❑ **Obliques:** Use your resistance ball to target your obliques. This could be kind of tricky so please check out this 'how to' clip on our website at [www.fortjacksonmwr.com/fitness](http://www.fortjacksonmwr.com/fitness).

## NUTRITION

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

❑ Drink plenty of water — at least eight glasses a day.

❑ Make fresh vegetables the star on your plate. Eating low fat, low calorie food items helps keep calorie intake under control.

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

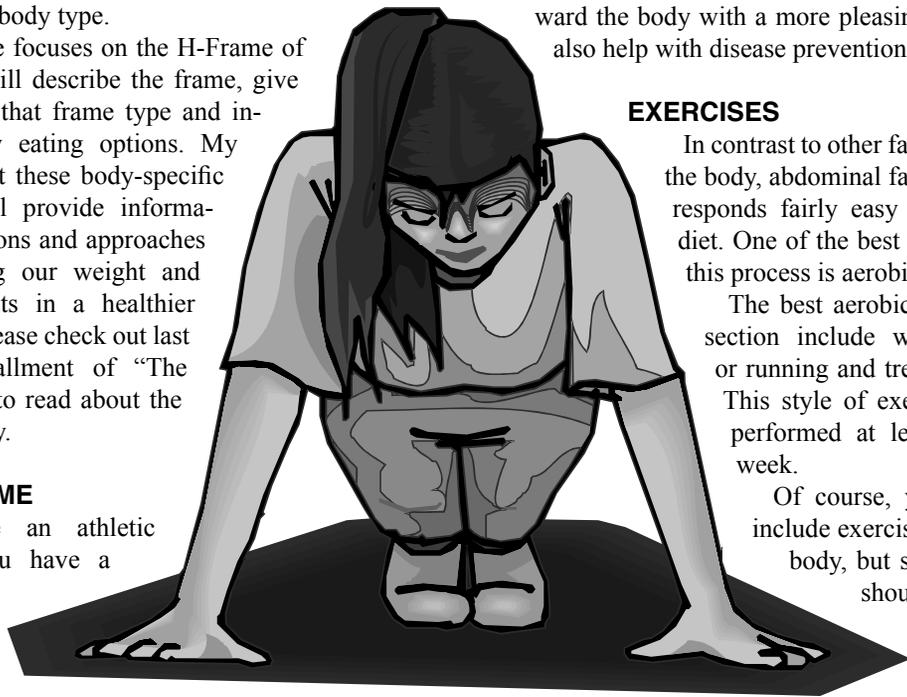
❑ Include a piece of lean protein with every meal to keep your metabolism balanced and hunger under control. Protein is very satisfying unlike carbohydrates, which raise blood sugar then make it dive. Protein is steadier on the glucose level.

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

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

If you have questions, I am available for wellness discussions every Friday at noon at the Thomas Lee Hall Library.

Next month, I will discuss the I-Frame Physique.



# Army Ten-Miler draws 30,000 runners

By **GEORGE MARKFELD**  
Army.mil

WASHINGTON — A cool, dry beautiful blue-sky day was the backdrop for 30,000 scheduled runners during the U.S. Army Military District of Washington's 28th annual Army Ten-Miler Race Sunday.

The Army's premier running event is the third largest 10-mile race in the world. All race proceeds benefit Army Morale, Welfare and Recreation, which supports programs for Soldiers and their families.

The first man to cross the finish line was, once again, Tesfaye Senedeku-ale from Ethiopia, beating his winning time from last year at the Ten-Miler Race by three seconds, coming in at 47:48. The first woman was Kerri A. Gallagher, from Washington at 56:09.

The race was preceded by a two-day health and fitness expo held at the D.C. Armory, which hosted more than 75 exhibitors and 35,000 attendees.

Race day activities included live music, "Hooah" tents from Army installations showing military pride, youth runs and interactive Army displays.

To start the race day in spectacular fashion, the Army parachute team, The Golden Knights, performed a jump in front of thousands of runners and spectators waiting for the race to begin.

"We have two demo teams and we are doing something just about every weekend," said Lt. Col. Jose Enrique Melendez, commander of the Golden Knights. "We do major events like this as well as games and even high school events."

As in previous years, the race was popular with runners.

"The race continues to gain in popularity and sells out in record time year after year," said Jim Vandak, race director. "We are genuinely grateful to all of our loyal runners for supporting the Army's race. They are the true spirit of the sport."



Courtesy photo

**One of Fort Jackson's teams poses before the start of the Army Ten-Miler Sunday in Washington. The Fort Jackson mixed team finished in sixth place. Fort Jackson fielded two teams in the men's active duty category. The teams finished 21st and 24th, respectively.**

Highlighting the race's growing popularity, priority registration opened May 1 at 12:01 a.m. for all service members and runners who have participated in seven or more ATM races. Approximately one third of the total 30,000 race entries were reserved for priority registration on a first-come-first-serve basis. This year, priority registration sold out in less than 19 hours, exceeding last

year's record of three days.

The remaining two thirds of the race entries became available to the general public, on a first-come-first-serve basis, May 15 and also sold out in record time in less than nine hours.

Final race times and more information about the Army Ten-Miler race is available at [www.armytenmiler.com](http://www.armytenmiler.com).

## Sports shorts

### HALLOWEEN HOWL

The Halloween Howl 5K/10K is scheduled for 8 a.m., Saturday. Race-day registration will be open from 6 to 7:45 a.m.

The event is open to all ID card holders. Pets and bikes are not allowed. For more information, call 751-3096.

### BOWLING

Commander's Cup bowling for active-duty teams is scheduled for Nov. 2, 5 and 6. Names of team members are due 3 p.m., today. Each battalion may have up to three teams of four Soldiers. For more information, call 751-5768.

## SAND VOLLEYBALL STANDINGS

### Black league

Blackhawks	4-0
MEDDAC, Team 1	3-1
1-61st, Team 1	2-2
Gurlz Rule	1-3
BOSS	0-4

### Gold league

MEDDAC, Team 3	3-0
1-61st, Team 2	1-2
1-34th	1-2
MEDDAC, Team 2	0-3

Final standings

Champion: MEDDAC, Team 1  
Runner-up: MEDDAC, Team 3

## FLAG FOOTBALL STANDINGS

### Monday/Wednesday league

TFM	0-2
187th	2-1
USADSS	2-0
MEDDAC	0-2
2-60th	2-0
2-39th	0-1

Standings as of Oct. 18

### Tuesday/Thursday league

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

For more Fort Jackson photos, visit [www.flickr.com/fortjacksonpao](http://www.flickr.com/fortjacksonpao)

## Feeling social?

Follow the Leader on Twitter at  
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for breaking news and updates

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"Fort Jackson Leader."