

THURSDAY, JULY 3, 2024

# THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

# THEY'RE HERE ...

## MIDLANDS' BEST FIREWORKS SET FOR LAUNCH



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# New post guide provides assistance in times of crisis

By **ROBERT TIMMONS**

Fort Jackson Public Affairs

Fort Jackson recently released a guide aimed at preventing behaviors that negatively affect the installation.


"This (Crisis Assistance Guide) is the latest tool developed by Fort Jackson in keeping with the Department of Defense's move from being reactive to true prevention," said Aljournal Franklin, director of the Integrated Prevention Advisory Group. Prevention is the ability to get ahead of harmful behaviors, such as suicide, sexual harassment/assault, physical violence, and other behaviors that negatively impact our community's overall resiliency."

It provides "answers to questions like, 'where can I turn when I feel sad or depressed,'" Franklin said.

The guide was created under direction of Maj. Gen. Jason E. Kelly, Fort Jackson commander, to provide a simple, mobile, portable guide to service members, Department of the Army Civilians and retirees to get crisis prevention numbers when they are in need. It consists of a simple graphic with a QR code leading to <https://home.army.mil/jackson/crisis-assistance-guide> on the Fort Jackson website with phone numbers and links to webpages that can help those in need.

The simplicity of the layout bolsters the effectiveness of the guide, Franklin said it saves time by not having to search multiple sources.

He called this a game changer because during a crisis things are hectic, stressful, and can be overwhelming. Getting information digitally without being directed and



**FORT JACKSON**

## CRISIS ASSISTANCE GUIDE

**PHONE NUMBERS**

24-7 Emergency: 911  
 Veteran's Crisis Line: (800) 273-8255  
 Suicide and Crisis Line: 988  
 On call 24-7 Sexual Assault Response hotline: (803) 843-3085  
 Safe Helpline: (877) 995-5247  
 Text: 55-247  
 24-hour Domestic Violence Victim Advocate Hotline: (803) 429-4870  
 Military Family Life Counselor: (803) 751-5256  
 MAHC Behavioral Health: (7:30 a.m. to 4:30 p.m.): (803) 751-2513/2235  
 Military Police Operations: (803) 751-2513

**SCAN FOR MORE**

redirected through multiple sites or log ins saves precious minutes when lives are at stake.

"It is important to not only make information available to all 10,000 plus members of the Fort Jackson community, but to ensure that the information is readily accessible and actionable by anyone that finds themselves in a high pressure, or crisis situa-

tion," Franklin said.

This guide is readily accessible from computers, smartphones and through other Fort Jackson focused digital media, he added. "It is just as important to find information when we are in distress as it is when we are studying for a class or preparing for a high-level meeting."

The resources people will be able to ac-

cess through this guide are links to the websites of local, and national-level agencies, which we believe will be pivotal in assisting with self-guided interventions, and interventions with friends and family at the onset of a crisis.

The is an example of the post's dedication to helping the community overcome challenges, he said.

## ON THE COVER

Fort Jackson is set to celebrate the nation's birthday by launching its annual fireworks display at 9 p.m. tomorrow at Hilton Field. Gates open at 4 p.m., music starts at 6 p.m.



Photo by **ROBERT TIMMONS**

See Pages 6-7

## THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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*Photos by TOM BYRD*

(Above) Maj. Gen. Jason E. Kelly, Fort Jackson commander, places a pin on the lapel of retired Command Sgt. Maj. James Walthes, symbolizing his enshrinement into the Fort Jackson Hall of Fame. Walthes, who was responsible for the drill sergeant program of instruction, joined retired Col. Joseph McLamb, retired Col. Michael Molosso and retired Chaplain (Lt. Col.) Donald Meyers in the post's 2024 hall of fame class. (Right) Kelly and Post Command Sgt. Maj. Erick Ochs, pose with Walthes and his wife during the enshrinement ceremony held June 21 in the 1917 Club.

# Walthes joins Jackson hall

## Leader Staff Reports

"We are truly standing on the shoulders of giants," said Maj. Gen. Jason E. Kelly, Fort Jackson commander.

One of those is retired Command Sgt. Maj. James Walthes, who had a distinguished career on post and left an indelible mark on the Army. Walthes was inducted into the Fort Jackson Hall of Fame, June 21.

Walthes is someone "who has made great contributions to our Army, great contributions to what we do today, and a legacy that is absolutely worthy of the wall, our hall of fame," Kelly said.

Pictures of those inducted into the hall are on display along a wall in the post headquarters building.

He is "absolutely worthy of our admiration, but more importantly, recognition for what he's done and the example that he set," Kelly said. "Much of what he has done for our Army is still in play today."

Fort Jackson's Hall of Fame was established to recognize and honor persons who have made an indelible mark on the installation.

Walthes left his mark as both a Soldier and Department of Defense civilian where he spent two years overhauling the drill sergeant program of instruction. He later assumed duties as director of the document training development, quality assurance for the Army drill sergeant program.

He said he was "really surprised" at the honor and throughout his career at Jackson he was blessed with outstanding leadership.

Walthes joined the rest of the 2024 class of retired Col. Joseph McLamb, retired Col. Michael Molosso, and retired Chaplain (Lt. Col.) Donald Meyers on June 6, after Kelly placed a ribbon around his neck.





# Community Updates

## ANNOUNCEMENTS

### Road Name Changes

Fort Jackson has renamed numerous roads and streets on post that were named after Confederate leaders, battles and units. This is part of efforts to rename Department of Defense installations, streets, buildings and ships that featured names commemorating the Confederacy. These name changes, effective Jan. 1, have already been made by the U.S. Postal Service. To learn which road names have changed, scan the QR code or visit [home.army.mil/jackson/about/fort-jackson-road-re-naming](http://home.army.mil/jackson/about/fort-jackson-road-re-naming).



### SPRC Yoga Hours

The Yoga class schedule for June has changed. Classes are now:

**Tuesdays:** Power Yoga: 8-8:30 a.m. (Power Yoga)

**Wednesdays:** 6-7 a.m. (Warrior Yoga) and 12:15-1 p.m. (Mindful Movement and Meditation)

**Thursdays:** 11:45 a.m. to 12:45 p.m. (Warrior Yoga)

The Friday class has been cancelled.

### Safety Classes

The Installation Safety Office presents various safety training classes. To register for the Army Traffic Safety Training or Local Hazards training classes, go to the website <https://imc.army.mil/airs/default.aspx>. To register for the Unit Safety Officer training, contact your Safety Specialist.

■ Basic Riders Course:

July 9-11 (two seats open); July 30-Aug. 1 (five seats open); Aug. 6-8 (six seats open)

■ Advanced Riders Course

July 16 (three seats open); July 23 (six

seats open); Aug. 13 (six seats open); Aug. 20 (six seats open)

■ Local Hazards Course: June 8, 15, 22, 29 and Aug. 5, 12, 19 and 26.

■ Intermediate Drivers Course: July 18 (30 seats open); Aug. 15 (30 seats open)

■ Remedial Drivers Course: Aug. 21 (12 seats open)

■ Unit Safety Officer Course: July 9-10 (16 seats open); Aug. 6-7 (22 seats open)

### POV Sales Lot

The POV Sales Lot is operated by the Auto Craft Shop, located at the corner parking lot of the Strom Thurmond Building off Marion Ave. Here you can sell your vehicles, boats, trailers, recreational vehicles, and motorcycles. You must have a government ID or be the immediate family member of a government ID cardholder, and have proof of registration and insurance to park on the POV Sales Lot. The cost is \$25 per vehicle for 30 days and this includes being advertised on the Fort Jackson Auto Craft webpage. For more information, call (803) 751-5755.

### Victory Fresh

Victory Fresh offers Military Service Members, Department of the Army Civilians and their guests healthy alternatives to fast food. Located at the United States Army Drill Sergeant Academy Dining Facility 9572 Marion Ave. Victory Fresh offers Grab and Go entrees, a Build Your Own Power Bowl station, Hot BBQ bar, and brick oven pizzas during lunch hours of 11 a.m. to 2 p.m. Additionally, Grab and Go items are available during extended hours and breakfast is available from 7-9:30 a.m. Victory Fresh helps patrons manage fueling their bodies in a healthy way, within the time constraints of an on-the-go lifestyle.

### Needs Assessment Survey

Help our Education Center to better understand and meet your educational needs on Fort Jackson. Your participation and feedback is valuable and will be

utilized to help improve ACES education programs and services. You need to take the needs assessment survey. Scan the QR code to begin. The Fort Jackson Education Center can be reached via email [atusarmy.jackson.93-sig-bde-mbx.dhr-jacksonedcenter@army.mil](mailto:atusarmy.jackson.93-sig-bde-mbx.dhr-jacksonedcenter@army.mil), or via phone at (520) 691-4472.



### School and Sports Physicals

Moncrief Army Health Clinic will conduct school and sports physicals Mondays and Wednesdays, July 8-31. Parents/guardians may bring children from 4:30-6:30 p.m. (You must be checked in by 6 p.m.) Required school immunizations can be done at this time. This is only open to MAHC enrolled children in grades K-12. Upon arrival check-in with the Integrated Health Medical Home on the ground floor of MAHC, Room #2318A. Please bring any external immunization records and required sports/school physical forms for your child's school program. To expedite the process, complete the patient information portion of each form prior to arrival. Patients will not be checked in until the patient portion of the forms are completed. For more information email For questions, please contact [tashiana.a.rodgers.civ@health.mil](mailto:tashiana.a.rodgers.civ@health.mil).

### Alpine Lodge

Alpine Lodge is ready for any and all-party events: Birthday, Holiday, Retirement, Promotion Parties, even weddings. Parties, get togethers, you decide. Includes: amazing location, pond

## Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### FRIDAY, JULY 5

■ Kinds of Kindness (R) 6 p.m.

### SATURDAY, JULY 6

■ Kinds of Kindness (R) 2 p.m.

### TUESDAY, JULY 10

■ Kinds of Kindness (R) 2 p.m.

● Ticket sales open 30 minutes before each movie.

● Movie times and schedule are subject to change without notice.

(no swimming) overlooking loft, outdoor porch. Full size kitchen (no stove) tables and chairs. Rustic looks and more \$100 deposit, \$300 to rent. For more information, call Outdoor Recreation at (803) 751-3484.

### First Friday Golf

Maj. Gen. Jason Kelly, Fort Jackson commander, invites you to join him for First Friday Golf the first Friday of every month. The next iteration is set for August. This is a Captain's Choice event and will begin at 11:30 a.m. at the Fort Jackson Golf Club. You may enter your own team or sign up as a single and the FJGC PGA Professionals will pair you

See **EVENTS:** Page 10

## THE FORT JACKSON LEADER

SEND ALL  
SUBMISSIONS TO

[usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil](mailto:usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil)

Deadline for events to be included in the Community Updates is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following

Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — rank, unit, and first and last names. All submissions will be edited and published using Associated Press Style.

Questions? Call 751-3615.





# How to be safe this July 4th

## Installation Safety Office

The celebration of our nation's independence is synonymous with grilling with the family, relaxing with friends, and participating in fireworks displays. As we continue with our 101 Critical Days of Summer Safety FOCUS Campaign, we offer the following safety tips for your Independence Day holiday celebrations and vacation travel:

### Fireworks:

- Keep a supply of water close-by as a precaution.
- Never give fireworks to small children.
- Never relight fireworks that have not fully functioned.
- Never throw or point a firework towards people, animals, vehicles, structures or flammable materials.

### Sparklers:

- Always use under adult supervision. Sparklers burn at temperatures of roughly 2,000 degrees (hot enough to burn some metals).
- Always stand at least six feet from another individual using a sparkler.

- Always place used sparklers in a bucket of water. Sparkler wire remains hot well after the flame is out.

### Grilling Safety:

- Supervise the grill whenever it is in use.
- Keep the grill out in the open and away from the house, tree branches, or anything that could ignite.
- Never add charcoal fluid to charcoal that has already been ignited.

### Driving Safety:

- Avoid distractions such as cell phones and never text and drive.
- Never drink and drive.
- Designate a nondrinking driver or plan for alternative transportation, such as a taxi, if you plan to drink.

### Boating Safety:

- Practice boating safety always by saving the alcohol for later. The probability of being involved in a boating accident doubles when alcohol is involved.
  - Make proper use of lifejackets. Most drowning victims are the result of boaters not wearing their lifejackets.
- Have a safe and happy holiday.

## DOD offers individual POW/MIA updates

### DOD News

The Defense Department has a steadfast and sacred commitment to finding, recovering, identifying and repatriating the remains of its heroes who are unaccounted for, said Kelly K. McKeague, director of the Defense POW/MIA Accounting Agency.

McKeague spoke June 27 to family members of missing service members who fought in the Vietnam War. Agency personnel continue to provide family members with individual updates on the searches for their loved ones at meetings in Washington.

While DPAA has been searching for service members from all wars dating to World War II, the agency has prioritized finding the missing from the Vietnam War since first-hand witnesses in several nations where operations took place are aging and dying, he said.

Senior Defense Department officials have visited Southeast Asian leaders to lay the groundwork for sending DPAA teams to investigate and excavate sites for possible remains, he said, adding that talks with officials in Vietnam, Cambodia, China and Thailand have been fruitful.

Everyone in DOD, not just at DPAA, believes the agency's mission is a sacred obligation and a moral imperative, McKeague said.

"These are world renowned individuals, whether historians, scientists, archaeologists or anthropologists. And as renowned as they are, what sets them apart is not their professionalism, which is eye-watering, (but) what sets them apart is their passion, their dedication, and their commitment to you," he said.



# They're here!

## Midland's fireworks set to launch

### Leader Staff Reports

The arguably best fireworks demonstration in the Midlands is set to start around 9 p.m. tomorrow.

The venue will open at 4 p.m. with music starting at 6 p.m.

Local musical talents DJ Payne, Jazzy Trinity, HiJacked and the Reggie Sullivan Band will provide a variety of music at the event, and the 282nd Army Band is set to play patriotic music.

Post officials are advising those who want to attend to enter Fort Jackson through Gate 4 off of Boyden Arbor Road. Traffic will be routed towards Hilton Field via Golden Arrow Road.

“We recommend using Gate 4 because it is closest to Hilton Field and provides easiest access getting in and out of the event,” said Tom Byrd, Fort Jackson public affairs officer.

The traffic pattern is meant to help guests to arrive and depart quickly as trainees in Basic Combat Training will be foot marching to the venue.

There will be carnival rides for children beginning at 4 p.m. Food and beverage trucks will begin serving at that time as well.

It will be hot, officials said.

There will be misting stations and water points at Hilton Field, but guests are asked to ensure they drink plenty of water and eat before arriving to prevent potential heat injuries. Guests can bring an umbrella for shade but cannot bring a tent.

Officials also warned against bringing prohibited items including weapons.

Firearms, knives, tasers and pepper spray are some of the weapons banned from the venue.

“Don’t even think about bringing a privately-owned weapon whether you have a concealed carry permit or not,” Byrd said. Despite South Carolina having a constitutional carry law, it does not apply to certain places including federal property. “If you bring your weapon, it will be confiscated.” There is no place on post where privately-owned firearms can be stored and are not to be stored in vehicles.

“It’s best to just leave them at home,” Byrd said.

Other items that are prohibited are: illegal narcotics, alcohol, and pets.

Only service animals are allowed.







Photo by SPC. TURNER HORTON

**Soldiers assigned to the 4th Battalion, 118th Infantry Regiment, 218th Maneuver Enhancement Brigade, South Carolina Army National Guard, conduct an integrated training weapons strategy qualification table for the newly fielded M7 and M250, during a week-long training event at Fort Stewart, Georgia, June 20, 2024.**

## SCNG modernizes with nexgen weapons

**By MAJ. KARLA EVANS**  
South Carolina National Guard

Soldiers assigned to 4th Battalion, 118th Infantry Regiment, 218th Maneuver Enhancement Brigade, South Carolina Army National Guard, conducted an integrated training weapons strategy qualification table for the newly fielded Next Generation Squad Weapon Rifle, M7, and the Next Generation Squad Weapon Automatic Rifle, M250, during a week-long training event that culminated June 23.

The South Carolina Army National Guard is the third Army National Guard command to receive the new weapons, following the North Carolina National Guard and the West Virginia National Guard. The 4-118th is part of the 30th Armored Brigade Combat Team, the "Old Hickory," a modular

heavy brigade headquartered in North Carolina.

"The XM7 is a great rifle. We are training and practicing target shots. My favorite thing about the XM7 is how the weapon can be easily used by righthanded and lefthanded shooters," said Cpl. Joseph Negron, a cavalry scout assigned to Headquarters and Headquarters Company, 4th Battalion, 118th Infantry Regiment. "Training this week has been great, learning directly from the experts."

Facilitating the rapid fielding of increased capabilities such as the M7 and the M250 increases the ability of the Soldier and squad to train, fight, win and survive on the battlefield. The Next Generation Squad Weapons' capabilities increase the lethality, mobility, protection and situational awareness of the close combat force. It is the first time in 65

years the Army has fielded a new rifle and automatic rifle, a fire control system and a new caliber family of ammunition.

"The XM7, compared to the M4, is definitely a step up," Negron said. "The rifle is a little bit heavier, but it's accuracy is definitely worth the extra weight."

The M7 is a modular, piston-driven, select-fire, magazine-fed, 6.8 mm rifle. The M250 is a lightweight, belt-fed, light machine gun with a collapsible buttstock. Both weapons have a quick-detach suppressor optimized to reduce sound and visible flash signatures.

"The Soldiers of the 4-118th are well trained and equipped with the Army's latest and greatest made battle systems and weapon platforms," said Lt. Col. Benjamin Thornton, 4th Battalion, 118th Infantry Regiment commander. "

## ACS hosts bus trip

Army Community Service

Army Community Service invites all foreign-born spouses, their sponsors, and military Families of service members or Department of the Army Civilians either deployed or on an unaccompanied tour to take a historical trip to Beaufort, South Carolina on July 27. This trip will include a land and sea tour departing downtown Beaufort Marina at the Waterfront Park.

We will cruise along the waterfront to get an introduction to Beaufort's incredible history and abundant wildlife; learn stories about Native American, Spanish exploration, French settlement, and English colonization - all while seeing playful dolphins, bald eagles and ospreys. This cruise is a relaxing, and cool, break from land that will entertain the whole family.

After lunch, the tour will travel back in time to explore the Gullah and Geechee heritage of South Carolina's Sea Islands in a comfortable, climate-controlled vehicle. This tour will visit several areas of Beaufort County and discover its lone history and unique culture while soaking up some history and taking in the sights. The tour will also visit Lady's Island, St. Helena, Hunting Island and more.

The bus trip and tours are free; however, lunch and shopping will be on your own. Seats are limited and are reserved on a first come, first served basis. This is an opportunity for you to learn about some of the history of South Carolina while networking with other military families. Bus will depart from the front parking lot of the Strom Thurmond Bldg., 5450 Strom Thurmond Blvd., 7:30 a.m. and return at 8 p.m.

Call ACS for additional information and to register (803) 751-5256, option 3. You must register by July 12.



## 'The Weigh It Is' with Pam Long

We take time and pride in exercising our bodies, but we often forget a part of our body that is always exposed and needs care too. I am talking about our faces! Make-up cannot take the place of toned skin that is vibrant and beams with a healthy glow.



Long

Because even at its best ... make-up is still a cover-up. Now I am not knocking make-up, and this is not about cosmetic surgery. It is about exercises that can produce vibrant, youthful, toned skin through facial exercises that are painless on your face and easy on your wallet.

What I am talking about is known as facial exercise. Of course, I am not promising overnight success, but in as little as a few weeks, you will notice things about your face.

Facial toning exercises tone the skin and gives it a healthy glow. Exercising your body improves

range of motion, increases oxygen and blood flow. The same can be said for your skin. Facial exercises increase oxygen and improve facial blood flow. More blood flow and oxygen help generate healthy skin cells, which is key in helping reverse the effects of aging.

Facial muscles, just like muscles on your body, can lose their tone and elasticity. This leads to the skin showing signs of sagging and drooping. But there is good news.

Because face muscles are attached to the skin, not bone, progress results are quicker because you are directly affecting the muscles below the skin.

This means the moment you start exercising and pumping up your facial muscles, your face is instantly affected. It doesn't take a lot of work to pump them up and plump them up, but it will take consistency to keep them pumped.

You can't do this for a month (or less) and expect an overnight 'face lift.' You will get results, but like any other workout routine ... you get out of it what you put into it.

I have been dedicated to facial exercise for many years. I often get compliments on my skin, and I know facial exercises deserve some of the credit.

Again, this is not overnight, but there are real benefits to doing daily facial workouts which help with puffiness, and collagen strengthening.

Facial exercises leave my face looking less stressed and more glowing. I admit, I am committed to my facial workouts. I give them the same attention as my physical body workouts.

Many years later, and I am still pleased with my results.

I am committed to my facial workouts. I perform them daily for about 5-7 minutes six days a week with one day off. Today, there are many tools available to help with facial toning exercises that you could incorporate once you become used to your daily facial routine.

A natural tool that works well with facial toning workouts are face rollers. They are great for improving blood flow to achieve that facial glow. You can do your facial toning workouts while using your face roller to instantly minimize facial puffiness.

You will see and feel the difference. It may seem subtle, but you will notice the difference.

Take your photo (I did that when I first started) and use it as a benchmark for your facial toning progress. The exercises below are easy to do once you imagine the movement description.

These are some of the exercises I continue to do regularly. Check them out below and let me know if you decide to give facial toning workouts a try. I am confident you will be glad you did.

### The exercises

Here are my first five exercises to get you started on your facial toning workout routine. Do each exercise 50 times. All moves should be done in front of a mirror.

**Exercise one: the eye.** With

See **WEIGH:** Page 11

## SALUTING THIS CYCLE'S HONOREES

### 3rd Battalion, 13th Infantry Regiment

**DRILL  
SERGEANT OF  
THE CYCLE**  
Staff Sgt.  
Khadija Morton

**CHARLIE COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Spc. Cole Doty

**SOLDIER OF THE CYCLE**  
Pvt. Coty Meadows

**DELTA COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Pvt. Kadence Quinones

**SOLDIER OF THE CYCLE**  
Pfc. Peter Bannister

**ECHO COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Spc. Kenneth Bryant

**SOLDIER OF THE CYCLE**  
Pvt. Zhane Nock



## Celebrating Service

Fort Jackson recognized the career of Maj. Joseph Okunbanjo, U.S. Army Central; 1st Sgt. Ian Munkacsy, Headquarters and Headquarters Battalion; and Jeff Barham, Office of the Staff Judge Advocate, during the 1st Battalion, 34th Infantry Regiment's Basic Combat Training graduation held June 27 at Hilton Field.

Photo by  
NATHAN CLINEBELLE



Events

Continued from Page 4

with a group. Entry fee is \$45 for FJGC members and \$55 for non-members. The entry fee includes applicable greens fee, user Fee, cart, prizes, and a boxed lunch. Register by calling the pro shop or stop by the clubhouse to sign up. (803) 562-4437.

COMMUNITY EVENTS

TODAY  
1,000 lbs. Competition

5:30 p.m., Vanguard Gym. Test your strength in the back squat, bench press, and deadlift and earn a coveted t-shirt by lifting a total of 500 or 1,000 lbs. Registration can be done at any gym, or by calling (803) 751-3700.

**JULY 4**  
**Independence Day Celebration**  
4-9 p.m., Hilton Field. Come join Fort Jackson for the Fourth of July celebration and music festival. Gates open at

4 p.m.. There will be kiddie rides, food trucks, local vendors and entertainment for the whole family. The event is open to the public.

**JULY 9**  
**Thrift Savings Plan**  
10-11:30 a.m., Training Support Center, 1565 Hall Street. Do you want to gain a better understanding about the different funds and how they can impact your plan for retirement? Attend the seminar and learn the differences between Roth and Traditional accounts, avoiding penalties, withdrawals, latest changes and more. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

**JULY 12**  
**Second Friday Shoot**  
1-4 p.m., Aachen Range. Post Command Sgt. Maj. Erick Ochs invites you to join him for Second Fridays shoot . The shoot alternates monthly between skeet or trap shooting. The cost is \$10 per round if you bring your own weapon and ammo or \$25 per round to rent MWR shotgun and ammo. For more in-

formation, contact Chris Helie at *christopher.j.helie.naf@army.mil* or call (803) 751-3484.

**JULY 15**  
**Investing in the Digital Age Webinar**  
1:30-3 p.m., MS Teams. Army Community Service in partnership with the U.S. Security and Exchange Commission will provide valuable information on the basics of saving and investing, including steps to start to grow wealth and diversification. The webinar will also cover the red flags of fraud and crypto currency investment and risks. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

**JULY 16**  
**Meals in Minutes & Your Budget**  
9-10 a.m., MS Teams. Learn how to save calories while also optimizing your budget. Armed Forces Wellness Center and Army Community Service provides programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information or to register, call (803) 751-5256.

**JULY 19-22**  
**Military Long Drive Competition**  
Fort Jackson will be hosting the 2024 Military Long Drive Championship at the Fort Jackson Golf Club, July 19-22. Come out and watch some monster drives.

**JULY 23**  
**Scams & Identity Theft**  
10-11 a.m., 9810 Liberty Division Rd., Rm. 119. Army Community Service in partnership with South Carolina Department of Consumer Affairs, shares tips to help you protect your identity and finances in support of 2023 National Consumer Protection Week. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

**JULY 26**  
**Amnesty Day**  
7 a.m. to 2 p.m., Darby Field. Fort Jackson is holding an Amnesty Day July 26 to give Soldiers and Department of Defense civilian cardholders to turn in unauthorized ammunition and other ordnance in their possession without fear of reprisal. For more information, call (803) 751-2541.

**DID YOU KNOW: All Army safety mishaps or injuries should be reported to Army Training Center or the Installation Safety Office. Call (803) 751-2541 for the ISO or (803) 751-7553 for ATC safety, or use the online mishap reporting tool.**

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	9:30-10:30 A.M.	MAIN POST CHAPEL
CATHOLIC MASS	MON-FRI	NOON	MAIN POST CHAPEL
GOSPEL SERVICE	SUNDAY	10:30 A.M.	KINGS MOUNTAIN CHAPEL
GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
REVIVE SERVICE	SUNDAY	5 P.M.	MAIN POST CHAPEL
HEATHEN/PAGAN	EVERY 2ND AND 4TH SATURDAY	NOON TO 2 P.M.	CENTURY DIVISION CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	CENTURY DIVISION CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	KINGS MOUNTAIN CHAPEL
JEWISH SERVICE	SUNDAY	10:15-11:30 A.M.	LIGHTNING CHAPEL
THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS	SUNDAY	10:30 A.M. - NOON	WASHINGTON ROAD CHAPEL
HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL



## Soldiers attend Joint Women's Leadership Symposium

### Leader Staff Reports

Two Fort Jackson Soldiers recently attended a symposium aimed at achieving their full potential and increasing the effectiveness of their organizations.

Capt. Bailey Reed and Staff Sgt. Carlissa Morehead from 2nd Battalion, 39th Infantry Regiment attended the Joint Women's Leadership Symposium 2024, June 24-25 in Arlington, Virginia.

According to the Sea Services Leadership Association, the symposium is aimed at "creating a unique, unparalleled experience by bringing together service women and men from all eight uniformed services and from across the globe."

Attending the event was a tremendous opportunity that I hope every military member has the chance to experience, Reed said.

"We heard from many speakers from different military branches and components as well as from Department of Defense and VA civilians on the importance of women's health, challenges and setbacks they have faced in their careers, and their experience on breaking barriers for women in the military," they said.

There were many breakout sessions at the symposium including Army speed mentoring sessions where attendees at all levels were given the unique setting of sharing their stories with women of varying ranks.

Reed and Morehead said these sessions allowed for mentorship in a more intimate setting. They said they "learned how a life of service and success may look different from person to person but having clear identified boundaries can help us find a balance."

They also learned about their role in talent management and its correlation to improving retention and how they are empowered to advocate for their professional and personal success.

The symposium culminated in a volunteer wreath laying event at Arlington National Cemetery.

Attendees participated in the laying of wreaths and flowers at the graves at Arlington National Cemetery.

"It was truly an honor for us to do something for the military men and women who gave their lives for our country," they said.

They also witnessed the changing of the Guard at the Tomb of the Unknown Soldier.

Attendances to the JWLS 2024 solidified how integral the impact of women in our force is.

"The opportunity to learn from amazing leaders across all branches encourages us to network and connect with mentors to increase our leadership potential and positively affect our force back at our units," they said. "We encourage all leadership to send their Soldiers both men and women to the Joint Women's Leadership symposium. each year."



Courtesy photo

**A speaker talks to service members at the Joint Women's Leadership Symposium in Arlington, Va.**



Photo courtesy of COL. JASON T. EDWARDS

## SSI bids adieu to chief of staff

The Soldier Support Institute bid a fond farewell to retired Col. Troy A. Clay, SSI chief of staff after 40 years of dedicated service, June 28. Clay greatly contributed as a partner in excellence to the greater Fort Jackson Community. His leadership and unwavering commitment played a critical role in enhancing training and supporting Soldiers and civilians.

## Can I bring these to the fireworks?

Independence Day Celebration Tents		Prohibited Items
<b>Allowed</b> 	<b>NOT Allowed</b> 	<b>No Weapons of Any Kind:</b> No Firearms No Knives No Tasers No Pepper Spray  <b>No Illegal Narcotics</b> <b>No Alcohol</b>  <b>No Pets</b> Only certified service animals allowed  <b>No cameras, video cameras, or recording devices</b> Any contraband will be confiscated and destroyed in accordance with Fort Jackson Policy
FOR SOLDIERS	FOR FAMILIES	FOR RETIREES FOR CIVILIANS

## Weigh

Continued from Page 9

wide, wink and hold one eye for about a second. Do 50 of these then change eyes. This exercise helps lift the eyelids, reduce puffiness, and reduce bags under the eyes.

**Exercise two: the eye.** With eyes wide, look up using your lower eyelids to look up. It might feel a little like squinting, but you are not squinting. Your cheeks should not be helping you make this movement. If done correctly, you will feel the muscle directly under the eye lifting. This will help lift the eyelids, reduce puffiness, and reduce bags under the eyes.

**Exercise three: the eye.** With eyes wide open,

place three fingers on each temple and apply a slight pressure, pulling the fingers upward; close their eyes a second and release. Repeat 50 times. This exercise gets rid of hooded eyelids and energizes blood flow.

**Exercise four: the mouth.** Open your mouth and put your index fingers on the inside at the corners of your mouth. Hold your mouth open (don't pull), try to squeeze the sides of your mouth together and release. Repeat 50 times. This will lift cheekbones, plump up lips and lift the corners of the mouth up.

**Exercise five: the mouth.** Hold a smile while you try to drop the corners of your mouth down and up. This takes practice. Repeat this 50 times. This will lift the corners of the mouth, which typically sag and droop.

All you need for inexpensive beauty treatment is consistency and practice.

**Pam's thought for the week: "Facials are just workouts for your face."**



# VICTORY... STARTS HERE



Soldiers stand in formation at the 1st Battalion, 34th Infantry Regiment graduation, June 27.

Photo by NATHAN CLINEBELLE