

THURSDAY, SEPT. 26, 2024

THE FORT JACKSON LEADER

MC'S #1 DIGITAL PUBLICATION

BATTLE OF THE ... BADGES



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SSI, post honor Hispanic Heritage Month

Soldier Support Institute

National Hispanic Heritage Month commemorates the many achievements and cultures of Hispanic Americans.

The observance, celebrated from Sept. 15 – Oct. 15 each year, is the only Department of Defense special observance to span multiple months, coinciding with independence day celebrations for several Latin American countries.

Sept. 15 is the anniversary of independence for five countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

It extends into October because Oct. 12th is known as “El Día de la Raza,” or “The Day of the Race.”

It is a day celebrating the many nationalities present in the history of Mexico, Central America, and South America.

Medal of Honor recipient Master Sgt. Roy Benavidez, 1935-1998, from Cuero, Texas was a Soldier with tremendous honor and courage and is a recipient of the Medal of Honor for his bravery in the Vietnam War.

Benavidez was born in 1935 in the small town of Cuero, Texas. He joined the Texas National Guard and later transferred to active duty, as part of the 82nd Airborne Division. In 1965, Benavidez was deployed to Vietnam.



U.S. Army photo

Master Sgt. Roy Benavidez, Medal of Honor recipient, poses in this file photo. Benavidez, a Hispanic Soldier from Cuero, Texas, was awarded the MOH for his actions during the Vietnam War.

While on patrol, he stepped on a land mine and was so badly injured that doctors told him he might never walk again. Through

sheer willpower, he secretly began a nightly training routine to redevelop his legs. He ended up walking again, avoiding discharge, and

returned to the 82nd Airborne. In 1967, he joined the 5th Special Forces Group in Vietnam.

Their helicopter crashed, and Benavidez was shot in the abdomen. Still, he secured classified documents, helped the wounded, and managed to call in air strikes to secure another extraction. Trapped on the ground for six hours, Benavidez was wounded several more times while carrying injured service members and important documents back and forth to the rescue helicopter. Benavidez suffered 37 wounds and was thought dead. He was placed in a body bag and was later discovered to be alive. He recovered over the next year and was awarded the Distinguished Service Cross.

In 1981, his award was upgraded to the Medal of Honor after an eyewitness to his mission was discovered.

Until his death in 1998, he mentored underprivileged children and successfully advocated for continued benefits for disabled Vietnam Veterans.

What does Hispanic heritage



Cruz

month mean to you?
Capt. Kristopher Jamill Cruz: Hispanic Heritage month is a time to know our culture, customs, and traditions. This month gives the Hispanic community a time to display how diverse the Hispanic culture is.

From South America to Central America, Mexico, the Caribbean, we all share a language, but our



Molina

traditions, our foods, our dances, and customs are different. This month shows others that one language is not everything in the Hispanic community, and we invite others to learn our customs, learn our traditions, and learn why we are

so passionate and loving. We welcome everyone with open arms, and let you fall in love with our culture.

How are you/ How can you be a pioneer of change to shape a better future for generations to come?

Capt. Jiovany Ulisses Gutierrez Molina: I am paving the way by demonstrating to my community, whether subordinates or civilians,

See **HISPANIC:** Page 11

ON THE COVER

A firefighter with the Fort Jackson Fire Department tosses a bean bag during a game of cornhole during the Directorate of Emergency Service's Battle of the Badges.

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Photo by NATHAN CLINEBELLE

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Community baby shower helps new parents

Story, photos by **ROBERT TIMMONS**
Fort Jackson Public Affairs

Having a child is neither easy nor inexpensive, and a Fort Jackson program is here to help.

The Army Community Service's New Parent Support Program hosted a Community Baby Shower to celebrate parents and to provide information from on and off post agencies they may find helpful.

The shower had tables from providers so parents could speak face-to-face and learn more about what they offer. Parents could also be eligible to win prizes by visiting each table.

"Congratulations on your baby," said Esperanza Romero, a financial specialist with ACS, during the shower. "So having those little babies, they're cute, but they're not very cheap are they?"

The cost to raise a family in 2024 is \$313,000 and almost \$314,000 for the life of that child, she said. These costs range from the price of formula to the items necessary to raise a child.

"The average cost of a car seat, stroller, high chair can range between \$425 to \$3,000," Romero said, adding that childcare outside Fort Jackson for infants can cost \$250 to \$300 per week.

While this can be scary to new parents there is a silver lining to that rain cloud – ACS has services to help.

Those services include helping "you develop your budget, tweak it to include expenses for your child," she said.

Other on post activities with representatives who spoke included the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, and the NPSP. Some off post providers to speak included a consultant from Sandhill Pediatrics who spoke about nursing a child and other postpartum issues.

Kimi Maines, a registered dietitian with the 193rd Infantry Brigade Holistic Health and Fitness Team at the SPRC, spoke about how the Army's Pregnancy and Postpartum Physical Training, or P3T, program can help everyone in attendance.

Nutrition is complimentary to physical training, Maines said.

"It's not just physical training, but nutrition is a huge priority during pregnancy and then postpartum as well, right?" she said. "You know, what you're putting into your body, what you're choosing to nourish with, can heavily affect those outcomes, you know, during the delivery process and postpartum."

Amy Phillipy, registered nurse with the NPSP, rounded



Attendees to the Fort Jackson Community Baby Shower, held at the 1917 Club, Sept. 20 and hosted by the New Parent Support Program, speak to on and off post providers. When the parents visited all the providers they were able to place their names to be drawn for prizes.



Kimi Maines, a registered dietitian with the 193rd Infantry Brigade Holistic Health and Fitness Team, speaks about nutritional services offered within the Pregnancy and Postpartum Physical Training program.

out the speakers at the event by saying the NPSP was there for the community.

"Don't let the name fool you," Phillipy said, "because

each and every child is individually unique. What one didn't give you a challenge? I guarantee the next, the third, the fourth, someone's going to give you a curveball, and we're here for you."

The program offers services to parents too and helps them with unique challenges military families face.

Sgt. 1st Class Santiago Bermudez, a small group leader at the Noncommissioned Officer Academy at Fort Jackson, said he felt the shower was helping parents like him.

"I think it's very informative, and I think that it's setting the basis for the success of new parents, and, you know, these new families," said Bermudez, who instructs the senior leader course at the academy. "I think they are doing a good job in educating and bringing different resources and professionals to educate us."

All Soldiers and Family members expecting a child or with children from birth to 3 years are eligible to participate free of charge in NPSP services. Also eligible are activated Reservists, Retirees, and their Families.

For more information about the NPSP, call (803) 751-5256.

Community Updates

ANNOUNCEMENTS

Resiliency Stand-To

Fort Jackson conducts a Resiliency Stand-To Oct. 3-4. The Stand-To starts at 8 a.m. with a small group circuit at the Soldier Performance Readiness Center and an opportunity to visit with on and off post service providers focusing on physical, sleep, and nutritional readiness. That afternoon there will be a speaker panel at 1917 Club from 1-3:30 p.m. and an opportunity to visit with on and off post service providers focusing on mental and spiritual readiness. Building resiliency classes will be held at the Training Support Center, Oct. 4. Registration for the speaker panel and resiliency building classes is required due to limited seating. RSVP no later than Oct. 1. Please RSVP via email at usarmy.jackson.army-tng-ctr.mbx.fj-resiliency-lead-planners@army.mil, or call at (803) 751-2915 or (803) 751-6334.

Safety Training 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 <https://imc.army.mil/airs/default.aspx>. To register for the Unit Safety Officer training, contact your Safety Specialist.

- Basic Riders Course: Oct. 8-10 (4 seats open); Oct. 22-(4 seats open)
- Advanced Riders Course: Oct. 15 (4 seats open); Oct. 29 (4 seats open)
- Local Hazards Course: Monday; Oct. 7, 21, 28
- Intermediate Drivers Course: Today (20 seats open); Oct. 17 (30 seats open)
- Remedial Drivers Course: Oct. 16 (12 seats open)
- Unit Safety Officer Course: Oct. 1-2 (15 seats open); Dec. 3-4 (24 seats open)

Army Continuing Education System

The Army Continuing Education System has moved back to the Education Center,

Bldg. 4600. ACES is open Monday-Friday, from 7:30 a.m. to 4:30 p.m. and is closed for training on the first and third Thursday of the month from 12:30-4:30 p.m.

DHR holiday hours

The Directorate of Human Resources will be closed on these holidays:

Columbus Day:	Oct. 14
Veterans Day:	Nov. 11
Thanksgiving Day:	Nov. 28
Thanksgiving Training Holiday:	Nov. 29
Christmas Eve Training Holiday:	Dec. 24
Christmas Day:	Dec. 25
New Year's Day:	Jan. 1

COMMUNITY EVENTS

FRIDAY

Oktoberfest

4-9 p.m., 1917 Club. Check in starts at 4 p.m., and the block party is free and open to the public. The fest kicks off with a one-mile Volksmarch Walk at 4:30 p.m. The \$25 registration fee includes beer stein, beer tastings, snack stops and T-shirt.. There will be vendors, games, live music, German beer-Biergarten. For additional information, call (803) 751-3933.

SATURDAY

Hip Hop Master Step Class

9-11 a.m., Coleman Gym. Participate individually or bring your team to our Master Step and Hip Hop Step Class. This is a free event showcasing the creative moves used in this classic and modern style workout. For more information or to sign up, call (803) 751-3700

Trip to Fort Sumter

7 a.m. to 6:30 p.m. Army Community Service invites all Foreign-born spouses, their sponsors, and military Families of service members or DA civilians either deployed or on an unaccompanied tour to take a historical trip to Fort Sumter,. For more information, call (803) 751-5256

TUESDAY

Maude Lecture Series

1 p.m., Solomon Center. Sgt. Maj. of the Army Michael Weimer will be the keynote speaker at the Lt. Gen. Timothy J. Maude Memorial Lecture Series. The lecture series was established to provide an ongoing forum for reflections on leadership by prominent senior leaders of the Army in memory of Maude, the senior ranking officer killed in the terrorist attacks on the Pentagon, Sept. 11, 2001.

National Night Out

6 p.m., Patriots Park. The Fort Jackson Police Department hosts the annual National Night Out to highlight the partnership between law enforcement and the community. Law enforcement officers from the S.C. Highway Patrol, Richland County Sheriff's Department, Columbia Police Department, Army Criminal Investigation Division, military police and the U.S. Marshall's Service will be in attendance.

Navigating Financial Barriers to Safety

10:30-11:30 a.m., 9810 Liberty Division Road. In support of Domestic Violence Awareness Month, Army Community Service Financial Readiness Program is hosting a class to discuss financial barriers that keep individuals from leaving abusive situations. Whether for yourself, friend or loved one, come receive tips and resources that could help someone out of an abusive situation. For more information or to register, call (803) 751-5256 (option 3).

Meals in Minutes & Your Budget

1:30- 2:30 p.m., 9810 Liberty Division Road, Army Community Service Financial Readiness Program, in partnership with the Fort Jackson Armed Forces Wellness Center will host Meals in Minutes. Learn how to save calories while also optimizing your budget. AFWC and ACS provides programs and services to improve and/or maintain readiness of the military com-

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, SEPT. 28

- Afraid (PG-13) 2 p.m.

WEDNESDAY, OCT. 2

- Blink Twice (R) 2 p.m.

- Ticket sales open 30 minutes before each movie.
- Movie times and schedule are subject to change without notice.

munity. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

OCT. 5

CYS Halloween Paint and Sip

3-5 p.m., Solomon Center. Come join us for a great time and learn some basic painting skills. Registration required. Last day for sign up is October 2, 2024. This is a parent and child class. Child must be registered in CYS. Child must be enrolled in the Teen Program on Fort Jackson. For more information & to sign up call (803) 751-6387.

Do It in Pink Aerobathon and 5K

8 a.m. to noon, Hilton Field Sports Complex. The Do It in Pink delivers a free two-part event for breast cancer prevention and early detection awareness. All participants must wear pink. For more information or to register, call (803) 751-3700/5251.

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THE FORT JACKSON LEADER

SEND ALL SUBMISSIONS TO

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.

Resiliency Stand-To set for Oct. 3-4

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

For the second year Fort Jackson will demonstrate its leaderships' proactive commitment to preparedness, readiness by proving a two-day Stand-To dedicated to Holistic Health and Fitness.

The Resiliency Stand-To will be held Oct. 3-4.

The stand-to "is a great opportunity to present to the Fort Jackson community some efforts and programs to support the military community that they may not have had an opportunity to be exposed to before," said Aljournal Franklin, director of Integrated Prevention Advisory Group.

The I-PAG is the Army's new primary prevention workforce.

"Personally, it is important to me because I want the Fort Jackson community to know there is a resource to help them in every situation they're facing," said Theresita Moses, Army Substance Abuse Program manager and the Stand-To's lead planner. "They do not have to go through anything alone. As a community we can help make each other stronger."

Attendees of the Stand-To can take away tips, information, and resources from every domain represented, Moses said.

The Stand-to begins Oct. 3 with small group work out sessions at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center where participants can learn exercise tips.

Later that day they can "learn how others overcame hardships during the speaking panel at the 1917 Club," Moses added.

The panelists "bring a diverse perspective of prevention and combined provide a broad-based, deep reaching example of how many resources are available when our community members are in crisis or are in need of support during difficult times," said

Franklin, who will moderate the panel.

According to Franklin, this panel is a mosaic of resources, each panelists "represent a wonderful cross section of the

depth of support available to military community members who find themselves in need whether it be physical, mental, financial, or otherwise."

The speakers on the panel are:

- Breanna Kay - Gold Star widow of drill sergeant Kay
- Keith Allen - U.S. Army Master Resilience School director
- Kimberly Richardson - chief executive officer, Widows of Opportunity, South Carolina
- Mark Casper - chief executive officer, Tech 4 Troops
- Maj. Erin Stone - Non Physical Domain Lead, Holistic Health and Fitness, Fort Eustis, Virginia.

Attendees can speak to service providers from on and off the installation that will have information tables at both events.

On Oct. 4 "they can learn something new by attending one of the five classes offered at the Training and Support Center," Moses said. "These classes do not require pre-registration. I hope to see all 60 seats full in the classes."

**VIEWERS CAN WATCH
THE SPEAKER PANEL LIVE
VIA FACEBOOK.**

Fort Jackson Resiliency Stand-To

October 3-4, 2024

Open to: Service Members, Family Members,
DA Civilians and Retirees

Scan QR code for more information

Day 1 Oct. 3:

- Group Fitness Circuit SPRC 8-11 a.m.
- Speaker Panel 1917 Club 1:00-3:30 p.m.
- On & off post service providers at both events

Day 2 Oct. 4:

- Self-Care Classes at TSC
- Meditation & Mindfulness
- Finances
- SHARP
- Unit Cohesion

"Resiliency Starts Here"

For more information about the Fort Jackson Resiliency Stand-To visit:
<https://home.army.mil/jackson/my-fort/resiliency-fair>

Schedule of events

Day One

Small Group Circuit

Drill Sergeant Timothy Kay Soldier Performance Readiness Center - 12650 Jackson Blvd.

- 8-8:10 a.m. - Opening Remarks
- 8:10-8:15 a.m. - Safety brief and exercise instructions
- 8:10-11 a.m. - Visit with on and off post service providers
- 8:15 - 11 a.m. - Small Group Circuit physical event

Panel Discussion

1917 Club- 5700 Liberty Division Road,

- 12:30 p.m. - Doors open
- 1-2 p.m.* - Speakers Panel featuring Breanna Kay, Aljournal Franklin, Kimberly Richardson, Mark Casper, Keith Allen and Maj. Erin Stone
- 2-3 p.m. - Exposition with on and off post service providers

Day Two

Building Resiliency Classes

- Training Support Center - 1565 Washington Road
- 8-8:45 a.m.: Drill Sergeant Academy Master Resiliency Training instructor-"Mindfulness & Meditation"
- 9:15-10 a.m.: ACS Finance
- 10:30-11:15 a.m.: Play bingo with SHARP & MEO office
- 1-1:45 p.m.: R2 (Unit Cohesion)
- 2:30-3:15 p.m.: Nutrition

* Note: The panel will be livestreamed on the Commanding General's and U.S. Army Garrison - Fort Jackson Facebook pages.

DOD pledges to find Nation's MIAs

By **ASHLEY M. WRIGHT**
DOD News

Locating and identifying the remains of service members killed in conflicts remains the Defense Department and the nation's "ironclad commitment," said Secretary of Defense Lloyd J. Austin III.

Austin spoke Sept. 20 at a National Prisoner of War/Missing in Action Recognition Day ceremony at the Pentagon.

During the secretary's 41 years of Army service, he said the soldier's creed has been to never leave a fallen comrade behind. "We lived that value, and we still do. We bring our troops home no matter what."

Over just the past year, the Defense POW/MIA Accounting Agency has identified the remains of 111 service members killed during World War II, 28 from the Korean War and four from the Vietnam War, he noted. "No, that's quite a feat."

The agency works with diplomats and others from 46 nations to recover remains, relying on their cooperation and assistance, he added.

"From my office, I look out into this parade ground, and every day I see the American flag and the POW/MIA flag. And that flag's motto is a rallying cry, not only for everyone who works in the Pentagon, but also wherever it flies across the country, and it says, 'you were not forgotten,'" the secretary said.

The families of those still missing suffer and mourn and wait.

"You have endured terrible uncertainty, lived with terrible absence and suffered terrible grief. We are humbled by your strength, and we're inspired by your resilience. We are proud to stand with you and we are proud to work with you. Because we will never give up. We will never lose hope, and we will always honor the sacrifice and service of your loved ones," he said.



Photo by SGT. ISAIAH SCOTT

Army drill sergeants place boards at a station during the First 100 Yards Event on Day Zero of the Drill Sergeant of the Year competition at Fort Jackson, South Carolina, Sep. 14. Staff Sgt. Samuel Matlock and Sgt. 1st Class Jake Mrzena were named the 2024 DSOYs.



Photo by SGT. MARITA SCHWAB

A drill sergeant fires an M4 during the competition.



Photo by SPC. WILLIAM HUNTER

Drill sergeants receive a briefing before going on to the range.



Photo by SGT. MARITA SCHWAB

A drill sergeant removes his protective mask.



Photo by SGT. MARITA SCHWAB

Drill sergeants disassemble weapons.

Matlock, Mrzena crowned top drill sergeants

By JONATHAN DAHMS
Center for Initial Military Training

“The 2024 Army and Army Reserve Drill Sergeants of the Year were announced during a ceremony held at Fort Jackson, Sept. 19.

After four days of physically and mentally grueling competition, Staff Sgt. Samuel Matlock, a drill sergeant representing the Maneuver Support Center of Excellence at Fort Leonard Wood, Missouri, was awarded the honorary belt as the active-duty Drill Sergeant of the Year.

Sgt. First Class Jake Mrzena, a drill sergeant leader with the U.S. Army Drill Sergeant Academy at Fort Jackson, earned the title of Army Reserve Drill Sergeant of the Year.

“It’s absolutely incredible, very humbling to have been selected for this position,” Matlock said. “Representing my peers I hope to be able to effect change as much as possible for drill sergeants across the Army and trainees coming into our organization to maximize our effectiveness in providing a combat ready force.”

Command Sgt. Maj. Michael McMurdy, the senior enlisted leader for the Center for Initial Military Training, emphasized how this competition is different from other “best of” competitions.

“This competition is the Army’s most physically, mentally and professionally intense job interview,” McMurdy said. “Unlike other Army competitions, the winners of this one are signing up for another year of demanding duty, representing 4,000 of their peers and advising senior leaders.”

Command Sgt. Maj. Raymond S. Harris, Training and Doctrine Command senior enlisted leader, and the keynote speaker for the ceremony, emphasized this point in his remarks with an eye on the future.

“You’ll represent all 3,894 drill sergeants we have in TRADOC,” Harris said. “You’re going to represent their interests,

you’re going to fight for their families, their quality of life. You will also help develop and design the proper way to train our drill sergeants and our trainees as we march forward with transformation for the Army of 2030 and 2040.”

Mrzena said he looked forward to being a voice for drill sergeants throughout the Army.

“Winning this competition is definitely the highlight of my military career, it feels great,” Mrzena said. “Being a drill sergeant is one of the hardest yet most rewarding jobs and being able to represent Army Reserve drill sergeants and help them and give back, to make sure that their quality of life is good, it will be an honor.”

In a change from previous years, this competition included increased emphasis on the mental challenges any new DSOY would face representing 4,000 of their peers to higher level leaders.

“This year we implemented a lot of DSOY-level tasks like information briefs and essays,” said Staff Sgt.

Ashley Buhl, the 2023 active component DSOY who has worked for the past year for CIMT. “As a DSOY, I’m not out there conducting (physical training) with trainees, pitching position of attention or rucking every day, and so we put increased emphasis on the mental aspect during this competition on top of the physical challenges they faced.”

Addressing the 14 DSOY competitors, Lt. Gen. David J. Francis, the TRADOC Deputy Commanding General and Commanding General for CIMT, stressed that though there would only be one active-duty and one Reserve winner, each of the competitors represent the best of the NCO corps and will continue to have an outsized impact on the future of the Army.

“This competition was intense, it was fierce,” Francis said. “I want to tell each and every one of you that you are our future. You are the drill sergeants who will lead initial entry training into the future and I want to thank you all for your leadership and for stepping up to compete in this year’s competition.”



Badge battle raises directorate morale



Story by ROBERT TIMMONS
Photos by NATHAN CLINEBELLE
 Fort Jackson Public Affairs

It may look like just another softball game, but it was something larger.

For the Directorate of Emergency Services, it was a time to laugh and a time to get to know each other while taking a break from the stressors of every day work all in a “Battle of the Badges.”

It was an organizational day to “bring all our departments together ... with some friendly competition between our departments,” said Maj. Travis Valley, DES director.

Firefighters and law enforcement personnel took sides behind their respective badges, Sept. 20 in friendly competitions that included softball, cornhole and physical exercises such as pushups and pullups.

The first responders work long hours “and there is always a need; there are no holidays or family vacations days, so to get them out and enjoying time together” helps build morale and helps build the team, Valley said.

Eric Harper, Fort Jackson Fire Chief agreed and said the job is stressful and the battle “is taking a minute to take care of ourselves.”

It was also a time to “kick our feet up and play some softball and play some cornhole and just laugh. We will top it off with a barbecue and have some more laughs.”

For retired firefighter Will Sexton the battle was a good way to go beyond the badges worn.

“These types of events are great because with us working different shifts we don’t always get to interact with each other except on a scene,” he said. “These types of events are fun and build camaraderie and competitiveness between different departments.”

The department who wins the most events earns the “coveted” Battle of the Badges trophy, while each department’s most valuable player won a medal.

“It’s just bragging rights,” Sexton said of the importance of the fire department winning the softball game. “It’s fun you get to talk about it until the next one.”



'The Weigh It Is' with Pam James-Long

Many experiences with our over-all health or well-being continue to lead a path toward our diet choices.

What we eat and what we do set the stage for how our body will age, fight disease, and physically thrive.

A phrase we often hear in the health industry is called free radicals. Many of us don't know exactly what this is, but we know it is often talked about in a negative sense.

How free radicals affect our health and how to ensure we take proper preventive steps is what our wellness and holistic approach to living is all about.

Free radicals are linked to several diseases as well as rapid aging of the skin. Free radicals are molecules that are considered very reactive and unstable. They are a type of molecule made up partly of an odd number of electrons.

That is what makes them unstable, and they



James-Long

search for electrons to pair with molecules found in our skin cells, or blood cells, or wherever they can find them.

This leads to damage surrounding our cells. If that was not enough, if we have too many free radicals roaming around and eating up electrons from stable molecules, oxidative stress can happen. This makes our cells vulnerable to damage. DNA damage, even cells can die.

Free radicals are a natural by-product, so we cannot get rid of them totally. They form naturally in our body, or we can be exposed to them through pollutants like cigarette smoke or smoking, industrial chemicals, the sun, and x-rays.

The main problem with free radicals is having too many of them accumulate in our body,

causing oxidative stress. Excessive oxidative stress can be harmful because free radicals can trigger chain reactions in our body where DNA, lipids and proteins are being altered, which can increase your risk of many health illnesses and diseases.

This is another reason why antioxidants are so important.

Antioxidants release electrons to free radicals making them stabilize to stop potential cell damage. Antioxidants can release electrons without becoming unstable themselves. Making them true health helpers. Antioxidants protect inside and outside our cells. They block free radicals from taking electrons.

If you are living an overall healthy lifestyle, keeping free radical production under control is often handled through healthier eating and exercise.

Eat more whole foods as a main resource to

See **WEIGH:** Page 11

SALUTING THIS CYCLE'S HONOREES

3rd Battalion, 13th Infantry Regiment

DRILL SERGEANT OF THE CYCLE
Staff Sgt. Benjamin Zeigler

ALPHA COMPANY SOLDIER LEADER OF THE CYCLE
Pvt. Hannah Granger

SOLDIER OF THE CYCLE
Pfc. Orion Edward Saal

BRAVO COMPANY SOLDIER LEADER OF THE CYCLE
Pfc. Kyle Lewis

SOLDIER OF THE CYCLE
Pfc. Anthony Leon-Alsina

CHARLIE COMPANY SOLDIER LEADER OF THE CYCLE
Pfc. Brittany Pharel

SOLDIER OF THE CYCLE
Pvt. Mason Messick

DELTA COMPANY SOLDIER LEADER OF THE CYCLE
Pvt. Jacob Langemeier

SOLDIER OF THE CYCLE
Pfc. Jason Kim

ECHO COMPANY SOLDIER LEADER OF THE CYCLE
Spc. Alexander Ritchie

SOLDIER OF THE CYCLE
Spc. Morgan Smith

Take Action to Prevent the Flu



Wash your hands frequently during cold and flu season



Get the flu vaccine



Isolate sick family members to avoid spreading germs

If you do get sick, follow your doctor's orders including getting plenty of rest, staying hydrated, and taking any prescribed medications.

Fort Jackson Flu Vaccination Schedule

DATE	TIME	LOCATION
Oct. 7	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Oct. 9	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Oct. 16	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Oct. 19	10 a.m. to 3 p.m.	The Exchange, 4110 Century Division Ave.
Oct. 21	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Oct. 23	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Nov. 4	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Nov. 6	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd

Flu Vaccine available to all TriCare Beneficiaries (Active, Reserve, National Guard, Mission Essential, Health care Personnel and Dependents ages 6 months and older)

The high dose flu vaccine available as well. This is for ages 65 and over. First come, first serve as quantities are limited.



Photo by VERAN HILL

Happy Retirement

Fort Jackson recognized the service of Maj. Fred J. Grooms Jr., 193rd Infantry Brigade during the 1st Battalion, 34th Infantry Regiment graduation, Sept. 19. Grooms retired from the Army after 34 years of service.

Events

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OCT. 5-6
Fall Family Campout
4 p.m., Twin Lakes. Outdoor recreation is hosting a family-friendly overnight pri-

mitive camping event will have fun activities such as games, fishing, s'mores making, arts and crafts and more. Hot dogs and potato chips will be provided for dinner, and coffee and individually wrapped pastries for breakfast the next morning. Come join us by the bonfire and enjoy the great outdoors. Cost is \$15 for children and \$20 for adults. Sign up at Marion Street Station today. You

don't need to have your own equipment, rent from us. Supplies are limited. For more information call (803) 751-3484.

OCT. 8
Thrift Savings Plan
2:30-4 p.m., 9810 Liberty Division Road. Army Community Service Financial Readiness Program will conduct a Thrift Savings Plan Seminar. Do you want to gain a better understanding about the different funds and how they can impact your plan for retirement? Le-

arn 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).

OCT. 12
Private Weapons Day
10 a.m. to 2 p.m., Aachen Range. Shooters can shoot at targets, with spotting scopes, tables and chairs provided. Patrons can shoot rifle or pistol at a Day rate or on an hourly rate. The shoot costs \$25 per person for all day (four hours), \$10 per person per hour (pre-register), \$15 per person per hour (day onsite/cash only). Ensure all weapons are registered on post. No automatic weapons or .50 cal allowed. Age 12 and up, 17 and younger must be accompanied by an adult. Open to all authorized ID card holders. Pre-register at Marion Street Station. For more information, call (803) 751-3484.

OCT. 15
Meals in Minutes & Your Budget
9-10 a.m., MS Teams. Army Community Service Financial Readiness Program, in partnership with the Fort Jackson Armed Forces Wellness Center will host Meals in Minutes webinar on Microsoft Teams. Learn how to save calories while

also optimizing your budget. AFWC and ACS 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 (option 3).

OCT. 22
Estate Planning – Protect Your Assets!
10-11 a.m., 9810 Liberty Division Road. Army Community Service Financial Readiness Program will host an Estate Planning seminar. This seminar will provide information about the components of an estate plan (wills, trusts, power of attorney, beneficiary designations and health care directives). Registration is required. For more information or to register, call (803) 751-5256 (option 3).

OCT. 25
Fort Jackson Fall Fest
6-8 p.m., Youth Sports Complex. Child and Youth Services hosts the annual Fall Fest to provide the Fort Jackson Community with a safe, fun and celebratory fair experience for all ages; and to show appreciation for the Fort Jackson community and military families. CYS will offer age-appropriate activities, games, and entertainment. For more information, call (803) 751-4824.

UPCOMING JEWISH HOLIDAY SERVICES

Rosh Hashana

Oct. 2 – 6-7:30 p.m. Rosh Hashana 1st night

Oct. 3 – 10:30 a.m. to 12:30 p.m. Rosh Hashanah 1st day

Oct. 3 – 6-7:30 p.m. Rosh Hashanah 2nd night

Oct. 4 – 10:30 a.m. to 12:30 p.m. Rosh Hashana 2nd day

Oct. 4 – 6-7 p.m. Weekly Shabbos Service

Yom Kippur

Oct. 11 – 6-7:30 p.m. Weekly Shabbos Service combined with Yom Kippur Service

Oct. 12 – 11 a.m. to noon

DID YOU KNOW: Training units monitor current heat conditions and document their readings hourly.

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
	JEWISH SHABBAT SERVICE	FRIDAY	7-8 P.M.	LIGHTNING 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

Hispanic

Continued from Page 2

that a leadership role and a successful career in the military are achievable for them. Each unit I have been a part of has lacked Hispanic leadership, which I believe impacts retention rates among Hispanic troops. It's challenging to envision a long-term career in an environment where no one shares your background or understands your culture. My personal mission is to be that leader who breaks this barrier. In my experience I have had young leaders actively seek my mentorship not only for my career experience but also for guidance from someone who they can resonate with and understands their roots.



Moreno

What was an inclusion moment that you had in the military where you felt like you belong?

Capt. Leidy Carolina Sastoque Moreno: A moment of inclusion that I experienced was during my naturalization ceremony. My peers and superiors were present. I felt their support and I greatly appreciated this gesture, knowing that I belonged to the team.

What are some ways people can learn and support Hispanic culture?

Anthony Cruz Diaz: There are several simple ways to gain insight into and show support for Hispanic culture. Engaging in open conversations, seeking information, conversing with Hispanic friends about their backgrounds and customs, and learning about their various festivals can be incredibly enlightening. The Hispanic community is known for its passion, vibrancy, and willingness to share cultural traditions. It's a welcoming community that appreciates genuine interest in its heritage.



Diaz Cruz

What person and/or leader impacted you with their bravery, humanitarianism, and selflessness? How so?

Pfc. Selena Colohua Tlehuactle: My mom is a person that greatly impacted my life, she is from Mexico and she came to United States at 16 years old. She has always shown compassion to people and specifically Hispanics. Being in a country where not everyone knows how to



Tlehuactle

speak English can be challenging and she's shown me to always help anyone in need but specifically Hispanics because she once knew the struggle of being in an unknown place.



Photo courtesy of 1ST BATTALION, 13TH INFANTRY REGIMENT

Coaching marksmanship

Staff Sgt. Samuelu Aveau helps a trainee from 1st Battalion, 13th Infantry Regiment, group and zero during Basic Rifle Marksmanship. The battalion is in the fourth week of training, which focuses on teaching trainees the fundamentals of firing a weapon accurately.

Weigh

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get enough antioxidants through healthier food choices.

There are studies that show taking antioxidant supplements is not as effective (if at all).

It is recommended that we use whole foods as a better defender against free radicals.

There are no specific antioxidants that target free radicals. Instead, take a more holistic approach that includes exercise, stress management and healthier whole food eating.

Prepare healthy meals that include foods such as: almonds, broccoli, tomatoes (I love tomatoes), bell peppers, fish, beef, apples, peaches, chickpeas, and onions.

The list of healthy high antioxidant foods is long and full of variety; the foods listed are just a sampling of some foods we can eat to help keep free radicals in check. We do our part by taking the holistic approach.

Get enough exercise.

Regular exercise can lead to higher natural antioxidant levels and decreased damage caused by oxidative stress.

External pollutants such as smoking, pesticides and cleaning chemicals can be controlled through limiting exposure to these factors.

You can also wear sunscreen to protect against sun damage.

Get enough rest. Our bodies heal and restore through rest and sleep.

Practice ways to manage your stress levels with positive coping skills.

Remember, free radicals can be produced naturally and through environmental factors, so a holistic approach works better to protect and ensure all parts work together to combat free radicals.

Making small, but manageable changes can result in living longer and healthier.

Pam's thought for the week: "We cannot buy our health, so we must take care of it."

VICTORY... STARTS HERE



Pfc. Alexandr Renfro leads the 1st Battalion, 34th Infantry Regiment graduates in reciting the Soldiers' Creed during the unit's Basic Combat Training Graduation, Sept. 19.

Photo courtesy by VERAN HILL