

THURSDAY, OCT. 24, 202

# THE FORT JACKSON LEAD

AMC'S #1 DIGITAL PUBLICATION

## TAKING THE RED RIBBON WEEK PLEDGE



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# Army journal modernization reaches pinnacle

By SARAH HAUCK

Army University Public Affairs

It's been just over a year since the Chief of Staff Gen. Randy George introduced the Harding Project to challenge renewed importance of professional writing and discourse across the Army.

The Army has responded with nearly 50% more articles streaming into Army University Press for publication consideration.

Writing and publishing is only a piece of the CSA's intent and the Harding Project.

The Harding Project's latest development, the Line of Departure website, is another tactic to a full-circle Army profession overhaul.

George and Sgt. Maj. of the Army Michael Weimer and Gen. Gary Brito, commanding general, U.S. Army Training and Doctrine Command, explained the importance of building expertise across the force from the voices of its people, and the role Line of Departure plays in this.

"The best solutions come from Soldiers in the field," a tri-signed letter on the new website said. "To tap into this expertise across the total Army, we're launching Line of Departure."

Line of Departure has modernized access and useability of Army professional publications, no longer leaving the force reliant on coffee table copies and files illegible anywhere but the office.

Line of Departure is a single stop for military professionals, scholars and en-

thusiasts to engage with all Army branch journal materials on any device, from any location, in any format.

Mobile optimization makes all the articles and discussion available from any screen.

Prefer to listen to the top articles from the Army's Soldiers and civilian professionals? Line of Departure features audio versions of all publications.

Managed by an Army University Press team, Line of Departure will not replace Army journals' websites or publications, rather it will extend their influence to new audiences. It allows viewers exposure to content they may not normally seek out.

The daily updates will add to the variety of content available.

"The combined effort and collaboration with all the Army's branch journals has been incredible," Col. Todd Schmidt, director, Army University Press said. "With special thanks to all our branch leaders and editing teams, for the first time, Soldiers can access, read, listen to, learn from and share articles from all the branch journals from one single-access point that is web-first, mobile-friendly, and current."



U.S. Army photo

**The Line of Departure website, [www.lineofdeparture.army.mil](http://www.lineofdeparture.army.mil), is the latest effort to overhaul the Army profession. It is a single stop for military professionals, scholars, and enthusiasts to engage with all Army branch materials on any device from any location. Army leaders said the 'best solutions come for Soldiers in the field.'**

The high accessibility of Line of Departure creates more opportunities for units to integrate professional development and discussion into their battle rhythms, another key component of Harding Project's transformation of the of Army profession.

Optimized search technology allows topics of interest to be easily found across all Army publications.

To compliment the Line of Departure, AUP, worked closely with the Harding

Project, to produce and publish a Special Edition of Military Review dedicated to professional writing, which is featured on the website.

Additionally, AUP, working closely with Weimer, developed the "Muddy Boots" Forum for NCOs, also featured on the website.

Visit the Line of Departure website at <https://www.lineofdeparture.army.mil/> for more information.

## ON THE COVER

**McGruff the Crime Dog leads C.C. Pinckney Elementary School students in reciting the Red Ribbon Week pledge. Fort Jackson is observing the week, Oct. 23-31.**



Photo by ROBERT TIMMONS

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## THE FORT JACKSON LEADER

**Fort Jackson, South Carolina 29207**

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# Garrison earns safety streamer

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

“Safety is a team effort,” said Col. Timothy Hickman, garrison commander during a Safety and Occupational Health Advisory Council meeting held Oct. 17.

Hickman was commenting on his unit receiving a safety excellence streamer.

Garrison Command Sgt. Maj. Brie Kotula placed the streamer on the garrison colors.

“The safety excellence streamer is awarded to an organization by the Department of the Army and Installation Management Command for completing an (Army Readiness Assessment Program) questionnaire, said Joe Colson, Installation Safety Officer.

The garrison also had to have 12 consecutive months without experiencing a Soldier/unit at-fault Class A or B mishap and have 100% completion of risk management training.

The ARAP is an online survey of unit employees that provides commanders with data on their formation’s readiness posture through seven categories including safety programs.

Finishing the ARAP was “extremely challenging” due to the number of garrison employees who needed to take a break from the high operational temp of keeping the post running and take the assessment and training.

“It’s great that we’re getting awards, and I really want us to encourage that, because Fort Jackson has a very dangerous day-to-day mission in a lot of respects – and we do it well,” Hickman said to the garrison and unit safety officers at the meeting. “So, I want the post to be recognized for the efforts that your teams put into making it a safe environment for training Soldiers, and for the civilians to provide all the services they provide on Fort Jackson.”

According to the U.S. Army Combat Readiness Center the streamer can be displayed for one year at which time the unit would have to reapply for the award.

Also at the meeting five garrison employees Keith Baxter, Lillian Black, Christopher Jolly, Glenn Podewil and Patrick Tinneney, received safety certificates of appreciation and Capt. Tyler Aycox, Provost Marshal Office operations officer received a safety certificate for his support to safety efforts..



(Above) Garrison Command Sgt. Maj. Brie Kotula places the safety excellence streamer onto the garrison colors during a Safety and Occupational Health Advisory Council meeting held Oct. 17 at the Training and Support Center. The streamer is awarded by the Department of the Army and Installation Management Command.

(Left) Garrison employees, Keith Baxter, Lillian Black, Christopher Jolly, Glenn Podewil and Patrick Tinneney, pose with Col. Timothy Hickman, garrison commander, and Joe Colson, installation safety officer after receiving safety certificates of appreciation.



# Community Updates

## ANNOUNCEMENTS

### Early Voting

Voters can visit any early voting center in their county during the early voting period, present their photo ID, and vote using the voting system like they would at their polling place on election day, from Oct. 21 to Nov. 2 (Closed Oct. 27.) Early voting centers are open 8:30 a.m. to 6 p.m. during the early voting period. Learn more at <https://scvotes.gov/voters/early-voting/>

### DHR Holiday Hours

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

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

### First Friday Golf

Maj. Gen. Daryl O. Hood, Fort Jackson commander, invites you to join him for First Friday Golf, the first Friday of every month. 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 be paired 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 at (803) 562-4437.

### Second Friday Shoot

1-4 p.m., Aachen Range. Post Command Sgt. Maj. Erick Ochs invites you to join him for Second Fridays shoot at Aachen Range the second Friday of every month. Shade and fans will be provided. The cost is \$10 per round if you bring your own weapon and ammo or \$25 per round to rent a shotgun and

ammo. For more information, call (803) 751-3484.

### POV Sales Lot

The Privately Owned Vehicle Sales Lot, is operated by Auto Craft Shop, located at the corner parking lot of the Strom Thurmond Building off Marion Avenue. 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, 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.

### Online Ordering

Order online for fast, convenient to-go orders from the 1917 Club, Down Range Bar, and Century Lanes by visiting: <https://direct.chownow.com/order/36317/>.

### Library Hours

The Thomas Lee Hall (Post) Library is now open Monday – Thursday from 11 a.m. to 7 p.m.; Friday – Saturday noon to 5 p.m., and closed on Sundays, federal holidays, and federal holiday weekends.

### ArmyIgnitED Information

Soldiers are required to have an active ArmyIgnitED account and an approved degree plan prior to requesting Tuition Assistance for any college courses. Soldiers may request TA through the ArmyIgnitED system seven to 60 days prior to the first day of the class. TA request that are less than seven days from the first day of the class will not be approved. There are no exceptions to the seven-day rule. Please request your TA as early as possible so any issues can be addressed before the seven-day deadline.

### Commander's Cup

The 2024 Commander's Cup is currently underway with plenty of ways to earn Commanders' Cup Points. For a full schedule of the 2024 Commander's Cup Points Program, call the Sports Office at (803) 751-3096/5839.

## COMMUNITY EVENTS

### TOMORROW

#### 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.

### SATURDAY

#### Zombie Run

8 a.m., Twin Lakes Recreation Area. The Directorate of Family and Morale, Welfare and Recreation provides Fort Jackson community with a fun, Halloween-themed run featuring zombies and creepy music along the route for a spooky fun time. For more information, call (803) 751-3700.

### BOSS Costume Party

2447 Single Soldier Complex. Better Opportunities for Single Soldiers is hosting a costume party. There will be finger foods, non-alcoholic drinks, music, games, and of course, a costume party. The party is open to single Soldiers. For more information, call (803) 629-9781.

### TUESDAY

#### Carolina Panthers visit

Several members of the Carolina Panthers are scheduled to visit Fort Jackson and meet with Family members during a meet-and-greet event at the

## Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### SATURDAY, OCT. 26

■ Venom: Last Dance (PG-13) 2 p.m.

### WEDNESDAY, OCT. 30

■ Beetlejuice Beetlejuice (PG-13) 2 p.m.

- Ticket sales open 30 minutes before each movie.
- Movie times and schedule are subject to change.

1917 Club. The group, to include several unnamed players, cheerleaders, and team mascot Sir Purr, are expected to be available for autographs and photos at 1 p.m. at the 1917 club.

### OCT. 31

#### Taking the BOO Out of Budgeting

9-10 a.m., 9810 Liberty Division Road. Army Community Service Financial Readiness Program is hosting a basic budgeting class. Learn the components of a budget, how to prioritize bill paying and techniques to get more out of your monthly income. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

### NOV. 7

#### Wine & Yoga

5:30-7:30 p.m., Weston Lake Community Center. Join us for Wine & Yoga: Sipping on wine while practicing Yoga

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.



# Soul Focus – The hurried life (part three)

By **CHAPLAIN (COL.) STAN SMITH**  
Garrison Chaplain

The next practice for eliminating the hurry in our lives is Sabbath.

It comes from the Hebrew word, Shabbat, and means to stop or to cease. It has been a major practice in various faith backgrounds and gets after our innate restlessness.

We are a people with limitless desires, but with very limited and finite resources. This delta is where our restlessness resides. Saint Augustine once stated, “You (God) have made us for yourself, and our heart is restless until it rests in you.”

Now the issue for most of us is the actual practice of a day of Sabbath.

Sabbath has been a ‘holy battle rhythm event’ from the beginning (see Genesis 2:2-3 and Exodus 20:8-11). For most, the normal pace of life has made the actual practice of a day of rest may seem like a foreign concept.

One interesting point of consideration may help.

The word ‘Shabbat’ means to stop, but it can also be translated ‘to delight.’

Think about it ... a Sabbath (day of rest) was designed by God for us to stop and delight.



U.S. Army photo

**Best Ranger Competition candidates rest during the 2021 competition. Garrison Chaplain (Col.) Stan Smith wrote rest helps people fight restlessness and eliminate hurry in their lives.**

So what would a day of stopping and delighting look like for you?

While there are various traditions of those more well versed in the practice of Sabbath, I recommend you run your options through the filter, ‘is it rest or worship?’

If it is, stop and delight in it.

Remember it is a discipline and will take intentionality and practice. Keep at it. Enjoy the gift that Sabbath was intended to be.

See how it eliminates hurry and restlessness and grows contentment and peace in your life.

## DOD inspires youth to enjoy hypersonics

By **DAVID VERGUN**  
DOD News

The Defense Department is sponsoring a Hypersonics Horizon High Speed Video challenge, open to high school and undergraduate students, with cash prizes.

“The Hypersonics Horizons High Speed Video Challenge is integral to building an enduring advantage by investing in the workforce of tomorrow,” said Aprille Ericsson, the assistant secretary of defense for science and technology. “The Joint Hypersonics Transition Office continues to cultivate and invest in future talent by utilizing our Smart Scholarship program and partnering with Academia which develops pathways for both a diverse and technically proficient workforce to protect both our national security and American prosperity for years to come.”

“The challenge is designed to inspire the next generation workforce in hypersonics,” said Mark A. Glenn, director of the Joint Hypersonics Transition Office.

Glenn said instructions for high school teams, of up to three students, involve making a three-to-five-minute video explaining the type of challenges a spacecraft might encounter on Mercury, Venus, Titan (Saturn’s moon), Ceres (asteroid) or Pluto. They would also have to address how the spacecraft design would be impacted by challenges of their chosen celestial body’s environment and would need to explain how they would overcome those issues.

## Fort Jackson enhances security with detection system

### Directorate of Emergency Services

Fort Jackson remains committed to providing the highest level of security for its personnel and assets. As part of this ongoing commitment, the installation has implemented the state-of-the-art Integrated Commercial Intrusion Detection System V, otherwise known as ICIDS-V. This advanced system represents a significant upgrade in Fort Jackson’s security infrastructure, ensuring comprehensive protection against potential threats.

#### How ICIDS-V Works

ICIDS-V employs a sophisticated network of sensors connected to a central monitoring

center, including motion detectors, door/window alarms, and perimeter sensors. This integrated approach allows for rapid response and minimizes potential security breaches.

#### Benefits of ICIDS-V:

- **Enhanced Accuracy:** The system’s advanced sensors and intelligent monitoring capabilities reduce false alarms, allowing security personnel to focus on genuine threats.

- **Improved Response Time:** ICIDS-V enables immediate dispatch of armed patrols to the precise location of an alarm, minimizing response time and maximizing effectiveness.

- **Increased Situational Awareness:** The system provides comprehensive mon-

itoring and real-time data, giving security personnel a clear picture of the situation and enabling informed decision-making.

All personnel must properly use the system to ensure its effectiveness.

By investing in cutting-edge technology like ICIDS-V, Fort Jackson demonstrates its dedication to maintaining a secure environment. This advanced system, combined with the vigilance of our personnel, ensures that Fort Jackson remains a safe and protected installation.

Personnel are encouraged to contact the Physical Security Office at (803) 751-7076 with any questions or issues regarding ICIDS or its operation.





McGruff the Crime Dog, members of the Fort Jackson Police Department and Pierce Terrace Elementary School faculty hand out red ribbons at the school, Oct. 23, as part of Red Ribbon Week. The observance is aimed at keeping children off drugs.



Photos by NATHAN CLINEBELLE

# Taking the red ribbon week pledge

## Fort Jackson observes week aimed at alcohol, drug use prevention

By DEVITA HAMPTON  
Army Substance Abuse Program

Prevention is a community effort. We no longer live in a culture where there are off limit subjects. As a society, we can teach age-appropriate prevention.

Children of parents who talk to their teens regularly about alcohol or drugs are less likely to use drugs than those who don't; yet only a quarter of teens report having these conversations.

Red Ribbon Week is the community's opportunity to have ongoing conversations about alcohol and/or drugs.

Red Ribbon came about as a call of action to honor the sacrifices of former Drug Enforcement Administration agent Enrique "KiKi" Camarena.

Camarena, was kidnapped while working on one of the largest drug trafficking cases and never seen again.

A group of parents, who were outraged about the effects of drugs in the community, formed coalitions to combat drugs and send a drug-free message. Conversely, the first Red Ribbon Week was created by the National Family Partnership in 1988.

For more than 25 years, the Red Ribbon has been a symbol of continuing a drug-free commitment. This year's theme, "Life is a movie, film drug-free" reminds us that you can create your own story; the ending is up to you.

This year's celebration kicked off Wednesday.

At Fort Jackson, we are fortunate to have great relationships with our Department of Defense Education Activity schools, community schools, and installation partners.

As in previous years, we continue to partner with the on-post schools and the Middle School and Teen Program. The Department of Emergency Services is also providing the McGruff character to greet the students during the Red Ribbon Week rally Wednesday.

DODEA schools are hosting a themed spirit week to include a Red-Carpet Event, "Lights, Camera, Action" where students will dress to im-



press and/or like a movie star.

The school counselors are working hard to educate and promote a safe, healthy, and substance-free lifestyle. Our middle school and teen program youth will have a variety of prevention activities to include strategies to combat peer pressure and create a positive and negative consequence chain.

Three key areas that play a pivotal role in shaping our youth are parents/families, schools, and the community.

Children rely on their parents and family from birth for nurturance, support, and guidance. Our families provide our values, teach operational skills, and are our first interaction with the world. These values, skills, and interactions often shape our beliefs and impact our thought process in the future. With that in mind, it is important for parents and families to understand what they can do to assist in providing a drug-free lifestyle.

Below are tips for youth having a drugfree

lifestyle: Family, Schools, and Community – Substance Abuse and Mental Health Services Administration.

- Make sure that alcohol is not brought into your home or property by your teen's friends.

- Talk to other parents about not providing alcohol at other events your child will be attending.

- Create alcohol-free opportunities and activities in your home so teens feel welcome.

- Bullying can have lasting effects on a child's mental health. Being bullied in person or online can lead to a range of emotional and psychological challenges. Children who are bullied may have feelings of fear, anxiety, and depression.

- Help your child navigate social media.

A safe school and classroom is important for helping students learn and grow. Here are some tips for a supportive school environment:

- Ask students how they are feeling

- Teach the art of journal writing

- Let students take breaks as they become mentally exhausted at times

- Help students identify their emotions

- Teach healthy coping skills

- Utilize the school Social Worker and Counselor to assist with classroom activities or students that require one-on-one assistance

The neighborhood, local community, and state government can play important roles in drug-free communities by hosting community events, enacting laws, and providing resources. Though the use of technology, community leaders can reach a wide audience and provide unique ways to promote the drug free message. The community must take the village approach to ensure that the foundation is solid today and onward.

For additional information, contact ASAP at (803) 751-5007.

Alcohol and Drug Statistics: provided by The Department of Alcohol and Other Drug Abuse

Services

- In 2020, 1,734 South Carolinians died from a drug overdose, a number that has been increasing since 2014. Of those 1,734 deaths, 1,400 were related to opioids, and 1,100 involved fentanyl.

- Lexington County ranks #3, and Richland County ranks #4 in the state with binge drinking from 2018-2022.

- According to the U.S. Census Bureau, Richland County's population, estimated over 420,000 in 2022. Richland County has an overall rank of 27.

Check out these resources for support:

**Local:**

Moncrief Behavioral Health, Child and Adolescent Therapy, individual outpatient behavioral health to dependents, (803) 751-2513

LRADAC- Adolescent Program, Outpatient Care Individualized Plans, Integrated Therapies, Family Support, (803) 751- 9300

South Carolina DAODAS- Prevention Services, (803) 896-5555

**National:**

Substance Abuse and Mental Health Services, SAMHSA's "Talk. They Hear You." campaign mobile app designed to help parents and caregivers, educators, and communities. <https://www.samhsa.gov/>.

Military OneSource, non-medical counseling services for dependents 6-18. <https://www.militaryonesource.mil/>

### Take the Red Ribbon Week Pledge.

I pledge to grow up safe, healthy, and drug-free by:

Understanding the dangers of drug use and abuse

Respecting myself and being drug free

Spreading the word to family and friends about the importance of being healthy and drug free





# Tips to get treats not tricks this Halloween

## Fort Jackson Public Affairs

Fort Jackson has announced the official hours for trick or treating through on post housing.

That's right. The official time for going door to door for treats is from 5-8 p.m. Oct. 31. Fort Jackson Fire Department and Fort Jackson Police Department will be in the housing areas passing out treats and keeping the fun safe for all.

Trick-or-treating should be a time of fun and dressing up safely. Here are some tips to keep your holiday time safe.

### General Safety

- Children should travel in small groups and be accompanied by parents or an authorized adult chaperone.
- Children should never go into homes. Stay on the porch when asking for treats.
- Children should avoid homes that don't have their outside lights turned on.
- Children should never talk to strangers or get into

strangers' cars.

- Children should bring home any treats before eating them so parents can inspect them. When children get home, parents should inspect all candy and other treats before they are eaten.

- Discard all unwrapped or loosely wrapped candy or fruit.

- Parents should cut into fruit, such as apples, to make sure they do not contain foreign objects.

### Costumes

- Wear bright, reflective clothing to be easily visible on streets and sidewalks.

- Wear sneakers or comfortable walking shoes.

- Avoid wearing floppy hats or wigs that can fall over the eyes.

- If wearing a face mask, ensure it does not obstruct vision.

- Try to avoid toy weapons. If desired, use costume knives and swords that are flexible, not rigid.

- Avoid any unknown animals. They may easily become frightened.

### Pedestrians

- Children should stay within familiar areas and surroundings. Parents should establish a route for children.

- Use flashlights and stay on sidewalks.

- Cross the street at corners/crosswalks and not between parked cars.

- Motorists should drive slowly and watch carefully for children.

### Health Precautions

- Avoid physical contact with trick-or-treaters.

- Give out treats outdoors, if possible.

- Set up a station with individually bagged treats for children to take, if possible.

- Wash hands with soap and water for at least 20 seconds when you get home and before you eat any treats.

- Use sanitizer, if needed, but only when supervised by an adult.



## 'The Weigh It Is' with Pam James-Long

Sometimes we overlook the importance of balance and stability.

The more balanced we are, the more we can stabilize, the more we can keep our core engaged.

This is a great way to make your stomach stronger and better conditioned.

That is one of the reasons why resistance balls, BOSU balls, balance discs, etc. are so popular.

These exercise tools force you to be unstable, which forces you to use your core to stabilize you. That is what stability balls, and all their variations are all about.

Finding exercises that strengthen and condition while forcing you to stabilize by using your core (or you are going to fall), are the types of exercises that make you stronger and a stability ball or stability device helps us maintain stability which begins with our core.

The longer you can remain stable is a testament to the stronger your core, posture, agility and even your cognitive skills can become.

Many wellness benefits are gained through stability type exercises that force you to balance, force you to think so that you can improve your technique while strengthening and conditioning, not just a specific part of the body; be it the ankle, or knee, or hip, but also, you are always engaging your core.

If you sit for long periods this affects your spine, hip flexors, balance and overall posture.

Adding stable exercises to your exercise routine is a great way to combat muscle tightness, which is a by-product many people face due to their desk job lifestyle.

This does not mean we should just sit on stability balls at our desks, especially if you struggle with keeping your spine erect.

But it does mean that you can incorporate a variety of stability exercises during your workout routine and create a balanced workout that improves your overall body conditioning and performance.



James-Long



Photo by SGT. JOHN CARKEET IV

**Soldiers demonstrate how to properly perform a stability ball exercise during a physical therapy session in 2016. Stability balls offer protection between users and the surface reducing impact on their joints.**

You want to use stability exercises for specific conditioning goals, and you want to make sure you are ready for stability exercises.

Your goal is not high-risk balancing moves that could result in injury.

Instead, use this amazing tool to improve your flexibility, tighten and tone and even build your stamina.

Stability exercises build muscle endurance, symmetry and agility. It complements your workout performance, which complements your body overall.

Used correctly, stability ball exercises complement traditional strength workouts.

Adding stability ball exercises improves flexibility.

Stability ball moves typically require reaching and stretching. The reaching and stretching can help improve your range of motion, which also decreases your risk of injury.

Although challenging because you are sta-

bilizing, most of the exercises are low impact, which is good if you battle with joint pain or injuries.

Stability balls offer a type of protection between you and the surface. This reduces the impact on your joints but still delivers a challenging and effective workout.

Choose a ball that you can sit on while keeping your feet flat on the floor.

Your knees should be right under your ankles. This alignment will help you keep your balance and proper form during each exercise.

This can help reduce the possibility of joint and muscle injury. There are many stability balls that come in a variety of sizes.

Check the size chart typically located on the box to help select the one that's right for you.

Below are some exercises you can easily in-

### SALUTING THIS CYCLE'S HONOREES

2nd Battalion,  
60th Infantry  
Regiment

**DRILL SERGEANT  
OF THE CYCLE**  
Staff Sgt.  
Derrick Henderson

**ALPHA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Marisol Corchado

**SOLDIER OF THE CYCLE**  
Pfc. Luis Camey-Casetllanos

**BRAVO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Isabel Castenada

**SOLDIER OF THE CYCLE**  
Pvt. Angelina Zamora

**CHARLIE COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Spc. Jake Dagostino

**SOLDIER OF THE CYCLE**  
Pvt. Troy Hale

**DELTA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Eric Gardiner

**SOLDIER OF THE CYCLE**  
Pvt. Landon Grant

**ECHO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Spc. Katherine Perkins

**SOLDIER OF THE CYCLE**  
Pfc. Mejia Rivas



Events

Continued from Page 4

5:30-7:30 p.m., Weston Lake Community Center. Join us for Wine & Yoga: Sipping on wine while practicing Yoga helps create for each participant less anxiety, or more relaxed body and of course ... fun. It is well known that wine relaxes the body and mind. Our event pairs sipping wine with practicing yoga ananas to bring you a deeper state of relaxation and of course to just have fun. To register or for more information, call (803) 751-3700.

**NOV. 16**  
**Wild lights @ the Riverbanks Zoo**  
4:30-9:00 p.m., Riverbanks Zoo. Stroll through the zoo and discover more than 60 handcrafted lanterns inspired by nature, seasonal favorites include nightly snowfall and visits from Santa. Reserve your spot by calling Marion Street Station at (803) 751-3484 by Nov.1. Seats are limited.Trip costs \$25.

**NOV. 19**

**Fall Career Fair**  
9 a.m. to 1 p.m., 1917 Club. The fair allows employers the opportunity to provide employment openings to the Fort Jackson community. The career fair is free to the post community. More than 60 prospective employers are invited to represent their agency and to offer various job opportunities to the community. For more information, call (803) 751-5256.

**Shred Day**  
9 a.m. to 2 p.m., 5671 Liberty Division Road. No large metal clips. Open to Department of Defense ID cardholders. No classified documents. All types of paper accepted.

**NOV. 23**  
**Sprint Duathlon**  
8 a.m., Hilton Field Sports Complex. Run three miles, Bike 12 miles, Run one and half miles. Race participants will run/bike/run with each portion of the event being timed. Must have your own bike and helmet. This is a Commander's Cup Event. Register at any gym. For more information, call (803) 751-3700.

**Holiday Shopping Trip**  
8:30 a.m. to 5 p.m. Hate the hustle and bustle of the holiday season? Let Outdoor Recreation take care of that for you. Trip costs \$20 per person. Join them for a shopping trip to Concord Mills in N.C. Sit back, relax and enjoy the ride and shop til" you drop. For more information or to register, call (803) 751-3484.

**NOV. 26**  
**Army vs. Air Force Turkey Bowl**  
6:30 p.m., Hilton Field Sports Complex. Come support Fort Jackson's all-star flag football team as they battle Shaw Air Force Base at this year's Turkey Bowl.

**DEC. 4**  
**Biltmore Trip and Virtual Tour**  
6 a.m. Recreation on a trip to visit the beautiful and historic Biltmore Estates while all decorated for the holiday season. You will be treated to an audio guided tour of the Biltmore Mansion along with the opportunity to visit the rest of the estate which includes winery, shopping, and horse stables. Trip costs \$100. Register at Marion Street Station by Nov. 4.

October is Energy Action Month

Directorate of Public Works

October is Army Energy Action Month, which is tied to National Energy Awareness Month observed across the country. The Army's 2024 Energy Action Month theme is "Powering the Mission." The Army is the largest consumer of installation energy in the Department of Defense, spending more than \$1 billion per year on facility energy. Our installations rely, with few exceptions, on commercial energy sources to accomplish critical missions. We need resilient installations to ensure our Soldiers are trained and ready to deploy, fight and win our nation's conflicts.

DID YOU KNOW: Risk management is the process of identifying and controlling hazards to protect the force and is a continuous process applicable to any situation and environment.

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	6-7 P.M.	LIGHTNING 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





DOD Graphic

The Defense Advanced Research Products Agency's Falcon Hypersonic Test Vehicle emerges from its rocket nose cone and prepares to reenter Earth's atmosphere.

## DOD

Continued from Page 5

For post-secondary student teams, Glenn said students are required to make a three-to-five-minute video discussing a design for a plane-like spacecraft engineered to launch, reach hypersonic speeds and safely touch down on Mars. Then they must address challenges the spacecraft and astronauts may face upon landing. He added that the problem sets involve multidisciplinary challenges and solutions so students can pull from diverse subject matter, not just physics and engineering.

Lori Michelle Stiglitz, JHTO workforce development lead, said this is the second year for a challenge involving hypersonics.

Last year's challenge involved ways to transport people at hypersonic speeds.

Many college and high school students applied and the students as well as their science and engineering teachers were enthusiastic about it. The students conducted research, delving into many open-source documents on the topic and related topics, she said.

One of last year's university student who participated in the challenge, looks to pivot to hypersonics in grad school, Stiglitz added.

Last year's high school winner knew nothing about hypersonics "so he took a deep dive into hypersonics and he's sharing his knowledge with all of the students, teachers and administrators at his high school. Some of the physics teachers didn't even know about the topic. So that knowledge is spreading," she said.

"Kids are very creative and enthusiastic about hypersonics. We get to gather their unique mindsets in hypersonics problems," she said.

Awards will most likely be announced in February after evaluators who work across the DOD hypersonics community provide their feedback and assessment.

They might also gain novel insights by this challenge, she added.

About a month ago, Stiglitz said she spoke to about 300 mechanical engineers at Montana State University and shared the upcoming challenge with them and they all started chatting eagerly about it.

For more details about the challenge, visit the challenge entry web page at <https://www.challenge.gov/?challenge=hypersonic-horizons-2024-the-high-speed-video-challenge>.

## Weigh

Continued from Page 9

corporate into your current workout routine. These moves are user-friendly, yet effective in improving posture, flexibility, muscle endurance, and more.

### Ball Squats

Place your stability ball against the wall and perform wall squats. Remember that 90-degree angle. Don't allow your knees to go past your toes. Roll down into the squat and hold for two seconds and repeat 25 times.

### Hamstring Curls

Lie on the floor with your feet on the ball (not your calves, just your feet). Use your feet to roll the ball away from you; hold for two seconds and roll ball to start position. Repeat 25 times.

### Plank Holds

Place your elbows on the ball and extend your legs out into plank position. Hold for 30 seconds to one minute. Repeat three times.

### Ball Crunches

On your back with calves on the ball, cup the ball and crunch towards your chest. Hold each crunch in for two and out for two. Repeat 25 times.

### Chest Presses

Standing, hold the ball in front of your chest and with the palm of your hands squeeze the ball inward. Keep your arms extended with a slight bend in your elbows. Keep your shoulders down and relaxed. Squeeze the ball 50 times and repeat.

### Triceps Dips (place ball against the wall)

Sitting on the floor, place your feet (not your calves) on the ball. Place your palms down with fingers pointing away from you. Lift your glute off the floor and hold it while you bend your elbows down and up. Repeat 25 times.

Using a stability ball in your workout brings strength and conditioning benefits, flexibility and agility along with variety on your wellness journey.

It is a great challenge to your current workout to add the stability, balance, and conditioning you have been looking for.

**Thought for the week: "Nothing will work, unless you do."**

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals.

Contact Pam Long, at (803) 751-3700 for more information or to become a member of the fitness and wellness program.

Join ASAP Program in celebrating Red Ribbon Week 2024



POC: Army Substance Abuse Program, 803-751-5007





# VICTORY. STARTS HERE.



Staff Sgt. Emily Pearce, a drill sergeant with Company D, 1st Battalion, 34th Infantry Regiment, coaches a trainee in Basic Rifle Marksmanship fundamentals.

Photo courtesy of 1ST BATTALION, 34TH INFANTRY REGIMENT