

THURSDAY, OCT. 10, 2024

# THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

## JACKSON 'STANDS TO' FOR RESILIENCY



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# Recognizing unhealthy relationships

Military OneSource

Most relationships consist of a mixture of healthy and unhealthy behaviors. No relationship is perfect, but it's important to recognize the warning signs of unhealthy behaviors.

Relationships can start out great, but unreasonable expectations and controlling behaviors can emerge over time, causing common conflicts to escalate and the relationship to become abusive.

What is unhealthy behavior?

When you're in the throes of the honeymoon phase, it's not always easy to see how a relationship may evolve over time, or how a loving partner could become controlling or possessive. Unhealthy behaviors don't always appear overnight, but rather emerge and intensify over time.

Everyone deserves to feel safe in their relationships.

Have questions or need to make a plan?

Call Military OneSource at (800) 342-9647, or contact your local Family Advocacy Program office.

Unhealthy behaviors such as abuse and control take many forms — physical, economic, emotional and/or sexual — and can happen to anyone. Learn to recognize the signs of unhealthy relationships. Here are a few questions to ask yourself:

■ Does your partner get upset when you make plans to go out with your friends?

■ Are they obsessive about who you interact with on social media?

■ Does your partner talk over you or dismiss what you say in public?

■ Does your partner avoid family get-togethers and discourage you from visiting friends and family?

■ Do they try to control all the money?

■ Do they discourage you from going back to school and pursuing a better career?

■ Do they tell you what to wear?

■ Does your partner go through your phone and read your texts?

Abuse doesn't look the same in every relationship because each relationship is different. But one thing most abusive relationships have in common is that the abusive partner's aim is to gain more power and control over their partner.

Have you recognized any unhealthy behaviors in your relationship?

**How to get help: Family Advocacy Program and more**

It is important to recognize the warning signs that could escalate into domestic abuse. Everyone deserves to be healthy and safe in their relationships.

The Family Advocacy Program, administered through the Defense Department, is committed to educating and supporting service members and their families impacted by domestic abuse through victim advocacy and crisis intervention.

Your local FAP staff can help you understand options for reporting, document



your abuse, create a safety plan and create a network of support. Whenever you want to explore next steps, or learn about options for support, they can find the right help for you.

No matter where your relationship lies on the healthy/unhealthy scale, help is available, and you have options.

It's safe to reach out when and if you want to. Confidential information and support is free and available 24/7.

If you are experiencing domestic abuse,

you can use the Domestic Abuse Victim Advocate Locator to find the FAP office nearest to you.

Or, you can call the National Domestic Violence Hotline at (800) 799-7233 for 24/7 help in English, Spanish and more than 140 other languages.

Also, if you need to speak with a Domestic Abuse Victim Advocate at Fort Jackson call and speak to someone at Army Community Service at (803) 751-5256.

## ON THE COVER

**A Soldier does pull-ups as part of a small group circuit training held at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center during the Resiliency Stand-To, Oct. 3.**



Photo by ROBERT TIMMONS

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## THE FORT JACKSON LEADER

**Fort Jackson, South Carolina 29207**

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# A national night out

Photos by Nathan Clinebelle

Sirens rang out through the housing area Oct. 1, as a parade of emergency vehicles delighted kids as they received candy passed during a parade kicking off the National Night Out. After the parade, emergency management personnel from on and off-post organizations were on hand to meet the Fort Jackson community at Patriots Park.

National Night Out is an annual campaign that promotes police-community partnerships.



(Clockwise from left) Garrison Command Sgt. Maj. Brie Kotula waves to residents as a parade of emergency vehicles drives through on post housing as part of the National Night Out celebration, Oct. 1.

Community members speak with officers of Fort Jackson's Directorate of Emergency Services. DES is responsible for all law enforcement and fire fighters on post.

Children chase after McGruff the Crime Dog, who was leading a parade of first responders through Fort Jackson's housing areas. National Night Out is an annual event aimed at bringing together law enforcement and the communities they protect.

A young family member tries her hand at driving a peddle-powered cart during the National Night Out event. The event was previously scheduled for earlier in the year, but was postponed due to inclement weather.



# Community Updates

## ANNOUNCEMENTS

### 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. 22-(4 seats open)
- Advanced Riders Course: Tuesday (4 seats open); Oct. 29 (4 seats open)
- Local Hazards Course: Oct. 21, 28
- Intermediate Drivers Course: Oct. 17 (30 seats open)
- Remedial Drivers Course: Wednesday (12 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:	Monday
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.

### Lego Club

3 p.m. Wednesdays, Thomas Lee Hill (Post) Library. The Fort Jackson Library hosts "Lego Club" for children between 2-12 years old. Swing by and enjoy a free build with bricks of varying sizes. Have fun and embrace your inner engineer. For more information, (803) 751-4816

### 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/>

## COMMUNITY EVENTS

### TUESDAY

#### 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 to teach 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.

### OCT. 26

#### 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.

### OCT 29

#### 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 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 bud-

## Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### SATURDAY, OCT. 12

- The Killer's Game (R) 2 p.m.

### WEDNESDAY, OCT. 16

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

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

getting 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. 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.

## 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.



## National guard provides support to hurricane victims

By C. TODD LOPEZ  
DOD News

In the wake of Hurricane Helene, which made landfall last week and has since dissipated, National Guard units in the hardest-hit states across the American Southeast are still working alongside state emergency response agencies to get life back on track for communities affected by the storm.

Roughly 6,700 guardsmen from 16 states across the U.S. have been activated to provide assistance, as part of emergency management assistance compacts, in the states hit hardest by the hurricane. Guard members are engaged in operations such as highwater rescues, debris clearance, transportation and distribution of disaster relief supplies, search and rescue, and route clearance.

How long National Guard members will need to stay activated is unclear now, said Army Maj. Gen. Win Burkett, director of operations at the National Guard Bureau.

"The response is going to be a determination by the governors in each of these states when they can shift — lifesaving, life sustaining, to recovery and that longer-term recovery," he said. "It's generally at that point that the National Guard has a smaller and smaller ... role to play. But the prediction ... by state or by area in each of these states is going to be dramatically different based on the conditions on the ground and where the governor thinks they can make that transition."

Army Col. Paul Hollenack, commander of the North Carolina National Guard's 30th Armored Brigade Combat Team, said the guard in his state has no plans yet to shutter its activities.

"We're here until the mission is done," he said.

In North Carolina, Hollenack said the National Guard has over 1,100 Soldiers and airmen on active duty, and is making use of nearly 400 vehicles, including 26 aircraft.

"We have support from 10 different states," he said. "(There is) a lot of appreciation to our other state partners who have provided equipment and people to help us."

Hollenack said the Guard in North Carolina works out of "force packages," and 200 of those have been activated and are now working out of 20 locations across western North Carolina.

"Yesterday, we passed the million-pounds-of-commodities-delivered threshold, with 600,000 pounds of that going by air — food, water and supplies into western North Carolina," he said. "We've rescued ... over 500 people and 150 pets through the search and rescue operations. Working through clearing road obstacles is another major effort. (As is) trying to get access and then continue to get those ground supply routes established into western North Carolina."

In South Carolina, more than 1,000 guard personnel are now on duty, said Army Col. Jason Turner, Director



Photo by SGT. ANA-GRACE CATOE

**Soldiers assigned to Company A , 351st Aviation Support Battalion, 59th Aviation Troop Command, South Carolina Army National Guard and members of the Saluda County Sheriff's Office man a point of distribution in Saluda, S.C., Oct. 1. The joint agency team provided the community with Meals Ready to Eat, cases of water, and other essentials that may not be readily accessible due to the effects of Hurricane Helene. The South Carolina National Guard continues to respond to disaster relief from federal, state, and local agencies.**

of Military Support with the South Carolina National Guard.

"South Carolina is supporting South Carolina and North Carolina with aviation support," he said. "And from South Carolina's perspective, the rescued number, the last number I was given, was at 32."

The state is also working with eight other states through emergency management assistance compact for support. Right now, Turner said, assistance is flowing in from Florida, Mississippi, New York and Michigan to support the South Carolina National Guard.

"We will put them to work once they get here," he said.

The biggest effort so far, he said, has been debris clearing. That includes clearing roads of trees, for instance, so that ground transportation can be reopened and agencies like power companies can get to work restoring power.

"We've got aviation, we've got engineers, we've got lo-

gistics, we have drones, we have multiple engineer types (of) equipment that is on the road," he said. "We bring to bear the equipment we have to assist the citizens."

In Tennessee, said Army Lt. Col. Meredith Richardson, commander of the Tennessee National Guard's Task Force 176, there are about 300 personnel on the ground working to provide assistance in the state.

"From Friday, while aviation was simultaneously in the air ... we also had personnel on the ground in high-water vehicles, working with our emergency management crews, assisting with areas that we could get out to with search and rescue and welfare checks in our high-water vehicles," she said. "We are operating in six different counties. We have ... heavy engineer support, just like the other states, doing debris removal in order to open up





Photo by NATHAN CLINEBELLE

Breanna Kay, Gold Star widow of the late drill sergeant Timothy Kay speaks about what resiliency means to her.



Photo by ROBERT TIMMONS

A Soldier participates in a small group circuit training session.



Photo by NATHAN CLINEBELLE

Aljournal Franklin moderates a panel about resiliency.



Photo by ROBERT TIMMONS

A strength coach motivates a Soldier during the Stand-To.



Photo by ROBERT TIMMONS

A Soldier speaks with an on-post provider.



Photo by NATHAN CLINEBELLE

Post Command Sgt. Maj. Erick Ochs opens the Stand-To.

# Jackson ‘stands to’ for resiliency

By **ROBERT TIMMONS**  
Fort Jackson Public Affairs

“Part of resiliency, in addition to being able to bounce back or to recover, is to also be able to cope and navigate your way around problems when they are small enough to be managed,” said Aljournal Franklin, moderator for a speakers panel during Fort Jackson’s Resiliency Stand-To held Oct. 3.

The installation held the two-day Stand-To Oct. 3-4 to expose Soldiers, Department of the Army Civilians and others on post to on- and off-post agencies that can help increase their ability to bounce back during a crisis.

“In most units when something bad happens, we do a stand down and look at everything we did wrong and how we could prevent it,” said Post Command Sgt. Maj. Erick Ochs while opening the Stand-To at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center. “We wanted to get ahead of that by providing resources to those who need it before an incident happens. You know, it’s about prevention, but with the blessing of (Holistic Health and Fitness), it’s about getting better physically, emotionally, spiritually, mentally.”

The five domains of H2F are physical, spiritual, mental, sleep and nutrition.

Ochs called on the community to look out

for each other especially those who couldn’t make it to the Stand-To.

“So please help that person,” he charged the community. “You know your people far better than I ever will.”

Ochs added resiliency isn’t just targeted at drill sergeants, but “our civilian employees here, our contractors, our Family members, all these resources are available to anybody that can get through the gates.”

After Ochs spoke, attendees joined a small group circuit that included pullups, hand-release pushups, two 20-lbs dumbbell carry and cardio machines.

“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 Stand-To lead planner. “They do not have to go through anything alone. As a community we can help make each other stronger.”

For 1st Sgt. Nickolas Reed with the 193rd Infantry Brigade the workout was a good start to the day.

“All the events today are good things to help

**WE WANTED TO GET AHEAD OF THAT BY PROVIDING RESOURCES TO THOSE WHO NEED IT BEFORE AN INCIDENT HAPPENS.**

- Command Sgt. Maj. Erick Ochs  
Post Command Sergeant Major

cadre, drill sergeants (know of the events) around post which really opens your eyes,” Reed said.

The workout session was followed later Oct. 3 with the speaker’s panel Franklin moderated.

The panel was comprised of

- 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.

Each panel member spoke about their experiences with resiliency and how they or their agencies helped them bounce back.

Kay said resiliency first took a role in her life in July 2021 when her then boyfriend was diagnosed with cancer for a second time.

“At that point my whole world was turned upside down,” she said. “We were actually dat-

ing at that time. So, it was at that point I had to make a decision do we move forward and get married, or do I stay behind and just leave this relationship. So that is probably the first point where resiliency came into my life.”

She said they made the decision during his battle that he was going to go down fighting – a battle he fought tooth and nail. The SPRC was named after him because doctors said he wouldn’t have made it as far as he did without his physical regimen.

Kay said the physical regimen her late husband went through while fighting cancer “from my experience it can be the difference between life and death. It gave me an extra 14 months based on the physical capacity he maintained.”

She found there were people at Fort Jackson who would help support her.

Her story was one of the many shared at the panel. For more information and to watch the panel in its entirety visit: <https://www.facebook.com/USArmyGarrisonFortJackson/videos/1968655593645172>.

The Stand-To ended Oct. 4 with classes aimed at helping individuals build resiliency. They were “Mindfulness and Meditation” provided by the U.S. Army Drill Sergeant Academy; a finance class from Army Community Service financial specialists; bingo with SHARP and MEO office; a unit cohesion class; and a nutrition class.





Photo by MASTER SGT. DENISE MIN

**Army Chief of Chaplains, Chaplain (Maj. Gen.) William Green, Jr. passes the colors to Chaplain (Brig. Gen.) Charles M. Causey, Institute for Religious Leadership commandant during a ceremony at the IRL campus, Oct. 4.**

## Causey in as IRL commandant

**By MEL SLATER**  
Institute for Religious Leadership

Army Chief of Chaplains, Chaplain (Maj. Gen.) William Green, Jr. officiated the change of commandant ceremony between outgoing commandant, Chaplain (Col.) Louis A. DelTufo and incoming commandant, Chaplain (Brig. Gen.) Charles M. Causey in the Zimmerman Auditorium on the Institute for Religious Leadership campus, Oct. 4.

"We want to take a moment to celebrate Lou DelTufo and Nanse," Green said. "There've been a lot of teams throughout history. Some great teams. The dynamic duo here is, of course, Lou and Nanse. And they are an absolutely true force for good. Their teamwork has strengthened the bonds within the Chaplain Corps. You and Nanse have embodied the true spirit of service and community. You have sacrificed in order to care for our Army Family, but you've done it in such a way that we know who gets the glory."

Green also added that "during Chaplain Lou DelTufo's time as

commandant, the Religious Leader Academy has achieved major advancements and is currently undergoing historic transformation. Without a doubt, Chaplain DelTufo has been instrumental in guiding this organization and ensuring we are investing in the future of our institution and our future Chaplain Corps leaders."

Chaplain DelTufo enlisted in the New Jersey Army National Guard in February 1989 as a Combat Engineer. He served in both the New Jersey and Missouri Army National Guard while working on his undergraduate degree at Evangel University in Springfield, Missouri. Upon graduation, he joined the Army

Reserve Chaplain Candidate Program before coming on Active Duty in 1995. He has served in a number of positions throughout the Army in peace and in conflict. Chaplain DelTufo and is Ordained through the New Jersey District of the General Council of the Assemblies of God. He and his wife of 32 years, Nanse, have two married adult children and one grandchild. DelTufo retires in December.

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Photo by BREANNA KAY

**Staff Sgt. David Weston, Fort Jackson's Drill Sergeant of the Year, prepares to begin the deadlift portion of the Army Combat Fitness Test during the Army's DSOY competition.**

## H2F team aids Weston for competition

**By NICOLE TOPAKAS**  
H2F Nutrition Health Educator

It has been a busy few months for Fort Jackson's Drill Sergeant of the Year Staff Sgt. David Weston.

After competing in and winning the installation competition in May, Weston trained for over three months for the Army DSOY competition, which took place in September.

Although Weston did not win the overall competition, he did earn the highest scores in the physical fitness events and was presented with the 1st Sgt. Tobias Meister Award.

Weston credits much of his success to training with the 165th Infantry Brigade Holistic Health and Fitness team.

Over the course of the train-up, Weston worked with various H2F domains, concentrating heavily on physical readiness with the strength and conditioning coaches and mental readiness with the cognitive performance specialist.

Physical training consisted of at least five

days per week of working directly with the strength and conditioning coach team, who guided him through strength workouts, conditioning, circuit training, combat practice, and rucking.

The cognitive performance specialist, Derek Sorensen, initially met with Weston once a week, but by the end of the training, the two were meeting several times a week for stress inoculation training, memory system enhancement, and mental skills training.

In addition, Weston met with the performance dietitian, Tony Paradis, once every two weeks to track body composition and work on making small changes to his eating patterns to reach his performance goals.

According to Jeff Tiedemann, lead strength coach for the 165th, Weston trusted the team to guide him in his training and pushed himself physically at each session.

By the time the competition took place, Weston had increased his Army Combat Fit-

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

We need protein, we need carbohydrates and, yes, we need fat.

We are created to need each of these macronutrients, so we must remember that fat, just like the other macronutrients, plays a vital role in healthy living.

There is a lot of evidence from research that reveals the positive benefits of healthy fats in a clean eating lifestyle.

Fats not only store energy, but fat shields our vital organs.

It is how fat-soluble vitamins are absorbed. As it relates to eating, fat tastes great, but because it is so delicious and potent (nine calories per gram), we only need a little, so we must have it in moderation.

Eating fat in large amounts is a recipe for failure in healthier eating and dieting. It makes us sluggish, heavier and increases our chances of obesity and potential health problems.



James-Long

Health wise, it is roughly recommended that we consume 55 to 60 grams of fat a day.

Again, I will mention that fat is a macronutrient. It has calories.

For each gram of fat that you eat, it is equal to nine calories, that is a lot of energy compared to protein and carbohydrates which have only 4 calories per gram.

And remember, if you are not using the energy (that comes from fat), then you are storing those extra calories. That can really add up before you know it. This is a good reason to exercise regularly to help burn extra calories instead of storing them.

It is hard to see the positive benefits when we hear the word fat. Let's face it, we get caught up in the reality of how fat makes us fat, but fat does

have a positive side to our health.

First, fats help us absorb vitamins A, D, E, and K. Our bodies absorb these important fat-soluble vitamins (which are similar to oil and do not dissolve in water) more efficiently when we consume them along with fat (preferably healthy fats).

Because fats provide structure to the outer membrane of the cells in our bodies, it supports cell growth. Fat helps with wound healing, hormone production, brain, and eye health.

All the talk about the dangers of fat can make it confusing which fats are good for you and which to avoid. To stay on the healthy side of fat, we need to know which fats are safe and which ones we need to avoid whenever possible. There are several types of fats that fall into two categories ... bad fats and good fats.

Each has a different effect on your health. When you think about bad fats, normally they

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## IRL

Continued from Page 8

"I must thank God first for sending me here to be the transitional leader of the IRL and bearing witness to the new phase of the transformation that begins today as we accomplish the next milestone," DelTufo said. "As I stand here today finishing up my time as commandant, I want you to know that I'm still committed to ministry to Soldiers and Families. I do not tire, and I will strive to do good for all continually, as First Thesalonians reminds me. The future of the Chaplain Corps is bright as our graduates go on to their units, chapels, and communities to live out our motto "Bringing God to Soldiers and Soldiers to God."

Causey is now the 46th commandant.

"The future of the Chaplain Corps is bright as our graduates go on to their units, chapels, and communities to live out our motto "Bringing God to Soldiers and Soldiers to God."

Causey is now the 46th commandant.

This transfer is a continuation of the Chaplain Corps transformation.

It is also the first time a general officer

has held the position of commandant at the institute.

Causey holds a number of positions within the Chaplain Corps. He is the Deputy Chief of Chaplains, U.S. Army Reserve and the IRL director. He assumed the position as the director on May 31.

"I want to take a moment to acknowledge Chaplain (Brig. Gen.) Charles Causey our director whose continued leadership will ensure the U.S. Army Institute for Religious Leadership, and the Chaplain Corps, will remain relevant and ready for whatever the future holds," said Green. "We appreciate you and Lauri and look forward to the great things to come as we live the call and care for the Army Family."

"I realized that I am joining a Family," Causey said. "And I have to tell you that it is the honor of my life to do this. It really is. The hands that serve in this organization, it's just, it's amazing to think about throughout the years they have trained all of the chaplains and religious affairs specialists, that have gone all over the world, and in combat. It is a deep sense of appreciation and gratitude that I can join you as a servant leader to serve you as you minister to those who are going to minister to the entire U.S. Army."

### 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
Monday, Oct. 7	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday, Oct. 9	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday, Oct. 16	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Saturday, Oct. 19	11 a.m. to 3 p.m.	Ft. Jackson Army & Air Force Exchange Service (AAFES)/Main PX, 4110 Century Division Ave.
Monday, Oct. 21	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday, Oct. 23	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Monday, Nov. 4	4-6 p.m.	Armed Forces Wellness Center, 4512 8th Division Rd
Wednesday, 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)

\*\* We do not have the High-Dose flu vaccine, you can get this at network locations\*\*

### SALUTING THIS CYCLE'S HONOREES

#### 3rd Battalion, 34th Infantry Regiment

##### DRILL SERGEANT OF THE CYCLE Staff Sgt.

Kendale Blassingame

##### ALPHA COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Blaine Brown

##### SOLDIER OF THE CYCLE

Pvt. Samantha English

##### BRAVO COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Kexy Maya

##### SOLDIER OF THE CYCLE

Pvt. Gavin Teegler

##### CHARLIE COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Michael Gillis

##### SOLDIER OF THE CYCLE

Spc. Benjamin Bard

##### DELTA COMPANY SOLDIER LEADER OF THE CYCLE

Pfc. Ella Czerniejewski

##### SOLDIER OF THE CYCLE

Spc. Samantha Wolentarski

##### ECHO COMPANY SOLDIER LEADER OF THE CYCLE

Pfc. Sun Hongo

##### SOLDIER OF THE CYCLE

Pfc. Lindsey Nunez



# Weigh

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are usually identified as trans-fat and saturated fat.

When vegetable oil goes through a process called hydrogenation, that is how trans fats are made.

Trans fats increase bad cholesterol and lower good cholesterol levels.

Trans fats are found naturally in products like dairy and meat, but most unhealthy trans fats are manufactured.

Although banned in the United States, the best thing we can do is read food labels to help make healthier decisions when it comes to our health.

Saturated fat hardens at room temperature, like bacon grease does as it cools. Just like trans-fat, it increases bad cholesterol which could lead to heart disease.

When you think about these types of bad fat, sources include fatty meat, dairy products that contain high fat, Alfredo sauce and processed meats to name a few.

As I mentioned earlier, there are bad fats, but there are good fats too, and they can affect our health in very positive ways.

Fats like polyunsaturated fat and monounsaturated fats are examples of good fat.

These types of fat help reduce bad cholesterol in the body to help keep it healthy and away from chronic diseases. Good fats like polyunsaturated fat reduce the risk of blood clotting and decrease the risk of heart problems.

Foods rich in Omega-3 are polyunsaturated and include foods like mackerel, salmon, walnuts, and canola oil to name a few. Monounsaturated fat also reduces bad cholesterol in the body. Foods rich in monounsaturated fat are nuts, peanut oils and olive oils.

Knowing the different types of fats helps us make wiser decisions when it comes to a healthier, more balanced diet. Foods high in fat should be eaten in moderation. Unhealthy fats should be avoided and limited as much as possible. Healthy fats are necessary, but even healthier fats when consumed excessively can cause weight challenges and impact your overall health.

**Pam's thought for the week: "Make one healthy choice, then make another."**


A photograph of Col. Timothy Hickman, wearing a camouflage military uniform and a cap, signing a large white proclamation. The document is titled "I Proclaim ..." and contains text about domestic violence awareness. He is holding a black marker and is in the process of signing his name. The background shows other people in uniform and a blue banner.

Photo by NATHAN CLINEBELLE

### I Proclaim ...

Col. Timothy Hickman, garrison commander, signs a domestic violence proclamation, outside the Army Community Service building as part of Fort Jackson's Domestic Violence Awareness month.

**DID YOU KNOW: Personnel shall report Army mishaps, near misses, and hazards in their workplaces to their supervisor or leader within 24 hours.**

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
	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



## Weston

Continued from Page 8

ness Test score by about 30 points, gained muscle mass, and was stronger in all his lifts.

Taylor Givens, an H2F strength and conditioning coach, worked to prepare Weston for the ruck march by implementing pre-fatigue training. This training helped to increase Weston's mile pace from 12:00 minutes to 11:30 minutes for the 10-mile ruck over the training duration.

Tiedemann, Givens, and Kaitlyn Buckwell, an H2F coach who worked with Weston during his conditioning session, attested to Weston's dedication, perseverance, and positive attitude.

"He was very resilient. It was clear he enjoyed working with people who cared and took what he was doing seriously," Buckwell said.

As the competition drew near, Sorensen set up multiple public speaking and board practice opportunities for Weston to enable him to improve his stress reduction skills and enhance his confidence. Members of the H2F team served as audience members and offered feedback during these mock speaking and interview sessions.

During one mock board practice, Paul Tandoc, H2F occupational therapist, presented Weston with questions regarding the law of war and prisoner of war code of conduct. Although it was challenging for Weston to work through the situation, he ultimately was able to improve his ability to think through a difficult scenario and arrive at well-analyzed solutions.

"Everyone on the H2F team really went above and beyond," Weston said. "I'm extremely appreciative."

During the competition, all the time and effort Weston put in during the previous months really paid off.

He said felt that he was a confident, well-rounded competitor, and he had a great mindset throughout the four days, even during setbacks.

According to Sorensen, who completed the 10-mile ruck with Weston,



*Photo by CAPT. BRIAN ENKE*  
**Staff Sgt. David Weston, Fort Jackson's Drill Sergeant of the Year, poses after the 2024 Drill Sergeants of the Year were announced. The 165th Infantry Brigade Holistic Health and Fitness Team assisted him in training up for the competition.**

he was able to be resilient during a frustrating situation that occurred at one of the checkpoints. Weston had to wait at one of the checkpoints, losing at least two to three precious minutes.

Even though this caused irritation, Weston was able to get back to the ruck with renewed determination.

Gerald Morehead, an H2F strength and conditioning coach, ran the two-mile run during the ACFT and the Fit to Win course with Weston and reported a similar resilient mindset.

"Even though Weston didn't do as well as he had wanted to in a couple of the ACFT events, he bounced back and crushed the two-mile run," Morehead said.

Weston said he is grateful to have had the opportunity to train for the Army competition with the H2F team and looks forward to representing the Fort Jackson drill sergeants in the upcoming year as he serves as the post's drill sergeant of the year.

"I learned so much over the past few months, things I can use throughout my career," Weston said. "It has made me a more well-rounded NCO."



*Photo by MAJ. KARLA EVANS*  
**Soldiers assigned to the 1221st Engineer Company, 122nd Engineer Battalion, South Carolina Army National Guard, from Graniteville, traveled to North Augusta, Sept. 28, 2024, in support of local agencies as they continue to respond to recovery efforts post Helene. Despite power outages, blocked roads, downed power lines, and widespread damage, the SC National Guard is actively engaged in assisting South Carolinians in affected areas across the state and stands ready to continue to provide help to our citizens in need.**

## Hurricane

Continued from Page 5

that critical infrastructure."

Richardson also said the Tennessee Guard is involved in distribution of supplies and commodities from 12 different points of distribution.

"We are also providing bulk water distribution at shelters and medical facilities as water has very quickly become a dire need across the communities," she said.

The Tennessee National Guard has nine aircraft in operation across the state, along with 100 aviation personnel operating that equipment.

"We have two medevac aircraft that are currently on immediate medical response [for] anything that pops up. They'll immediately be available. And then a bunch of

lift assets that are doing water movement, supply movement. Any kind of equipment that is needed by these counties is currently being fulfilled by those," said Army Maj. Hulon Holmes, the commander of the Tennessee National Guard's Medevac Detachment.

A concern also with the National Guard in all affected areas — in addition to deploying and helping their communities recover — is taking care of the guardsmen themselves, many of whom have also been affected by the storms. That's something that's on the minds of guard leaders, said Burkett.

"In every event that we respond to, in addition to responding to the needs at the local levels, we're also checking on the status of our military families, and that's everybody. That's the civilians that support our team, as well as the airmen and the Soldiers," Burkett said.



# VIO ST HE



Attendees at the National Night Out celebration smile as they pose with McGruff the Crime Dog during the event held Oct. 1 at Patriots Park on post. The event brings together law enforcement and the communities they patrol.

Photo by NATHAN CLINEBELLE