

THURSDAY, OCT. 17, 2024

THE FORT JACKSON LEADER

PUBLICATION



HONK IF
YOU STAND
AGAINST
DOMESTIC
VIOLENCE



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YOU STAND
AGAINST
DOMESTIC
VIOLENCE

DOMESTIC
VIOLENCE

HONKING, WAVING AGAINST
DOMESTIC VIOLENCE



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Vision team visits school

By **LORRAINE EMORY**
Pierce Terrace Elementary School

The vision team from Moncrief Army Health Clinic visited Pierce Terrace Elementary School Oct. 4 to give students vision screening.

The initiative aimed to identify potential vision problems early, ensuring that every child has the visual capacity to succeed in the classroom and beyond.

The outreach program was part of Moncrief Eye Clinic and PTES Health Office's ongoing commitment to community wellness and preventive healthcare. Recognizing the critical role that good vision plays in children's learning, the clinic worked closely with the health office to provide free vision screenings to students at the elementary school.

For many children, vision problems can go undetected for years, particularly if the issues

are subtle or the child is unaware of their condition.

According to the American Optometric Association, one in four school-aged children has an undiagnosed vision problem. This can directly affect their performance in the classroom, as vision is essential for activities such as reading, writing, and participating in group discussions.

The screenings at PTES were designed to be both efficient and comprehensive. Pre-K, kindergarten, and first-grade students received vision screenings and education from the vision team regarding potential vision issues.

A more in-depth examination may be required if the vision screening is unsuccessful. Students who do not pass the vision screening will be referred for a complete vision examination by the school nurse, and they will need to follow up with their family's vision provider.



U.S. Army photo

Volunteers of the Year

Lt. Col. Anthony Messenger, former 1st Battalion, 13th Infantry Regiment commander, and his Family were named the Association of the U.S. Army's Volunteer Family of the Year.

Secretary of the Army Christine Wormuth congratulated them on Facebook stating, "The Messenger Family has gone above and beyond serving their Fort Jackson community to include reviving the 1st Battalion, 13th Regiment's Soldier Family Readiness Group giving drill sergeants quality Family time. I'm proud of them and all of our Families who exemplify the Army Values of dedication and compassion."

Messenger recently joined the 2nd Security Forces Assistance Brigade at Fort Liberty, North Carolina.

ON THE COVER

Army Community Service specialists hold up signs outside the Strom Thurmond Building, Oct. 15, encouraging drivers to honk and wave to help end domestic violence.



Photo by **ROBERT TIMMONS**

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THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Providing Hurricane Helene relief

Fort Jackson units and schools provided relief to those affected by Hurricane Helene. The Soldier Support Institute collected goods delivered to North Carolina residents impacted by the storm.



Courtesy photos

Soldiers from the Finance and Comptroller School and students from Crayton Middle School, pose with donations (above), and pack up donations (right, below right) to be dropped off in Swannanoa, N.C., one of the most impacted areas affected by Hurricane Helene, Sept. 25 (bottom left).



By COL. JASON T. EDWARDS

Soldier Support Institute commander

On Oct. 10, the U.S. Army Soldier Support Institute assisted in hurricane relief efforts by collecting needed items alongside their Fort Jackson Adopt-A-School partner, Crayton Middle School.

The Adjutant General School, Finance and Comptroller School, and Noncommissioned Officers Academy all donated towards the effort.

Soldiers from the Finance and Comptroller School met with Crayton Middle School student council staff and students to load donated supplies. These items were dropped off in Swannanoa, North Carolina one of the most impacted areas from Hurricane Helene.

Supporting this effort with our partner school allowed us to continue to support the community and foster teamwork in hopes of making a difference and having a positive impact.



Community Updates

ANNOUNCEMENTS

Energy Action Month

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.

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: Oct. 29 (4 seats open)
- Local Hazards Course: Oct. 21, 28
- Intermediate Drivers Course: To-day (30 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:

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.

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, call (803) 751-4816.

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/>.

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

TUESDAY

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).

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, OCT. 19

■ The Wild Robot (PG) 2 p.m.

WEDNESDAY, OCT. 23

■ 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.

WEDNESDAY

Resources to Empower Parents

10-11 a.m., MS Teams. Learn about the resources and services Family Connection of SC provides for families of children with disabilities and/or specific healthcare need in South Carolina. For more information and to sign up, call (803) 751-5256.

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.

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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.

Pierce Terrace celebrates fire safety

By **LORRAINE EMORY**

Pierce Terrace Elementary School

The Fort Jackson Fire Department and emergency medical services recently visited Pierce Terrace Elementary School, which is situated in the heart of Fort Jackson to observe Fire Prevention Week.

The event was a hands-on instructional program. Every year, during the second week of October, people around the country observe this national event, which serves as a crucial reminder of the value of disaster preparedness and fire safety for people of all ages. The week's high point at Pierce Terrace ES was when paramedics and firemen stopped by the school to provide the kids with a hands-on, engaging opportunity to learn about fire safety.

President Calvin Coolidge first declared Fire Prevention Week, the longest-running public health observance in the U.S., in 1925. It honors the Great Chicago Fire of 1871, which sadly took thousands of lives and destroyed thousands of homes. Since then, public safety organizations, towns, and schools throughout the nation have used this week to raise awareness of and provide education on fire safety, especially for young people.

The National Fire Protection Association declared "Cooking Safety Starts with YOU" as the subject for Fire Prevention Week 2024, highlighting the risks associated with kitchen fires and how everyone can avoid them.

The NFPA's mission this year was to encourage families to adopt safe cooking habits and maintain their kitchens as fire-free zones because cooking fires remain the primary cause of house fires and home fire injuries in the United States.

The highlight of Fire Prevention Week for the children at PTES was the Fire Department and EMS staff visit.

The responders arrived at the school decked up in their finest, bringing fire engines, ambulances, and other outstanding emergency equipment. The students appeared enthralled by the sight of the big



Photo by Larissa Pinckney

A Pierce Terrace Elementary School Kindergarten class lines up to get a picture next to a Fort Jackson Fire Department fire truck during Fire Prevention Week.

red trucks, flashing lights, and firefighters in uniform. However, the day was more than simply fun; it was a significant educational opportunity.

The visit gave the PTES students an opportunity to gain practical and unique experience in fire safety teaching.

Students had the chance to see the fire engines, discover the tools firemen use to put out fires, and understand the daily duties of those who defend the community.

The students could better understand paramedics' vital role in emergency response when the EMS team demonstrated the instruments and methods they employ to deliver life-saving medical care during crises.

Fire safety can be taught in the classroom, but it has a much more profound impact when students can interact directly with those on the front lines. The students have firsthand experience with the value of being ready and understanding what to do in an emergency.

To properly understand what it's like to be in a firefighter's shoes, students also got to put on some heavy equipment firemen wear while on duty, such as helmets

and jackets.

The EMS crew enhanced the educational experience for the children that day by giving them a tour of an ambulance and explaining the medical equipment utilized in an emergency.

The students were shown equipment, including oxygen tanks, heart monitors, and stretchers, while the paramedics described how they evaluate and care for patients in the field. The EMS staff presented their work and emphasized the significance of emergency preparation beyond simply fire-related occurrences by interacting with students using real-life instruments and equipment.

The school also included fire safety teaching in its curriculum all week. Teachers used resources to emphasize essential safety themes. Important lessons were taught to the students. Teachers provided age-appropriate talks in the classroom on preventing house fires.

The lessons taught during Fire Prevention Week will stay with the PTES students.

See **FIRE:** Page 11

IRL library adds Jewish collection

By **MEL SLATER**

Institute for Religious Leadership

The Army's Institute for Religious Leadership trains future chaplains and religious affairs specialists to provide religious support for all of America's Soldiers.

The Institute library is an invaluable resource used to help provide students the most up-to-date information and research to excel in their training.

"We have the potential for Muslim, Jewish, Christian, Buddhist, and Hindu students here at USA-IRL to receive training to become Army chaplains and religious affairs specialists," said Kathy Thomas, the Institute's librarian. "The texts from the different faith groups allow our students, faculty, and staff to not only have material for academic reference, research and bibliographic services within their own faith groups but also to provide the opportunity to learn about the faith traditions of the Soldiers they are likely to meet across the globe who serve in our Army."

"During each library orientation that I provide for new incoming classes, I always ask the students, as well as any new staff member who is onboarding, if there are significant books that led to their formation in ministry or professional development," Thomas said. "If they provide me a list or let me know of those books, particularly if they do not see those titles in our current library catalog, I will try and add those titles to my next purchase order. This is one way that I pro-

See **LIBRARY:** Page 11

Honking, waving against domestic violence

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

Drivers heard honking and waving as they drove across post Tuesday. It was part of Fort Jackson's Domestic Violence Awareness Month observance.

Shanita Shriver, a victim advocate with Fort Jackson's Army Community Service, said the honk and wave event was aimed at increasing public understanding and support for ending domestic violence.

"What we are doing is trying to get everybody who passed by to honk their horns if they agree with us to stop domestic violence," Shriver said.

The event, in its second year, was joined by personnel from the Fort Jackson Criminal Investigation Division office.

As drivers drove past the Strom Thurmond Building, they were met with ACS specialists and CID agents enthusiastically holding up signs and waving at them to get a honk in response.

The honk and wave was one of many different event held by ACS throughout the month to bring awareness to domestic violence.

DOD Family Advocacy Programs and Military OneSource offer counseling and education services. According to the DOD release service members and their families don't need to be in a crisis to speak with a domestic abuse victim advocate.

The United Against Domestic Abuse page on Military OneSource has more information about reporting options. The page can be found at: <http://www.militaryonesource.mil/united-against>.

For more information, contact the Family Advocacy and Victim Advocacy Programs at (803) 751-5256 or visit them in person at 9810 Liberty Division Road.

(Editor's note: The National Domestic Abuse Hotline is available 24/7 at (800) 799-7233.)



Army announces Blue Book, website completion

By **SGT. MAJ. JASON STADEL**

Training and Doctrine Command

Sgt. Maj. of the Army Michael A. Weimer announced during the “Leading Change Brief” at the annual AUSA Annual Meeting & Exposition in Washington D.C. on Oct. 15 that the Army has completed and released a digital Blue Book with a companion website.

The Blue Book development was announced at last year’s AUSA Annual Meeting.

“You can’t build standards and discipline in a time of crisis,” Weimer said last year. “If we’re really going to be truly ready for large-scale combat operations, we have to have those standards and discipline before we get called upon for that.”

Command Sgt. Maj. Raymond S. Harris, U.S. Army Training and Doctrine Command, was tasked to lead the Blue Book development.

**BE DISCIPLINED AND BE
BRILLANT AT THE BASICS**

...

- Sgt. Maj. of the Army
Michael Weimer

“To meet the SMA’s intent, we had to ensure that we created a digital version that can be accessed anywhere at any time on any device and that is what the team was able to do,” Harris said.

The purpose of the Army Blue Book is to support history, heritage, lineage, and standards and discipline while simultaneously reinforcing trust at echelon and strengthening the Army profession. The book also includes commonly violated or misunderstood standards. The Blue Book is based on the original intent of Baron von Steuben’s Regulations for the Order and Discipline of the Troops of the United States and will serve as the base for all unit standards books to create commonality and consistency throughout the Army.

The TRADOC team traveled to several installations across the Army to gather input for the Blue Book.

“We wanted to hear from the force during Blue Book development,” said Sgt. Maj. Tyson Crosby, TRADOC Enlisted Initiatives Group and Blue Book lead planner. “We traveled to five installations, engaging with students and cadre from our Noncommissioned Officer Academies. We also solicited input and insight from senior Army leaders.”

Although TRADOC was tasked with developing the Blue Book, Crosby said they wanted to ensure NCOs outside of TRADOC had input as well.

“The Blue Book mission was not a singular effort. We received great input and feedback from across the Army, making it a collaborative work. The Blue Book is for the entire Army and our overall plan reflects that,” he said.



Photo by **ROBERT TIMMONS**

Sgt. Maj. of the Army Michael Weimer holds up a copy of the Army’s new Blue Book while speaking to Fort Jackson leadership during the Lt. Gen. Timothy Maude Leadership Lecture Series held in the Solomon Center, Oct. 1. The Army officially announced the completion of the new book of Army standards, Oct. 15.

The final version of the Blue Book is 23 pages (three chapters), designed to be the first three chapters of a unit-level Blue Book. Once a user opens the Army Blue Book, they can download the Blue Book PWA using the phone’s settings, which will create an app on the phone’s screen. In terms of useability, this will act no differently than app from an application store.

Through Army University, TRADOC also developed a progressive web application centered around “Strengthening the Profession.” The webapp will serve as a leadership development and Army professionalism hub. It will also give users the ability to print a Blue Book .pdf version. The Strengthening the Profession site will be contemporary and user friendly and will include hot topics, links to relevant sites, and professional articles all relevant to strengthening the Army profession and leadership. TRADOC will be the proponent of the site with regular reviews and updates.

The webapp can function like a native, downloadable app from an application store, but will require a QR code or the weblink to access first. When on the site, users can download the app that will take them directly to the site.

“The Army Blue Book was best developed as a PWA,” stated Matthew MacLaughlin, Army University’s mobile division chief. “The instructional designers determined how the info in the book would be optimized for the format, and then the computer scientists built the framework to ensure the execution is seamless and for all screen sizes.”

He added that while native applications have their place, the PWA format for publications allows for faster updates and provide a native-app experience for the user. The website can detect the user’s device type and will format accordingly.

Weimer said the Blue Book is for living by a standard and enforcing that standard amongst teams that are preparing for combat.

“Be disciplined and be brilliant at the basics,” Weimer said.

TRADOC will review the Blue Book content often and conduct updates as necessary.

The new Blue Book can be viewed online through the Central Army Registry website at <https://rdl.train.army.mil/catalog-ws/view/Army-Blue-Book/index.html>

'The Weigh It Is' with Pam James-Long

The best sneakers you ever invest in are a positive sign that you are serious about your physical activity. But the best pair of sneakers should not be our first measure of protection; it should be how we care for our feet.

Our feet need more than just a great pair of easy walkers with plush padding, our feet need care. Feet are the foundation that our bodies stand on. Our mobility and strength come from our foundation ... our feet.

When we invest in the best footwear, we often forget to take care of our feet, which enhances our entire body. Healthy feet improve our posture, balance and help prevent injury because our foundation is solid and cared for. By including healthy foot care in your wellness lifestyle, we can make sure, no matter the style of exercise, we can perform it better, longer and



James-Long

more comfortably.

Our feet need preventive care to keep them supple and strong to support everything we put them through on any given day. Just like the rest of your body, your feet have muscles in them that are often neglected.

If you have flat feet, this could become a serious problem for you and slow down your desire to exercise because your feet hurt. Foot problems

often affect the entire body, creating imbalances that are often quite painful in our knees, hip, and pelvic area.

Those small muscles found in our arches can be strengthened. Through strengthening your feet, you can take steps that could help minimize discomfort.

When your feet are strong and healthy, they

can enhance the balance and stability of your body.

Better balance is a key factor in reducing the risk of things like falling and improving posture.

This is especially true as we age.

When your feet are weak you could face challenges with certain aches and pains due to lack of strengthening in the feet. Body alignment begins from our feet to the top of our head. With proper foot strengthening, we can help improve our posture, which helps reduce pain and discomfort. If you are an avid walker or runner, stretching and strengthening your feet will make them stronger, more flexible and potentially improve your agility, speed and endurance.

Adding foot care to your wellness lifestyle can be a real game changer for your physical activity performance. It can also be a great opportunity to pamper your feet with effective exercises and stretches that make them healthier and stronger.

See **WEIGH:** Page 11

Army leaders address troop concerns

By **DAVID VERGUN**
DOD News

Secretary of the Army Christine Wormuth, Army Chief of Staff Gen. Randy A. George, and Sgt. Maj. of the Army Michael Weimer spoke Oct. 15 of troops' top concerns.

"We do have an obligation to every Soldier and their Families, and a big part of that obligation, I think, is making sure that we are giving you all the quality of life that you need to thrive and to sustain you and to prepare you for the rigors of Army life," said Wormuth.

The Army has put a lot of effort and resources in trying to make improvements to quality-of-life programs, such as barracks, Army-owned Family housing, privatized housing, facilities, child care centers, spouse employment, transition assistance, pay and the Exceptional Family Member Program, she said.

George said each installation has unique challenges so he, Wormuth and Weimer empower local solutions and allow commanders flexibility, rather than direct them from the top.

"It's not really about how much money you spend — and we spend a lot of money on this and it's worth it for our Soldiers and Families — but we want to make sure that we're actually targeting it to the right kind of things, to the people where they really need it. And I think that that's our big focus," George said.

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 **NATHAN CLINEBELLE**

On the retiree roll

Fort Jackson recognized the service of Lt. Col. Flor Y. Lopez, from Headquarters and Headquarters Company, U.S. Army Combined Arms Support Command; and Master Sgt. Jonathan Mouzon, from Headquarters Support Company, Army Training Center, during the Basic Combat Training graduation, Oct. 9.

Events

Continued from Page 4

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 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. 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.

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.



Coutesy photo

Here to help

Nanette Wilson (left) and Amanda Hammond (right), both Pierce Terrace Elementary School staff members, started a campaign with the staff to help those affected by Hurricane Helene.

DID YOU KNOW: 3Rs is the Army unexploded ordnance program that educates people to RECOGNIZE, RETREAT, and REPORT when a UXO or munition is discovered. Call (803) 751-7171 or 911 to report a UXO or munition.

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

Weigh

Continued from Page 9

As the body ages, it becomes so important to take care of each part of our body, including our feet.

As with any workout routine, begin with a warm-up.

You can do this by just marching in place to get the blood circulating. Try the following exercises to help strengthen, improve flexibility and enjoy a pampering session for your ultimate foot care regime.

Begin with ankle circles.

You can stand or sit. Lift one foot off the floor and rotate your ankle 10 times in each direction, then switch to the other foot.

Use a towel as a weight for your toes. While sitting, place a towel on the floor and place your foot on top of it. Use your toes to grab and scrunch the towel towards you (don't pick the towel up). Grab and scrunch 10 times with one foot, then switch to the other foot.

Build muscle strength and coordination by placing marbles or some small round objects on the floor. While sitting, try to pick up each marble with your toes and place them in a container. This is a great exercise to improve your dexterity and strengthen your toes.

Spread and squeeze your toes. While sitting, place your feet flat

on the ground. Next, spread your toes as far apart as possible and hold for five seconds, then squeeze them together for about five seconds. Repeat 10 times and then change to your other foot.

Heel raises are great for building ankles, improving balance and strengthening the bottom of the foot. Perform this exercise while standing and slowly lifting your feet off the floor, try to rise onto your toes. Hold for about four seconds and then lower back down and repeat about four more sets.

Skin health for your feet is important too.

As we age, our skin becomes thinner and drier, so regular moisturizing of your feet is preventive care for the skin. Keep your toes trimmed and if you wear nail polish, sometimes go without it for about a week to let your toenails breathe.

Investing time in foot fitness supports your overall physical health and enhances your daily comfort and ability to get through your day with minimal discomfort.

It is never too late to start taking care of your feet. Adding these suggestions and exercises for your feet can make a significant difference to your performance and overall active lifestyle.

Pam's thought for the week:
"May your feet take you where your heart wants to go."

Fire

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Through interactive, hands-on learning and classroom education, the school's fire safety program helps students understand the risks associated with fires, how to prevent them, and how to react appropriately if they occur.

Thanks mainly to the fire department and emergency medical services visit, students had the unique opportunity to interact with and see the tools and strategies used by real-life first responders in maintaining community safety. The event opened many children's eyes and increased their interest in professions such as emergency medical services or firefighting.



Photo by MEL SLATER

Kathy Thomas, Institute for Religious Leadership librarian, accepts Jewish reading material from recent Chaplain Basic Officer Leader Course graduate, and Fort Jackson Jewish Installation Chaplain, Chaplain (Capt.) Rabbi Dovid Egert.

Library

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ceed with the collection development process to help grow our collection so that it better reflects the needs of our personnel."

Recently, books from the Jewish faith were added to the library collection.

Chaplain (Capt.) Rabbi Dovid Egert, a recent Chaplain Basic Officer Leader Course graduate, and now the Jewish Installation Chaplain here at Fort Jackson attended the CHBOLC Library Orientation.

He provided a list of titles of important Jewish materials that the library collection was missing. The list reflected many titles that Jewish Chaplains cited that would help bring the library collection of Jewish materials up to a higher standard that would better meet the needs of Jewish Chaplains. He also communicated this request to all Jewish Army Chaplains and Jewish Chaplains of all the other military branches.

It is a significant improvement to the Institute's library collection.

"Jewish Soldiers and Jewish Chaplains actually have a well-stocked resource of Jewish material from the Gemara, or the Talmud, to prayer books, to whatever they need, Jewish wise to have," said Egert. "If they go into a synagogue, they'll find sim-

ilar books to over here. Folks that aren't Jewish can actually come and use the material as well. They're all in English and Hebrew so anyone can read it."

Thomas expressed her gratitude.

"I am so very grateful for Chaplain Egert's efforts in helping improve the ... library's Jewish collection. He has contributed so much to this library in giving us a list of books that we never had for the Jewish faith," Thomas said.

This introduction of text is being done with other faith groups as well. According to Thomas, this has always been the case.

"Since I have been the librarian here at the (the Institute), it has always been my goal, to have the library collection reflect the needs of all faith groups, in an effort to better meet the (the Institute) mission. Chaplain (Col.) Imam Ibraheem Raheem also contributed many titles to help bring our Muslim/Islam collection to a higher standard," Thomas said.

"Throughout the years that I have been here, the majority of the chaplains were of the Christian faith, and they have significantly contributed to our library collection development process. I have also added titles given to me by Buddhist, Hindu, Mormon, Christian Science, etc."

As with all the books in the Institute library, they are here for our chaplains and religious affairs specialists as they seek to better accomplish the Chaplain Corps mission to serve the Army personnel and their dependents, whatever their faith group may be.

VICTORY... POINTS



Trainees with 1st Battalion, 13th Infantry Regiment work together to plot points on a map during recent land navigation training. Land navigation is a vital Soldier skill that helps them be able to move through unknown terrain.

Photo courtesy of 1ST BATTALION, 13TH INFANTRY REGIMENT