

THURSDAY, NOV. 14, 2024

# THE FORT JACKSON LEADER

A DIGITAL PUBLICATION

## ON THE MARCH

JACKSON JOINS COLUMBIA VET DAY PARADE



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# Biden says nation has obligation to honor, support vets

By **JIM GARAMONE**

DOD News

President Joe Biden thanked veterans for their service to the nation and their fellow Americans and emphasized that the nation must keep the faith with those who stepped up to defend the United States.

Fort Jackson honored veterans with Soldiers participating in events in on- and off-post schools, speaking engagements and marching in the City of Columbia Veterans Day parade.

Biden spoke at the Veterans Day ceremony at Arlington National Cemetery, Virginia, this morning. Vice President Kamala Harris, Secretary of Veterans Affairs Denis R. McDonough, Secretary of Defense Lloyd J. Austin III and Air Force Gen. CQ Brown, Jr., attended the wreath-laying ceremony at the Tomb of the Unknown Soldier and the speech at the Memorial Amphitheater.

President Biden noted that this is his last Veterans Day as commander in chief. "It has been the greatest honor of my life to lead you, to serve you, care for you [and] to defend you just as you defended us," he said in his remarks.

Biden took inspiration for his remarks from Abraham Lincoln's Second Inaugural Address delivered March 4, 1865. Biden, too, called to "bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow, and his orphan."

Biden said supporting veterans and their families is not a partisan issue, and he noted that Congress has easily passed legislation looking to address issues facing veterans and their families. This covers issues like addressing exposure to toxic substances. The president has worked with Congress to expand veterans' access to health care, address veteran homelessness and support education and workforce opportunity for veterans and their families.

Biden announced that under the Promise to Address Comprehensive Toxics Act, also known as the PACT Act, that the Department of Veterans Affairs will expand the number of cancers covered to all veterans who served at Karshi-Khanabad Air Base in Uzbekistan. That base —



Photo by ELIZABETH FRASER

**Sherry Love, acting superintendent at the Arlington National Cemetery, helps employees hang U.S. flags in preparation for Veterans Day at Arlington National Cemetery, Va., Nov. 4. President Joe Biden spoke at a Veterans Day ceremony held at the cemetery, Nov. 11.**

called K2 — was polluted by jet fuel and more.

The PACT Act makes it easier for effected veterans to qualify for care.

"We're committed to getting this rule in place by the end of my term," Biden said. "Folks, this matters. Too many veterans have served only to return home to suffer from permanent effects of poisonous chemicals."

Veterans are an inspiration to America, the president said. "We think about all that our veterans have given to our nation, serving and sacrificing in uniform, just as they serve and sacrifice here at home — as educators, firefighters, law enforcement officers, construction workers,

entrepreneurs, business leaders, doctors, nurses, elected leaders and so much more," Biden said. "They routinely put aside differences and work together."

Biden urged the nation to follow the example of veterans in this regard.

"This is the moment to come together as a nation, to keep faith in each other," he said. "The world is dependent on each of you and all of us, to keep honoring the women and the men and the families who have borne the battle, to keep protecting everything they fought for. Keep striving to heal our nation's wounds. Keep perfecting our union."

## ON THE COVER

**Soldiers with 4th Battalion, 39th Infantry Regiment stand in formation during the Columbia's Veterans Day parade, Nov. 11. Fort Jackson Soldiers march in the parade each year**  
**See Page 6-7**



Photo by **NATHAN CLINEBELLE**

## THE FORT JACKSON LEADER

**Fort Jackson, South Carolina 29207**

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# Jackson, Army arm Soldiers for next career

By **JOE LACDAN**  
Army News Service

Fort Jackson is going all out to help Soldiers step out of their green suits and into business suits – so to speak.

Tomorrow Army Community Service is hosting a job fair success webinar aimed at prepping future employees put their best foot forward for the annual career fair being held Tuesday.

More than 60 prospective employers will be there looking for their next best employee. That could be you.

What follows is a story about how one Soldier learned to have success hunting for that next stage in his career.

In early 2017, Michael Quinn endured what he called the worst day in the worst year of his life.

Quinn, then a sergeant major and 24-year Army Soldier, had weathered deployments in Iraq, Afghanistan and the Philippines. As an Army counter-intelligence agent, he said he learned to operate under grave circumstances while standing face-to-face with some of the most dangerous enemy combatants.

But he had never faced the unknown; life after the military. The sergeant major had two young children and wanted to be able to continue paying his mortgage on their Oakton, Virginia house. Following his decision to retire from the Army he attended a job fair in Washington, D.C.

There Quinn spent six hours meeting with 41 companies for positions with employers.

He walked into the job fair with the confidence of his experience in military intelligence and having earned the trust of hundreds of Soldiers in his career, including generals.

Quinn wore his sharpest suit. He recited his elevator pitch, an introductory summary of his skills, for potential employers numerous times.

But after meetings with the potential employers, his confidence shattered. Each one told him to submit a job application online. Not one offered him an interview or gave him a phone number.

“Toward the end of that job fair I was beaten,” said Quinn. “I was demoralized.”



*Leader file photo*

**A Soldier speaks to a representative at a career fair held in 2023. Roughly 60 prospective employers will be on Fort Jackson Nov. 19 for a career fair. Army Community Service is holding a job fair success webinar tomorrow.**

The final employer Quinn spoke with that day told him he loved his resume, but he didn't know what position or department he would best fit.

When Quinn asked him how to follow up, the recruiter referred Quinn to his LinkedIn profile.

Following the job fair, Quinn said he continued to apply for companies with little success. He had not explored the job market since taking a gap year from college in 1993.

“I had some really tough (military) assignments, and nothing compared with the stress of finding a post-military job,” Quinn said. “There were times that year I was in tears curled up in the fetal position in my basement.”

Then Quinn began brainstorming. He found LinkedIn to be a powerful tool in connecting with employers.

Quinn travelled to Army installations and attended some of the Army's Transi-

tion Assistance Programs to gather information.

Quinn learned to tailor his resume, cover letter and pitch to the position and company he applied for.

He said he discovered how to filter only relevant information to specific positions.

“It wasn't that companies don't hire veterans,” Quinn said. “It was that companies couldn't see what I would bring to them.”

Eventually after trying to apply to more than 50 companies, he used LinkedIn to reach veterans for advice and recruiters of companies for screening interviews.

This career exploration led to job interviews.

The Virtual Job Fair Success Webinar can assist in preparing you for that job interview. For more information about the webinar, call (803) 751-5256. ACS is also hosting a Dress for Success seminar Nov. 26, aimed at helping prospective employees to discuss what best to wear at the in-

terview.

Finally, one month before Quinn's separation from the Army, he landed a meeting with the CEO of a growing IT services company. The CEO, impressed by Quinn's resume that included being a command sergeant major responsible for more than 17,000 Soldiers at one point, offered Quinn an executive position on the spot.

Quinn started during his transition leave from the Army. Around the same time, two other companies offered him high-level management positions.

He said he chose to resign after three years in late 2020.

The former sergeant major believed he had found the secret to finding work that suited his skills after the military. And he wanted to share his lessons with others.

Quinn said that he saw a disconnect in how companies connected jobs with the



# Community Updates

## ANNOUNCEMENTS

### Pickens Street Paving

Paving of Pickens and Scouts Out streets began Nov. 4. During construction, the streets will be limited to one way traffic managed by flaggers.

### DHR Holiday Hours

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

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

### ID Card Section Closure

The ID Card section will be closed tomorrow due to carpet installation. If necessary patrons can use other ID card facilities located in the area:

Shaw AFB  
20 FSS/FSPC  
504 Shaw Drive  
Sumter, SC 29152  
(803) 895-2171

AG HQ South Carolina  
National Guard  
1225 Bluff Road  
Columbia, SC 29201  
(803) 299-1370

### Family and MWR Customer Survey

The Directorate of Family and Morale, Welfare and Recreation wants to hear from you. The 2024 Family and MWR Customer Needs Survey is your opportunity to have a direct impact on the future of Army Family and MWR programs and services. The survey will gather insights from Soldiers and Families across the Army to ensure MWR offerings match your needs and interests. What's working great? What could we do better? There's no better way for Family and MWR to learn than by hear-

ing from you. Participation is voluntary, this survey will only take about 10 minutes to complete. Go to [www.armymwr.com/survey](http://www.armymwr.com/survey) to take the survey.

## COMMUNITY EVENTS

### TOMORROW

#### Virtual Job Fair Success Webinar

2-3 p.m., MS Teams. Get tips on putting your best self forward in preparation for the upcoming career fair. For more information, call (803) 751-5256.

### SATURDAY

#### Wild lights @ the Riverbanks Zoo

4:30-9 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. Seats are limited. Trip costs \$25.

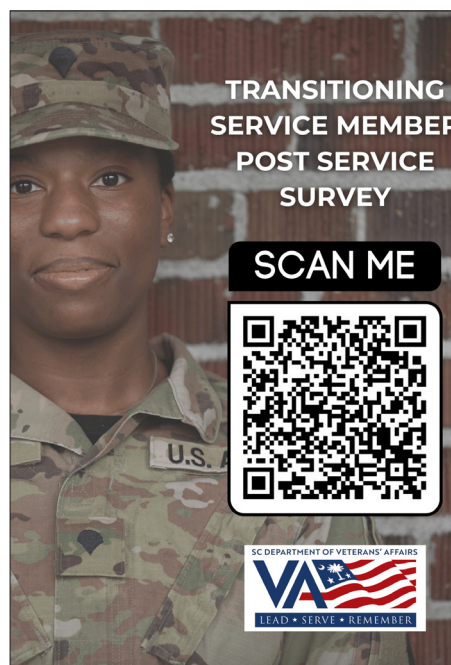
### Historic Charleston Tour

7 a.m. to 6 p.m. Army Community Service invites all foreign-born spouses, their sponsors, and military families of service members or Department of the Army Civilians either deployed or on an unaccompanied tour to take a historical tour of Boone Hall Plantation and Gardens. Enjoy a tractor ride while touring the grounds and experience a "live" Gullah performance. We will also visit the City Market in beautiful downtown Charleston. For more information or to register, call (803) 751-5256, option 3.

### TUESDAY

#### 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 va-



rious 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. 21

#### Active Shooter Drill

1 p.m., Strom Thurmond Building. Patrons are advised the Installation Antiterrorism Office will hold an active shooter drill. Directorate of Human Resources office will remain open during the drill. For more information, call (803) 751-7980/2132.

### NOV. 23

#### Sprint Duathlon

8 a.m., Hilton Field Sports Complex. Run

## Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### SATURDAY, NOV. 16

■ Gladiator II (R) 2 p.m.

Free Screening

### WEDNESDAY, NOV. 20

■ Venom: Last Dance (PG-13) 2 p.m.

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

three miles, bike 12 miles, and then 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. Best times are awarded. 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 and reserve your seat, call (803) 751-3484.

### NOV. 26

#### Dress for Success

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.

# IMCOM leaders discuss Army support

By **KELLY APPELMAN**  
Installation Management  
Command

The success of Army installations worldwide relies upon an ecosystem of relationships, said Lt. Gen. Omar Jones, Installation Management Command commanding general.

“Our relationships we have with community partners, with chambers of commerce, and with industry make our installations successful,” Jones said, “and the importance of the web is only going to grow in the future.”

Jones and IMCOM senior leaders joined other military leaders at the Association of Defense Communities Installation Innovation Forum on Oct. 28-30 in San Antonio.

A record crowd of 1,200 community leaders and industry experts from around the world gathered during the three-day forum to discuss best practices and the importance of those partnerships.

Jones’ command is responsible for maintaining the quality of life for Soldiers and Families in support of Army readiness for senior leaders across 104 Army installations in 12 countries, spanning 13.7 million acres across 17 time zones. More than 60,000 IMCOM professionals execute more than \$14 billion annually to deliver 56 programs and services.

Among the topics Jones addressed during the Army Workshop and Installation Town Hall panels were the relationships among installations, communities and industries; the major investment in barracks; data analytics; and the Army’s response to severe storms.

When it comes to installation management, Jones stressed two themes: Soldiers and their Families are absolutely part of the local communities, noting more than 67% of Soldiers live off the installation and 20,000 military children are in local off-post childcare programs around the world.

The second theme is that it really does take the entire community to ensure that success.

“It takes the relationships we have on and off the installation for everything our installations do around the world,” Jones said, “and military installations are absolutely es-



Photo by ALZX ALVARADO

**Lt. Gen. Omar Jones, commander, Installation Management Command, Deputy Chief of Staff for Installations Lt. Gen. David Wilson, and Rachel Jacobson, the Assistant Secretary of the Army for Installations, Energy and Environment participate in a panel during the Association of Defense Communities Installation Innovation Forum, Oct. 28.**

sential for our national defense.”

IMCOM Command Sgt. Maj. Jason Copeland also stressed the important role non-commissioned officers play in providing services for Soldiers and Families across the 104 garrisons and how that couldn’t be accomplished without community support.

“Not only are our (noncommissioned officers) the backbone of the Army, but they also play a key role in interacting with community leaders on behalf of the garrison commanders and senior leaders at our installations,” Copeland said. “Those relationships are vitally important to providing the highest quality of life for our Soldiers and Families.”

Other IMCOM professionals participating in the forum included Maj. Gen. James Smith, deputy commanding general, and Army civilian professionals from Fort Cavazos, Texas, Fort Johnson, Louisiana, Fort Moore, Georgia, and Fort Drum, New

York. They discussed topics including energy, data analytics and housing projects.

Rachel Jacobson, Assistant Secretary of the Army for Installations, Energy and Environment, reiterated her vision to removing obstacles in anything the Army does at the installation level and the importance of partnerships in doing so.

She also introduced the Army’s updated Installations Strategy, with three lines of effort focused on supporting people, strengthening readiness and resilience, and continuously transforming and innovating.

“Installations are no longer a sanctuary. They are the frontlines of a contested operational environment and essential to our ability to fight and win the nation’s wars,” Jacobson said. “We are proactively updating our Installations Strategy, to ensure our installations are able to transform at pace to meet the evolving needs of our Army today and tomorrow.”

## CENTCOM strikes Yemen, Syria

By **C. TODD LOPEZ**  
DOD News

Since Friday, U.S. Central Command has conducted strikes against Iranian-backed Houthi targets in Yemen and against targets in Syria as part of the defeat-ISIS mission there.

On Saturday and Sunday, CENTCOM forces executed air-strikes against multiple Houthi weapons storage facilities within Houthi-controlled areas of Yemen, said Pentagon Press Secretary Air Force Maj. Gen. Pat Ryder during a briefing Nov. 12.

“These facilities housed a variety of advanced conventional weapons used by the Iran-backed Houthis to target U.S. and international military and civilian vessels navigating international waters in the Red Sea and Gulf of Aden,” Ryder said.

Both Air Force and Navy assets, including F-35C fighter aircraft, were involved in the strikes, which were in response to Houthi attacks on commercial, U.S. and coalition vessels in the Red Sea, Bab al-Mandab Strait and Gulf of Aden.

“As you’ve heard us say before, we will continue to make clear to the Houthis that there will be consequences for their illegal and reckless attacks,” Ryder said.

Yesterday, Ryder said, CENTCOM also conducted strikes against nine targets in two locations associated with Iranian groups in Syria. The strikes, he said, were in response to two attacks on U.S. personnel in Syria that happened Nov. 10 at Mission Support Site Green Village in northeast Syria.





# On the march

Photos by Nathan Clinebelle

Units from Fort Jackson, including the 282nd Army Band, Moncrief Army Health Clinic, 4th Battalion, 39th Infantry Regiment and the 369th Adjutant General Battalion, participated in the City of Columbia's Veterans Day Parade to honor those who laid the foundation of service that we continue to uphold. To all our Veterans, thank you for your service and your continued support as we make American Soldiers.





## Jackson celebrates fallen Soldier with workout

Story, photos by **NATHAN CLINEBELLE**  
Fort Jackson Public Affairs

Soldiers from across Fort Jackson joined with Breanna Kay Nov. 12 to celebrate the life and legacy of drill sergeant Staff Sgt. Timothy Kay.

Participants conducted the Kay Workout of the Day at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, home of the

Holistic Health and Fitness teams of the 165th and 193rd Brigades.

Kay's dedication and resilience through two battles with cancer are an inspiration to all who knew him and those that walk through the doors of the SPRC. To learn more about Kay's story, visit: <https://home.army.mil/jackson/units-tenants/SPRC>.



(Top) Participants climb ropes during the Kay Workout of the Day held Nov. 12 at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center on post. The event was held along with Breanna Kay (left) the widow of Staff Sgt. Timothy Kay who fought cancer the best way he knew how: exercise. Participants who completed the workout received a coin (above).

## Official: Reach out if you need help

By **THERESITA MOSES**  
Suicide Prevention Program Coordinator

The holidays are quickly approaching, which is often a busier time of the year for some. This busy time of the year might bring excitement for some and a sense of loneliness for others. This is a great time to check on family and friends and build a connection with someone this holiday season. The most important thing is to know you are not alone this holiday season and reach out if you need help.

The International Association for Suicide Prevention provided the following suggestions on asking for help:

**Reach out**-When you get a chance can you contact me? I really feel alone and suicidal and could use some support.

**Contact a loved one**-I don't want to die, but I don't know how to live. Talking with you may help me feel safe. Are you free to talk?

**Express your feelings**-This is difficult for me to say but I'm having painful thoughts, and it might help to talk. Are you free?

**Check-in**-I'm struggling right now and need someone to talk to. Can we chat?

It is not a burden to reach out for help. The suicide and crisis life-line are open 24/7 via call or text at 988. Save this number in your phone in case you or someone else might need this information.

## Is it safe? Free safety certifications available

### Installation Safety Office

Did you know that there are 6 courses offered on U.S. Army Combat Readiness Center's website at no cost to you or your command?

These courses will help you to meet the requirements toward obtaining your Professional Certificate in Safety & Occupational Health.

The list of available courses are as follows:

1. Legal Aspects of Safety
2. Aviation Safety Management
3. Occupational Health Issues
4. Radiation Safety & Health
5. Safety Training & Educational Strategies
6. Safety In the Tactical/Operational Environment

To register for these free courses, please visit USACRC Professional Certificate Program webpage at <https://safety.army.mil/FOHS/USACRC-Professional-Certificate-Program> and follow the instructions provided to enroll in the courses.



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

Group exercise is sometimes underrated.

People know they should exercise daily and many commit to going to the gym, walking, or working out at home, but they may not know how beneficial group exercise is. Group exercise brings a variety of benefits beyond the obvious physical and social ones we often hear about.

Showing up becomes a bigger deal.

You recognize others are hoping you will come to class, so it enhances your motivation to come.

We develop a commitment to accountability.

This dynamic not only helps you, but the entire class benefits from this community involvement being developed during each workout session.

Another aspect we gain from showing up is a social connection and a sense of belonging. Group exercise can be very social due to the interactions with fellow exercisers that we come to look forward to seeing during class.

Social support helps with stress management, anxiety, and loneliness.

Often, we overlook this important benefit gained from group exercise.



James-Long

Exercise makes you feel good, and group exercise is no exception. Even more so, based on the type of group exercise, it helps improve our mental resilience.

Taking classes like Circuit Training, Spin, or High-Intensity Interval Training helps improve mental toughness.

The energy generated during the group workout session motivates each participant to push harder than they might do on their own. This builds psychological and physical endurance.

As a group exercise instructor, I recognize the importance of variety. Offering different classes throughout the week prevents boredom and boosts participation.

It also encourages participants to get out of their comfort zones and try new classes. Offering not so traditional classes such as martial arts, Pilates or belly dancing brings a refreshing physical change to group exercise that is also inviting.

Group exercise typically makes us work harder.

I call this a healthy competition. Everyone benefits from pushing themselves to lift heavi-

er, kick higher, and squat a little lower. Because everyone wins this type of competition, it is friendly because it pushes you to go further than if you were working out alone.

You are inspired to keep up with others while at the same time hitting your new personal best.

Healthy competition can deliver better results.

When you exercise in a group, you experience a social distraction. The music and energy from other participants help you forget how hard an exercise movement is, so it feels less taxing on your body.

You forget how hard you are working. The social gathering phenomenon experienced during group exercise helps us forget and replaces it with a sense that each exercise is a little easier to perform.

Group exercise classes that incorporate coordination are great for keeping the mind sharp. The cognitive benefits gained from timed choreographed group workout sessions enhance our cognitive function.

Our body benefits physically while the brain sharpens from this type of 'thinking' group exercise workout.

Classes like hip-hop step, Zumba, or combination kickboxing routines are great examples

See **WEIGH:** Page 11

## SALUTING THIS CYCLE'S HONOREES

### 3rd Battalion, 60th Infantry Regiment

**DRILL SERGEANT  
OF THE CYCLE**  
Sgt. 1st Class  
Fernando Osoria

**ALPHA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Nathan Redfearn

**SOLDIER OF THE CYCLE**  
Pfc. Luis Aguilar

**BRAVO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Gisela Jimenez

**SOLDIER OF THE CYCLE**  
Pfc. Joe Charfauros

**CHARLIE COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Justen Taylor

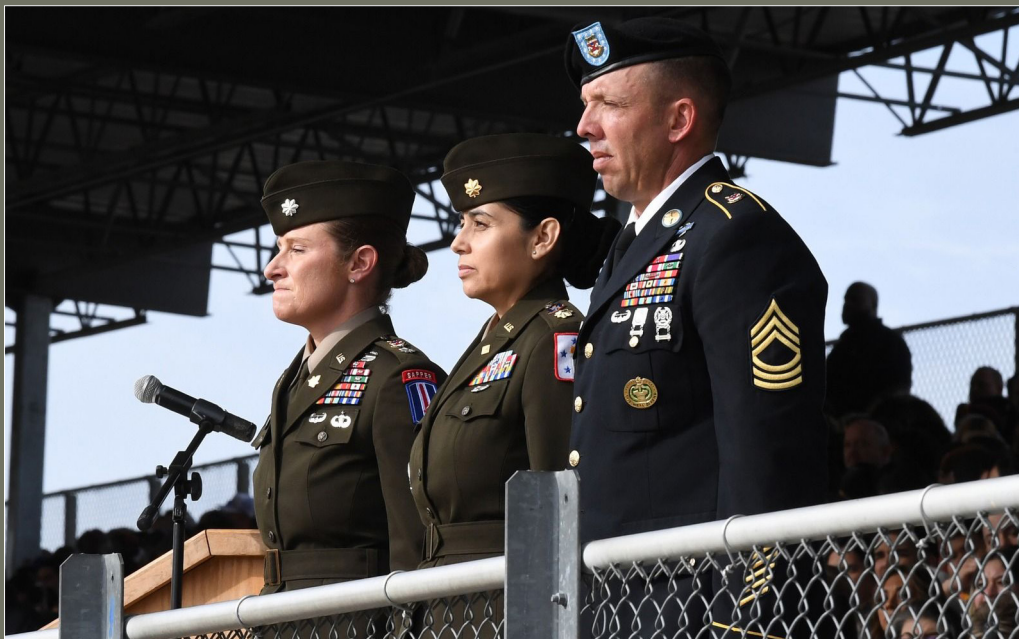
**SOLDIER OF THE CYCLE**  
Spc. Andrea Zuniga-Garcia

**DELTA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Clayton Stock-Friends

**SOLDIER OF THE CYCLE**  
Pvt. Scott Sheber

**ECHO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Daquan Jackson

**SOLDIER OF THE CYCLE**  
Pvt. Kailey Acosta



## Into Retirement

Photo by NATHAN CLINEBELLE

Fort Jackson recognized the service of Maj. Dulce M. Wells from the U.S. Army Finance and Comptrolle School, during the 1st Battalion, 13th Infantry Regiment Basic Combat Training graduation held Nov. 6. Wells retired after 20 years of service.



Events

Continued from Page 4

10-11 a.m., Building 9819, Liberty Division Road. Join Army Community Service for a discussion on how you dress can affect you on your interview day. To register for the event, visit: <https://forms.osi.apps.mil/r/JyvWfBNM4r> For more information, call (803) 751-5256.

Walking Town Hall

6 p.m., Pierce Terrace Housing Area. Maj. Gen. Daryl Hood, Fort Jackson commander, Col. Timothy Hickman, garrison commander, and other post officials will walk through housing areas to speak directly to residents about their concerns.

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

**DEC. 6**  
**Holiday Tree Lighting**  
5-7 p.m., Patriots Park. Join Fort Jackson leaders in lighting the holiday tree. There will be a Holiday Village, food trucks, special guests, photo booths and live music.

**DEC. 14**  
**Jingle Bell Fitness Run**  
8 a.m., 1917 Club. A three mile run/walk free family event is open to all ages. There will be fitness stations along the route. Come kick off the holiday season with the Fort Jackson community. For more information, call (803) 751-3700.

SSI, local school celebrate Veterans Day

By **LT. COL. ANDRES LEON**  
Finance and Comptroller School

The Soldier Support Institute participated in Crayton Middle School's Veterans Day celebration, Nov. 11.

Many SSI veterans submitted photos and bios to display on a Wall of Heroes.

Col. Robert L. Le'iato, Finance and Comptroller School Commandant, served as the guest speaker for the ceremony. Speaking about the significance of Veteran's Day, his journey in the military, and what drives him to continue to serve in the U.S. military.

He then ended the ceremony by having the students participate in a traditional Haka, or ceremonial dance.

Warrant Basic Officer Course 001-25 student, Warrant Officer Arlene Jimenez sang the national anthem and Sgt. 1st Class Pete



Courtesy photo

Col. Robert L. Le'iato, Finance and Comptroller School commandant, leads students of Crayton Middle School in a traditional Haka, or ceremonial dance.

Sanchez and Staff Sgt. Terry Jones were the color guards for the ceremony.

The success of the event was extremely rewarding for both the school and SSI personnel of the as we continue to strengthen our relationship across the community and make positive impacts.

**DID YOU KNOW:** Chilblains is a non-freezing cold weather illness normally seen when temperatures are between 32-60°F, and is a repeated, prolonged exposure to bare skin.

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            |
| ANGLICAN                        | SUNDAY  | 8-9 A.M.           | SOLOMON CENTER          |
| 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. to NOON | WASHINGTON ROAD CHAPEL  |
| HEATHEN/PAGAN                   | SUNDAY  | 8:30-9:30 A.M.     | CENTURY DIVISION CHAPEL |





*Courtesy photo*

Pierce Terrace Elementary School students and faculty hold their hands over their hearts as the American flag is raised over the school. The school honored those who served with a special Veterans Day program.

## Pierce Terrace honors veterans

By **LORRAINE EMORY**  
Pierce Terrace Elementary School

In honor of Veterans Day, Fort Jackson's youngest students came together to celebrate and learn about the significance of the holiday.

Pierce Terrace Elementary School Pre-K, kindergarten, and first-grade students engaged in hands-on activities to deepen their understanding of Veterans Day and the history of our nation.

As part of the celebration, students learned about the origins of Pierce Terrace Elementary's name and the school's connection to military service.

The school is named after Staff Sgt. Larry Pierce Medal of Honor recipient from the Vietnam War. Through discussions and activities, they explored the history behind the branches of the U.S. Armed Forces and the values of honor and service that veterans exemplify.

A highlight for many was learning about Betsy Ross and her role in crafting the first American flag. Students were introduced to the flag's colors, stripes, and stars, explaining their meaning in American history. Students proudly practiced placing their hands over their hearts and reciting the Pledge of Allegiance in unison, showing respect for the flag and what it represents.

During lunch, the school paid a special

tribute to veterans with the reading of America's White Table by Margot Theis Raven.

This book, a Veterans Day favorite, helped students understand the significance of the white table tradition, which honors soldiers who are missing or held as prisoners of war. A white table was placed on stage, draped in a white cloth with a single rose and candle, symbolizing the memory of service members who have sacrificed for their country.

In the days leading up to Veterans Day, PTES collected photos from staff members and students featuring their family members and loved ones who have served in the military. These meaningful snapshots were compiled into a PowerPoint presentation that played throughout the school, showcasing the diverse connections to service within the PTES community.

The presentation allowed students to see the faces of real-life heroes, sparking pride and creating a personal link to the significance of Veterans Day.

Principal, Robert Battey said, "I love the Veterans Day PowerPoint that is currently playing in the school ... (and thanked our) staff that are Veterans!"

The observance allowed PTES's youngest students to experience Veterans Day through stories, and symbols inspiring a deep appreciation for the brave individuals who have served or is currently serving in the military.

## Career

Continued from Page 3

skillsets of former Soldiers to potential employers. Quinn sympathized with Soldiers who struggled to land jobs or find careers after military service after having experienced the struggle himself.

He offers three tips for Soldiers transitioning to civilian life:

### **Start early**

Soldiers should begin their transition early.

He said Soldiers can start attending job hunting courses and Transition Assistance Program classes two to three years before their final duty day.

He encourages Soldiers to do more than the minimum required training prior to separation. TAP offers courses on advanced job interview techniques.

### **Build connections**

Soldiers should begin building connections with potential employers by attending job fairs and start reaching out to veterans directly through LinkedIn messages or emails.

Quinn said Soldiers must be willing to speak to employees, human resources specialists and managers about what skills they look for in job

candidates.

"A big part of this is just having conversations with people in industry to figure out what they do," he said.

Soldiers can also seek internships or spend time with employers to get a feel for a job and whether the position fits their skills and preferences.

### **Brainstorm possibilities**

Quinn said many Soldiers leaving the Army struggle to find a new career field.

He has a simple formula to help troops brainstorm on a new career field. He said Soldiers should make a list of passions or hobbies that they love, which could include a wide range of topics — construction, working outdoors or working with social media. They should also list places that they would like to work, whether stateside or overseas.

Once Soldiers have narrowed down three to five fields and places that interest them, they can contact veterans and supporters that fall under those categories to determine what they want and are qualified to do.

This network will also help them find meaningful careers in that field or location, he said.

"My entire career has been about helping others," Quinn said. "As I navigated this transition, I realized that all the things I learned I can't just keep that to myself."

We are not so zeroed in on our looks, but instead our progress and our efforts.

Group exercise is a type of community. I call us 'gym family'.

That community encourages healthier lifestyle choices because you are in the company of liked-minded individuals that know and embrace the importance of better nutrition, drinking water and adequate rest.

It is a support group that knows how challenging weight loss, physical activity and better eating can be.

Together, group exercisers share not only their successes, but their challenges, making being a part of group exercise a valuable gift that supports, motivates, and inspires.

**Pam's thought for the week:** "Why do it alone?"

## Weigh

Continued from Page 9

of classes that we benefit from cognitively speaking.

Group exercise can help us improve our body image. In a group setting, our focus is often more on our overall fitness goals. Things like:

- Coming to class four days a week
- Increasing weights to challenge yourself
- Completing all the repetitions
- Staying for the cool-down
- And more

The consistency of these types of efforts and more help us gain a greater appreciation for our entire body and lifestyle practices.



# VICTORY... STARTS HERE



A trainee with 1st Battalion, 34th Infantry Regiment, checks the seal on his protective mask before entering the gas chamber on post during Chemical, Biological, Radiological and Nuclear training.

Photo courtesy of 1ST BATTALION, 34TH INFANTRY REGIMENT