THURSDAY FEB. 6, 2025
E FORT JACKSON

Marie Cur

pactivity, Radium, and

By: Joy Forester



Marie

Fun Fact

- and Pierre Curie, th

Skłodowska moves to Paris to study at Sorbonne, where she changes her name to Marie. She studies physics and math, and lives a hard but happy festyle. There she meets Pierre

1896-1898

Marie Curie studies the action of Uranium giving off rays of energy after the discovery was passed down to her from a French scientist named Henri Becquerel. A couple of years later, Marie and Pierre Curie discovered the elements of radium and

1906

Marie's husband Pierre dies in and Marie takes over his job becoming the first woman t spends a lot of time working and Pierre had done.

HISTOR

Marie got her doctorate degree in science, and became the first woman to receive one in France. Later in the year, Marie, Pierre and Becquerel received the Nobel Prize in Physics for the discovery of radioactivity. Marie was the first woman to get a Nobel Prize.

Marie publishes he piece, about radio

Marie is awar Chemistry.

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STARTS HERE."



GARRISON: www.facebook.com/USArmyGarrisonFortJackson





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SECDEF addresses the force

Secretary of Defense

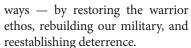
Pete Hegseth

By PETE HEGSETHSecretary of Defense

It is the privilege of a lifetime

to lead the warriors of the Department of Defense, under the leadership of our Commander in Chief Donald J. Trump. We will put America First, and we will never back down.

The President gave us a clear mission: achieve Peace through Strength. We will do this in three



- We will revive the warrior ethos and restore trust in our military. We are American warriors. We will defend our country. Our standards will be high, uncompromising, and clear. The strength of our military is our unity and our shared purpose.
- We will rebuild our military by matching threats to capabilities. This means reviving our defense industrial base, reforming our acquisition process, passing a financial audit, and rapidly fielding emerging technologies. We will remain the strongest and most lethal force in

the world.

We will reestablish deterrence by defending our homeland — on the ground and in the sky. We

will work with allies and partners to deter aggression in the Indo-Pacific by Communist China, as well as supporting the President's priority to end wars responsibly and reorient to key threats. We will stand by our allies — and our enemies are on notice.

All of this will be done with a focus on lethality, meritocracy, accountability,

standards, and readiness.

I have committed my life to warfighters and their families. Just as my fellow soldiers had my back on the battlefield, know that I will always have your back. We serve together at a dangerous time. Our enemies will neither rest nor relent. And neither will we. We will stand shoulder to shoulder to meet the urgency of this moment.

Like each of you, I love my country and swore an oath to defend the Constitution. We will do that each and every day, as one team. Together we will accomplish the President's mission to deter war, and if necessary, defeat and destroy our enemies. Godspeed!



Photo courtesy @VP on X

Vice President JD Vance swears in Pete Hegseth as the 29th secretary of defense as his wife, Jennifer, and the couple's children look on at the White House, Jan. 25.

Hegseth begins 'Most important deployment'

By JIM GREENHILL DOD News Service

Secretary of Defense Pete Hegseth was sworn into his new role leading America's 3.5 million service members and civilians by Vice President JD Vance this morning, following Hegseth's Jan. 24 Senate confirmation.

"When President Trump chose me for this position, the primary charge he gave me was to bring the warrior culture back to the Department of Defense," Hegseth said during his Jan. 14 confirmation hearing before the Senate Armed Services

Committee.

"He, like me, wants a Pentagon laser-focused on lethality, meritocracy, warfighting, accountability and readiness."

Hegseth listed restoring the warrior ethos, rebuilding the military and reestablishing deterrence as the ingredients needed to bring back warfighting.

Calling himself a change agent, Hegseth outlined a vision of a culture of accountability, high standards, performance, readiness, rapid innova-

See **HEGSETH:** Page 9

ON THE COVER

Joy Forester, C.C. Pinckney Elementary School sixth grader, poses as Marie Curie during the school's Living Museum, Feb. 3. The event was held Feb. 3-7.



Photo by ROBERT
See Page 5 TIMMONS

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

This electronic newspaper, is an authorized publication for members of the U.S.Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is distributed online. To submit articles, story ideas or announcements, write the Fort Jackson Leader, 3330 Century Division Ave., Fort Jackson, S.C. 29207, or call (803) 751-3615 or e-mail usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

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Chaplain remembers teammates, one nametape at a time

Story, photos by MEL SLATER Institute for Religious Leadership

Soldiers and Families travel the world, meeting and saying goodbye to many others as they go.

Chaplain (Col.) Emmitt Furner, Institute for Religious Leadership deputy director, has found a novel way to remember people he's encountered with over the years - he collects military nametapes.

"It all started with one nametape that left in my office by a Soldier who had left his nametape because he was redeploying from Afghanistan and he stopped by to see me. I wasn't there, so he left his nametape attached (on

the) wall where we lived," Furner said. "My chaplain assistant, now known as religious affairs specialist, thought it was a good idea to encourage other Soldiers to leave their nametapes before they redeploy so I could remember them and pray for them."

The names on his wall are a constant reminder of those Soldiers.

"Every day I have to walk in and see what I refer to as the pacing item for a chaplain which is the people," Furner said. "Each one of those names represent a story and a life that I was invited into,



Chaplain (Col.) Emmitt Furner, Institute for Religious Leadership deputy commandant, says farewell to former Director of Resource and Information Management, Chaplain (Lt. Col.) Loren Aderhold. Aderhold's nametape can be found on Furner's wall of names.

a sacred experience and privilege to know people and serve with them in the Army."

It's interesting that his own nametape is present on the wall.

"As you can see my name is on the board but not representing me, representing my father who's a Vietnam veteran, who lost his right leg in Vietnam in 1969," Furner said. "I think it's important to have him on that board because without him and his sacrifices he made for me and my brother raising us by himself, it taught me about service and sacrifice though he struggled from not only the physical but mental and spiritual wounds



Chaplain (Col.) Emmitt Furner stands in front of his wall of nametapes he has collected from Soldiers over his many military assignments.

of participating in armed conflict in Vietnam."

Several of the names remind him of the costs that come with the profession of arms.

"I've taken Gold Stars and pinned to the names of the Soldiers that have passed away, that we've lost.

"I wanted to identify them as a reminder of their life and the sacrifice they made for the country," he said IT'S A REMINDER OF WHY I JOINED THE ARMY AS A CHAP-LAIN, IT'S PEOPLE. IT'S ALWAYS BEEN ABOUT PEOPLE.

- Chaplain (Col.) Emmitt Furner
Deputy Director
Institute for Religious Leadership

After all this time, Furner is still collecting names. He has collected close to 300 nametapes. He says he will keep the names with him even after leaving the military.

"It's a reminder of why I joined the Army as a chaplain, it's people," Furner said.

"It's always been people. It's an opportunity to engage people and connect them to God and be present as they live their life, good or

Community Updates

ANNOUNCEMENTS

Community Strength & Themes Assessment

Fort Jackson needs your assistance. Take the Community Strengths & Themes Assessment to share with leaders your



thoughts and views on improving our community's quality of life, health, and readiness, and available programs and resources. To access the survey visit: https://phpubapps.health.mil/Survey/se/25113745498E6FB5, or scan the QR code.

MWR Wants to Hear From You

The 2024 Family and Morale, Welfare and Recreation 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 us to learn than by hearing from you. Participation is voluntary, this survey will only take about 10 minutes to complete. Go to www.armymwr.com/survey to take the survey.

Moncrief update

Beginning Dec. 23, 2024, the ability to schedule appointments through the MHS Genesis portal is no longer available. Patients will still be able to use the portal to message providers, request prescription refills, check tests

results, etc. MAHC is working on a new, more convenient way to schedule appointments. Until then, patients can still call (803) 751-CARE/2273 to make an appointment.

ArmylgnitED System Update

The ArmylgnitED portal will be unavailable from Feb. 16-23. As a result, Soldiers will be unable to submit educational goals, request Tuition Assistance and Credentialing Assistance request from Feb. 16. Soldiers must be proactive and plan to submit TA and CA requests before the scheduled downtime. As a reminder, Soldiers may request Army Tuition Assistance up to 60 days prior to the term start date and no later than Feb. 6 to allow time to correct any issues or concerns. There are no exceptions or waivers to this rule. For TA for Credentialing Assistance; all requests should be submitted no earlier than 45 days prior and up to 90 days before start dates. All existing CA start dates that occur between 16 and 24 Feb must be approved and paid by the shutdown date (Feb. 16). There will be no exception to policy granted for CA requests submitted on/after Feb. 24 for any start dates that occur less than 45 days from submission due to the downtime.

Safety Courses

The Installation Safety Office presents various safety training classes. To register for the Army Traffic Safety Training or Local Hazards training classes, go to the website https://imc.army.mil/airs/default.aspx. To register for the Unit Safety Officer training, contact your Safety Specialist.

1917 Club Hours

The 1917 Club is open Wednesday 10 a.m. to 2 p.m., Thursday and Friday 11 a.m. to 1:30 p.m. Food costs \$15 per person, \$15 for a to-go meal. Short order menu available. Soul Food Thursday Buffet, 11 a.m. to 1:30 p.m., is also \$15 per person and \$15 for a to-go meal. Come for a wide variety and different choices every day on our lunch menu, featuring all your favorites including our hearthealthy options plus a full salad and dessert bar. Don't pass up the southern-style fried chicken. Call (803) 743-6525 for delivery or take-out, or order from our short order menu on Chow Now.

Victory Fresh

Victory Fresh offers Military Service Members, Department of the Army Civilians and their guests healthy alternatives to fast food. Located at the U.S. Army Drill Sergeant Academy Dining Facility 9572 Marion Ave. Victory Fresh offers Grab and Go entrees, a Build Your Own Power Bowl station. Hot BBQ bar, and brick oven pizzas during lunch hours of 11 a.m. to 2 p.m. Additionally, Grab and Go items are available during extended hours and breakfast is available from 7 - 9:30 a.m. Victory Fresh helps patrons manage fueling their bodies in a healthy way, within the time constraints of an onthe-go lifestyle.

COMMUNITY EVENTS UNTIL FEB. 14

Youth sports registration

Registration for youth sports is open until Feb. 14. Soccer: ages 2-4, \$30, ages 5-14, \$50. Volleyball: ages 7-12, \$50. Track & Field: ages 5-15, \$50. Flag Foot-

Fort Jackson Movie Schedule

3319 Jackson Blvd. *Phone: 751-7488*

SATURDAY, FEB. 8

■ A Complete Unknown (R) 2 p.m

TUESDAY, FEB. 11

- Sonic the Hedgehog 3 (PG-13) 2 p.m.
- Ticket sales open 30 minutes before each movie.
- Movie times and schedule are subject to change without notice.

ball: ages 7-15, \$50. Baseball: ages 9-12, \$50. Softball: ages 9-12, \$50. For more information, call (803) 751-7451.

TOMORROW

Chili Cookoff

11:30 a.m. to 12:30 p.m., Fort Jackson Fire Department. The Fort Jackson Fire Department is hosting a chili cookoff. To enter bring seven nonperishable items and to taste or judge bring five items.

SATURDAY

Private Weapons Day

10 a.m. to 2 p.m., Aachen Range. Shooters can shoot at targets between 25m and 200m. Paper targets, spotting scopes, tables and chairs are provided. Patrons can shoot rifle or pistol at a day rate or

See **EVENTS:** Page 10

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 we 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 (803) 751-3615.



(Above) Martin Quesada, appearing as James Dyson, inventor of the iconic vacuum cleaners, speaks about Dyson during the C.C. Pinckney Elementary School's Living Museum.

(Above right) Max Wegner, dressed as Charles Darwin, looks up during his presentation.

(Right) Hadley Immel and Brianna Ibarra, appear as different historical characters while families see the other students' displays.

(Far right) Lillian Nacpil speaks about Henrietta Swan Leavitt. Leavitt, an American astronomer, was instumental in measuring the distances to remote galaxies.

History lives in the Pinckney hallway

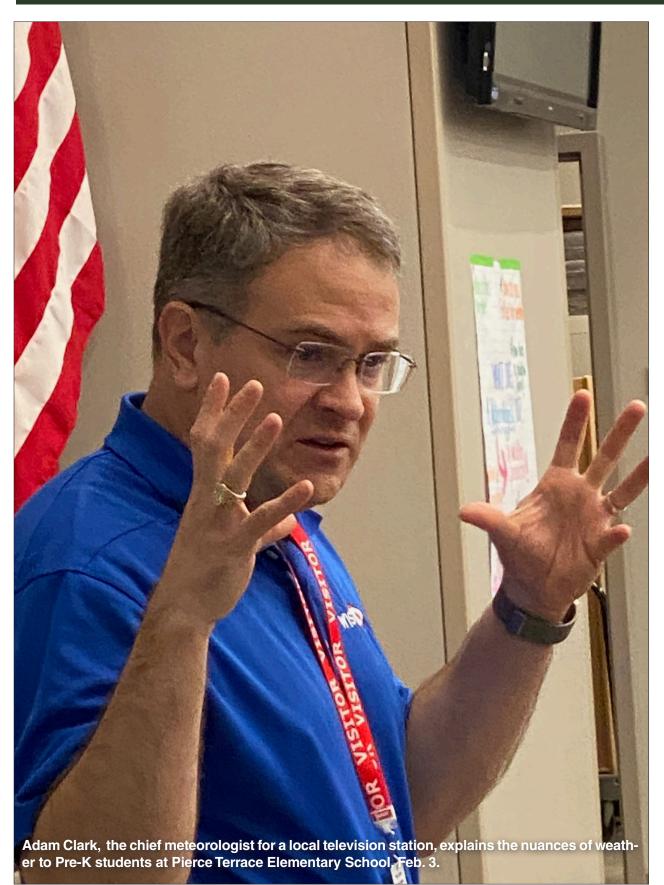
Photos by Robert Timmons

C.C. Pinckney Elementary School students dressed up as historical figures during the school's Living Museum event held Feb. 3-7. The annual event sees students stand like statues, but come animated once prompted. The students would then speak about the person they represent.













100% chance of learning

Pierce Terrace welcomes local weatherman

Story and photos by LORRAINE EMORY Pierce Terrace Elementary School

Pierce Terrace Elementary School had a special guest recently as Adam Clark, the chief meteorologist for a local television station, visited the Universal PreK students to share his expertise in weather sci-

With an impressive 20-year career in meteorology, Clark captivated the young learners at the Department of Defense Education Activity school by bringing real-world weather concepts into their classroom.

Clark spoke to the students while on the stage in the cafeteria area Feb.3, where all Universal PreK classes gathered to observe and ask questions.

The visit aligned with the students' learning objective on light, an essential component in understanding weather phenomena.

Clark explained how light works, breaking down the differences between short and long waves in a way that was engaging and easy for young minds to grasp.

He also introduced general weather concepts, helping the students understand how light and waves contribute to different weather patterns.

Through interactive discussions and demonstrations, Clark made meteorology come to life for the

The children eagerly participated, asking questions about the sun, the development of hail, natural light vs. artificial light, and static electricity.

His ability to simplify complex scientific principles made the experience both educational and enter-

PreK teacher Jodina Tyson expressed her excitement about the visit, stating, "It was a successful visit having the chief meteorologist."

Principal Robert Battey also shared his apprecia- employees.

tion, stating, "Thanks to Adam Clark and Channel 10 for making the time to present to our students. It was an excellent learning opportunity."

Pierce Terrace Elementary School values opportunities to connect students with professionals who can enhance their curriculum with real-world applications. Clark's visit was a fantastic example of how hands-on learning can inspire curiosity and a deeper appreciation for science from an early age.

The school expressed its gratitude to Adam Clark and his station for their commitment to education and community engagement.

His visit left a lasting impression on the young learners, sparking an interest in weather and the science behind it. With experiences like this, the future of Science, Technology, Engineering and Mathematics learning continues to shine brightly at Pierce Terrace Elementary.

DODEA schools were lauded recently for their average test scores being higher than their national

According to DODEA, its schools prioritize critical thinking, collaboration, and problem-solving skills—essential for success in higher education and future careers.

DODEA operates 160 accredited schools in 8 districts in 11 foreign countries, seven states, Guam, and Puerto Rico. DODEA Americas operates 50 accredited schools across two districts, located on 16 military installations, including Army, Navy, Marine Corps, Air Force, and Coast Guard bases in seven states. Puerto Rico, and Cuba.

The DODEA website states there are nearly 900,000 military connected children of all ages worldwide, of which more than 64,000 are enrolled in DODEA schools and served by more than 14,000

DODEA students lead nation in National Assessment of Educational Progress

By MICHAEL O'DAYDODEA Public Affairs

The Department of Defense Education Activity continues to set the benchmark for student achievement, with fourth and eighth-grade students again leading the nation in the 2024 National Assessment of Educational Progress Reading and Mathematics Assessments.

These results highlight the effectiveness of DODEA's commitment to rigorous academics, innovative learning environments, and a 21st-century education model designed to equip military-connected students with the skills needed for future success.

DODEA students' average scale scores ranged from 14 to 25 points higher than their national counterparts, maintaining or improving their performance while national scores largely declined.

The consistency of these results underscores the stability and excellence of DODEA schools, which serve the children of military personnel stationed around the globe.

"The continued success of DODEA students on the NAEP assessments reflects the hard work of our educators, the dedication of our students, and the unwavering support of military families," said Dr. Judith Minor, DODEA Americas Director for Student Excellence. "Our commitment to academic excellence and innovation ensures that every military-connected child receives the quality education they deserve."

The exceptional performance of DODEA students carries significant weight for military families.

Frequent relocations, deployments, and the unique demands of military life create educational challenges for children of service members. DODEA's unwavering



Leader file photo

A drill sergeant leader walks her children to the first day of school in 2022. Department of Defense Education Activity students' average scale scores ranged from 14 to 25 points higher than their national counterparts.

dedication to continuity in education ensures these students receive top-tier academic instruction regardless of location.

A key driver of DODEA's success is its investment in a modernized 21st-century education model, emphasizing digital-based assessments, personalized learning experiences, and cutting-edge instructional strategies.

These innovations have helped sustain high academic achievement levels, particularly in math and reading, where DODEA students significantly outperform their national peers.

In fourth-grade reading, DO-DEA students posted an average score of 234, outperforming the national public-school average of 214.

Similarly, in eighth-grade reading, DODEA students scored 282 compared to the national average of 257.

Mathematics results followed the same trend, with fourth-graders scoring 251 (national average: 237) and eighth-graders scoring 291 (national average: 272).

These gains are particularly

noteworthy given the broader national trend of declining scores in recent years.

The contrast further underscores the effectiveness of DO-DEA's educational approach.

Beyond academic performance, DODEA schools prioritize critical thinking, collaboration, and problem-solving skills—essential for success in higher education and future careers.

By integrating technology into daily instruction, fostering student-centered learning, and employing highly qualified educators, DODEA ensures its students can handle the challenges of an evolving world.

DODEA operates as a field activity of the Office of the Secretary of Defense.

It is responsible for planning, directing, coordinating, and managing pre-kindergarten through 12th-grade educational programs for the Department of Defense.

Committed to excellence in education, DODEA fosters well-rounded, lifelong learners, equipping them to succeed in a dynamic world.

Heart health matters: A personal journey to cardiovasular wellness

By CAPT. ANTOINETTE DINGLE

Army News Service

As I sit here, reflecting on my personal path with heart health, I am reminded of the necessity of maintaining our cardiovascular health. My grandfather's fourth heart attack at the age of 92 was a wake-up call for me, sparking a desire to educate others about the importance of heart health.

I recall vividly the day my grandfather suffered a heart attack. I was in my late forties, and it shocked our entire family. Fortunately, he received immediate medical attention and fully recovered. However, this event showed me the value of being proactive in my own heart health. I began making lifestyle adjustments, such as exercising consistently, eating a healthy diet, and dealing with stress. I also scheduled regular check-ups with my healthcare practitioner to monitor my blood pressure and cholesterol levels.

Impact of Heart Disease:

Heart disease is the leading cause of death globally, accounting for more than 17.9 million deaths per year. Every year, about 647,000 individuals die from heart disease in the United States alone. However, it is not simply the statistics that are concerning; it is the human stories of loved ones who have been afflicted by heart disease. I've seen directly how heart disease affects families and communities.

Lessons learned:

Through my own experiences, I've learnt the value of being proactive about heart health. Here are several important takeaways:

Get moving: Regular exercise helps lower blood pressure, improve circulation, and mini-

	Attacks: Mo			
	Heart Attack Symptoms			
	Chest pain	(d)	- 7	
	Chest pressure	Ó		
Ŧ	Pain in arms, neck, or jaw	0		
	Irregular heartbeat	<u> </u>		
	Discomfort between shoulder blades	Q		
-	Shortness of breath	7 9		
	Heartburn or indigestion	7		
	Gas-like abdominal pain	·		
	Sweating	<u> 7</u> 9	- +	
	Cold sweat	Q		
	Dizziness or light-headedness	<u> </u>		
	Nausea	<u> </u>		
	Fatigue	<u> </u>		
	Sleep problems	2		
+	Anxiety	(Ç)		
PRODUCED BY THE COURSE HEALTH AND NO.				

mize your risk of heart disease.

Eat smart: A well-balanced diet rich in fruits, vegetables, and whole grains will help your heart stay healthy.

Manage stress: Stress can have a bad impact on heart health, so it's critical to find healthy ways to cope, such as meditation or yoga.

Get enough sleep: Inadequate sleep can raise the risk of heart disease, so aim for 7-8 hours every night.

Do not smoke: Smoking is a big risk factor for heart disease, therefore quitting can significantly reduce your risk.

Take Action:

By sharing my personal story, I hope to encourage others to take control of their heart health. You can take the following steps:

Schedule a check-up with your healthcare provider to discuss your risk factors and receive

an initial assessment of your heart health.

Make healthy lifestyle changes: Begin by exercising regularly, eating a well-balanced diet, and controlling stress.

Get support: Surround yourself with individuals who will help and encourage you to make good decisions.

Heart health is important, and we must all take responsibility for our own cardiovascular health. By sharing my personal story, I hope to inspire people to adopt healthier lifestyles and prioritize their heart health. Remember, it is never too early or too late to start caring for your heart.

Take the first step today and join me on this road to cardiovascular health.

To learn more about keeping your heart health, please visit www.heart.org and www.cdc. gov/heart-disease/php/heart-month/index.html

SALUTING THIS CYCLE'S HONOREES

2th Battalion, 60th Infantry Regiment

DRILL SERGEANT
OF THE CYCLE

Sgt. 1st Class Dillon Graben

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt.Syncere Palmer

SOLDIER OF THE CYCLEPfc. Garion Young

BRAVO COMPANY SOLDIER LEADER OF THE CYCLE Pvt. Yoanna Guerrero

SOLDIER OF THE CYCLE
Pvt. Duncan Bauman

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Solomon Ola

SOLDIER OF THE CYCLE
Pfc. Miguel Pichardo-Colon

SOLDIER LEADER
OF THE CYCLE
Pvt. Eric Gardiner

SOLDIER OF THE CYCLE
Pvt. Landon Grant

SOLDIER LEADER
OF THE CYCLE
Pvt. Dwayne Boateng

SOLDIER OF THE CYCLE Pfc. Jonathan Loop

Hegseth

Continued from Page 2

tion and merit across the Defense Department.

"We share the same goals," he told the committee. "A ready, lethal military; the health and well-being of our troops; and a strong and secure America."

He also said he would trim the bureaucracy and reallocate resources to the warfighter.

"We won World War II with

seven fourstar generals," he said. "Today we have 44. ... There is an inverse relationship between the size of staffs

and victory on the battlefield. We do not need more bureaucracy at the top. We need more warfighters empowered at the bottom. So, it is going to be my job ... to identify those places where fat can be

WE NEED MORE WARF-IGHTERS EMPOWERED AT THE BOTTOM ...

> - Pete Hegseth Secretary of Defense

Army National Guard officer, Hegseth, 44, served as an infantryman leading troops in Iraq and Afghanistan

cut, so it can go

toward lethality."

former

Α

and guarding detainees at Guantanamo Bay. His military awards include two Bronze Star Medals, the Joint Commendation Medal, two Army Commendation Medals, the Combat Infantryman

Badge and the Expert Infantryman Badge.

Hegseth said his role as the 29th secretary of defense is "the most important deployment of my life."

Hailing from Minnesota, Hegseth graduated from Princeton University in 2003 and earned a master's degree from Harvard University in 2013. He has led organizations advocating for veterans, served as a Fox News host and published several books.

Hegseth and his wife, Jennifer, have seven children.

Events

Continued from Page 4

an hourly rate. Pre-register at Marion Street Station: \$25 per person for all day (four hours), \$10 per person per hour (pre-register), \$15 per person per hour (day onsite/cash only). No automatic or .50 cal weapons allowed. The event is open to all authorized ID card holders 12 and older. Those under 17 must be accompanied by an adult.

FEB. 9

Big Game at the Downrange Bar

Come watch the big game at the Downrange Bar. Doors open at 3 p.m.

WEDNESDAY

S.T.O.M.P. Workshops

10 a.m. to noon, MS Teams. Join Army Community Service for Specialized Training of Military Parents or S.T.O.M.P. S.T.O.M.P. workshops and webinars are designed to provide information and resources to Exceptional Family Member Program families, and individuals with disabilities, to help then access and navigate the education and medical systems. The workshops will also be held Feb. 19 and 26.

FEB. 12-13

Just Kickin' It Soccer Tournament

Grab your cleats and join the Directorate of Family and Morale Welfare and Recreation for an intramural socer tournament held at the Hilton Field Sports Complex. A Department of Defense ID card is required to play. Letters of intent for teams are due Feb. 7. For more information, call (803) 751-3096.

FEB. 14

Valentine's Trap Shoot

1-4 p.m., Aachen Range. Come out and join Post Command Sgt. Maj. Erick Ochs for a Valentine's Day trap shoot. Bring your Valentine and they will shoot for half price per round. For more information, call

Marion Street Station at (803) 751-3484.

FEB. 20

Olympic Lifting Workshop

5:30-7 p.m., Vanguard Gym. Want to learn how to lift correctly join the Olympic Lifting Workshop and learn the proper way to do the clean and jerk.

FEB. 22

Charleston Brews Cruise

9:30 a.m. to 6 p.m., Marion Street Station. Join Outdoor Recreation for a guided drinking tour downtown Charleston. Snacks and bottled water are provided. Coolers will be on the bus for storage. Must be 21+ Patrons cannot register over the phone if they have never been to Marion Street Station ID Card verification. For more information, visit Marion Street Station, or call (803) 751-3484.

FEB. 25 Shred Day

9 a.m. to 2 p.m., 5671 Liberty Division Ave. Come and bring your paper, card-

board, magazines, containers, steel cans, newspapers and writing paper to the Fort Jackson Recycling Center on shred day. The event is open to all Department of Defense ID card holders.

FEB. 27

Citizenship and Immigration Services Virtual Training

5:30-6:30 p.m., MS Teams. Get all your questions answered regarding: How to apply for lawful permanent residency (green card) or naturalization/citizenship;how to replace lost or misplaced permanent residency and/or citizenship documentations; how to complete application forms and all supporting documents needed to complete the application; and any other questions you may have. Participants are invited to ask questions that are not case-specific.

Pickleball Tournament

5 p.m., Perez Gym. Come and out show o your pickleball prowess. Sign up at any gym, or call (803) 751-6258.

DID YOU KNOW: Every flight of stairs having four (4) or more steps/risers shall be equipped with standard railings or guards to aid with support.

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS CATHOLIC MASS GOSPEL SERVICE GENERAL PROTESTANT REVIVE SERVICE JEWISH SHABBOS SERVICE	SUNDAY MON-FRI SUNDAY SUNDAY SUNDAY FRIDAY	9:30-10:30 A.M. NOON 10:30 A.M. 11 A.M. TO NOON 5 P.M. 6-7 P.M.	MAIN POST CHAPEL MAIN POST CHAPEL KINGS MOUNTAIN CHAPEL MAIN POST CHAPEL MAIN POST CHAPEL LIGHTNING CHAPEL
INITIAL ENTRY TRAINING CATHOLIC MASS PROTESTANT CONSOLIDATED SERVICE CHURCH OF CHRIST HISPANIC PROTESTANT SERVICE ANGLICAN ISLAMIC SERVICE JEWISH SERVICE THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS HEATHEN/PAGAN	DAY SUNDAY SUNDAY SUNDAY SUNDAY SUNDAY SUNDAY SUNDAY SUNDAY SUNDAY	TIME 8-9 A.M. 9:30-10:30 A.M. 10:30-11:30 A.M. 8:30-10 A.M. 8-9 A.M. 8-9 A.M. 10:15-11:30 A.M.	PLACE SOLOMON CENTER SOLOMON CENTER CENTURY DIVISION CHAPEL POST THEATER SOLOMON CENTER KINGS MOUNTAIN CHAPEL LIGHTNING CHAPEL WASHINGTON ROAD CHAPEL CENTURY DIVISION CHAPEL

Fort Jackson firefighter cooks online, at the station

By ROBERT TIMMONS and VERAN HILL

Fort Jackson Public Affairs

For one Fort Jackson firefighter service is a passion.

"Nick's focus is on service, service to the community, and service to us brothers and sisters that serve the community," said Harry Stark, deputy fire chief.

Nicholas Hammond isn't just a firefighter; he is a social media chef and cook for his team.

Hammond has been with the Fort Jackson Fire Department for roughly eight months and has made a lasting impact felt across the team.

"For someone to love what they're doing makes all the difference in the world," Stark said.

Hammond's meals are "phenomenal," he added. His skills help the department on deeper level.

"He's able to put together a menu off the cusp, and you know, put together 48 hours

full of meals, and knows exactly what they are, and exactly what the cost is going to be to all the guys," Stark said.

The team chips in to buy the meals.

Hammond said he cooks three meals for the team and likes to keep breakfast "really traditional, eggs, grits and sausage, or bacon usually toast, or anything like that that's what you are getting. It doesn't get any better than that, it's the best thing."

Online Hammond cooks to "inspire somebody to get the kids to start cooking," he said.

Viewers are encouraged to put their own spin on it. If a viewer doesn't like it spicy, they can skip the cayenne pepper.

"I'm gonna put a video and recipe out in from of you, and I want you to make it in your home," he said. "You don't have to follow everything I do – make it your own."

He once made a "big ole batch of smoked sausage, pasta and a little cheese on top," that was devoured by his fellow firefighters.

For every man in there they have an appetite, he added.



Photo by VERAN HILL

Nicholas Hammond, a firefighter with the Fort Jackson Fire Department discusses his love of cooking, Jan. 31. Hammond is an online chef and cooks meals for his fellow firefighters when on shift.

Hammond is good for morale, Stark

Stark characterized him as "a good fa-

ther, a good husband, a good firefighter ... and is very impactful on the team here. He makes everything better."



They're back!

Fort Jackson Public Affairs

Faculty from the Lighthorse School Age Center, Building 5798, celebrated the center's reopening, Jan. 29.

The center quickly rebounded from damage caused by recent winter storms.

The Directorate of Public Works quickly assessed the damage and crews arrived to fix the center.

Workers responded within 30 minutes of being called.

"When daycares close this can have a big impact on the mission of Fort Jackson," said Paula Currier, Child and Youth Services administrator.

She said it was vital to keep CYS buildings operational, since the CYS mission is to support the quality of life for children and youth in the military by reducing conflicts between parental responsibilities and military requirements



2025 AER Campaign Kickoff and Bowling Competition takes place from 3-5 p.m. Feb. 27 at Century Lanes Bowling Center

STARIS LERE



Eli Lowe, a sixth grader at C.C. Pinckney Elementary School, reads off a note during the school's Living Museum, Feb. 3. The school held the event Feb. 3-7.