

WEDNESDAY, NOV. 27, 2024

THE FORT JACKSON LEADER

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Legacy of Service: Following in his father's footsteps

By MAJ. CHAD NIXON
84th Training Command

In an inspiring testament to family tradition and duty, Pfc. Robert Clark is following in his father's footsteps and recently joined the Army to serve as a Religious Affairs Specialist.

His father, Sgt. 1st Class Robert Clark, a Religious Affairs Noncommissioned Officer, with the 84th Training Command, and his wife Amy Clark, recently attended the graduation of their son from Basic Combat Training at Fort Jackson, Sept. 9.

When asked why Pfc. Clark decided to choose the same career path as his father, his father's experience and faith came to mind.

"I want to follow in my dad's footsteps and turn to him for guidance," Clark said. "I just felt a calling to this job."

Reflecting on the momentous occasion, Sgt. 1st Class Clark shared, "There was an overwhelming sense of pride that the young child I held in my arms all of those years ago, whom I had coached, and mentored had now taken a huge step towards becoming his own person—and that of a Soldier for this great Army."

Expressing his delight over his son's chosen path, Clark added, "While there are so many amazing opportunities and positions the Army offers, the fact that Robert has chosen to serve as a 'Spiritual Ambassador' by way of the Religious Affairs Specialist route, is beyond my ability to capture such joy with words.

"It's almost a confirmation that I, as a father,

have done at least one thing right in my son's upbringing."

Adding to the significance of the day, Amy Clark, Pfc. Clark's mother, commented on how it felt to finally see her son after being away for training.

"It was like water to a thirsty soul," Amy said. "Basic Combat Training changed him in very good ways. Being away from home helped him to see how profoundly he has been blessed. I think he realized the abundance of love and the strong familial ties that he has. It was also a time for him to draw close to God for strength. All these things were evident when we saw him after graduation."

Amy describes her son as a "hard worker" and a kid who would "jump right in" to get the job done. When asked if it was hard to watch him leave, Amy

was not worried at all.

"I was very excited for him. As a homeschool educator, it felt like a success, like crossing a threshold. All that we had worked together to achieve was coming to fruition. Watching him step out into his independence and his future gave me a deep feeling of satisfaction. That's not to say I didn't miss him, though."

Pfc. Clark is currently attending Military Occupational Schooling at Fort Jackson and will graduate today, with a follow-on assignment to Korea.

When asked about his experience and future, Clark is optimistic and ready for the challenges ahead.

"I am proud to become one of the few who serve and follow in my father's footsteps. Dad has encouraged me every step of the way. After graduation I would like to become an Airborne Soldier and serve my country for 20 great years."

IT WAS LIKE WATER FOR A THIRSTY SOUL. BASIC COMBAT TRAINING CHANGED HIM IN VERY GOOD WAYS.

- Amy Clarke
Mother of Pfc. Robert Clarke



Courtesy photo
Sgt. 1st Class Robert Clark embraces his son Pfc. Robert Clark in a celebratory hug after a graduation ceremony from Basic Combat Training held at Fort Jackson, Sept. 9.

ON THE COVER

Soldiers with 2nd Battalion, 13th Infantry Regiment salute during halftime festivities of the University of South Carolina's Salute to Service football game, Nov. 23.



Photo by ROBERT TIMMONS

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THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Jackson hosts SC athletes for state qualifier

Photos by Robert Timmons

The Soldier Support Institute and Fort Jackson hosted a 2024 South Carolina state qualifying cross country meet at Hilton Field, Nov. 15-16, where roughly 2,700 high school athletes squared off for a spot in the state championships.



(Clockwise from top) Runners in the 5A Division I Boys Even heat take off from the start point on Hilton Field.

A runner dashes past an Adjutant General Captain's Career Course student during the 5K race. The students were volunteering at the event as part of their class project, Nov. 15-16.

Capt. William Norman, a Captain's Career Course student, cheers on a runner during the 5A Division 1 Boys Odd heat, Nov. 15.

A student-athlete from Lexington High School in Lexington, S.C., leads fellow runners in the 5A Division I Boys Even heat, Nov. 15.

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.

Education Center Re-Opening

The grand re-opening of the Education Center will be held Jan. 15 after the Education Fair.

DHR Holiday Hours

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

Christmas Eve Training Holiday: Dec. 24
 Christmas Day: Dec. 25
 New Year's Day: Jan. 1
 DHR to include the ID Card section will be closed Nov. 29. For more information, call (803) 751-5608

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 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.

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 Fort Jackson Golf Club 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.

Down Range Bar Open For Lunch

The bar is open for lunch Wednesdays 10 a.m.-closing. It is open for short order 11 a.m. to closing. Patrons can order pick-up and delivery until 4 p.m. through the Chow Now App, <https://direct.chownow.com/order/36317/locations>.

Free Spin Classes

There are free Friday Spin Classes held at 4 p.m every Friday at Vanguard Gym. For more information, call (803) 751-3700.

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TRANSITIONING SERVICE MEMBER POST SERVICE SURVEY

SCAN ME

SC DEPARTMENT OF VETERANS' AFFAIRS
VA
 LEAD • SERVE • REMEMBER

Fort Jackson Movie Schedule

3319 Jackson Blvd.
 Phone: 751-7488

SATURDAY, NOV. 30

■ Moana 2 (PG) 2 p.m.

WEDNESDAY, DEC. 4

■ The Best Christmas Pageant Ever (PG) 2 p.m.

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



THANKSGIVING MEAL SCHEDULE

UNIT	BLDG.	MEAL	DATE	TIME
1-61ST	11900	DINNER	NOV. 27	4-6:30 P.M.
3-34TH		DINNER	NOV. 27	4-6:30 P.M.
3-39TH	11500	DINNER	NOV. 27	4-6:30 P.M.
1-34TH		DINNER	NOV. 27	4-6:30 P.M.
1-39TH	10540	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
2-39TH	10401	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
1-13TH	5455	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
2-13TH	** 4270	LUNCH	NOV. 28	11:30 A.M. TO 2:30 P.M. **
3-13TH	5454	LUNCH	NOV. 27	3:30-6:30 P.M.
2-60TH		DINNER	NOV. 27	3:30-6:30 P.M.
120TH	1869	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
369TH	2302	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
DSA	9572	LUNCH	NOV. 27	11:30 A.M. TO 1:30 P.M.
USA-IRL		LUNCH	NOV. 27	11:30 A.M. TO 1:30 P.M.

* THE 4-39TH DINING FACILITY (BLDG. 10540) IS DESIGNATED ID CARD HOLDERS NOT ASSIGNED TO A FORT JACKSON UNIT AND THEIR GUESTS FROM 11:30 A.M. TO 2:30 P.M. NOV. 27.
 ** THE 2-13TH DINING FACILITY (BLDG. 4270) IS SERVING MEALS FOR RETIREES AND ID CARD HOLDERS FROM 11:30 A.M. TO 2:30 P.M. **

2024 HOLIDAY MEAL RATES
 Standard Cash Rates (Soldiers and Civilians) - \$11.40
 Discount Cash Rate - \$8.45 limited to Family members of E1-E4 or personnel on field duty with no per diem

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.



U.S. Army photo

A service member rests during a training exercise. Fort Jackson's installation chaplain, Chaplain (Col.) Stan Smith wrote the elimination of hurry can positively affect a person's life.

Soul Focus - The hurried life (part four)

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

We have been looking at the struggle with hurriedness in our lives over the last month or so.

In his book, 'The Ruthless Elimination of Hurry,' John Mark Comer describes hurry as "the great enemy of spiritual life today."

While there are a number of factors that influence the rampant hurriedness culture we live in, there are a few practices to implement to help reduce the frantic pace we find ourselves in.

We have looked at "silence and solitude" and 'sabbath' as ways to intentionally disconnect and recharge.

To wrap up our time on this topic, we will consider the disciplines of "simplicity and slowing."

Simplicity is the decision to be content.

Content with not only what we have, but in things that really matter ... like relationships.

THE 'IDEA ISN'T A NEGATION OF ALL DESIRE, IT'S A LIVING IN SUCH A WAY THAT YOUR UNFULFILLED DESIRES NO LONGER CURB YOUR HAPPINESS.'

One sociologist noted, "That in the western world, materialism has become the new dominant system of meaning."

The idea is not to throw away everything we have, but to change the way we view "stuff."

The idea "isn't a negation of all desire, it's a living in such a way that your unfulfilled desires no longer curb your happiness."

Living in simplicity will allow us to minimize our hurry.

Slowing is the last practice and one that may require the most work for many of us.

John Ortberg describes the discipline of slowing "as cultivating patience by deliberately choosing to place ourselves in

positions where we simply have to wait."

It is the contrast to what futurist David Zach calls "hyperliving - skimming along the surface of life."

The practice of slowing might include things like, driving the speed limit, getting in the longest checkout line at the grocery store, set a time for social media and television, or simply walk slower.

Easier said than done for many of us. But I am in agreement with Comer that beginning the practice of slowing will help us in our battle against hurry.

The ruthless elimination of hurry is rooted in our desire "to live from a deep place of love, joy, and peace."

This is similar to the life of Brother Lawrence who called his 'way of life the practice and the presence of God, because it takes practice to live from attention and awareness. Especially in the modern world."

I encourage each of us to consider these practices, among others, and realize the great benefit of eliminating hurry in our lives.

Jackson to serve 23,600 pounds of Thanksgiving meals

By **MAURICE MATTHEWS**
Defense Logistics Agency

When Fort Jackson sits down to eat Thanksgiving meals across post today and tomorrow, it will be eating part of the roughly 700,000 pounds of food stuffs shipped across the globe by the Defense Logistics Agency.

Shipping nearly 700,000 pounds of food across the globe in time for troops to enjoy a traditional Thanksgiving meal is a complex operation, but the team at the Defense Logistics Agency Troop Support prepares months in advance for their version of the big game.

Fort Jackson will serve 3,500 pounds. of turkey, 3,600 pounds of ham, 2,000 pounds. of salmon, 2,500 pounds of shrimp, 4,000 pounds of Cornish hens, and 2,000 pounds, of steamship round, 6,000 pounds of assorted fresh produce, fruits, and vegetables, and 5,000 pies (pumpkin, pecan, and sweet potato.)

Retirees, and guests of ID card holders not assigned to a Fort Jackson unit can eat at the 4th Battalion, 39th Infantry Regiment Dining Facility (Bldg. 10540) today from from 11:30 a.m. to 2:30 p.m. . Meanwhile, the 2-13th Dining Facility Bldg. 4270 will serve Thanksgiving meals to retirees and ID cardholders tomorrow from 11:30 a.m. to 2:30 p.m.

"Thanksgiving is an incredibly important holiday for DLA Troop Support. It is our Super Bowl," said Robin Whaley, DLA's chief of subsistence for customers outside the continental Unit-

See **MEALS:** Page 8



Maj. Gen. Daryl Hood, Army Training Center and Fort Jackson commander, leads the crowd in the cheer of 'Game ... Cocks!' before the start of the University of South Carolina's Salute to Service Football game, Nov. 23.

Photo by ROBERT TIMMONS



A spectator reaches out to shake the hands of members of the 282nd Army Band moments before the band took the field as part of the game's half time festivities.

Photo by ROBERT TIMMONS



Gamecocks defenders Fred 'JayR' Johnson, left, and Gerald Kilgore, right, close in on Wofford's Amir Annoor during first half action. The Gamecocks would win the game 56-12.

Photo by ROBERT TIMMONS

Saluting SERVICE

Soldiers from the Army Training Center and Fort Jackson, along with partners in excellence, joined the University of South Carolina in its annual Salute to Service football game held Nov. 23 at Williams-Brice Stadium in Columbia, South Carolina.

Maj. Gen. Daryl Hood started the game by leading the crowd in the "Gamecocks" cheer. At halftime, trainees and cadre from 2nd Battalion, 13th Infantry Regiment stood in formation while a color guard and rifle salute team from the U.S. Army Drill Sergeant Academy rendered honors, and the 282nd Army Band played. The Soldiers would witness the University of South Carolina Gamecocks defeat the Wofford Terriers, 56-12.



Members of the U.S. Army Drill Sergeant Academy color guard stand in formation during the halftime celebration of the University of South Carolina's Salute to Service football game.

Photo by NATHAN CLINEBELLE



Leader file photo

A Soldier talks on a radio during a recent exercise. A recent audit of the Department of Defense shows progress towards 2028 goals.

Watching your weight, wallet

By **S. MIRANDA FRISHCOSY**
Army Community Service

It's the most wonderful time of the year! With kids jingle bell-ing, and everyone telling, you be of good cheer! It's the most wonderful time of the year!

Ok, maybe that's not everyone's story. With the holidays coming up, all the possible (and numerous!) feasts at your workplace, grandmas, and all the other places you may visit, it could get pricy (and stressful) if you're providing a dish.

If you're not careful, you could end up swiping credit cards to buy something to take to Aunt Diane's house for the fifth holiday gathering you've been to in the last two weeks. On top of that, you've gained 10 pounds, and your entire body starts to ache

from all the delicious ham, casseroles, and my personal favorite, pecan pie!

I can almost see the eye rolls as your reading this page. "Eating healthy, at thanksgiving and Christmas? No thank you!" I'm not saying these foods are "bad," simply, there are better options and options that are easier for your body to process, such as choosing more turkey (99mg sodium) and less ham (1,030mg sodium).

As long as you don't have a medical diagnosis holding you to a specific eating regiment, you can have your cake and eat it to.

To help you out with that, I've provided some quick tips I use personally to help keep me on track with both my diet, and my budget.

For your diet: 1) Keep yourself accountable by making a few simple, attainable rules for yourself ahead of time. For instance, using a dessert plate instead of a dinner plate to



avoid piling your plate too high and then feeling guilty for either wasting food or overeating. You can always go back for seconds. 2) Ask yourself "Do I really want this?" if you're unsure, leave it off your plate. 3) Try to fill your plate with healthier options first, such as vegetables and turkey, and then add small samples of the casseroles, mac and cheese, and extra bread.

Your budget: stick to simple dishes.

Typically, the fewer ingredi-

ents, the healthier it is and the more budget friendly! For example, green beans (\$.64/can) can be inexpensive and a super healthy option, until you turn it into a casserole with cream cheese (\$1.97), cracker crumbs (\$2.76), and a stick of butter (\$4.26) (Total: \$9.63).

You can also opt for bringing dishes that involve ingredients you already have on hand.

For example, taking a cake to Aunt Diane's makes sense if you already have flour and sugar.

However, if you need to purchase an entire new bag of flour (\$2.38) and sugar (\$1.72), your wallet is heading down a slippery slope. That's not even including if you need to purchase oil (\$4.12) or eggs (\$2.16) (Total: \$10.38). A pre-made pumpkin pie may be a better option (\$5.87).

It may seem a bit crazy to make these rules for yourself, but trust me, when everyone else is complaining because they overate and can barely move, you will thank yourself when it comes time for the family football game. Not to mention, you will have extra gas money for travelling to the next event.

If you're not sure where to start with healthy, budget friendly recipes, scan the QR Code for a healthy alternative to a delicious fall treat.

If you want additional money saving tips, contact the Army Community Service Financial Readiness Program at 9810 Liberty Division Road. You may also give us a call at (803) 751-5256, Option 3.

Happy Holidays.

(Editor's note: All prices included are based off a local supermarket's prices for generic items.

**Sodium levels are based off 3.5oz (100g) servings, provided by the USDA. For more information visit: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171496/nutrients>

Meals

Continued from Page 5

of home on Thanksgiving Day."

"Getting the turkey and trimmings for Thanksgiving meals to our warfighters is one of the things we do best," said DLA Troop Support Commander Army Brig. Gen. Landis Maddox. "Many of our service men and women are far away from their loved ones during the holidays, and we need to make sure they have that traditional Thanksgiving dinner."

This holiday, military dining facilities can expect to receive:

- 139,665 pounds of turkey
- 176,791 pounds of beef
- 98,091 pounds of ham
- 49,055 pounds of shrimp
- 46,753 pounds of sweet potatoes
- 9,324 cases of pies and cakes
- 1,004 cases of eggnog

The amount of food being shipped this year is an increase from the 360,000 pounds of food sent out for last year's Thanksgiving meals. This is due to an increased military presence in Europe, Whaley said.

DLA Troop Support annually supplies America's armed forces with \$14 billion of food, uniforms, protective equipment, medicine and medical supplies, repair parts and construction and equipment. Its history, rooted in Philadelphia, began in 1800 with the construction of the Schuylkill Arsenal before the Civil War.



Leader file photo

There are plenty of food being served this year at the warrior restaurants on post. An Army Community Service specialist writes there are ways to watch your weight and your wallet on Thanksgiving.

Watching your weight, wallet

By **S. MIRANDA FRISHCOSY**
Army Community Service

It's the most wonderful time of the year. With kids jingle bells, and everyone telling, you be of good cheer. It's the most wonderful time of the year.

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Meals

Continued from Page 5

ed States. "Food is emotional, and we want to make sure that the soldiers, airmen, sailors, guardians and Marines serving around the world have that taste of home on Thanksgiving Day."

"Getting the turkey and trimmings for Thanksgiving meals to our warfighters is one of the things we do best," said DLA Troop Support Commander Army Brig. Gen. Landis Maddox. "Many of our service men and women are far away from their loved ones during the holidays, and we need to make sure they have that traditional Thanksgiving dinner."

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'The Weigh It Is' with Pam James-Long

There are so many reasons people get caught up in excitement during the holiday season. Attending parties, spending time with family and friends, or just enjoying the peaceful atmosphere and surroundings that make this time of year so special.



James-Long

We plan to do it all, to enjoy all of it, especially if the year has been a challenging one or an extremely busy one.

Now is the time to slow down and appreciate life and take in all that the holiday season often brings. However, at the same time, some things continue to keep our attention, such as weight gain.

We want (and plan) to have cake, pie, cookies, stuffing, etc., and accept what comes with indulgences. This time of year is filled with ups and downs as we try to fight the battle of the bulge.

Why must the holiday season and eating season mean weight gain?

The truth is, we can have a great time celebrating the holiday (and the meal and desserts) and do minimal damage to our waistline and our physical activity schedule.

During the holidays, yes, we struggle with sticking to our healthier eating and exercise habits. No one wants to gain weight (regardless of the season), but at the same time, no one wants to miss out on some holiday indulging.

There are many ways we can each enjoy this time of year and avoid (or minimize) weight gain.

From Thanksgiving to New Year's Day, we have a festival of seasonal treats and delicious foods. These are great times and struggling times. So many plates of tempting goodies are everywhere.

Many of us have accepted we will overeat during the holidays and embrace a six-week indulgence spur. This is often followed by getting back to exercise on Jan. 2.

It does not have to be that way. Yes, this can



Leader file photo

A child smiles broadly as a trainee and her family eat a traditional Thanksgiving meal, Nov. 22., 2023. Pam Long, Fort Jackson, a life coach with the Directorate of Family and Morale, Welfare and Recreation said eating during the holiday season doesn't have to equal weight gain.

be a difficult, but also a fun time of year that has the potential to throw us off track. Studies have shown that seasonal weight gain is real and putting on ten unwanted pounds (or more) can really happen.

Often, the turkey during Thanksgiving gets the bad rap, but three ounces of white turkey meat has about 130 calories. But a serving of sweet potato casserole or candied yams averages about 330 calories. Stuffing is about 107 calories per serving, sweet potato pie has over 300 calories a slice and the decadent pecan pie a whopping 500 calories a slice.

There are many best practices we can take advantage of during this time of year and, with some planning and moderation, we can get through this season and have a wonderful time every bite of the way.

Limit holiday drinking and other high-caloric drinks to possibly one or two.

A serving of mac and cheese or potato salad can be better balanced by adding lots of vegetables without sauces and gravies added to your plate.

Slow down and take your time.

The slower you eat, the more you give your

body time to register that it is full. These are just one of many tips you can use to help get through this holiday season.

Below are best practices that can help you avoid overeating.

- Focus on smaller portions to avoid eating more than you need, even if you go back for seconds.

- Make the healthier foods the star on your plate. Begin with salads or vegetables to help curb your appetite before indulging in richer foods.

- Try to eat only when you are hungry.

- Eat from your plate instead of off a tray to help keep portions under control.

- Make substitutions if you are cooking. Try lighter versions of favorite recipes.

- Beyond alcohol, sugary cocktails, eggnog, or festive lattes, are liquid candy. Try to balance these sugary drinks with lots of water.

- Try not to skip meals. It becomes challenging and your good intentions go right out the window because when we skip meals waiting for that special dish ... we overeat.

SALUTING THIS CYCLE'S HONOREES

2nd Battalion,
13th Infantry
Regiment

**DRILL SERGEANT
OF THE CYCLE**
Staff Sgt.
Alexander Hanson

**ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Devin Tuggle

SOLDIER OF THE CYCLE
Pfc. Joon Bae

**BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Ethan Bykov

SOLDIER OF THE CYCLE
Pfc. Beoncaye Whitaker

**CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Elliot Smith

SOLDIER OF THE CYCLE
Pvt. Cameron De La Motte

**DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Tya Johnson

SOLDIER OF THE CYCLE
Pvt. Mathilda Kunzelman

**ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Aleena Maciel

SOLDIER OF THE CYCLE
Pvt. Grayson Hacker

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Events

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COMMUNITY EVENTS

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 and more.

DEC. 9

Arc of South Carolina Webinar

10-11 a.m., MS Teams. Join the Fort Jackson

Exceptional Family Member Program for a webinar providing information and resources to empower families. To RSVP, call (803) 751-5256 .

DEC. 14

Holiday Parent and Youth Snacks & Splats

1-5 p.m., Solomon Center. Come join us for a great time and learn some basic painting skills. The last day for sign up is Dec. 12. This event is a parent and youth class for children in grades 6-12. To be eligible to attend, each child must be registered in Child and Youth Services and must be enrolled in the teen program on Fort Jackson. For more information and sign up, call (803) 751-6387.

Jingle Bell Fitness Run

8 a.m., 1917 Club. This 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.

Waffles with Santa

9 a.m., 1917 Club. Come and enjoy a festive breakfast buffet at our 1917 Club following our Jingle Bell Run. Photo opportunities with Santa. Breakfast Buffet: \$12 per patron and \$6 for children ages 4 to 10.

Weigh

Continued from Page 9

Those are some great practices to remember, but also do not neglect your physical fitness.

Just walking can burn 100 calories in 30 minutes.

Walking also helps with digestion, which helps with elimination.

This makes you feel better because, yes, you indulged, but you did not abandon your wellness habits.

That is how we strike a balance between enjoying the holiday season and the importance of self-control and physical activity. You may not get rid of all the calories you consumed, but you did not neglect your physical activity either. This will help you once the

holiday season is over.

We do not have to deprive ourselves during the holiday season. Practice moderation when it comes to indulging.

Create a plan and do your best to stick to it.

Do not skip physical activity just because it is the holidays.

Allow your workout to help you keep and remain aware that the holiday season will pass and remember how you want to go into the new year.

Pam's thought for the week: "Don't forget to set your scales back ten pounds this week."

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. Contact Pam Long, at (803) 751-3700 for more information or to become a member of the fitness and wellness program.

DID YOU KNOW: Hypothermia occurs when a person loses more heat than they are able to produce, causing an abnormally low body core temperature (body temp falls below 95°F.)

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CHRISTMAS EVE SERVICE	DEC. 24	7:30 P.M.	MAIN POST CHAPEL
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



Photo by ROBERT TIMMONS

Just a drill ...

Edward Newton, installation antiterrorism officer, checks to see if a door is locked during an active shooter drill held in the Strom Thurmond Building, Nov. 21. Fort Jackson conducts antiterrorism drills to ensure the community knows what to do in case of an emergency. Employees are taught that during active shooter incidents to lock their office doors and not open them until an 'all-clear' has been given.



Army Community Service

Nov 28,29.....Closed
Dec 24,25Closed
Dec 31, Jan 1.....Closed
Jan 2.....Normal Hours

Auto Craft Shop- Dec 19 - Jan 5 Block leave hrs 8 a.m. to 4 p.m.

Nov 28,29.....Closed
Dec 24,25Closed
Dec 31, Jan 1Closed
Jan 4Normal Hours

Century Lanes Bowling Ctr

Nov 28,29.....Closed
Dec.17-19Closed
Dec 205-10 p.m.
Dec 213-8 p.m.
Dec 2212-6 p.m.
Dec 23-26.....Closed
Dec 27.....5-10 p.m.
Dec 2812-8 p.m.
Dec 2912-6 p.m.
Dec 30Closed
Dec 31, Jan ,2 1.....12-6 p.m.
Jan 35-10 p.m.
Jan 412-8 p.m.
Jan 512-6 p.m.

Child Youth Services CDCs and SACs

Nov 28Closed
Nov 29 Lighthouse CDC
(Bldg 5979) & Lighthouse
SAC (Bldg 5975)
open..... 5:30 a.m.-6 p.m.
all other centers closed.
Dec 20-29.....7 a.m.-5 p.m.
Dec 23-27:

Care will be condensed:
CDCs @ Lighthouse CDC
(Bldg 5979) & Pickens CDC
(Bldg 5978) SAC@Lighthouse
(Bldg 5975):
Dec 25, Jan 1 ... All Centers
Closed

Youth Center

Nov 28-29.....Closed
Dec 20-31.....7 a.m.-5 p.m.
Dec 25, Jan 1.....Closed

Parent Central Services

Nov 28,29Closed
Dec 23-27.....9 a.m.-1 p.m.
25 Dec.....Closed
Dec 30-31Normal Hours
Jan 1Closed
Jan 2Normal Hours
Liberty Extended Care Center
Nov 27.....Closes at Midnight
Nov 28Closed
Nov 29opens at 6 p.m.
Dec 20-Jan 2Closed

1917 Club

Nov 28-29.....Closed
Dec 21-Jan 14Closed
Jan 15-Lunch Open-short
order only

Down Range Bar

Nov 28-29Closed
Dec 21-Jan 14Closed
Jan 15Normal Hours

Palmetto Greens, 512 Trolley

Dec 14-Jan3Closed

Fort Jackson Golf Club

Nov 28Closed
Dec 25Closed

Marion Street Station

Nov 2710 a.m.-2 p.m.
Nov 28,29.....Closed
Dec 17-2011 a.m.-4 p.m.
Dec 24-25.....Closed
Dec 26-27.....11 a.m.-4 p.m.
Dec 31 -Jan 1Closed
Jan 2Normal Hours

Victory Bingo

Nov 28,29.....Closed
Dec 24-26.....Closed

Victory Travel Center

Nov 27-29Closed
Dec 17-20, 23.....9 a.m.-2 p.m.
Dec 24-25Closed
Dec 26,27,30.....9 a.m.-2 p.m.
Jan 1Closed
Jan 2Normal Hours

Fitness Classes

Nov 28-29.....No Classes
Dec 23-Jan 1No Classes
Jan 2Normal Hours

Perez Fitness Center

Nov 28-29.....Closed
Dec 23-24.....6 a.m.-4 p.m.
Dec 25Closed
Dec 26-31.....6 a.m.-4 p.m.
Jan 1Closed
Jan 2Normal Hours

Vanguard Gym

Nov 28-29.....Closed
Dec 23-24.....6 a.m.-4 p.m.
Dec 25Closed
Dec 26-31.....6 a.m.-4 p.m.
Jan 1Closed
Jan 2Normal Hours

Coleman Gym-Open 24 hrs

Nov 28-29Unstaffed
Dec 18 -Jan 1Unstaffed
Jan 2Normal staffed hrs

Thomas Lee Hall Library

Nov 28-30.....Closed
Dec 24-25Closed
Dec 31-Jan 1Closed
Jan 2Normal Hours

Knight Pool

Nov 1-Jan 3 -
Tentatively Closed

Weston Lake

Nov 28-30Closed
Dec 24-25Closed
Dec 31Closed
Jan 1Closed
Jan 2Normal Hours

Recycle Center

Nov 28-29Closed
Dec 25Closed
Jan 1.....Closed
Jan 2Normal Hours

Videorama

Nov 28-29Closed
Dec 19-Jan 2Closed

VICTORY... STARTS HERE



A color guard from the U.S. Army Drill Sergeant Academy marches onto the field at Williams-Brice Stadium, Nov. 23 during the halftime show of the University of South Carolina's Salute to Service football game against Wofford.