

THURSDAY OCT. 5, 2023

# THE FORT JACKSON LEADER

"VICTORY ... STARTS HERE."

**WALKING TOWN HALL  
NETS POSITIVE RESULTS**



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# DOD offers infant safe sleep tips, resources

By **KATIE LANGE**  
DOD News Service

Military families often have more parenting-related logistics to worry about than civilian families, such as consistent moves, deployments and rotating child care that can throw off schedules for parents and their children. But experts say it's important for infants to have a safe sleep environment, no matter where you are or what you're dealing with.

This year, the American Academy of Pediatrics published new guidance on safe sleeping environments for infants to decrease the risk of sudden infant death syndrome, or SIDS, and other unexpected infant deaths. The five recommendations are as follows:

- 1) Always have your baby on their back to sleep.
- 2) Use a firm, flat surface for sleeping such as a crib or bassinet.
- 3) Keep soft objects and loose bedding out of the sleep area, including bumper pads and pillows.
- 4) Room share, but don't bed share, to decrease the risk of suffocation or other infant-related deaths.
- 5) Don't let your baby get overheated. Watch for flushed skin/cheeks, sweating or a hot chest.

Shannon Best, a licensed marriage and family therapist with the DOD's Family Advocacy Program, said the "ABCs" of the recom-



Defense Health Agency photo

**A baby sleeps on his back in a crib that just has a fitted sheet on it and nothing more. To prevent sudden infant death syndrome, or SIDS, experts say caregivers should always place babies on their backs for naps and at nighttime with no extras in the sleeping space.**

mendations couldn't be stressed enough.

"All infants should be sleeping in their own sleep space — not bed sharing or surface sharing, such as on a couch or any other location — but Alone in their own sleep space on their Backs," she said. "And then in a Crib or another approved firm, flat surface that's free from other suffocation hazards like bumpers, blankets, toys, stuffed animals, that sort of thing."

Another good tip offered by the

AAP to prevent SIDS included offering your baby a pacifier to sleep once he or she is a few weeks old and breastfeeding has been established.

One aspect unique to military life is the permanent change of station move. These moves happen every few years and require families to uproot their lives and go wherever their service member has been called to serve.

The long-distance travel that's often required with those moves

can complicate an infant's sleep routine. Best, who is a military mom herself, said she understands the frustrations of living in temporary housing and not having friends or family around to help. She said when families are in the middle of a PCS, the best thing to do is plan ahead.

"Be planning for that safe sleep environment for any small children and infants to ensure ... they have their separate sleep space that's safe for them," she said.

"Typically, parents think, 'OK, I'll just put the baby in the bed with me.' But that's the danger. At hotels, you often can reserve cribs or they have a portable crib."

Military families preparing for a move can find a "Plan My Move" checklist on Military OneSource to help. Best said there's a questionnaire on it based on family needs.

"For example, if they indicate that they have a child under the age of 6, one of the items that will automatically populate on that checklist is a safe sleep environment for infants," she said.

Best also suggested parents talk with their baby's other caretakers about safe sleep habits so those people are aware and prepared. Oftentimes, military families rely on friends and family to help them care for their baby, and those folks might try to offer conflicting recommendations.

She said military families also have to make sure they're communicating with anyone who's unfamiliar to their child, such as a neighbor or a new caregiver in the town they just moved to, just to make sure everyone is on the same page.

The Family Advocacy Program launched a new DOD-wide safe sleep campaign in the spring. On Military OneSource, parents can find updated articles and information on the new recommendations.

## ON THE COVER

**Brig. Gen. Jason E. Kelly, Fort Jackson commander, speaks to a housing resident during the walking housing town hall, Oct. 3.**



**See Page 6-7** Photo by **ROBERT TIMMONS**

## THE FORT JACKSON LEADER

"We Make American Soldiers"

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# Jackson gets 'folksy' at festival

## Oktoberfest brings community together

Roughly 200 Fort Jackson community members dusted off their lederhosen and headed to the NCO Club for the post's Oktoberfest celebration, Sept. 29. Oktoberfest is a traditional Bavarian folk festival where families get together for music, food, beverages and games. Fort Jackson's cel-

ebration hosted by the Directorate of Family and Morale, Welfare and Recreation started off with a volksmarch across post where patrons along the way were given beverages, pretzels and had candy tossed to them. Later on they threw faux axes and heard polka music from a live band.



Photo by ROBERT TIMMONS



Photo by ROBERT TIMMONS



Photo by ROBERT TIMMONS



Photo by NATHAN CLINEBELLE



Photo by NATHAN CLINEBELLE



Photo by ROBERT TIMMONS



# Community Updates

## ANNOUNCEMENTS

### Commissary/Exchange access update

The temporary authorization for Department of the Army Civilians to use the Commissary and Exchange during the COVID-19 pandemic was canceled June 8, 2023.

### Marion Avenue Closure

The intersection of Marion Avenue and Hampton Parkway is closed as Army Corps of Engineers contractors begin work on the Victory Fresh parking area adjacent to the U.S. Army Drill Sergeant Academy dining facility. Contractors will begin clearing of trees, excavation and installation of storm drains, and construction of a new parking lot. The closure will affect traffic accessing Marion Avenue from Hampton Parkway. Detour and road closure signs will be present in the area. The project is expected to be completed by Oct. 25.

### ArmyIgnitED 101

Are you new to tuition assistance or credentialing assistance? Maybe you are looking for some refresher training. The Fort Jackson Army Continuing Education System is holding ArmyIgnitED 101 briefs every second and fourth Mondays and Wednesdays of each month. The briefing are held virtually, starting at 10 a.m. Mondays, and in person at the Education Center (4600 Strom Thurmond Blvd.) beginning at 10 a.m. Wednesdays. To sign up email your attendance request to [usarmy.jackson.93-sig-bed.mbx.dhr-jacksonedcenter@army.mil](mailto:usarmy.jackson.93-sig-bed.mbx.dhr-jacksonedcenter@army.mil). Walk-ins are welcome.

### Guest Day at the Fort Jackson Golf Club

Fort Jackson Golf Club members are now permitted to bring up to three guests on guest days. Green fees are waived for a member's guest(s), but each guest must pay cart and user fees. Upcoming

Guest Days are: today; Oct. 14, 20 and 29; Nov. 2, 9, 16 and 26; Dec. 2, 8, 14 and 20.

### Alpine Lodge now open

Renovations are complete and this lodge is ready for: birthday, holiday, retirement, promotion parties, even weddings. Parties, get togethers, you decide. Includes: amazing location, pond (no swimming) overlooking loft, outdoor porch, full size kitchen (no stove) tables and chairs. For more information, call Outdoor Recreation at 751-3484.

### POV Sales Lot

The privately-owned vehicle sales lot, operated by the Auto Craft Shop, is located at the corner parking lot of the Strom Thurmond Building off Marion Avenue. It is open so you can sell your vehicles, boats, trailers, recreational vehicles, and motorcycles. You must have a government ID or be the immediate family member of a government ID Cardholder, proof of registration and insurance to park on the POV Sales Lot. The cost is \$25 per vehicle for 30 days and this includes being advertised on the Fort Jackson Auto Craft webpage.

## COMMUNITY EVENTS

### SATURDAY

#### Golf Course Open to the Public

8 a.m., Fort Jackson Golf Club. The Fort Jackson Golf Club is now open to the public. Enjoy demo days, long drive competitions and more. For more information, call (803) 562-4437.

### OCT. 12

#### Community Information Exchange

11 a.m. to 12:30 p.m., NCO Club. Command teams, Soldier Family Readiness Groups, Soldiers, Department of the Army Civilians, spouses and retirees are invited

to join Col. Timothy J. Hickman, garrison commander for a community information exchange. Attendees will hear updates from units and activities across post to include the Armed Forces Wellness Center, Defense Commissary Agency, Directorate of Family and Morale, Welfare and Recreation and more. For more information, call 751-1711.

### Thrift Savings Plan

2:30-4 p.m., 1565 Hall Street. /Army Community Service will conduct a Thrift Savings Plan Seminar. Do you want to gain a better understanding about the different funds and how they can impact your plan for retirement? Learn the differences between Roth and Traditional accounts, avoiding penalties, withdrawals, latest changes and more! Registration is required. For more information or to register, call 751-5256.

### OCT. 13

#### Second Friday Range Day

1-4 p.m., Aachen Range Join Outdoor Recreation and your Post Command Sgt. Maj. Erick Ochs, at the 2nd Friday Range Day and test your trap shooting skills. Cost is \$10 Per round if you bring your own shotgun and ammo and \$25 per round if you use outdoor recreation's equipment. Each round consists of 25 clay targets launched from the trap house. Whether you're an experienced shooter or it's your first time and join the fun. Register at Marion Street Station by Oct. 12 or call 751-3484 for more information.

### OCT. 14

#### FMWR & Fitness Poker Bike or Run

8-11 a.m., Marion Street Station. Choose to bike 10 miles or run five miles to designated locations to build your poker hand. Prizes awarded to top three winning hands. To register, call 751-3700.

See **EVENTS:** Page 10



## Fort Jackson

### Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### OCT. 6

■ Last Voyage Demeter (R) 6 p.m.

### OCT. 7

■ Strays (R) 2 p.m.

### OCT. 11

■ Meg 2 (PG-13) 2 p.m.

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

## 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 751-6739.



# Soldier carries on Family legacy of service

By EMILY HILEMAN

Fort Jackson Public Affairs

Harold "Bub" Yarrington has relentlessly requested his children, grandchildren, and any other family members who would listen, to join the military.

After 70 years, he was finally able to see his dream of a family legacy become a reality when he watched his granddaughter, Spc. Samantha Swiatek, graduate from Basic Combat Training, Aug. 3.

Yarrington, a 91-year-old Navy veteran, was drafted in 1952, along with his younger brother, Dewayne Yarrington.

"I didn't want to be in a foxhole and they needed men in the Navy, so I made that choice," he recalled. "I was a deckhand and a loader on the twin 40's."

Yarrington served as a deckhand on the USS Pochard, a minesweeper that patrolled the waters of the Caribbean during the Cold War. He also worked as a loader on the Bofors 40-millimeter autocannon, also known as the "twin 40s."

He served two years before returning home to Big Rapids, Michigan.

"I wanted my children and grandchildren to join the service to honor our country and to receive military benefits," Yarrington said.

When Spc. Swiatek told her grandpa, who she affectionately refers to as her "Papa," she was going to be the first Family member to take his advice and join, they were both ecstatic.

"It felt amazing to tell him I was joining," she said. "He's not one to get emotional, but I could tell he was very happy."

Joining the military was something Spc. Swiatek had always wanted to do, but life's obstacles kept getting in her way.

"It was in the back of my mind as something I wanted to do, but with college, career changes or moving, it never seemed like the right time," she said. "However, I realized I'm not getting any younger and I didn't want to have any regrets, so I knew I just had to do it and make it work."

At 33 years old, spc. Swiatek was the oldest Soldier in her company, but she didn't let that demotivate her.

"The most difficult part of training was being away from my family and sitting on



Photo by EMILY HILEMAN

**Spc. Samantha Swiatek, a Basic Combat Training graduate, poses with her grandfather Harold 'Bub' Yarrington, after her graduation, Aug. 3.**

the ground 'crisscross applesauce' for extended periods of time," she said. "That's a talent that gets lost as you get older, apparently."

Relieved to finally be reunited with her after 10 long weeks, her husband, Eric, said he's happy that she finally fulfilled one of her lifelong dreams.

"She's always wanted to do this, and now she's had the chance to do it," Eric said. "The graduation was impressive, but the best part (of the graduation) was definitely watching her grandfather's reaction."

Swiatek's grandfather beamed from ear-to-ear with pride during the graduation.

"I was so happy to be able to go to her graduation from basic training," Yarrington said. "I'm so proud of our girl."

Following the ceremony, Brig. Gen. Jason E. Kelly, Fort Jackson commander, made time to speak with Yarrington and Spc. Swiatek, which was icing on the cake for Yarrington.

"Shaking hands with him made my day," he said. "It was the first time I had met a general."

For other individuals who are older



Courtesy photo

**Seaman Apprentice Harold Yarrington (right) stands for a photo together with his brother and father following the two brother's boot camp graduation, July 6, 1952.**

than the typical 17- to 20-year-old recruit, but still want to join, Spc. Swiatek encouraged them to act now.

"You're never too old to accomplish your goals," she said. "For anyone considering joining, but waiting for the right time, it will never be the perfect time. Just do it!"

Spc. Swiatek will be attending Commissioned Officer Candidate School in Spring 2024.

## Tips for energy, money savings

Directorate of Public Works

The Army is the largest consumer of installation energy in the Department of Defense, spending more than \$1 billion per year on facility energy. Our installations rely, with few exceptions, on commercial energy sources to accomplish critical missions. We need resilient installations to ensure our Soldiers are trained and ready to deploy, fight and win our Nation's conflicts.

We must remain vigilant in protecting our assets while improving our capabilities. Physical, natural, and cyber threats continue to jeopardize our installations and our energy infrastructure. We need to be prepared for potential threats that could severely impact the Army mission.

The Federal Energy Management Program offers the following checklists to help people conserve energy in homes. By implementing these actions, homeowners can improve energy efficiency on a daily, weekly, monthly, and annual basis.

### Daily

- Turn down the temperature of your water heater to the warm setting (120°F). You'll save energy and avoid scalding your hands.

- Check if your water heater has an insulating blanket. An insulating blanket will pay for itself in one year or less!

- Heating can account for almost half of the average family's winter energy bill.

- Make sure your furnace or heat pump receives professional maintenance each year. And look for the ENERGY STAR® label when replacing your system.

- Survey your incandescent lights for opportunities to replace them with compact fluorescent lights or light-emitting diodes, commonly known as LEDs. CFLs can save three-quarters of the electricity used by incandescents. The best targets are 60-100 W bulbs used several hours a day.

- Turn off the lights in unoccupied rooms or consider installing timers, photo cells, or occupancy sensors to reduce the amount of time your lights are on.

See **ENERGY:** Page 9





(Above) Brig. Gen. Jason E. Kelly, Fort Jackson commander, speaks to an on-post housing resident during a walking housing town hall held Oct. 3. Post leadership walked through the housing areas to gain feedback on the living conditions on post. (Right) Kelly and Post Command Sgt. Maj. Erick Ochs, speak to a resident as they and other post leaders walked through on-post housing to gain first-hand knowledge of resident's concerns. Initial feedback was positive with one resident saying the post is the most secure he has ever lived in. (Far right) Kelly and Ochs, lead a group of post leadership and housing officials through the on-post housing area during a walking town hall, Oct. 3. Kelly and Ochs were accompanied by Col. Timothy Hickman, garrison commander, Col. Scott White, 193rd Infantry Brigade commander, Col. Kenneth Dwyer, Leader Training Brigade commander, and representatives from Fort Jackson Family Homes.

## ‘Safe, secure, affordable and attractive’ Walking town hall nets positive feedback

**Story, photos by  
ROBERT TIMMONS**  
Fort Jackson Public Affairs

“Safe, secure, affordable and attractive.” That is how one Fort Jackson resident characterized the post’s on-post housing.

Fort Jackson officials walked through on-post housing, Oct. 3, speaking to residents face-to-face and the results were positive.

Residents spoken to indicate their work orders are being completed more quickly than before. At one point Fort Jackson Family Homes had 600 open work orders, but it has been cut to 100 after a full staff of maintenance personnel had been hired.

Retired Chaplain (Col.) Jonathan Gibbs III came out to speak to Brig. Gen. Jason E. Kelly, Fort Jackson commander, and other leaders about living in on-post housing while letting them know of his concerns.

Gibbs lauded Fort Jackson housing as

“safe, secure, affordable and attractive.”

“I have lived on other Army installations where we did not feel safe because there were gangs. There were wives dealing drugs out of their quarters ... Here at Fort Jackson, we don’t have any of that,” said Gibbs, who was on active duty from 1989 to 2014 when he retired as the command chaplain for U.S. Army Central at Shaw Air Force Base, South Carolina. “This is very safe and secure.”

“I like to tell folks we live on one of the most expensive, most secure gated communities in the country.”

The walking housing town hall allowed Kelly and other leaders to “go ahead and talk to residents about housing issues or anything to that effect,” said Ricky Hernandez, with the Housing Services Office.

Being able to talk to residents in the housing areas where they live “provides some visibility and firsthand experience of what residents are feeling and dealing with

on a daily basis,” Hernandez said.

The walking town hall was a slight departure from previous such events since tables were set up in certain areas where residents could come get water or some snacks and speak with leadership.

Kelly was accompanied at the town hall, by Col. Timothy Hickman, garrison commander, Col. Scott White, 193rd Infantry Brigade commander, Col. Kenneth Dwyer, Leader Training Brigade commander, post housing officials and representatives from Fort Jackson Family Homes.

It’s also important for leaders to get out into the community because some of those happy with housing don’t respond to surveys.

“If you sent out a survey, there’s a vocal population” that will respond, Kelly said. “But those that are truly happy are not participating. So, I like coming out (to talk to residents).”

“It’s great anytime the command can

meet Soldiers on any issue,” Gibbs said. “It’s great because you get an unvarnished, straight from the horse’s mouth view of what’s going on – especially in housing. They get a chance to talk to spouses as well, which you don’t get in the command sponsored, organizational meetings, like (Kelly) said, typically folks that are happy don’t show up.”

It was a time for leadership to reiterate their commitment enforcing the standards to those living in housing.

Dwyer said, “if I get a call from anybody here that says, ‘Hey, you got this house, or whatever, not complying with this policy,’ sergeant major and I will come over” and talk to his Soldiers about it.

Residents with concerns can reach out to Fort Jackson Family Homes or to the Housing Services Office. Information about the HSO can be found online at <https://home.army.mil/jackson/about/Garrison/directorate-public-works/housing-services-office>.





# WHY I SERVE

**3RD BATTALION,  
34TH INFANTRY REGIMENT**

**PFC. ELITZA GARCIA, 18**  
*San Juan, Puerto Rico*

"Since I was little, I've always wanted to join the Army. I knew that joining the Army would help me become a better person physically and mentally."

"I imagined Basic Combat Training would be like in the movies. I thought it was going to be really bad, where no one would care about you, a place where you wouldn't have fun, and suffer all day and night physically, mentally and emotionally."

"The most challenging part of BCT was waking up in the morning. Opening your eyes and not knowing if it was going to be a good day or a bad day, trying to motivate myself to get ready for a new day full of unexpected things, but also potentially exciting adventures."



**PFC. ELIJAH BAKER, 18**  
*Wasilla, Alaska*

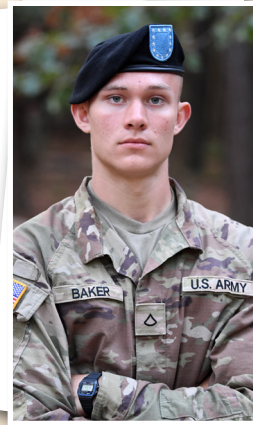
"My dad and brother most influenced me to join."

"I imagined Basic Combat Training would be a lot more sleep deprivation, but most of all it would have a lot more discipline."

"The most challenging part of BCT for me was definitely the people and the lack of discipline, motivation, and attention to detail they have."

"I would (someone going to BCT) no matter how hard it gets maintain motivation and discipline."

"My MOS is 15U- CH-47 Helicopter Repairer. I chose this MOS because I want to fly Chinook helicopters one day."



**PVT. DEWON GRUBBS, 23**  
*Jackson, Tennessee*

I was most influenced to enlist by "my older brother and my desire to be more disciplined in my actions."

"Basic Combat Training was challenging, as I expected, but nothing I couldn't manage or handle."

"The mental aspect of Blue Phase" was the most challenging part of training for me.

"I am a 14G-Air Defense Battle Management Systems Operator. I chose this MOS to have a decent job outside the Army."



**PVT. ALAYLA CRUZ, 18**  
*San Benito, Texas*

"I joined the Army to honor my brother who didn't get to fulfill his dream of becoming a Soldier."

"I imagined Basic Combat Training to be a more difficult experience than it was."

"The most challenging part of BCT was having to get my battle buddies to have a good mindset and be motivated."

I would advise those about to start training to "always stay motivated and never let what others say affect you. Be your best and give lots of effort."

"My MOS is 92R-Parachute Rigger."



**SPC. REGINALD WASHINGTON, 30**  
*Houston*

"Joining the military was a big goal of mine since I was younger. By the time I'm done with the Army, my kids will be proud to follow in my footsteps."

"I thought Basic Combat Training would enhance my situational awareness and help me become more aware of my surrounding and those of my platoon mates."

The most challenging part of BCT for me was "maintaining my composure during stressful events. Every event in the military has a certain level of stress attached to it. You must perform effectively either way."



**PVT. JONATHAN ROBERSON, 21**  
*West, New Jersey*

"My parents" mostly influenced me to enlist. "My dad is a retired chief warrant officer 4, and my mom is currently serving in the Air Force."

I thought Basic Combat Training would be "challenging but do-able. I have experienced intense training before, so I am comfortable being uncomfortable."

"The lack of discipline my fellow trainees had and the inability to work together as a team," was the most challenging part of BCT for me.

"My MOS is 15W-Unmanned Aircraft Vehicle Operator. I think drones are going to be very useful."



To read more why Soldiers serve visit: [home.army.mil/jackson](http://home.army.mil/jackson)



## Energy

Continued from Page 5

to cells, or occupancy sensors to reduce the amount of time your lights are on.

- Turn off your computer monitor when not in use for more than 20 minutes, and turn off both the CPU and monitor if you're not going to use your computer for more than 2 hours.

- Unplug equipment that drains energy when not in use (i.e. cell phone chargers, fans, coffeemakers, desktop printers, radios, etc.).

- Install a programmable thermostat that can be adjusted to temperatures according to your schedule. And look for the ENERGY STAR® label when replacing your system. ENERGY STAR labeled products can cut your energy bills by up to 30%.

- During winter, open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.

- Clean or replace filters in your furnace, air conditioner, and heat pump.

### Weekly

- Visit the hardware store. Buy a water-heater blanket, low-flow showerheads, faucet aerators, and CFLs, as needed.

- Rope caulk or add film to leaky windows.

- Assess your heating and cooling systems. Determine if replacements are justified, or whether you should retrofit them to work more efficiently to provide the same comfort (or better) for less energy.

### Monthly

- Collect your utility bills. Separate electricity and fuel bills. Target the largest energy consumer or the largest bill for energy conservation measures.

- Insulate your hot water pipes to

prevent heat loss.

- Insulate heating ducts in unheated areas, such as attics and crawlspaces. Keeping ducts in good repair can prevent heat loss of up to 60% at the registers.

- Seal up the largest air leaks in your house—the ones that whistle on windy days, or feel drafty. The worst culprits are usually not windows and doors, but utility cut-throughs for pipes (“plumbing penetrations”), gaps around chimneys and recessed lights in insulated ceilings, and unfinished spaces behind cupboards and closets. Better yet, hire an energy auditor with a blower door to point out the worst cracks. All the little, invisible cracks and holes may add up to as much as an open window or door without you ever knowing it.

- Schedule an energy audit (ask your utility company or state energy office) for more expert advice on your home as a whole.

### Annually

- Insulate. If your walls aren't insulated have an insulation contractor blow cellulose into the walls. Bring your attic insulation level up to snuff.

- Replace aging, inefficient appliances. Even if the appliance has a few useful years left, replacing it with a top-efficiency model is generally a good investment. Especially check the age and condition of your refrigerator.

- Upgrade leaky windows. It may be time to replace them with energy-efficient models or to boost their efficiency with weatherstripping and storm windows. The typical home loses more than 25% of its heat through windows.

- Upgrade your computer and monitor. Consider replacing your desktop computer with a notebook computer and docking station, and your cathode ray tube monitor with a liquid crystal display or LED monitor.

- Reduce your air conditioning costs by planting shade trees and shrubs around your house.

## SALUTING THIS BCT CYCLE'S HONOREES 3rd Battalion, 34th Infantry Regiment

**ALPHA COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Pfc. Elitza Garcia

**SOLDIER OF THE CYCLE**  
Pfc. Zachary Ward

**BRAVO COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Spc. Reginald Washington

**SOLDIER OF THE CYCLE**  
Pvt. Alayla Cruz

**CHARLIE COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Pvt. Dewon Grubbs

**SOLDIER OF THE CYCLE**  
Pvt. Jeffrey Cornejo

**DELTA COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Pfc. Elijah Baker

**SOLDIER OF THE CYCLE**  
Pvt. Jonathan Roberson

**ECHO COMPANY**  
SOLDIER LEADER  
OF THE CYCLE  
Pvt. Jackson Poreda

**SOLDIER OF THE CYCLE**  
Pvt. Alexander Tigert



**STAFF SGT HARLEY KIRKLAND**

**DRILL SERGEANT  
OF THE CYCLE**

## Army Community Service offers retirement help

By **ESPERANZA ROMERO**  
Army Community Service

Many people ask themselves, “Am I taking the appropriate steps to financially prepare for retirement?” Proper planning allows you to maintain the same

quality of life into retirement. Those in the military typically include income from mili-

tary retirement, VA disability, retirement from civilian employment, social security, and investment income. Investment income typically include Thrift Savings Plan, Individual Retirement Accounts, or other investments. The possibility of being financially secure is there but you cannot let your guard down.

The reality is military retirement income is not going to maintain the same pace as inflation and will continue to feel as if it's shrinking. But no worries, social security will fill that gap, or will it?

There are always stories in the news about

Social Security being depleted. Look at your Social Security Statement. Your estimated benefits are based on current law. Congress may revise the law at any time. The law governing benefit amounts may change because, by 2035, the payroll taxes collected will be enough to pay

only about 79% of scheduled benefits. Now it's being reported that benefits may be cut one year earlier, 2034, and 1% lower (78%).

To be proactive, review your retirement plan and adjust accordingly.

The earliest you can claim Social Security benefits is at age 62 however, it will be a reduced amount. Those born after 1960, the full retirement age is 67. If you delay receiving benefits to age 70, your benefit will increase.

Planning for retirement should be ongoing. The earlier you start planning, the more time your money has to grow. If you have not started planning, don't feel like you have been left behind. Every dollar that you are able to save will



See **RETIREMENT:** Page 11





Photo by NATHAN CLINEBELLE

## Doing his part ...

Brig. Gen. Jason E. Kelly, Fort Jackson commander, does his part to lessen the effects of flu season by getting inoculated by a Moncrief Army Health Clinic staff member in his office, Oct. 2. Moncrief will begin flu vaccinations Oct. 17. The Centers for Disease Prevention and Control states the vaccination prevents illnesses, medical visits hospitalizations, and deaths.

## Events

Continued from Page 4

### OCT. 17

#### Taking the BOO Out of Budgeting

9-10 a.m., Army Community Service is hosting a basic budgeting class. Learn the components of a budget, how to prioritize bill paying and techniques to get more out of your monthly income. Registration is required. For more information, or to register, call 751-5256/6749.

#### Estate Planning – Protect Your Assets

2-3 p.m., 1565 Hall Street. Army Community Service Financial Readiness Program will host an Estate Planning seminar. This seminar will provide information about the components of an estate plan (wills, trusts, power of attorney, beneficiary designations and health care directives). Registration is required. For more information or to register, please call 751-5256.

### OCT 28

### Zombie 5K Run

8 a.m., Twin Lakes. Join The Directorate of Family and Morale, Welfare and Recreation for a spooky good time. To register or for information, call 751-3700.

### OCT. 31

#### Navigating Financial Barriers

10:30-11:30 a.m., 9810 Lee Road. In support of Domestic Violence Awareness Month, Army Community Service Financial Readiness Program is hosting a class to discuss financial barriers that keep individuals from leaving abusive situations. Whether for yourself, friend or loved one, come receive tips and resources that could help someone out of an abusive situation. For more information or to register, call 751-5256.

### NOV. 7

#### Fall Education and Career Fair

9 a.m. to 1 p.m., NCO Club. The Army Continuing Education System, Army Community Services and the Transition Assistance Program presents the Fort Jackson 2023 Fall Education and Career Fair. Attendees can visit with more than 60 educational institutions and prospective employers. For more information, call 751-

5341 for educational questions; 751-4109 for transition assistance program; and 751-5256 for Army Community Services. The event is free and open to the Fort Jackson community.

### NOV. 16-17

#### Resiliency Stand-To

Fort Jackson will conduct a two-day Resiliency Stand-To Nov. 16-17. Day one includes opening remarks, an overview of services, breakout sessions and vendors inside the Solomon Center. On day two there will be tours of post activities; a panel will speak on resiliency from 11:30 a.m. to 1 p.m. in the NCO Club Ballroom; and a livestreamed talk by retired Maj. Gen. Gregg Martin at 3 p.m. For more information, visit: <https://home.army.mil/jackson/about/resiliency-fair>. Register for the Resiliency Stand-To guest speakers luncheon at the NCO Club. For access to the buffet, it will be \$15 at the door (cash or card). If you would like to attend, but not purchase food, please still RSVP to ensure adequate seating is provided. RSVP no later than Nov. 10 via email at [us-army.jackson.army-tng-ctr.mbx.fj-resiliency-lead-planners@army.mil](mailto:us-army.jackson.army-tng-ctr.mbx.fj-resiliency-lead-planners@army.mil) or call at 751-2915/6334.

**DID YOU KNOW:** All kitchen appliances that produce a heating source are required to be placed on a non-combustible surface to prevent the risk of a fire hazard. Contact your unit safety officer for more information.

## WORSHIP SCHEDULE

FAITH GROUP  
CATHOLIC MASS  
CATHOLIC MASS  
GOSPEL SERVICE  
GENERAL PROTESTANT

DAY  
SUNDAY  
MON-FRI  
SUNDAY  
SUNDAY

TIME  
9:30-10:30 A.M.  
NOON  
10:30 A.M.  
11 A.M. TO NOON

PLACE  
MAIN POST CHAPEL  
MAIN POST CHAPEL  
DANIEL CIRCLE CHAPEL  
MAIN POST CHAPEL

INITIAL ENTRY TRAINING  
ANGLICAN  
CATHOLIC MASS  
PROTESTANT CONSOLIDATED SERVICE  
THE BRIDGE (PROTESTANT)  
CHURCH OF CHRIST  
HISPANIC PROTESTANT SERVICE  
ISLAMIC SERVICE  
JEWISH SERVICE  
THE CHURCH OF JESUS CHRIST OF

DAY  
SUNDAY  
SUNDAY  
SUNDAY  
SUNDAY  
SUNDAY  
SUNDAY  
SUNDAY  
SUNDAY

TIME  
9-10 A.M.  
8-9 A.M.  
9:30-10:30 A.M.  
8:30-9:30 A.M.  
10:30-11:30 A.M.  
8:30-10 A.M.  
8-9 A.M.  
10:15-11:30 A.M.

PLACE  
LIGHTNING CHAPEL  
SOLOMON CENTER  
SOLOMON CENTER  
ANDERSON CHAPEL  
MAGRUDER CHAPEL  
MAGRUDER CHAPEL  
DANIEL CIRCLE CHAPEL  
LIGHTNING CHAPEL



## Army astronaut returns from space station

By JASON CUTSHAW  
Army News Service

The record-breaking Army astronaut is finally back on Earth.

Lt. Col. (Dr.) Frank C. Rubio returned to Earth, Sept. 27, aboard a Russian Soyuz spacecraft, along with cosmonauts Sergey Prokopyev and Dmitry Petelin of Roscosmos, after logging a record 371 days on the International Space Station. He beat the previous 355-day record set in 2022 by U.S. astronaut Mark Vande Hei, a retired Army colonel.

"I don't know that this mission changed me, but it definitely provided another tremendous, and unique, opportunity to learn and grow as a leader," Rubio said. "The experience reinforced some key points that I've learned throughout my career in the Army, and I was blessed to have amazing teammates, both on the ISS and on the ground, who made this experience a huge success.

"Teamwork, initiative, flexibility, and resilience were key to success," he added. "Most often, my main role as the leader of the U.S. Orbital Segment was to get out of people's way and allow their talent to shine through."

Rubio, serving as a flight engineer for Expeditions 68 and 69, participated in or helped facilitate numerous research investigations and technology demonstrations not possible on Earth. Among these included: deploying CubeSats; tending to orbital tomatoes; conducting combustion experiments; working on science hardware supporting different space biology experiments; using interfaces and virtual reality to command and control surface-bound robots from long distances; conducting three space walks; and numerous other experiments.

"The best part was by far the people," Rubio said. "By the time we undock, I will have spent time in space with 28 other crewmates. That's almost 5% of the people who have ever been to space. Every one of them has provided special memories and they were a blessing to me in one way or another.

"We are also supported by an incredible flight control team with branches located throughout the world, and this mission could not happen without their tireless and vigilant effort," he added.

Rubio said his least favorite part has been missing time with my family.



NASA photo by Bill Ingalls

**Expedition 69 NASA astronaut Frank Rubio is carried to a medical tent shortly after he, and Roscosmos cosmonauts Dmitri Petelin and Sergey Prokopyev landed in their Soyuz MS-23 spacecraft near the town of Zhezkazgan, Kazakhstan, Sept. 27.**

"I'm extremely excited to see my family, and reconnecting with them is what I am most looking forward to," Rubio said. "I also look forward to taking a quiet walk in the mountains or in the woods as soon as I can. There is a constant hum of the life support systems onboard, so I literally haven't had a moment of silence in over a year.

"I also haven't seen any greenery or nature other than a few small plant experiments we've conducted, so I'm excited to get

back out there and enjoy nature," he added.

The Army's involvement in the nation's space program dates back to the 1958 launch of Explorer 1, America's first satellite, and it was a modified Army rocket that carried the first U.S. astronaut into space in 1961. Through the years, 18 Army astronauts and one payload specialist have been selected by NASA, with Rubio being the 18th to fly into space.

"We proudly watched as Army

astronaut Frank Rubio returned to Earth after a record-breaking year aboard the International Space Station," said Lt. Gen. Daniel L. Karbler, commanding general of U.S. Army Space and Missile Defense Command. "Frank continues the U.S. Army's legacy of excellence in support of the nation's space program. I am immensely proud of all he has done during the past year as he represented the Army and the nation aboard the ISS. Welcome home and well done."

## Retirement

Continued from Page 9

be appreciated later.

How much money do you need to retire? It is common advice to plan on replacing 70% to 90% of your pre-retirement income. Your lifestyle probably won't change much just because you are retiring. You will probably still enjoy dining out, taking vacations, etc.

Some steps to take will include review-

ing retirement investments. Confirm you are contributing enough to your retirement account (i.e., TSP) to receive the maximum matching contribution from your employer. This is one of the most efficient ways to grow wealth. Ensure you have money in an emergency fund (at least \$1,000) to take care of 'rainy day' events such as a car or home repair.

Review your credit reports and prepare a monthly spend plan. Credit reports will provide the data needed to get a clear picture of current debt, while the spend plan will help with the three essentials –

purpose, direction, and motivation.

Develop a plan to pay down high-interest debt. Ensure you have an emergency fund before committing to pay extra towards debt. It's recommended to pay debt using the snowball approach (pay one debt completely off, then apply that payment amount to the next debt), targeting the highest interest debt first.

After your debt is under control, determine a plan for the monthly surplus. You may want to increase your emergency fund, since money in savings is not likely going to keep up with inflation. To

stay above inflation, you could 1) increase contribution to a retirement account, 2) start or increase contributions to an IRA, and 3) start or increase contributions to a dividend reinvestment plan(s) (i.e. stocks that pay dividends, the dividends will be reinvested to purchase more stock). In retirement, dividend reinvestment plans can be adjusted to pay the dividend directly to you instead of purchasing additional stock which will supplement your income.

For more information or to get yourself ready for retirement, call 751-5256.



# VICTORY... STARTS HERE



Brig. Gen. Jason E. Kelly, Fort Jackson commander, and Post Command Sgt. Maj. Erick Ochs lead a group of post leaders through post housing during a walking housing town hall held Oct. 3.

Photo by ROBERT TIMMONS