



THURSDAY, SEPT. 12, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

A RUN/WALK TO...

REMEMBER



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Suicide prevention help is always available

By **THERESITA MOSES**

Suicide Prevention Manager

The national suicide prevention awareness theme is "Change the Narrative on Suicide." We have adopted this theme for Fort Jackson as well.

The Fort Jackson community observes suicide prevention awareness month annually during the month of September.

The goal is through awareness of suicide prevention as a community we can remove the stigmatization attached to seeking help. We want people to view seeking mental health help as a strength and not weakness.

Tables with information on suicide prevention will be setup at units and in the Strom Thurmond building throughout the month of September with information on suicide prevention.

If you see a table, please take some time to review the materials on the table.

A lunch and learn will be held Sept. 18, from noon to 1 p.m. at the Army Substance Abuse Program Building, 4310 Century Division Ave.

You can bring your lunch and learn about healthy sleeping habits from the Armed Forces Wellness Center. You can register by calling (803) 751-2915.

Developing healthy sleep habits can decrease stress and provide your body the necessary time to rejuvenate after a long day. Now is a great time to pause and think of ways you can advocate for yourself and others. Start advocating for yourself by taking time for self-care throughout the month of September.

Below are a few facts about suicide and

remember, "It's Okay to Talk About Suicide."

Individual Impact:

■ Seventy-nine percent of all people who die by suicide are male.

■ Although more women than men attempt suicide, men are four times more likely to die by suicide.

■ Suicide is the second leading cause of death among people aged 10-14, the third leading cause of death among those aged 15-24 and the 12th leading cause of death overall in the U.S.

■ Forty-six percent of people who die by suicide had a diagnosed mental health condition — but research suggests that 90% may have experienced symptoms of a mental health condition

Community Impact:

Annual prevalence of serious thoughts of suicide, high risk populations:

- U.S. Adults: 4.8%
- Native Hawaiian/other Pacific Islander: 7.4%
- Mixed/Multiracial: 8.2%
- American Indian/Alaska Native: 8.5%
- Young adults aged 18-25: 13%
- High school students: 22%
- LGBTQ youth: 41%

September is **Suicide Prevention Month**
Help is always available **call or text**



■ The highest rates of suicide in the U.S. are among American Indian/Alaskan Natives, followed by non-Hispanic whites

■ Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth.

■ Transgender adults are nearly nine times more likely to attempt suicide at some point in their life compared to the general population.

■ Suicide is the leading cause of

death for people held in local jails.

Resources:

■ If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.

■ If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org.

■ You can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

ON THE COVER

Participants begin Fort Jackson's 2024 Run/Walk for the Fallen 5K at Hilton Field, Sept. 7. The event honors the service members who died serving the country after Sept. 11, 2001.



Photo by **ROBERT TIMMONS**

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THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Command Sgt. Maj. Michael Reyna and Lt. Col. Jonathan Baker, from 4th Battalion, 39th Infantry Regiment, salute the Soldier's Cross of Sgt. 1st Class Corey R. Brown during a memorial service held Sept. 6.

Saying goodbye

Photos by Robert Timmons

Soldiers of 4th Battalion, 39th Infantry Regiment gathered Sept. 6 at Kings Mountain Chapel to remember Sgt. 1st Class Corey R. Brown, a drill sergeant who passed away July 29.

His battalion commander, Lt. Col. Jonathan Baker and two of his fellow noncommissioned officers Staff Sgts. Omar Salas and Dajanae Gadson spoke about his optimism and energy.

"Although his time was cut short, he left a long lasting impact," Gadson said.



(Above) Staff Sgt. Omar Salas speaks about Sgt. 1st Class Corey R. Brown.

(Left) First Sgt. Tambouzi Green calls out for Sgt. 1st Class Corey R. Brown during a memorial service held in Brown's honor, Sept. 6. The final roll call is one of the Army traditions observed during a memorial service.

(Far left) The Soldier's Cross of Sgt. 1st Class Corey R. Brown stands quietly in King's Mountain Chapel moments before the start of a memorial ceremony in his honor.

Community Updates

ANNOUNCEMENTS

Resiliency Stand-To

Fort Jackson conducts a Resiliency Stand-To Oct. 3-4. The Stand-To starts at 8 a.m. with a small group circuit at the Soldier Performance Readiness Center and an opportunity to visit with on and off post service providers focusing on physical, sleep, and nutritional readiness. That afternoon there will be a speaker panel at 1917 Club from 1-3:30 p.m. and an opportunity to visit with on and off post service providers focusing on mental and spiritual readiness. Building resiliency classes will be held at the Training Support Center, Oct. 4. Registration for the speaker panel and resiliency building classes is required due to limited seating. RSVP no later than Oct. 1. Please RSVP via email at usarmy.jackson.army-tng-ctr.mbx.fj-resiliency-lead-planners@army.mil, or call at (803) 751-2915 or (803) 751-6334.

Safety Training Classes

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

■ Basic Riders Course: Sept. 24-26 (3 seats open); Oct. 8-10 (4 seats open); Oct. 22-24 (4 seats open)

■ Advanced Riders Course: Monday (1 seat open); Oct. 15 (4 seats open); Oct. 29 (4 seats open)

■ Local Hazards Course: Sept. 23, 30; Oct. 7, 21, 28

■ Intermediate Drivers Course: Sept. 19 (20 seats open); Oct. 17 (30 seats open)

■ Remedial Drivers Course: Wednesday (11 seats open); Oct. 16 (12 seats open)

■ Unit Safety Officer Course: Oct. 1-2 (15 seats open); Dec. 3-4 (24 seats open)

Army Continuing Education System

The Army Continuing Education System (ACES) has moved back to the Education Center, Bldg. 4600. ACES is open Monday-Friday, from 7:30 a.m. to 4:30 p.m. and is closed for training on the first and third Thursday of the month from 12:30-4:30 p.m.

COMMUNITY EVENTS

TOMORROW

Self Defense Class

10 a.m. to 1 p.m., Solomon Center. Army Community Service hosts a self defense class given by the Richland County Sheriff's Department. Increase your strength, focus, fitness, flexibility, and learn ways to defend against physical attacks. For more information, call (803) 751-5256.

Community Information Exchange

11:30 a.m. to 1 p.m., 1917 Club. Join Col. Timothy Hickman, garrison commander, as on-post activities and partners in excellence update the community of on post happenings.

SATURDAY

Fort Eisenhower Horseback Trail Ride

8:30 a.m. to 3 p.m. Join Fort Jackson Outdoor Recreation for a horseback trail ride at the Fort Eisenhower Horse stables. All welcome-novice or pro. This guided tour costs \$60 per person and will be great fun for those looking for an outdoor adventure. For more information or to register, call (803) 751-3484 or visit Marion Street Station.

TUESDAY

Meals in Minutes & Your Budget

9-10 a.m., MS Teams. Learn how to save calories while also optimizing your budget. Armed Forces Wellness Center and Army Community Service provides programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information or to register, call (803) 751-5256.

WEDNESDAY

Sleep Hygiene Management Workshop

Noon to 1 p.m., Army Substance Abuse Program Building. 4310 Century Division Ave. Bring your own lunch and learn about healthy sleep habits. Register for the event no later than Sept. 13. For more information and to register, call (803) 751-2915.

SEPT. 19

1,000 lbs. Club

5:30-7 p.m., Vanguard Gym. Register now and test your strength to earn the coveted 500/1,000 pounds shirt. Register at any gym or call (803) 751-4526.

SEPT. 20

Fort Jackson Community Baby Shower

10 a.m. to 1 p.m., 1917 Club. New Parent Support Program is hosting the Fort Jackson Community Baby Shower where information will be provided from multiple on and off post agencies. There will be games, food, and prizes. Spouses are welcome and childcare will be provided. To use the childcare, your child must be registered with Child, Youth Services. Registration for the event is required. For more information or to register, call (803) 751-5256 (option 3).

SEPT. 23

Understanding Alzheimer's and Dementia

10-11 a.m. The Fort Jackson Exceptional Family Member Program is hosting a webinar presented by the Alzheimer's Association Volunteer Community Educator. The credentials for the meeting are: Meeting ID: 993 250 268 Passcode: FqcWt4 Dial in by Phone: (571) 616-7941 Phone conference ID: 236 610 694# To sign up visit alz.org/sc or call (800) 272-3900.

SEPT. 24-26

Co-ed softball tournament

Fort Jackson Sports Complex. Prizes for all participants. Plus, a special prize

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, SEPT. 14

■ Trap (PG-13) 2 p.m.

WEDNESDAY, SEPT. 18

■ Borderlands (PG-13) 2 p.m.

● Ticket sales open 30 minutes before each movie.

● Movie times and schedule are subject to change without notice.

for the champions. Sign up at any gym or for more information, call (803) 751-3096/237-0184.

Money & Mindsets Webinar

1:30-2:30 p.m., MS Teams. This webinar will dive into an individual's mindset regarding managing money, effective self-talk, and goal setting. This is a great opportunity to learn about self-motivation, setting and achieving goals that will help you improve the management of your personal finances and achieving financial goals. For more information or to register, call (803) 751-5256.

SEPT. 27

Oktoberfest

4-9 p.m., 1917 Club. Check in starts at 4 p.m., and the block party is free and open to the public. The fest kicks off with a one-mile Volksmarch Walk at 4:30 p.m. The \$25 registration fee includes beer stein, beer tastings, snack stops and T-shirt. There will be vendors, games, live

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THE FORT JACKSON LEADER

**SEND ALL
SUBMISSIONS TO**

usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

Deadline for events to be included in the Community Updates is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following

Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — rank, unit, and first and last names. All submissions will be edited and published using Associated Press Style.

Questions? Call 751-3615.

'The Weigh It Is' with Pam James-Long

A true sign of wellness is how hard the heart beats when it is doing absolutely nothing. That is our first step in personally improving our wellness.



James-Long

Our resting heart rate is directly linked to how healthy

we truly are. It can also alert us to potential signs that indicate it may be time to practice some healthier habits to improve our RHR and overall health.

Your new wellness lifestyle uses your RHR as a ladder to help build a healthier lifestyle and healthier heart.

It is no surprise that once again, exercise comes to our rescue to improve our overall fitness, beginning with our heart as it rests.

At rest, the number of times your heart beats every minute delivers valuable insight into your heart's overall health. If your heart rate is always elevated, it's a good idea to look at your current fitness level, stress level and any other existing health issues. Every part of healthier living or at-risk living can be indicated through our RHR.

Elevated resting heart rates are often warning signs of underlying health issues.

Our RHR numbers can get lost in the fitness arena because we place so much emphasis on our metabolic heart rate. However, knowing your RHR can be the true game changer on your wellness journey.

I believe knowing and understanding that our resting heart rate is one of the simplest, but most effective indicators of how healthy our heart or cardiovascular health truly is. Through watching over your RHR, you can help track the positive changes you are trying to make and watch them improve over time.

Your lifestyle and wellness routine both benefit through regular RHR monitoring.

Want to make the most out of monitor-



Department of Defense photo

A service member demonstrates how to take a pulse.

ing your resting heart rate? Then do it regularly.

Keep track of all areas of your lifestyle. A lifestyle that is void of physical activity, stressful, and even sleep-deprived will affect your RHR, making it work so much harder just to beat. Regardless of where you are on your journey, this tool can help you make better health decisions and know when to seek professional health for appropriate medical attention if needed. Your resting heart rate gives insight into your heart health, but so does regular exercise, healthier eating, managing stress and regular check-ups. They all work together.

According to the American Heart Association, a RHR of 60-100 beats per minute is considered normal in adults.

Finding your resting heart rate is easy.

Before getting up out of bed, before your feet touch the floor, take your pulse at your wrist below the base of your thumb. Use your first two fingers, not your thumb, which has a pulse in it.

Count the beats for 10 seconds and mul-

tiply by six.

You will get your resting heart beats per minute. Of course, you can use your fancy new smartwatch as well. However, I like knowing (and sharing) how to get to metric numbers manually.

If you are not pleased with your results, remember, certain styles of exercise have been shown to help improve and lower resting heart rates.

Consistency is key.

Regular exercise, over time can help lower your RHR, improve your sleep, reduce stress on the heart and improve your overall cardiovascular health.

There is a ton of exercises to choose from including aerobic exercises such as spin classes and swimming, which improve cardiovascular fitness and lowers resting heart rate.

Strength training improves heart health by making muscles (including the heart), stronger and bigger.

AI Security Center pays dividends

By JOSEPH CLARK
DOD News

The director of the National Security Agency said the agency's new Artificial Intelligence Security Center is paying dividends in the Defense Department's efforts to stay at the cutting edge of the rapidly advancing technology.

Air Force Gen. Timothy D. Haugh, who also serves as the commander of U.S. Cyber Command, said the security center has become vital as the agency continues to seek ways to leverage, adapt to and protect against AI technology.

"One area that we see as really being able to provide value is focusing on the security of that technology — thinking about it through both the lens of the protection of intellectual property but also how we think about defending those models to ensure that they're being used properly," Haugh said during an event yesterday at the Billington Cybersecurity Summit in Washington.

Haugh's predecessor, Army Gen. Paul M. Nakasone announced the creation of the center last year, consolidating the agency's various artificial intelligence, security-related activities.

It serves as NSA's focal point for developing best practices, evaluation methodology and risk frameworks with the aim of promoting the secure adoption of new AI capabilities across the national security enterprise and the defense industrial base.

Haugh said NSA also plays a

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(Clock wise from above) Soldiers from 4th Battalion, 39th Infantry Regiment return to Hilton Field en route to finishing the run.

Maj. Gen. Daryl O. Hood gives remarks during the opening ceremony for the event. He said the event recognizes and remembers ‘that freedom is not free without sacrifice.’

Hood leads the runners and walkers from the Hilton Field starting point during the 5K Run/Walk for the Fallen. Participants not in formation started a few minutes after the troop formation passed under the arch.

Hood gives a fist bump to a participant as she nears the finish line. He welcomed participants not in formation with a fist bump.

Soldiers from 4th Battalion, 39th Infantry Regiment hold up their runners’ bibs showing who they were running for during the event. This was the 14th Run/Walk for the Fallen Fort Jackson has held.



A run/walk to remember

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

“Today we acknowledge 9-11 and the start of the Global War on Terrorism and honor our fallen Soldiers and survivors of South Carolina who paid the ultimate sacrifice,” said Marilyn Bailey, Army Community Services specialist.

Fort Jackson and the South Carolina National Guard honored those lost with the 2024 5K Run/Walk for the Fallen held at Hilton Field, Sept. 7.

The run was attended by Soldiers, Families and survivors of those who paid the ultimate price for America’s freedom.

“Today is an opportunity to pause just for a short period of time this morning, but across the United States, as well as with our partners and allies, we’re going to recognize and remember that freedom is not free without sacrifice,”

said Maj. Gen. Daryl O. Hood, Fort Jackson commander during the event.

“At the end of the day, we have adversaries that want to disrupt what we have,” he added as he charged those participating to reflect on the reason for the event. “I charge you and challenge you to think on what

I CHARGE YOU AND CHALLENGE YOU TO THINK ON WHAT IT MEANS TO BE A CITIZEN ...

- Maj. Gen. Daryl O. Hood
Fort Jackson commander

it means to be a citizen and what it means to share in the prosperity, the peace that we have right here in the homeland.”

Soldiers from 4th Battalion, 39th Infantry Regiment, and hundreds of civilians formed up to run and walk the event that led

them down and back up Tank Hill Parkway.

Some even pushed strollers and walked their dogs along the route. All who walked wore a bib with the name of a service member who died in service to the nation after Sept. 11.

The event was a way for Fort Jackson and the state to let survivors know they are supported.

They “are part of a bigger family. We are here as long as they need us,” said Shannon Miller, survivor outreach coordinator for the South Carolina National Guard.

Bailey agreed.

“We are long term case management,” she said. “It doesn’t matter, it could be a long time ago, but if they need us, we’re here ...”

“It doesn’t matter what the circumstances were when the Soldier passed, the family still grieves, just like any family would grieve,” Miller added. “Their Soldier served us, and so we serve them, and it’s a huge honor.”

It was also an honor for Sgt. 1st Class Savon Holliman, senior drill sergeant with Company E, 4th Bn., 39th Inf. Regt., who carried the unit colors as he ran along side Hood.

It feels amazing to run, he said. “It’s an honor to run with the CG, so I made the team and to see the families of Fort Jackson and the surrounding areas come out and to support this event” is humbling.

For more information about ACS, call (803) 751-5256



Soldier proud to be part of warrior fitness team

By SHANNON COLLINS
Army News Service

Hundreds of thousands of athletes across of the United States from various professions train to compete in the 2024 CrossFit worldwide open.

The top 40 men and top 40 women across the world advance to the CrossFit Games. Capt. Katie Cunningham, a physical therapist assigned to the Warrior Fitness Team, U.S. Army Recruiting Command, made it to the Semifinals, one step away from the CrossFit Games. She competed on the North America West Semifinal team.

"To compete at that level felt surreal," she said. "It's the pinnacle of the sport. I've always admired athletes competing at the CrossFit Games but thought their achievements were beyond my reach. Now, I've realized I can achieve anything I set my mind to. This was the most important lesson I learned from the season."

CrossFit

Cunningham said CrossFit is one of the most effective programs Soldiers can use to improve their overall fitness.

"You can walk into any gym and see people weightlifting with poor form which leads to injury," she said. "CrossFit is one of the only programs that has a strong emphasis on proper technique and safe progression."

By focusing on correct technique and gradual progression, CrossFit helps athletes build resilience and decrease injury risk, she said.

As a physical therapist, keeping Soldiers healthy is a priority.

Cunningham said Soldiers can use Army IgnitED to obtain CrossFit coaching certifications.

"The courses are excellent for improving your own form and being able to help others with their form," she said.

She studies for her certified strength and conditioning exam to further her ability to help others in their fitness journeys. She's involved with physical therapy global health initiatives, participates in monthly working groups and takes specialized classes.

Growing up as a competitive gymnast, Cunningham said she thrived on movement.

Cunningham competed in Division I acrobatics and tumbling at Quinnipiac University in Hamden, Connecticut. She said she was drawn to the team aspect and challenge of acrobatics and tumbling, an NCAA emerging sport.

"The gym is my happy place and has always felt like home," she said. "Years of gymnastics, acrobatics and tumbling built a strong foundation of strength and conditioning."

When her college competition days ended in 2016, she



Army News Service photo

Capt. Katie Cunningham, a physical therapist assigned to the Warrior Fitness Team, U.S. Army Recruiting Command, Fort Knox, Kentucky, competes in the Monster Games in Joplin, Missouri, July 13, 2024.

said she needed a structured way to keep moving so she walked into a CrossFit gym.

"Instantly, I fell in love," she said. "I primarily use CrossFit to stay fit and healthy by participating in group classes."

Call to Service

Though her father left the Army before she was born, Cunningham said she grew up with stories of him serving as an armor officer in the Gulf War and saw the camaraderie he had with his friends.

"He stayed in close contact with his Army friends throughout my childhood, and I always thought that was

special," she said.

Although Cunningham pursued an athletic scholarship in college, she said she still had a desire to serve. While she was on a clinical rotation at Fort Liberty in North Carolina, during physical therapy school, she said it solidified her desire to join the Army.

"I was drawn to the Army for its emphasis on leadership and the opportunity to practice physical therapy in a demanding and meaningful environment," she said.

Warrior Fitness Team

Just eight months after knee surgery, Cunningham decided to try out for the Warrior Fitness Team. She learned about them through social media and didn't think she was good enough to compete at their level but wanted to give it a go.

"Some athletes from my gym were also trying out, and I thought it would be fun to join them for the workouts," she said. "Although I didn't make the team, I performed better than I expected, which motivated me to train harder for the next tryout. The aspiration to join the team played a significant role in my decision to get more involved with competitive CrossFit."

While Cunningham now trains and competes with the team, she also serves as a physical therapist in the Army.

"I'm currently developing a holistic health and fitness program for my battalion to enhance readiness and promote a culture of wellness, ensuring that my professional skills stay current," she said.

Cunningham is also studying for her certified strength and conditioning exam to further her ability to help others in their fitness journeys. She's involved with physical therapy global health initiatives, participates in monthly working groups and takes specialized classes, driven by interests in the field.

Cunningham said she's proud of all her fellow athletes in the Warrior Fitness Team program.

"This program is a great chance to show off what the Army is all about," she said. "We train hard to be the best in our sport, and we take it very seriously. Our goal is to represent the Army in the best way possible. We are truly honored to have the opportunity to do so."

She said when she joined the Army to be physical therapist, she never anticipated the many other paths that would open for her. She attended Air Assault School and joined the Warrior Fitness Team.

"The Army has a lot of opportunities to challenge yourself and achieve greatness," she said. "It's not just about reaching specific goals; it's about the daily pursuit of growth and striving to be the best version of myself. The Army has made this journey possible. I am committed to making a meaningful impact and building a fulfilling career in the Army."

Sign language builds communication, relationships

By IRENA MEHAFFIE

Exceptional Family Member Program

Communication is essential in our everyday life.

It helps us understand others, express our wants and needs, solve problems, and build relationships. We tend to communicate through speech, body language, and facial expressions. As simple as it may sound, for some individuals none of these methods are effective.

Let's dive in a little bit deeper...

There are several disabilities that tend to impact a person's capacity to comprehend and express information. For instance, individuals diagnosed with autism spectrum disorder may find it challenging to understand social cues and verbally express themselves. Other conditions, such as intellectual and learning disabilities, hearing, voice and developmental disorders may also present communication barriers and ultimately affect individual's quality of life.

That is when the American Sign Language

comes in handy.

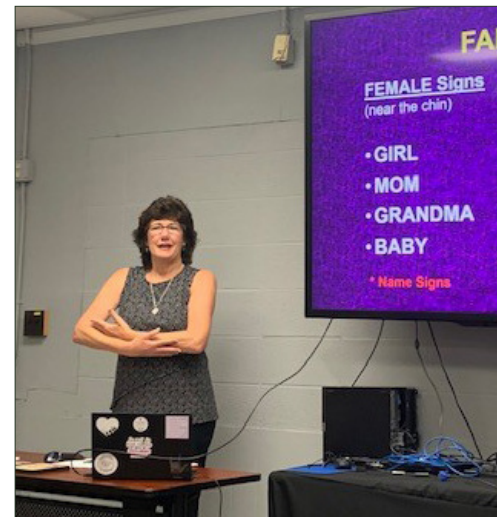
It was originated in the early 19th century and has helped to build the bridge to communication with individuals with disabilities. ASL has even become popular to communicate with infants without disabilities that have yet to begin talking with their voice.

The Army Community Service Exceptional Family Member Program understands the challenges that can come with a non-verbal Exceptional Family Member. It is important to know there is support available as well as resources to assist Soldiers and Family members.

The Exceptional Family Member Program is hosting a 90-minute ASL workshop Sept. 18 from 10-11:30 a.m.

The workshop focuses on beginning signs individuals can use to communicate. This will be a fun interactive workshop that teaches 30 ASL signs and the manual alphabet to parents and professionals.

To register and for additional information, contact ACS at (803) 751-5256.



Leader file photo

Speech pathologist Jill Eversmann demonstrates various words using sign-language during a class held July 21, 2022. Fort Jackson's Army Community Service's Exceptional Family Member Program will host another class Sept. 18.



Photo by NATHAN CLINEBELLE

Into retirement

Fort Jackson celebrated the 22-year career of Staff Sgt. Philip Vota, from 2nd Battalion, 13th Infantry Regiment, during the unit's Basic Combat Training graduation, Sept. 5.



REGGIE FOX
GS-9 AND ABOVE



JONATHAN PRIOLEAU
GS-8 AND BELOW

Civilians of the quarter

The Army Training Center and Fort Jackson recognizes the following Department of Defense Civilians as the third quarter of Fiscal Year 2024 Civilians of the Quarter. The two honorees in the two categories were recognized for their commitment to service and were presented with a civilian achievement medal and time off award. GS-8 and below: Jonathan Prioleau, Supply Technician, G4; GS9 and above: Reggie Fox, Records and Information Management Specialist, Secretary to General Staff/Executive Services Office.

SALUTING THIS CYCLE'S HONOREES

4th Battalion,
39th Infantry
Regiment

**DRILL SERGEANT
OF THE CYCLE**
Staff Sgt.
Angel Montanez

**ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Bryley Waring

SOLDIER OF THE CYCLE
Pvt. Kaleb Cox

**BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Jack Austin

SOLDIER OF THE CYCLE
Spc. Lily Thompson

**CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Justin Morgan

SOLDIER OF THE CYCLE
Spc. Bryan Schache

**DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Shelby Atchley

SOLDIER OF THE CYCLE
Pvt. Sergey Breslin

**ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Lorenzo Molina

SOLDIER OF THE CYCLE
Pfc. Jahleel Shirley

Events

Continued from Page 4

music, German beer-Blergarten. For additional information and to register for walk, call (803) 751-3933.

SEPT. 28
Hip Hop Master Step Class

9-11 a.m., Coleman Gym. Participate individually or bring your team to our aster Step and Hip Hop Step Class. This is a free event showcasing the creative moves used in this classic and modern style workout! For more information or to sign up, call (803) 751-3700

Trip to Fort Sumter

7 a.m. to 6:30 p.m. Army Community Service invites all Foreign-born spouses, their sponsors, and military Families of service members or DA civilians either deployed or on an unaccompanied tour to take a historical trip to Fort Sumter,. For more information or to register, call (803) 751-5256

OCT. 1
Maude Lecture Series

1 p.m., Solomon Center. Sgt. Maj. of the Army Michael Weimer will be the keynote

speaker at the Lt. Gen. Timothy J. Maude Memorial Lecture Series. The lecture series was established to provide an ongoing forum for reflections on leadership by prominent senior leaders of the Army in memory of Maude, the senior ranking officer killed in the terrorist attacks on the Pentagon, Sept. 11, 2001.

National Night Out

6 p.m., Patriots Park. The Fort Jackson Police Department hosts the annual National Night Out to highlight the partnership between law enforcement and the community. Law enforcement officers from the S.C. Highway Patrol, Richland County Sheriff's Department, Columbia Police Department, Army Criminal Investigation Divison, military police and the U.S. Marshall's Service will be in attendance.

OCT. 5
CYS Halloween Paint and Sip

3-5 p.m., Solomon Center. Come join us for a great time and learn some basic painting skills. Registration required. Last day for sign up is Oct. 2. This is a parent and child class. Child must be registered in CYS. Child must be enrolled in the Teen Program on Fort Jackson. For more information and to sign up call (803) 751-6387.

Do It in Pink Aerobathon and 5K

8 a.m. to noon, Hilton Field Sports Complex. The Do It in Pink delivers a free two-part event for breast cancer prevention and early detection awareness. All participants must wear pink. For more information or to register, call (803) 751-3700/5251.

OCT. 5-6
Fall Family Campout

4 p.m., Twin Lakes. Outdoor recreation is hosting a family-friendly overnight primitive camping event will have fun activities such as games, fishing, s'mores making, arts and crafts and more. Hot dogs and potato chips will be provided for dinner, and coffee and individually wrapped pastries for breakfast the next morning. Come join us by the bonfire and enjoy the great outdoors. Cost is \$15 for children and \$20 for adults. Sign up at Marion Street Station today. You don't need to have your own equip-

Rosh Hashana

Oct. 2 – 6-7:30 p.m. Rosh Hashana 1st night
Oct. 3 – 10:30 a.m. to 12:30 p.m. Rosh Hashanah 1st day
Oct. 3 – 6-7:30 p.m. Rosh Hashanah 2nd night
Oct. 4 – 10:30 a.m. to 12:30 p.m. Rosh Hashana 2nd day
Oct. 4 – 6-7 p.m. Weekly Shabbos Service

Yom Kippur

Oct. 11 – 6-7:30 p.m. Weekly Shabbos Service combined with Yom Kippur Service
Oct. 12 – 11 a.m. to noon

ment, rent from us. Supplies are limited. For more information and to register , call (803) 751-3484.

OCT. 12
Private Weapons Day

10 a.m. to 2 p.m., Aachen Range. Open to all authorized ID card holders. For more information call (803) 751-3484.

DID YOU KNOW: Only Army-approved heaters are authorized during field training.

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	9:30-10:30 A.M.	MAIN POST CHAPEL
CATHOLIC MASS	MON-FRI	NOON	MAIN POST CHAPEL
GOSPEL SERVICE	SUNDAY	10:30 A.M.	KINGS MOUNTAIN CHAPEL
GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
REVIVE SERVICE	SUNDAY	5 P.M.	MAIN POST CHAPEL
JEWISH SHABBAT SERVICE	FRIDAY	7-8 P.M.	LIGHTNING CHAPEL
HEATHEN/PAGAN	EVERY 2ND AND 4TH SATURDAY	NOON TO 2 P.M.	CENTURY DIVISION CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	CENTURY DIVISION CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	KINGS MOUNTAIN CHAPEL
JEWISH SERVICE	SUNDAY	10:15-11:30 A.M.	LIGHTNING CHAPEL
THE CHURCH OF JESUS CHRIST OF			
LATTER DAY SAINTS	SUNDAY	10:30 A.M. - NOON	WASHINGTON ROAD CHAPEL
HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL

Weigh

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resting heart rate. Regular exercise is vital.

You need strength training and cardiovascular exercise.

They complement each other and both benefits resting heart rates. As you exercise regularly, your RHR will go down and not work so hard at basic functioning, (that's what you want). Exercise about 30 minutes a day, five days a week, if possible.

There is so much to gain from improving your RHR. A lower resting heart rate indicates your heart is stronger and more efficient.

Both are signs of longevity.

With exercise, you can make your heart stronger.

The heart is a muscle and the stronger you make it, the more effective you make your heart to function more efficiently, so it does not have to work so hard to keep your body functioning.

Healthier eating and proper hydration are important as well.

A hydrated body helps blood flood through our body more easily. This places less stress on the heart muscle.

Healthy eating that is balanced with cleaner sources of protein and fiber, and consuming less processed foods helps keep arteries clear, leading to lower resting heart rate and less work for the heart to function.

Monitoring your RHR is a simple yet powerful way to keep tabs on your cardiovascular fitness and overall heart health.

Knowing what your resting heart rate means and how to improve it can significantly impact your wellness lifestyle and long-term health.

Pam's thought for the week: "When the heart is at ease, the body is healthy."

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals.

High intensity interval training style of exercise alternates intense exercise with brief rest periods in-between. This improves heart health, increases endurance, and lowers

DES warns: lock it or lose it

Directorate of Emergency Services

The Fort Jackson community has recently experienced increased vehicle break-ins within and around housing areas.

Investigations revealed a contributing factor is the failure of community members to lock their vehicles and remove valuables from plain sight.

To address this issue and enhance security on Fort Jackson, the Directorate of Emergency Services is launching the "Lock It or Lose It" campaign. This initiative aims to raise awareness about securing vehicles and personal belongings to prevent theft.

Remember:

- Always lock your vehicle, even for brief periods.
- Remove all valuables from sight or take them with you.
- Park in well-lit areas whenever possible.
- Report any suspicious activity to the Military Police.

By taking these simple steps, we can collectively deter crime and protect our community.

Your vigilance is vital to main-

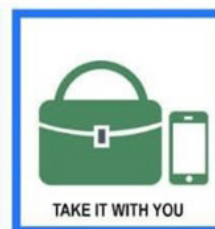
LOCK IT OR LOSE IT



HIDE YOUR VALUABLES



LOCK YOUR VEHICLE



TAKE IT WITH YOU

Be Smart. Stay Safe.

- Always keep valuables out of sight or in the trunk.
- Never leave valuables in unattended vehicles.
- Always lock your vehicle.
- Notify the police of any suspicious activity.

Non-Emergency 803-751-3115
For All Emergencies Dial 9-1-1

taining a safe and secure Fort Jackson. For more information or to report security concerns, contact

the Military Police at (803) 751-3113/15, or 911 in case of emergencies.

Fort Jackson Resiliency Stand-To

October 3-4, 2024

Open to: Service Members, Family Members, DA Civilians and Retirees

Scan QR code for more information

Day 1 Oct. 3:

- Group Fitness Circuit, SPRC 8-11 a.m.
- Speaker Panel, 1917 Club 1:00-3:30 p.m.
- On & off post service providers at both events

Day 2 Oct. 4:

- Self-Care Classes at TSC
- Meditation & Mindfulness
- Finances
- SHARP
- Unit Cohesion



"Resiliency Starts Here"



For more information about the Fort Jackson Resiliency Stand-To visit:
<https://home.army.mil/jackson/my-fort/resiliency-fair>

AI

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critical role in shaping the government's efforts to better understand the risk of AI in the hands of adversaries and defending against those risks.

U.S. officials have emphasized the increasing role AI is having in shaping the national security landscape, and they've taken steps to shape the future of the emerging technology.

Last year, DOD released its strategy to accelerate the adoption of advanced AI capabilities to ensure U.S. warfighters

maintain decision superiority on the battlefield for years to come.

The Pentagon's 2023 Data, Analytics and Artificial Intelligence Adoption Strategy builds upon years of DOD leadership in the development of AI and further solidifies the United States' competitive advantage in fielding the emerging technology, defense officials said in releasing the blueprint.

In unveiling the strategy, Deputy Defense Secretary Kathleen Hicks also emphasized the Pentagon's commitment to safety and responsibility while forging the AI frontier. The U.S. has also introduced a political declaration on the responsible military use of artificial intelligence.

VICTORY... STARTS HERE



Soldiers with 4th Battalion, 39th Infantry Regiment stand in formation as they wait to begin running in the 2024 5K Run/Walk for the Fallen held, Sept. 7 at Hilton Field on post.



Photo by ROBERT TIMMONS