

THURSDAY, AUG. 8, 2024

THE FORT JACKSON LEADER

MC'S #1 DIGITAL PUBLICATION

SCHOOL NOTICE



Welcome to C.C. Pinckney Elementary School!
Visitors and volunteers must sign in
and obtain a visitor's badge
in the main office.

THEY'RE BACK

JACKSON SCHOOLS WELCOME BACK STUDENTS



www.facebook.com/fortjackson



GARRISON: www.facebook.com/USArmyGarrisonFortJackson



@FortJackson



@fortjackson

Debby renews call for storm preparedness

Leader Staff Reports

All week long Tropical Storm Debby has threatened South Carolina with the potential of catastrophic rainfall and storm surge.

While Debby is not a hurricane it still packs a tremendous amount of destructive force.

A tropical storm is an organized system of strong thunderstorms with a defined circulation and maximum sustained winds of 39 to 73 mph (34-63 knots).

According to the South Carolina Emergency Management Division South Carolina residents and visitors in potentially vulnerable areas should review their plans and consider actions they would need to take if the storm threatens the state. Residents in low-lying areas should consider moving to higher ground for the duration of the storm.

Everyone should monitor the storm via local news media and follow updates from the National Hurricane Center.

SCEMD Director Kim Stenson said in a social media post that the biggest concern for the storm is flooding.

"The heavy rains and flooding currently predicted this week are historic in scope and scale," Stenson said. "Our experts with the National Hurricane Center believe flooding to be catastrophic for many parts of South Carolina. Take no chances with this storm."

Those on Fort Jackson can still prepare.

The Fort Jackson website and social media will be the best place to receive up-to-date information. Look for updates at: home.army.mil/jackson/about/fort-jackson-emergency-weather and www.facebook.com/USArmyGarrisonFortJackson/

First thing to do if you have a Common Access Card is ensure you're enrolled in the Alert! Notifications system at <https://alertservices.csd.disa.mil>. Also download the Digital Garrison app, which does not require a CAC, to stay up to date on all Fort Jackson news and updates.

Next, develop an action and communications plan. Write down emergency phone numbers and post them on the refrigerator and save them in your cell phone. Mark a design-

Flash flooding can escalate quickly.

Heavy rain can lead to sudden flash floods, whether you're on the road or at a campground. Will you be ready?



Set up a way to get weather warnings on your phone



When alerted to a flash flood, get to higher ground immediately



Never enter floodwaters in a vehicle or on foot



Members of the Fort Jackson community are asked to take caution during Tropical Storm Debby. The storm has been forecasted to hover over South Carolina dumping historic amounts of rain until it moves from the area Friday. The community can find weather updates on the Fort Jackson website and on the post's social media platforms.

nated meeting place in case of phone outages and make sure all family members know the plan and their role. Locate the nearest emergency shelter and map out different routes you can take to get there from your home and places of work.

Check out Ready Army at <https://ready.army.mil/> for resources and ideas to develop a proper plan. Ensure that pets, special needs, young children and elderly family members, are considered when developing your plan.

The third step to proper hurricane preparation and safety is to build an emergency preparation kit. Kits should include two gallons of water per person per day for three days (That means a family of four would need a minimum of 24 gallons

of water), nonperishable food items for at least three days, important papers (e.g. driver's license, birth certificates, passports, medical insurance documentation, etc.), first aid kit, cash in small denominations and a battery-operated radio with spare batteries, just to name a few items.

Individuals should also be aware if you're in a flood-prone area and know the location of the nearest medical facility as well as the closest emergency shelters.

More information on storm preparedness can be found by visiting the Federal Emergency Management Agency website at www.ready.gov/make-a-plan, and the American Red Cross site at www.redcross.org/prepare/location/

ON THE COVER

Dr. Taminika Shadd, C.C. Pinckney Elementary School principal, celebrates as she welcomes students to the first day of school Aug. 5, 2024.



Photo by ROBERT TIMMONS

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THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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DOD to honor Jackson team member

by **ROBERT TIMMONS**
Fort Jackson Public Affairs

The Department of Defense Family Advocacy Program will recognize a Fort Jackson team member for her efforts to prevent domestic abuse and child abuse, Aug. 13.

Kamala Henley, a Fort Jackson Family Advocacy Program specialist, will be honored for her “exceptional efforts in the prevention of domestic abuse, and child abuse and neglect for Service members, their families, and intimate partners.”

Henley, who confesses to not like being in the spotlight, said the honor was very humbling and “surreal.”

“I don’t do anything out of wanting to be recognized for anything I do,” she said. “It’s out of a desire to see people learn while they thrive.”

She didn’t think about how the honor reflected her, but how it can benefit the installation.

“One of my first thoughts was that this recognition by the Office of the Deputy Assistant Secretary of Defense will be great for our program by letting the Fort Jackson community know the services we provide, and bring more participation,” she said.

Her supervisor, Benita Cunningham, the post’s Family Advocacy Program manager, lauded Henley’s humility and knowledge.

“No job is too low or too great” for her, Cunningham said. “She denies no team member or customer her assistance. She will be the first to volunteer for assignments outside of her duty hours when others will not attend.”

Henley was integral in developing the first Healthy Relationship Art Contest for Department of Defense students on Fort

Jackson. She also created the first post-wide Family Wellness Day where more than 30 off-post services spoke about the services they provide and how to combat domestic and intimate partner violence.

Henley also provides installation-wide child abuse and neglect training.

She also works closely with the Child and Youth Services’ Child Development Centers to educate them on child abuse, neglect and problematic sexual behaviors.

Henley’s passion is not putting herself first, but rather the prevention of abuse that not only negatively affects a person’s life, but the

Army’s readiness as well.

“Preventing abuse is very important to me, especially when children are involved,” she said. “Children deserve to grow up in a safe, healthy environment. They do not deserve to witness intimate partner violence or become victims of abuse and/or neglect. The effects of living through that trauma can be life-long debilitation, mentally and physically. All children should be able to grow and blossom to being the best version of themselves possible so they can live their purpose and contribute greatly to society.”

That will be a better future for all of us, she added.

Fort Jackson’s Family Advocacy Program and Army Community service has many programs that help prevent domestic abuse, and child abuse and neglect.

They have stress and anger management classes; healthy relationship classes; a child abuse and neglect class for Department of Defense Education Activity and CYS employees; and a New Parent Support Program.

The NPSP helps new parents by educating them on infant care and the expectation after the baby arrives to decrease the par-



Henley

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- Kamala Henley
Family Advocacy
Program specialist



Leader file photo

Army Community Services specialists hold up sign, Oct. 12, 2023, encouraging motorists to honk in support of domestic violence awareness. Kamala Henley, Family Advocacy Program specialist, will be recognized by the Department of Defense for her efforts to prevent domestic violence and child abuse and neglect, during an Aug. 13 ceremony at the Pentagon in Arlington, Va.

ent’s post-partum stress.

“The things that you can do to make your family stronger and healthier we have that here,” Henley said. “And if we don’t have it, we work with agencies who can help.”

The Family Advocacy Program “should be the first place people should come if they want to learn about healthy relationships,” she added.

The Family Advocacy Program helps Soldiers and Families recognize and meet the unique challenges of military lifestyles.

The services include seminars, workshops, counseling, and intervention to help strengthen Army Families, enhance resiliency and relationship skills, and improve quality of life.

The program has additional programs such as transitional compensation program for abused dependents and the Victim Advocacy Program.

For more information about the Family Advocacy Program call (803) 751-5256 or visit: <https://jackson.armymwr.com/programs/acs/family-advocacy>.

Community Updates

ANNOUNCEMENTS

Death Notice

This notice serves as a death notice advisory for all those in possession of the property of Staff Sgt. Corey Brown, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Kristian Swiney, Summary Courts Martial Officer with questions or concerns at (520) 678-4429 or email kristian.e.swiney.mil@army.mil.

Change of Command

9 a.m., Aug. 23, Hilton Field. Maj. Gen. Jason E. Kelly will relinquish command of Army Training Center and Fort Jackson to Maj. Gen. Daryl O. Hood.

Road Name Changes

Fort Jackson has renamed numerous roads and streets on post that were named after Confederate leaders, battles and units. This is part of efforts to rename Department of Defense installations, streets, buildings and ships that featured names commemorating the Confederacy. These name changes, effective Jan. 1, have already been made by the U.S. Postal Service. To learn which road names have changed, scan the QR code or visit home.army.mil/jackson/about/fort-jackson-road-renaming.



Safety 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 the website <https://imc.army.mil/airs/default.aspx>. To register for the Unit Safety Officer training, contact your Safety Specialist.

■ Advanced Riders Course: Aug. 20 (six seats open)

■ Local Hazards Course: Aug. 19 and 26.

■ Remedial Drivers Course: Aug. 21 (12 seats open)

Needs Assessment Survey

Help our Education Center to better understand and meet your educational needs on Fort Jackson. Your participation and feedback is valuable and will be utilized to help improve ACES education programs and services. You need to take the needs assessment survey. Scan the QR code to begin. The Fort Jackson Education Center can be reached via email atusarmy.jackson.93-sig-bde-mbx.dhr-jacksonedcenter@army.mil, or via phone at (520) 691-4472.



100% Housing Inspections

Housing officials recently announced that congressionally-mandated 100% inspections of on-post housing units will take place in August. Residents are able to schedule those inspections using an online tool.

COMMUNITY EVENTS

TODAY

Making Major Purchases Webinar

1-2:30 p.m., MS Teams. This seminar will provide an overview in preparation of making major purchases from a financial aspect.

SATURDAY

Back to School Color Run

9 a.m., Fort Jackson Youth Sports Complex. Kick off your back-to-school with the Youth Sports Color Run. There

will be bounce houses, raffles, a one-mile fun run and a meet and greet with Richland County Sheriff Department deputies. For more information, call (803) 751-7451.

SATURDAY-SUNDAY

Dog Days at the Waterpark

10 a.m. to 2 p.m., Palmetto Falls Waterpark. Bring your four-legged friend out to play in water. Season pass holders are allowed one dog per pass. Non-pass holders-\$10 per dog. Dog handlers must be at least 18 years old. Dogs must be up to date on vaccinations. No swimming in the water. For more information call (803) 751-4796.

AUG. 13

Stress! You Can Handle It Webinar

1:30-2:30 p.m., MS Teams. This one-hour class focuses on individual learning techniques to promote physical and emotional wellbeing, heighten awareness, and identify and manage stressors.

AUG. 17

Offshore Fishing Trip

5 a.m., Marion Street Station. Join Outdoor Recreation on a fishing trip to Hilton Head, S.C. The trip costs \$90, which covers transportation, license, bait, and tackle. For more information or to register, call (803) 751-3484. There are a limited number of spaces available.

AUG. 20

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.

AUG. 24

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, AUG. 10

■ It Ends With Us (PG-13) 2 p.m.

WEDNESDAY, AUG. 14

■ Deadpool and Wolverine (R) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

Army Ten-Miler

5 a.m., Hilton Field Sports Complex. Come out and run in Fort Jackson's version of the Army's prestigious race. This is a commander's cup event. For more information, call (803) 751-3700.

SEPT. 3

Meals in Minutes & Your Budget

1:30-2:30 p.m., 9810 Liberty Division Road, Room 119. This session will teach how to save calories while also optimizing your budget. The class provides tips on meal prepping, eating out, recipes, comparison shopping, meal planning, shopping lists, cooking tools, and ways to save money.

SEPT. 5

Early Career Benefits Overview

2-6 p.m., MS Teams. Upon completion of the pre-retirement briefing, partici-

See **EVENTS:** Page 10

THE FORT JACKSON LEADER

SEND ALL
SUBMISSIONS TO

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

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

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will 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.

VA launches redesigned burn pit registry



Department of Defense photo

A soldier assigned to the 84th Combat Engineer Battalion uses a bulldozer to manage trash at a burn pit, Balad, Iraq, Sept. 24, 2004.

By DAVID VERGUN
DOD News

The Department of Veterans Affairs announced the launch of the redesigned Airborne Hazards and Open Burn Pit Registry, Aug. 1.

In response to extensive feedback from veterans and service members, VA's changes to the registry help to greatly reduce the burden of participation, said Terrence Hayes, a VA spokesperson.

Expansion of eligibility criteria and automatic enrollment based on Defense Department records means roughly 4.7 million veterans and service members will now be included, with simple opt-out procedures for those who wish to not participate, he said.

Those enrolled in the registry any time before the launch of the redesign will be automatically enrolled in the new registry, Hayes added.

"This tool is a significant improvement in making data available in a way that better serves all those who were exposed to burn pits and other hazards," said Dr. Lester Martinez-Lopez, assistant secretary of defense for health affairs. "Being part of the registry is a way for individuals to help and improve our understanding of the challenges faced by service members and veterans affected by these exposures."

"The burn pit registry is fueling groundbreaking research and enabling VA's ability to identify and proactively address health challenges that toxic-exposed veterans face," said Dr. Shereef Elnahal, VA undersecretary for health.

"While the registry does not impact an individual veteran's health care or benefits, it does serve as a catalyst for advancing new and innovative treatments for the veteran population as a whole — including informing decisions related to presumptive conditions, more precise predictive med-

icine and proactive veteran care," Elnahal said.

"This redesign massively expands the registry and reduces the participation requirements for veterans, paving the way for critical research in the coming years," Elnahal added.

While this research database does not impact individual care and benefits, there are many avenues for veterans to reach VA for the services they deserve. We encourage veterans seeking screening, health care or benefits for toxic exposures to visit VA.gov/PACT or call (800) 698-2411, Hayes said.

Service members, living or deceased, who according to DOD records, served in certain locations in or near the Middle East between Aug. 2, 1990, and Aug. 31, 2021, will be automatically included. The registry website has a complete listing of those nations and the surrounding waters.

See **REGISTRY**, Page 11

U.S. deploys more assets to Middle East

By JIM GARAMONE
DOD News

More defensive military capabilities will deploy to the Middle East to bolster force protection for U.S. troops in the region and to defend Israel, said Deputy Pentagon Press Secretary Sabrina Singh, Aug. 2.

The deployment will be in response to threats from Iran and Iranian-backed militias, Singh said.

Following the Hamas attacks on Israel in October 2023, the United States pledged to help defend the nation. In April, when Iran and Iranian-backed groups launched strikes at Israel, the United States led a coalition that helped defend the country from armed drones and missiles.

Singh said the commitment for more defense capabilities in the region comes from conversations Aug. 1 between President Joe Biden and Israeli Prime Minister Benjamin Netanyahu. This morning, Secretary of the Defense Lloyd J. Austin III followed up on those conversations with Israeli Defense Minister Yoav Gallant, she said.

"We've demonstrated since October and again in April (that) the United States's global defense is dynamic, and the department retains the capability to deploy on short notice to meet evolving national security threats," she said. "As a result, the secretary will be directing multiple, forthcoming force-posture moves to bolster force protection for U.S. forces regionwide, to provide elevated support to the defense of Israel and to ensure the United States is prepared to respond to this evolving crisis."

What forces and/or units will de-

See **U.S.:** Page 11

THEY'RE BACK!

Jackson schools welcome back students

Department of Defense Education Activity schools on Fort Jackson welcomed students back to class, Aug. 5.

Fort Jackson officials, chief of police and the 282nd Army Band participated in giving high-fives, fist-bumps and enthusiastic welcomes to the students. Even McGruff the Crime Dog made an appearance at Pierce Terrace Elementary School.

Dr. Taminika Shadd, C.C. Pinckney Elementary School principal, said It was a

joy to see all our students returning.

DODEA director Dr. Beth Schiavino-Narvaez said in a recorded video aired on the schools' social media pages that over the summer teachers "have been busy planning lessons, preparing classrooms and engaging in professional development, so that they can perform at their best."

She said she was excited for another "incredible school year," and the "feeling of energy and excitement" it brings.



Photo by NATHAN CLINEBELLE



Photo by ROBERT TIMMONS



Photo by ROBERT TIMMONS



Photo by NATHAN CLINEBELLE



Photo by ROBERT TIMMONS



Photo by NATHAN CLINEBELLE



Photo by NATHAN CLINEBELLE

SC Guard responds to TS Debby

By MAJ. KARLA EVANS
South Carolina National Guard

The South Carolina National Guard is responding to the Florida Department of Emergency Management's request for assistance through the Emergency Management Assistance Compact in anticipation of a Tropical Storm Debby.

"The South Carolina National Guard is trained and ready to assist the citizens of the state of Florida," said Maj. Gen. R. Van McCarty, the adjutant general of South Carolina. "The 1050th transportation battalion has the ability to mobilize for support on short notice and will be providing resources as needed."

Roughly 70 Guardsmen and 30 high-water vehicles, with additional support and personnel, have moved into Florida, assisting local and state officials with various recovery efforts. The high-water vehicles the South Carolina National Guard is providing can be used in flooded areas to access roads cut off to other vehicles and increase access to inaccessible areas other than by boats. High-water vehicles are invaluable to emergency crews.

Tropical Storm Debby is forecast to make landfall in the Florida Panhandle as a Category 1 hurricane and dump more than 12 inches of rain. Flooding and storm surges in coastal areas are expected.

"The Soldiers of the 1050th Transportation Battalion are ready to support this Nation and are excited to be afforded the opportunity to support the citizens of Florida during this time of need," said U.S. Army Col. Denton Smith, commander, 59th Troop Command, South Carolina National Guard.



Courtesy photo

Darcie C. Fouste, right, helps put together a mannequin as part of a display at the Basic Combat Training Museum. Fouste is set to retire after 42 years of service supporting Army museums.

Museum bids farewell to longtime archivist

By HENRY HOWE
Basic Combat Training Museum

Darcie C. Fouste, a longtime archivist with the of Basic Combat Training Museum team, will be missed when she retires after 42 years in the Army Museum Enterprise.

She entered the Army Museum community on Feb. 25, 1982, when she joined the Fort Polk (now Fort Johnson, Louisiana) Museum team as a museum aide. Three years later, she left Fort Polk and headed to Fort Benjamin Harrison, Indiana, where she worked for the U.S. Army Finance Center and the Finance Corps Museum as a museum technician.

In 1991, Fort Benjamin Harrison was caught-up in the Base Realignment and Closures list. Darcie made her third move within the Army in 1995 when she transferred to Fort Jackson with the Finance School.

In December 1996, Fouste was per-

sonally chosen by the Adjutant General School and the Center of Military History to establish the Adjutant General's Corps Museum.

Alone, she built the museum from the ground up, developing and implementing a comprehensive museum collections strategy based on her extensive research of the Adjutant General Corps history. She scraped together a collection and built a museum that represented Army Human Resources, Postal Operations, Band, and Recruiting.

In 2018, she moved to the Basic Combat Training Museum and for the last six years, served as the Collections Manager, exhibit designer, and graphic artist for the Basic Combat Training Museum.

Her dedicated efforts have significantly enhanced the museum's ability to convey the "Soldierization" process, detailing the transformation of civilians into Soldiers. Through her contributions, the museum has effectively presented this narrative to

over 400,000 visitors.

Darcie unselfishly supported the museum community throughout her career, whenever and wherever needed, spearheading major gallery redesign efforts for the 1st Armored Division Museum when they were still in Baumholder, Germany. She traveled to assist the Puerto Rico National Guard Museum; she used her talents to help the 79th Army Band at Fort Clayton, Panama organize and exhibit their historic collection.

Likewise, throughout her career, she has served on three staff assistance visits, four command audits, and on numerous museum certification teams.

Fouste has had a remarkable career with the Army Museum Enterprise.

Her efforts and dedication have made lasting impacts to Army museums and will leave a void that will be difficult to fill.

There will be a farewell drop-in for Fouste Aug. 28 from 9 a.m. to 2 p.m. at the Basic Combat Training Museum.

'The Weigh It Is' with Pam James-Long

Think you can't get a great workout just because you are in the water?

Think again.

Water aerobics delivers a solid alternative form of exercise that challenges and brings results.

Water aerobics is a refreshing change to regular workouts. Because of its effectiveness, it continues to gain popularity as a low-impact and fun style of exercise that is suitable for most ages and populations.

With water aerobics as your style of physical conditioning, exercisers can continue to enjoy strength training, cardiovascular conditioning, flexibility and more.

What makes water aerobics such an effective alternative is, in one word ... buoyancy. This takes pressure and strain off joints.

That turns a workout session into a gentler, but still effective fitness choice. During a water aerobics class, expect a blend of strength and cardiovascular conditioning. The low-impact workout space creates a unique exercise environment, making it a great choice for fitness and wellness.

This is especially beneficial for special populations such as individuals who suffer with joint issues, and injuries. Even pregnant women have



James-Long

found water aerobics to be a great way to remain active as their pregnancy progresses. Each of these special conditions a person faces can use water aerobics and still receive a great workout that is kinder and gentler on their joints.

Water exercise offers a natural resistance that intensifies as you move and use water as a weight.

This leads to improved muscle strength and toning without the use of heavy weights. Performing water exercises engages many muscle groups at the same time, so you are sure to receive a total body workout.

This is one of the things that make it such a popular exercise. People can continue exercising and maintain or improve their current fitness levels.

Water aerobics stands out as a great choice for low-impact exercise that comes with numerous benefits, beginning with being joint-friendly.

The water supports your body, which reduces stress on your joints.

If you suffer from arthritis, water aerobics become a great alternative. Individuals recovering from injuries find water aerobics a safer en-

vironment to stay active in without putting undue pressure on their injured area. Expectant mothers can use water aerobics as a low impact, safer exercise area which eases and takes pressure off the pelvis and spine. Seniors embrace water aerobics full throttle as their exercise of choice that is gentle and socially engaging.

Water aerobics' low impact style workout is also great for cardiovascular health.

Just like with land exercises, the movements get your blood flowing. This helps overall circulation and heart function. Improved circulation strengthens the heart muscles.

Participating in water aerobics regularly helps improve circulation and can make your heart pump more efficiently.

Regular exercise helps lower blood pressure, which is important for overall cardiovascular health. Engaging in water aerobics also helps improve lung capacity.

You can use water aerobics as a fun exercise program that also helps keep your body healthy and strong.

You can use the water to tone and build strength.

Using water as a natural resistance in all directions challenges and strengthens muscles. It can be even more efficient than several land-based exercises.

See **WEIGH:** Page 11



Celebrating Service

Fort Jackson recognized the career of Lt. Col. Daniel L. Rausch, from the University of South Carolina, 4th ROTC Brigade, during the 2nd Battalion, 60th Infantry Regiment's Basic Combat Training graduation, Aug. 1. Rausch retires with 25 years of service.

Photo by
NATHAN CLINEBELLE

SALUTING THIS CYCLE'S HONOREES

3rd Battalion, 39th Infantry Regiment

DRILL SERGEANT OF THE CYCLE

Staff Sgt.
Tedla Heile

ALPHA COMPANY SOLDIER LEADER

OF THE CYCLE
Pvt. Aniyah Moy

SOLDIER OF THE CYCLE

Pvt. Joseph Kennedy

BRAVO COMPANY SOLDIER LEADER

OF THE CYCLE
Spc. Colin Seedorf

SOLDIER OF THE CYCLE

Spc. Morgan Hannon

CHARLIE COMPANY SOLDIER LEADER

OF THE CYCLE
Pfc. Evan Chambers

SOLDIER OF THE CYCLE

Pvt. Austin Welle

DELTA COMPANY SOLDIER LEADER

OF THE CYCLE
Pfc. Christina Abel

SOLDIER OF THE CYCLE

Pvt. Yossi Scott

ECHO COMPANY SOLDIER LEADER

OF THE CYCLE
Pvt. Ayden Wells

SOLDIER OF THE CYCLE

Spc. Joshua Winscott

Events

Continued from Page 4

pants will know the requirements for retirement eligibility, consequences of making a deposit/redeposit, survivor annuity elections, eligibility for continuing FEHB/FEGLI into retirement, and the process for submitting a retirement application.

SEPT. 7
Run/Walk for the Fallen

8 a.m., Hilton Field. Join Fort Jackson in honoring those who lost their lives serving the country since 9-11. Registration begins at 7 a.m. and opening remarks are scheduled to start at 7:45 a.m.

SEPT. 10
Love and Money Matters

10 a.m. to noon, Chaplain Family Life Center. The 2-hour "Love and Money Matters" workshop will teach effective communication strategies and address common money issues in relationships. Learn to set SMART goals as a couple that can lead to wealth.

SEPT. 12

Financial Retirement Planning
1-2:30 p.m., MS Teams. Take time to learn about planning for retirement — so you'll be prepared for today's needs and wants, while also paving the way to meet your future financial goals and enjoy the retirement you deserve. Join us as we discuss the strategies and resources that are available to help you fine-tune or establish your retirement plan.

**SEPT. 14
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.

**SEPT. 16
Social Security Benefits**
2-3:30 p.m., MS Teams. The 90 minute "Social Security Benefits" training workshop is an instructor-led training designed for individuals who want to take control of their financial future. The training will provide information on how Social Security affects your retirement income. Start

today by attending a financial readiness seminar that will provide you with the tools for creating a better financial future.

**SEPT. 17
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.

**SEPT. 20
Community Baby Shower**
10 a.m. to 1 p.m., 1917 Club. "If you are currently expecting or have had a baby within the past year, New Parent Support Program wants to celebrate you. NPSP 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.

**SEPT. 24
Mid-Career Benefits Overview**
9 a.m. to 1 p.m., MS Teams. Upon completion of the pre-retirement briefing, participants will know the requirements for retirement eligibility, consequences of making a deposit/redeposit, survivor annuity elections, eligibility for continuing FEHB/FEGLI into retirement, and the process for submitting a retirement application.

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.

**SEPT. 26
Building Wealth Webinar**
1-2 p.m., MS Teams. There's more to financial fitness than building budgets and paying down debt. Getting financially fit means mastering the long game - financial freedom. Join us to learn more about wealth building strategies.

DID YOU KNOW: Army vehicles transporting ammunition or explosives will be equipped with at least two 10 lb class ABC or equivalent fire extinguishers.

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

Registry

Continued from Page 5

The data in the registry lists deployment locations, military personnel information and demographics to include gender, race and ethnicity.

No medical information will be stored in the registry. Veteran and service member data will be accessible only to select VA epidemiologists and researchers and institutional review board-approved researchers, Hayes said.

It will be used to conduct research on the cohort over a period of time. The results will inform the policy decision-making efforts of VA executive leaders, including those related to presumptive conditions, he added.

U.S.

Continued from Page 5

ploy remains to be determined. Singh said the United States already has robust defensive capabilities in the region, and those forces may be redeployed within theater. White House officials said, however, that there will be “new” capabilities for the region.

Biden and Austin have been in close coordination on this effort, Singh said. “The secretary will be directing forthcoming force-posture moves to bolster our force protection,” she said.

Singh stressed any capabilities will be purely defensive and will “send a message of deterrence.”

The United States will continue to work with allies and partners to de-escalate the situation in the region. Allies and partners helped defeat the attacks in April, and a number of countries participate in Operation Prosperity Guardian in the Red Sea to keep that vital sea line of communication open, she said.

The defensive capabilities are all in support of deterrence and de-escalation, Singh said.

“We’re going to continue to urge for de-escalation, and the best way for that to happen is for this ceasefire deal to come through, so we can get American hostages out, as well,” she said.



Air Force photo by MELISSA PETERSON

Water aerobics is a complete workout that improves balance and flexibility in a safer environment.

Weigh

Continued from Page 9

Each exercise commands multiple muscle groups simultaneously; this delivers a more complete total body workout every time.

Water is such a powerful tool for exercising that it builds muscle endurance. The more you use water as your resistance, you improve your muscle endurance level and experience less fatigue from your daily activities.

Because of the water, you can exercise in a safer environment and reduce potential muscle strains that are often experienced from land-based exercises.

Water aerobics can be viewed as a complete workout.

In the water, you can improve your balance and flexibility. The buoyancy creates easier movements for a better range of motion. Performing stretches in the water

helps loosen and lengthen muscles.

This also improves flexibility.

Exercising in the water is an unstable environment, so your balance is challenged, forcing you to engage your core muscles, which helps improve your overall stability.

Water aerobics can be just as effective for weight loss and weight control as land-based exercises.

Of course, eating a healthier diet also plays a role in weight loss, but water aerobics’ unique exercise environment makes for a great calorie burner.

Exercising regularly also increases your metabolic rate.

This is another boost for calorie burning even when you are not exercising. Just about anyone can benefit from water aerobics. The more you participate in water aerobics, the more comfortable you will become.

Then, you can customize your intensity to boost your fitness level most effectively. Since water aerobics can be high intensity,

and low impact, this is great for sustainability. It is something you can stick with because it is rewarding without being challenging to your body.

Last, but not least, water aerobics is a great social environment.

There is a large population of retirees, seniors and veterans that look forward to coming together to exercise and becoming friends with a common objective called wellness.

Water aerobics offers a unique combination of benefits.

It is an amazing, low-impact activity that is great for just about everyone, regardless of age or fitness level.

It is an ideal choice for people who suffer with joint problems and great for building strength, improving cardiovascular health and as a weight-loss form of exercise.

Dive into water aerobics and experience a world of fitness that is enjoyable and beneficial.

Pam’s thought for the week: “Drown calories with water aerobics.”

VICTORY... STARTS HERE



Staff Sgt. Nicholas Gardemal, a military policeman with the 17th Military Police Detachment, gives a fist bump to a student entering C.C. Pinckney Elementary School on the first day of school, Aug. 5.

Photo by ROBERT TIMMONS