

THURSDAY AUG. 3, 2023

THE FORT JACKSON LEADER

"VICTORY ... S

NATIONAL NIGHT OUT

POLICE, COMMUNITY MEET AT ANNUAL EVENT



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Jackson institution becomes permanent fixture

Former post sergeant major inducted into Hall of Fame

By **ROBERT TIMMONS**

Fort Jackson Public Affairs

One of the most visible drill sergeants in Fort Jackson's history became a permanent fixture in the post headquarters building years after he retired at the post's senior enlisted advisor.

Retired Command Sgt. Maj. Lamont Christian was officially enshrined into the post's hall of fame, July 28. He was the third to be enshrined this year as Karen Soule and Jackie Ortiz were given the honor, June 8.

"Our Hall of Fame is for those that have sacrificed; those that have accomplished; and those that continue to influence the community," said Brig. Gen. Jason E. Kelly, Fort Jackson commander, during the ceremony. "Christian is someone who absolutely has sacrificed; who absolutely has accomplished; and someone who continues to influence. We (have all benefited from) what this amazing leader has done."

Kelly added there are things happening on Fort Jackson because of Christian's vision.

Christian was an institution of Fort Jackson. He was commandant of the U.S. Army Drill Sergeant Academy when it officially changed names from the Army



Brig. Gen. Jason E. Kelly, Fort Jackson commander, places a ribbon around the neck of retired Command Sgt. Maj. Lamont Christian, during a ceremony inducting the former post senior enlisted advisor into the installation's Hall of Fame, July 27. Christian also served as U.S. Army Drill Sergeant Academy commandant.

Photo by **EMILY HILEMAN**

Drill Sergeant School; and the senior enlisted advisor for 2nd Battalion, 39th Infantry Regiment.

Today, he is the director of the Warrior PATHH program at the Big Red Barn Retreat. The program is a mental resiliency

program for veterans and first responders.

"I am trying to figure out how to incorporate some of the great work he is doing now ... with our resilience efforts here on Fort Jackson," Kelly said during his in-

troduction of Christian.

I look forward to seeing the hall of fame photos up on the wall in the post headquarters, Kelly added. "I get to see giants from this community – folks that make me want to do a little bit better – and

to have his photo on that wall as I make rounds in the headquarters."

"I have received a lot of accolades, rewards and awards during my tenure," in the Army, Christian said.

Christian was inducted into the Drill Sergeant Hall of Fame in 2017. His picture from the Army's Can You Make the Cut campaign was selected as one of the photos used to wrapped U.S. Army Recruiting Command marketing trailers. He also wrote multiple cadences as a drill sergeant leader, one of which was incorporated into a popular sports drink commercial.

"Being inducted into the Hall of Fame is prestigious, has its honors and saying thank you is not enough," Christian said.

He credited those he worked with and those who continue to serve as reasons for his induction.

"It is because of you that I am being recognized for your efforts, your attitude and your belief in yourself," he added. "Because I would not have been able to accomplish the very few things that (Brig.) Gen. Kelly was able to speak about without your help ... So, I have to say thank you to you all, for your efforts, for being here tonight and continuing to do what you're doing to be better."

ON THE COVER

Maj. Tyrone Norman tries unsuccessfully to peddle a cart through a course while wearing goggles that simulate driving impaired during National Night Out,

Aug. 1.

See Page 6-7



Photo by **ROBERT TIMMONS**

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Senior leaders oriented to Jackson, Midlands

Story, photos by EMILY HILEMAN
Fort Jackson Public Affairs

It may be an annual occurrence, but the 2023 Senior Leader Orientation was different than previous iterations. Not just because this is the first Brig. Gen. Jason Kelly, Fort Jackson commander attended, but the number of senior leaders and unit commanders is by far larger than normal.

The three-day orientation helped the senior leaders, and their spouses, learn more about Fort Jackson and the surrounding communities. On Day One they toured post to include the Future Soldier Preparatory Course and the 120th Adjutant General Battalion (Reception). On Day Two, they attended Basic Combat Training graduation, and went on a guided history tour of nearby Columbia, South Carolina. The final day of the orientation, the group received briefings from on-post agencies.

Lt. Col. John Baker, 4th Battalion, 39th Infantry Regiment commander, said he found the orientation helpful.

"It's been extremely wonderful for me," he said of the event. "I've spent most of my entire military career at Fort Liberty, North Carolina. Moving to Fort Jackson was a completely unknown. The Senior Leader Orientation and their efforts to plug us in to the community, exposed us to the key partners here on the installation has been really wonderful and really beneficial for me."

He said for a person new to an area after spending a lot of his career at a different post the SLO was "hugely beneficial."

He said the exposure to the area for both him and his peers, who face similar questions coming from diverse backgrounds helped them "to get that common understanding, common purpose. It's been really great."

Baker said he didn't go through a similar orientation at Fort Liberty where he was assigned to the U.S. Army Special Operation Command side of post.

"Granted coming from the USASOC part of post, people tend to become home-steaded in organizations so there's not really a senior leader orientation rather, because the senior leaders have been there for 10 or 15 or 20 years," he said. "So, on a post like Fort Jackson, where personnel are a little bit



(Above and below) Brig. Gen. Jason E. Kelly welcomes senior leaders and their spouses to Fort Jackson during Senior Leader Orientation held July 26-28. Attendees were shown Fort Jackson and the Columbia area.

more transient. It's really wonderful. I think it's great. I actually would like to come back next year."

Col. Michelle Williams, commandant of the Finance and Comptroller School, said the orientation was "absolutely" helpful.

"This is like the first time in my 24 years of military experience I've ever had the immersion into the community," she said. "So, this was great. I was here as a student back in 1999, and 2003. So to come back now in 2023 and actually get this with the actual community as well as the staff here at Fort Jackson was fantastic, phenomenal"

In her 24 years of service, she has never had an orientation like it, she said.

"You always get a presentation and it's usually death by PowerPoint and that's



about it," she said. "This, as far as bringing us together in a social environment, and then

actually bringing us out to the community. It's the first time I've ever had that."

Community Updates

ANNOUNCEMENTS

Equal Employment Opportunity

Looking for Equal Employment Opportunity information? Can't find the latest EEO newsletter? You can find the information you need at: home.army.mil/jackson/index.php/eeo.

Saving Your Marriage Before It Starts

Register with the Chaplain Family Life Center volunteer at 751-4966 to attend the "Saving Your Marriage Before It Starts" class given by Chaplain (Maj.) Daniel Claypoole, Aug. 18 to Dec. 15. (The class will not meet on training or federal holidays). Bring a brown bag lunch from 11:30 a.m. to 1:30 p.m. and begin to build a solid foundation for lifelong love. Each couple will get a kit that includes workbooks, a hard cover book and a DVD. There will be a get to know session followed by group and individual exercises, training and fun filled discussion provided in the workbooks and by our class. Seating is limited to the first 10 couples to sign up.

School Sports Physicals

Moncrief Army Health Clinic will hold school sports physicals every Monday and Wednesday from 4:30-6:30 p.m. until Aug. 9 in the Integrated Health Medical Home, Yellow Team, on MAHC's ground floor. The exams are held for MAHC-enrolled students ages 4 and above in grades PK-12. The walk-in exams are for non-acute issues. Please schedule exams for acute issues with your primary care manager. (Note: students may not be scheduled with the child's PCM). Immunization records and required sports and physical forms must be brought to the examinations.

COMMUNITY EVENTS

TODAY

Post Newcomer's Orientation

8 a.m. NCO Club. This orientation is

mandatory for all Soldiers and Department of the Army Civilians arriving at Fort Jackson. Spouses are encouraged to attend. This will be a great opportunity for spouses to receive first-hand information about the valuable available resources on and around Fort Jackson. There will be no on-site childcare for this event. For more information, call Army Community Service at 751-5256.

AUG. 5

Dog Days of Summer

11 a.m. to 2 p.m., Palmetto Falls Water Park. Treat man's best friend to a day at the water park. Palmetto Falls Water park is going to the dogs! Season pass holders may bring one dog free. Those without season pass and additional dogs: \$10. All dog parents must show proof of vaccines and are responsible for their dogs. All well-behaved dogs are welcome. For more information, call 751-4796/3475.

Commander's Relay Race

7 a.m., U.S. Army Drill Sergeant Academy. Celebrate the Army's Birthday with a traditional relay race with teams of four. This is a Commander's Cup event. For more information, call 751-5869/3096.

AUG. 12

Dog Days of Summer

11 a.m. to 2 p.m., Palmetto Falls Water Park. Treat man's best friend to a day at the water park. Palmetto Falls Water park is going to the dogs. Season pass holders may bring one dog free. Those without a season pass and additional dogs: \$10. All dog parents must show proof of vaccines and are responsible for their dogs. All well behaved dogs are welcome. For more information, call 751-4796/3475.

8th Annual Back to School Color Run

9-11 a.m., Youth Sports Complex. CYS Youth Sports and Fitness program brings you the 8th Annual Back to School Color Run and Field Day. The event includes

a one-mile run, raffles, bounce houses, races, face painting, obstacle courses and more. The first 100 youths registered will receive free t-shirts. For more information, call 751-7451.

Scavenger Hunt Bike Ride

8 a.m., Marion Street Station. Join Outdoor Recreation for a scavenger hunt bike ride across post.

AUG. 15

Maude Lecture Series

2 p.m., Solomon Center. The Adjutant General School is hosting the Lt. Gen. Timothy J. Maude Leadership Lecture Series. The lecture series, named after the highest-ranking service member killed in the Sept. 11, 2001 attack on the Pentagon, is dedicated to development of Army leaders. Maj. Gen. Thomas Drew, commander of Army Human Resources Command, will be the guest speaker.

AUG. 18, SEPT. 8

Spouse Federal Resume Workshop

9:30-11:30 a.m., Army Community Service Building, 9810 Lee Road. Are you seeking federal employment? Come learn everything you need to know about: transitioning from private industry to the federal government; writing a correct federal resume; creating effective Knowledge Skills and Abilities; answering "Self-Assessment Questionnaires; "formatting your resume to be noticed by reviewers; interviewing; and tracking the progress of your application. Topics covered are: USAJobs account, position classification standards and functional guides; breaking down the vacancy announcement adjusting your experience to the vacancy. Registration is required. Call 751-5256 to reserve a seat.

AUG. 25

Paint and Sip - Pet Portait Watercolor

5:30-7:30 p.m., Solomon Center. Learn how to paint with watercolors as you cre-



Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

AUG. 5

■ The Little Mermaid (PG) 2 p.m.

AUG. 9

■ Transformers (PG-13) 11 a.m.

■ Transformers (PG-13) 3 p.m.

● Ticket sales open 30 minutes before each movie.

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

ate a pet portrait. Cost is \$45.

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 751-6739.

Institute for Religious Leadership welcomes 45th commandant

By **MEL SLATER**
Institute for Religious Leadership

The U.S. Army Institute for Religious Leadership welcomed Chaplain (Col.) Louis Deltufo as its new commandant, July 28. Deltufo assumed responsibility for the institute from Chaplain (Col.) James Palmer Jr. in an outdoor ceremony.

The institute welcomed Deltufo as the 45th commandant at the end of the Army Chaplain Corps Regimental Week.

The last outdoor ceremony of this type held by the institute was a change of responsibility in 2009.

The weather was beautiful for a South Carolina summer in July. An overcast day blocked the burning sun and held the temperature to a decent level for the Soldiers in formation, Family, friends and guests in attendance. Fort Jackson Commanding General, Brig. Gen. Jason E. Kelly also attended the ceremony.

Deputy Chief of Chaplains, Chap. (Brig. Gen.) Bill Green was quick to mention the good weather.

"I'm going to start off with a question. Who was responsible for the weather prayer?" Green said. "The chaplain responsible for the weather prayer please stand."

Green officiated the change of commandant ceremony.

"It's been a great week, we've been celebrating our 248th Chaplain Corps anniversary," Green said, "and it gives us now the opportunity to transition the authority between two great leaders."

Deltufo is no stranger to the institute and Fort Jackson. He served as the deputy commandant and the director of training at the Chaplain Center and



Photo by PAUL STAMPS

U.S. Army Institute for Religious Leadership commandant, Chaplain (Col.) Louis Deltufo passes the unit colors to Command Sgt. Maj. Evelin Montealegre during the change of commandant ceremony outside the institute on Fort Jackson, July 28.

School. His most recent position was chief, operations and training, at the Religious Support Operations Center here.

He said in his short remarks that he felt privileged to take the position.

"I'm reminded often that we have a saying here that you don't get here by yourself. It is because of many of you that I have the privilege and honor to stand here this morning," Deltufo said. "First, I'd like to thank my God because life is not a straight path. And I can say God has always guided my steps along this journey, on the mountain tops and in the valleys and that at



Photo by MEL SLATER

Chaplain (Col.) Louis Deltufo speaks after becoming the 45th commandant of the U.S. Army Institute for Religious Leadership, July 28.

times I needed to be carried. So, I say, 'Thank you, Lord' for helping us to endure, for my Family to endure and for supporting me in this call that I have to this ministry."

He also thanked his family.

"Second, I'd like to thank my Family and close friends. To my wife Nanse, of 31 years and 22 addresses, we counted the other day, you are my partner in this military life and to my military kids, you know no other lifestyle, you've adapted and overcome so much you never wavered in your support," he said. "I also want to recognize my father Tony Deltufo

who taught me the meaning of service before self."

Deltufo spoke of many others who contributed to his journey. He also gave a unique shout out to

Dr. Scott and Mary Beth Burns.

"Who were my neighbors in Augusta, Georgia. And I want to say, I was reminded they are my only non-Army friends. Thank you for being here today. They helped my Family through the 2004 deployment where I get all my good stories," Deltufo said.

Deltufo enlisted in the New Jersey Army National Guard in February 1989 as a combat engineer. He served in both the New Jersey and Missouri Army National Guard while working on his undergraduate degree at Evangel University in Springfield, Missouri. He joined the Army Reserve Chaplain Candidate Program after graduation. He served as a pastor and police chaplain and was ordained through the New Jersey District of the General Council of the Assemblies of God.

He entered active duty at Fort Liberty (formerly Fort Bragg) North Carolina in 1995. Deltufo completed a master's degree in New Testament Theology and Master of Divinity Degree from The Assemblies of God Theological Seminary, Springfield, Missouri. He also holds a doctorate in ministry from Drew Theological Seminary.

Deltufo has had many operational assignments during his career including 116th Military Intelligence Group chaplain; deputy division chaplain for the 1st Armored Division; and 1st Infantry Division chaplain. He was the Chaplain Personnel Manager/Force Structure Officer for Army Training and Doctrine Command. He has deployed multiple times to Iraq and Afghanistan.

To watch Deltufo's full remarks visit: <https://www.facebook.com/USAIRL/videos/1965665407147380>.



Brig. Gen. Jason E. Kelly, post commander speaks to Fort Jackson police officers during the post's National Night Out event held at Patriots Park, Aug. 1.



(Left) Maj. John Ferrell, director of Fort Jackson's Directorate of Emergency Services, walks under large American flag hung by the Fort Jackson Fire Department. (Above) A firefighter with the Fort Jackson Fire Department speaks to youths about emergency equipment.

Event brings police, community together for fun-filled night out

By ROBERT TIMMONS
Fort Jackson Public Affairs

The weather tried to derail it, but it eventually dried enough for Fort Jackson Families to arrive for a night of fun with local law enforcement.

Families were able to interact with members of Fort Jackson's Directorate of Emergency Services and other law enforcement agencies at the post's National Night Out celebration.

National Night Out is a yearly event held across the nation the first Tuesday in August to promote community engagement with law enforcement, said John Hughes III, Fort Jackson's chief of police.

"It's about community and relationships," said Brig. Gen. Jason E. Kelly, Fort Jackson commander during the event. "The idea is that we meet, we come together, and we establish relationships, and really, as a community come together but not in a crisis."

Earlier in the evening, Kelly took part in a parade of emergency services vehicles through the housing areas.

"So, I just rolled through a neighborhood on a fire truck, and I was sharing with the firemen that were inside of the truck about how nice it was to go through the neighborhood and share candy. While not on a call," Kelly said of the experience.

"Tonight, you have the opportunity to meet federal marshals, not on a call, not when something's wrong – we can just talk and spend some time together."

The event is a way for law enforcement to step out of their squad cars and meet the community face-to-face.

"I think this is probably one of the most critical events that we do," Hughes said. "This is our opportunity to interact with the com-

THIS IS OUR OPPORTUNITY TO INTERACT WITH THE COMMUNITY AND KIND OF SHOW THEM WHAT WE DO AND WHO WE ARE.

- John Hughes III
Chief,
Fort Jackson Police
Department

munity and kind of show them what we do and who we are. Generally, when we go to somebody's house it's for a service or their having a bad day. So, this is a chance for us to interact where we all are having a good day."

The installation has won an award for National Night Out every year it participated with the exception of two – one canceled during the COVID-19 pandemic, and

another due to weather. So the weather breaking was a blessing.

"So, we're happy the (weather) kind of blew over," said Hughes, who would get wet in a different way when he was dropped in the dunk tank.

Besides meeting law enforcement patrons were given the opportunity to try their hands at peddling a cart wearing goggles to simulate impairment; dunk Fort Jackson officials and meet law enforcement officers from off post.

"It really promotes the relationships Fort Jackson and law enforcement has with the all the surrounding communities, and gives us an opportunity to interact with them," Hughes said. "It really shows that we're not only invested in just our community, but it's really a whole partnership with everybody else, too."

There was even a McGruff the Crime Dog sighting and the Fort Jackson Fire Department arrived too.

According the National Night Out website "millions of neighbors take part in National Night Out across thousands of communities from all 50 states, U.S. territories and military bases worldwide ... Neighborhoods host block parties, festivals, parades, cookouts and various other community events.



John Hughes III, Fort Jackson's chief of police, watches as a firefighter hits the target in a dunk tank. The dunk tank was just one of many ways law enforcement and the community came together during Fort Jackson's National Night Out event at Patriots Park. National Night Out is an annual event held the first Tuesday in August in order to build partnerships between police and those they serve. Hughes said the event was 'probably one of the most critical events' Fort Jackson Police Department does all year.

Photos by ROBERT TIMMONS

WHY I SERVE

**1ST BATTALION,
13TH INFANTRY REGIMENT**

SPC. TERRANCE BANKS, 36

Winchester, Virginia

"A majority of my Family has served this country since World War I. I just wanted to continue the tradition."

"I imagined Basic Combat Training would be an experience that tested both my mental and physical capabilities."

"Being older, the most challenging part of BCT was coming in with an open mind and changing my mindset and discipline to fit the military. Also, I missed my Family."

Here is some advice I would give: "Come in with an open mind. Be mentally tough, work hard and don't quit."

"My MOS is 09S - Commissioned Officer Candidate. I chose this MOS to use my skills to lead Soldiers in the Army."



PFC. AIDEN SCHOLLMAYER, 21

Daegu, South Korea

"I've always wanted to serve and give back to the country that gave me such a good life and Family. I want to help people in a way that few can."

"I thought Basic Combat Training would be more physically intense and I had hoped we all would've worked on drill and ceremony more than we did. I also didn't fully expect to experience the 'hurry up and wait' lifestyle."

"The most challenging part was being away from my Family and my fiance for so long. It was more mentally and emotionally challenging than physical."

"My MOS is 91B - Wheeled Vehicle Mechanic. I chose this MOS because working on vehicles has been a passion and a hobby and the Army was also part of my dream. So, being a wheeled vehicle mechanic was the obvious choice."



PVT. BRIANA ROCHE, 17

Fairfax, Minnesota

"Growing up, I watched many military-themed movies. The heroes in those films inspired me to be like them. I wanted to serve myself to pay my respect to the men and women who fought and died for our country."

"I imagined Basic Combat Training would be just like the movies, specifically 'Full Metal Jacket.' I expected the infamous screaming by the drill sergeants, hours of physical training and other difficult activities ..."

"My advice to someone coming in to the Army would be to always respect your drill sergeants, officers and fellow trainees. Without respect, you cannot work as a team, which makes tasks and missions impossible. Also, hydrate."

"My MOS is 15P - Aviation Operations Specialist. I chose this MOS to give me a background in aviation systems."

and so that I could get a head start on my goal



PVT. WESLEY BROWN, 21

Trenton, South Carolina

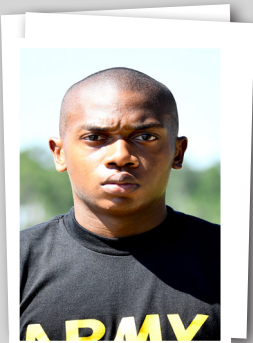
"Joining the Army has always been something I have wanted to do, but somewhere along my life, I made bad choices. My choices led to my daughter, which has been a blessing and she influenced me to join the Army."

"I imagined Basic Combat Training to be a place where I could get away from things that would badly influence my life and it was just the place for that."

"The most challenging part of BCT for me was learning to work with people who don't want to help themselves."

"Advice I would give is stay focused and always remember what you're doing it for."

"My MOS is 91B - Wheeled Vehicle Mechanic and I chose that specifically because I could use it in the civilian world."



SPC. DAVID AMOS, 21

Virginia Beach, Virginia

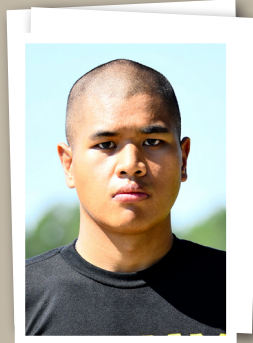
"My father was in the military and instilled a sense of duty in me. The Army is my way of cultivating that sense of duty."

"I thought drill sergeants were going to be yelling 24/7 like the Marines. However, they actually were heavily invested in our development as Soldiers."

"The heat was the most challenging part of Basic Combat Training. Being in the sun drained me more than the training."

I would tell those about to join to "buy in. Give your everything and you will be rewarded. Mediocrity is not an option."

"My MOS is 25U - Support Operations Specialist. I could have chosen what I wanted, but the needs of the unit are worth more than my wants and my reserve unit needed a 25U."



PFC. TIMOTHY PALMER, 20

Morganville, New Jersey

"What influenced me to join the Army was ultimately history, specifically military history ... I decided I wanted to be amongst those who pledged their life to the service of this great nation."

"I did extensive research before coming to Fort Jackson, so when I got here it was pretty much what I expected. Early mornings, drill and ceremony, toeing the line, screaming and the like."

"The most challenging part of Basic Combat Training was the lack of sleep. It was like kryptonite to my mind and body. Nothing a little physical training couldn't fix, though."

"I am a Reserve Officer Training Corps cadet. I chose this so that I can see what enlisted life is like and hopefully gain some knowledge to make me a better leader for when I ultimately commission in the near future."





U.S. Army photo

A Soldier at Fort Sill, Okla., preps a meal in the barracks. Nutritionists from Moncrief Army Health Clinic recently gave a cooking class for unit Soldiers living in the barracks.

Nutritionists cook for Soldiers

Moncrief Army Health Clinic

A nutrition team recently visited Soldiers living in the barracks to demonstrate healthy cooking.

First Lt. Blake Brauning, a registered dietitian at Moncrief Army Health Clinic, and nutrition care specialists Spc. Hazel Felipe and Spc. Mary Pennington, recently conducted a cooking demonstration for unit Soldiers currently living in Freddie J. Stowers Single Soldier complex.

The cooking demonstration provided Soldiers with the tools to meal prep, meal plan, and improve healthy eating habits.

For the cooking demonstration, the nutrition team prepared a meal of chicken fried rice with peas, carrots, green beans, lima beans, and multiple seasonings. This recipe provided colorful vegetables, plant-based protein, whole grains, and a lean protein source. Keeping in mind the needs of Soldiers living in the barracks, this demonstration utilized common appliances found in the barracks. Authorized appliances include microwaves, air fryers, coffee pots, and more. Utilizing an air fryer, microwave, and utensils this recipe was easy to prep, quick to cook, and provided a well-balanced meal.

The cooking demonstration began with an overview of knife and food safety. Brauning demonstrated proper handling and use

of a chef knife for meal preparation. Felipe and Pennington discussed food safety, proper handling of foods, avoiding cross contamination, and correct cooking temperatures. The education provided allowed for Soldiers to be aware of cooking techniques using common utensils, food safety, and cooking temps to avoid foodborne illness.

As the cooking demonstration continued, the Felipe and Pennington provided education on the aspects of MyPlate. The website, Myplate.gov, provides in depth information on creating a well-balanced meal. This meal includes 1/4 plate of lean protein, 1/4 plate of whole grains, and 1/2 a plate worth of either fruit or vegetables. MyPlate provides a simple guide to creating healthy meals. Felipe and Pennington dove deeper into food sources, functions, and how to use MyPlate daily. This education provided the Soldiers listening a better perspective into why healthy eating is important.

The meal was completed in under 30 minutes utilizing appliances Soldiers have available to them. Now, Soldier living in the barracks are better prepared to create quick balanced meals to improve their overall health and performance goals. To wrap up the demonstration, MAHC Soldiers enjoyed a freshly cooked meal and discussed the nutrition knowledge learned with the MAHC nutrition team.

SALUTING THIS BCT CYCLE'S HONOREES 1st Battalion, 13th Infantry Regiment

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. David Amos

SOLDIER OF THE CYCLE
Spc. Keith Atkinson

BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Timothy Parker

SOLDIER OF THE CYCLE
Pfc. Jordan Watson

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Terrance Banks

SOLDIER OF THE CYCLE
Pfc. Aiden Schollmeyer

DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Larry Johnson

SOLDIER OF THE CYCLE
Pvt. Wesley Brown

ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Briana Roche

SOLDIER OF THE CYCLE
Pvt. Ahmed Rasid



STAFF SGT. DALLAS TRIMBLE

**DRILL SERGEANT
OF THE CYCLE**

July 27 Retirees



Photo by NATHAN CLINEBELLE

The Army Training Center and Fort Jackson honored the service of Sgt. 1st Class Johnathan K. Theobald, from the Soldier Support Institute; and Sgt. 1st Class Ryan. A. Theobald, from the Maryville Recruiting Station in Alcona, Tennessee, during the 2nd Battalion, 60th Infantry Regiment graduation, July 27.

Events

Continued from Page 4

AUG. 26

Buddy Games

8 a.m., Vanguard Gym. Buddy Games is a CrossFit style competition. Teams of two people compete in a series of challenges. Register your team by Aug. 23 in any gym or by calling 751-5839. This is a Commander's Cup eligible event.

Cars and Coffee

8-11 a.m. Solomon Center Parking Lot. Enjoy cool cars and hot coffee.

SEPT. 9

Run/Walk for the Fallen

8 a.m., Hilton Field. Fort Jackson honors service members from South Carolina who died serving the Nation since Sept. 11, 2001. Registration begins at 7 a.m. on Hilton Field with a ceremony at 7:30 a.m. The run begins promptly at 8.

SEPT. 23

Flea Market

8 a.m. to noon., Solomon Center. Hurry and reserve your spot. Spaces are available for \$2. For more information, call 751-4056.

'Do It in Pink' Aerobathon

10 a.m to 1 p.m., Solomon Center. Join us for this two-hour aerobathon. Early detection saves lives. Dress in pink to work out. Commanders' Cup Points awarded for this event. For more information, call 751-3700.

Fort Jackson plans elopement/wandering alert program

By BRANDI PALMER

Exceptional Family Member Program

Individuals diagnosed with Autism Spectrum Disorder and/or other mental disorders may engage in dangerous behaviors to include wandering off, which can put a tremendous stress on the family and endanger the individual. To help assist individuals who engage in wandering, Fort Jackson Directorate of Emergency Services and Army Community Service Exceptional Family Member Program have partnered together to provide additional safety measures with the implementation of an elopement alert program.

The Elopement Alert Program aims to provide a plan of action to support Exceptional Family Members identified with a medical condition who engage in frequent elopement on post. Family members not enrolled in EFMP may still participate in the program. This process allows the parent/guardian to provide specific information to help de-escalate an EFMs behavior while experiencing extreme mental distress and/or crisis. The details are essential to assist military police and emergency staff in their search and de-escalation efforts. ACS EFMP will provide participants with the necessary paperwork to participate in the program. It should be noted, completing these forms does not enroll the individual in the EFMP. Once the required paperwork is completed,



ACS EFMP staff will notify and submit the completed packet to DES. DES will enter the information into their police database system and securely maintain packets. Participants at any time can request to withdraw from the program.

In addition, other measures you can take to help decrease the risk of individuals wandering/elopeing are:

- Secure your home (fences, door and window locks)
- Use a location device
- Consider an ID bracelet
- Know your neighbors (introduce your family to your neighbors)
- Create an emergency plan and share with key individuals (e.g., school, other family members, friends, neighbors)
- Educate child on safety skills (work with child's intervention team to teach your child basic safety skills such as how to identify themselves)

The program is free and to register, visit the ACS EFMP office. The form is also available for download via the provided QR code. For any additional questions, contact the ACS EFMP office at 751-5256.

Did you know: While on Fort Jackson, all pedestrians will use paths or sidewalks along roadways and wear reflective outer garments during periods of reduced visibility.

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.	DANIEL CIRCLE CHAPEL
GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
ANGLICAN	SUNDAY	9-10 A.M.	LIGHTNING CHAPEL
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
THE BRIDGE (PROTESTANT)	SUNDAY	8:30-9:30 A.M.	ANDERSON CHAPEL
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	MAGRUDER CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	MAGRUDER CHAPEL
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	DANIEL CIRCLE 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	ANDERSON CHAPEL

Army Medical Corps provides 248 years of continuous care

By CHRISTOPHER HURD
Army News Service

Only 43 days separate the creations of the Continental Army, that was formed by the original 13 American colonies, and the Army Medical Corps. That short period of time speaks to the importance the corps plays in the mission of the Army.

Several current and former Medical Corps officers shared their thoughts on the corps, their careers and providing care.

“Military medicine is invaluable to the security of this nation,” said retired Maj. Gen. Jeff Clark, former chief of the Medical Corps. “We in the Medical Corps are a part of an overall team that together is able to provide world-class health care.”

Since July 27, 1775, Medical Corps officers, previously referred to as surgeons, have provided a continuity of care to veterans, military members and their families.

Today, more than 4,000 physicians form a corps of 40 specialties in three main areas: operational, clinical and research medicine. These Soldiers do everything from surgery to vaccine research to delivering babies.

Helping service members bring new life into the world is where Lt. Col. Haroon Samar, family physician, got his start.

As a resident at the Carl R. Darnall Army Medical Center on Fort Cavazos, he helped a young military family during the pregnancy of their first child. The couple trusted him so much they asked him again to help deliver their second son a year later.

“It was really an important time for me to be truly appreciative of the opportunity to be a part of such big moments in their lives,” he said. “I think those moments left an impression on me because I realized just how much trust these young families and these Soldiers put in me. I did my best to learn and grow from that and be as good a doctor as I could be.”

Army physicians go through years of medical school and training to take care of patients. The amount of work can be demanding, but can also fuel their passion.

“I loved everything about it,” said Lt. Col. Elizabeth Polfer of her time on surgery rotation at Walter Reed National Military Medical Center. “The long hours didn’t bother me because I enjoyed everything I was doing.”



Photo by RONALD WOLF

Ensuring trained and ready medical forces, particularly combat trauma surgeons, is critical to support our Soldiers and other service personnel in combat. Army Medicine is celebrating 248 years of continuity of care.

Medical Corps officers enter service at the rank of captain and can take many paths in their careers. They can stay in a specialty field or move between different areas.

Clinical medicine provides care on military installations. Operational medicine supports Soldiers in the field, while academic and research medicine focuses on education, training and research at Army medical centers and laboratories.

This flexibility to pursue different avenues allows Medical Corps officers to gain valuable experience.

“I think that is what the Army continues to do and probably does better than any other job, is to just enrich you with job opportunities for growth development and leadership,” Samar said.

Throughout history, Medical Corps officers have made significant impacts.

Maj. Jonathan Letterman started the first Ambulance Corps to help wounded Soldiers on the battlefield during the Civil War. Maj. Walter Reed led experiments in the early 1900s that discovered the link between mosquitos and yellow fever. During World War I and World War II, Maj. Gen. Norman T. Kirk led new treatments for amputees.

In the early 2000s, retired Lt. Gen. James Peake led a study to improve battlefield survivability. The study showed most patients were dying before they reached a hospital from either blood loss or compromised airways.

The study led to increased general training and the creation of the Combat Lifesaver Course where Soldiers learn how to apply tourniquets and insert a common airway.

“Soldiers who receive CLS training are better equipped to provide critical medical

care when it’s needed,” said retired Maj. Gen. George Weightman, former chief of the Medical Corps Branch. “Commanders can rest assured that their troops are prepared for any situation that arises.”

The Army Medical Department consists of the Medical Corps, Medical Service Corps, Medical Specialist Corps, Veterinary Corps, Army Nurse Corps, Army Dental Corps and the Civilian Corps. These and the Enlisted Medical Corps, work to deliver care to patients around the world.

“I came to Army Medicine because the Army gave me a chance to pursue a dream to be a doctor,” Samar said. “I’ve stayed for as long as I have because I got the chance to be a part of a wonderful team. That has kept me in this long and I’ll continue serving because the Army continues to surround me with awesome people.”

VICTORY... STARTS HERE



Fort Jackson emergency vehicles parade through on-post housing as part of the installation's National Night Out event, Aug. 1.

Photo by NATHAN CLINEBELLE