

THURSDAY, OCT. 31, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

A SEASON OF ...

FESTIVALS



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Pierce Terrace first graders visit Moncrief

By **LORRAINE EMORY**

Pierce Terrace Elementary School

For many first-grade students at Pierce Terrace Elementary School, a recent trip to Fort Jackson's Moncrief Army Health Clinic was full of firsts: their first field trip, their first ride on a school bus, and their first opportunity to tour an actual medical facility.

The students explored and learned the locations of the activities of an operating clinic while obtaining valuable lessons about health and wellness along the way.

This trip not only provided a fun break from the classroom but also sparked interest in health topics, helping the first graders see the real-world applications of what they learned in school.

Students learned about hospital personnel, equipment, and routines, and were given clarity on any misconceptions they may have had about medical facilities and procedures.

Moncrief staff members offered the young visitors a comprehensive tour of the various departments within the clinic. In addition to learning about the importance of hygiene and nutrition and understanding the roles of healthcare professionals, the students were introduced to the clinic's history and how it received its name, honoring Army medical personnel.

This added historical context gave them a unique perspective on the clinic's legacy and its commitment to health and service.

Robert Battey, Pierce Terrace principal said he "appreciated the Moncrief staff taking time out of their day



Photo by **LORRAINE EMORY**

Pierce Terrace principal Robert Battey chaperones a small group of students through their Moncrief learning experience.

to host Pierce Terrace's first grade students."

"The students had the opportunity to learn about various ways to maintain good health while seeing the different clinics at Moncrief," he added. "The staff did a great job of showing the students around and answering their questions."

Master Sgt. Daniel Bowles, who helped organize the visit, said it was a pleasure to host the trip.

"This is the first field trip I've ever hosted, and it was an absolute pleasure to see the excitement in all the kids' faces," Bowles said. "I would love to do another one."

Capt. Bailey Alter, assistant officer in charge of the optometry clinic agreed saying, "The kids were very intrigued about everything. I didn't expect all the questions. It's pretty cool to see a young group of children so eager to learn everything about their environment."

Army starts operational deployment payments

By **JONATHAN AUSTIN**

Army News Service

Soldiers on approved operational deployments will soon receive \$240 per month under the recently approved operational deployment pay program.

"This initiative underscores our unwavering commitment to honoring the daily sacrifices made by Soldiers and their families," said Dr. Robert Steinrauf, Plans and Resources Director, Deputy Chief of Staff G-1.

The change, effective Oct. 1, 2024, authorizes E-1 to O-6 Soldiers to receive special duty pay in recognition of the greater than normal rigors of operational deployments.

"The Army is dedicated to ensuring that the sacrifices made by our Soldiers and their families are appropriately rewarded. Operational deployment pay represents a significant advancement in this effort," said Dr. Agnes Gerben Schaefer, Assistant Secretary of the Army for Manpower and Reserve Affairs.

The regulation that governs the pay is Department of Defense Instruction 1340.26 (Assignment and Special Duty Pay). The pay is earned on a prorated basis.

A memorandum on the ODP can be viewed at https://armypubs.army.mil/epubs/DR_pubs/DR_c/NOCASE-POG_219263-000-WEB-1.pdf

ODP is not retroactive before Oct. 1. Soldiers who were on an approved operational deployment on Oct. 1 will receive ODP for the remainder of their deployment.

Army Reserve and National Guard Soldiers are also eligible for ODP when they are participating in operational deployments.

Soldiers in combat zone tax exclusion status pay no tax on the ODP, but it is taxable for Soldiers serving outside such locations, Steinrauf said.

ON THE COVER

Merrit Anderson, a fifth grade student at C.C. Pinckney Elementary School, dashes through an inflatable obstacle course during the school's fall carnival held, Oct. 25 See Page 3



Photo by **ROBERT TIMMONS**

THE FORT JACKSON LEADER

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Pinckney reinforces positive behavior



Arielle Malanog-Noriega, a third grade student at C.C. Pinckney Elementary School, shows how to use a hula hoop during the fall carnival.

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

Fort Jackson's C.C. Pinckney Elementary School reinforced positive behavior in its students with a fall carnival and a lunch on the lawn Oct. 25.

The events were part of the school's Positive Behavior Intervention Support program aimed at improving academic performance by reinforcing good behaviors.

Students who show positive behaviors are rewarded with Patriot "Bucks," which can be cashed in for prizes or saved for use at the carnival. A ticket to the event cost students 15 Patriot Bucks.

The tickets allowed them to play in bounce houses and compete in various events to earn prizes.

"Because we choose to celebrate and reward the positives of every student, the overall student population at C.C. Pinckney experiences improved social, emotional, and behavioral outcomes," said Jullian Huey, a teacher at the school and PBIS chairperson.

The program has been a success.

"We have seen a reduction in exclusionary discipline including office discipline referrals, suspensions, and bullying," Huey said. "Given this promising data, CCP is proud to continue celebrating the positives we see, not only in academic growth and goal setting but also social, emotional, and behavioral health."

According to Huey, the carnival was a way to demonstrate the school's pledge "I will be safe. I will be respectful. I will be responsible."

The lunch on the lawn was also a success as 206 families joined their students for lunch.



Joseph McGorry, a second grade student at C.C. Pinckney Elementary School, exits a bounce house by jumping down a slide at the school's fall carnival held Oct. 25. The carnival held in conjunction with a lunch on the lawn, was part of the school's Positive Behavior Intervention Support program that aims to reward students who show good behaviors.

Community Updates

ANNOUNCEMENTS

Pickens Street Paving

Paving of Pickens and Scouts Out streets begins Monday. During construction, the street will be limited to one way traffic managed by flaggers.

DHR Holiday Hours

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

Veterans Day:	Nov. 11
Thanksgiving Day:	Nov. 28
Thanksgiving Training Holiday:	Nov. 29
Christmas Eve Training Holiday:	Dec. 24
Christmas Day:	Dec. 25
New Year's Day:	Jan. 1

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

- Basic Riders Course: Nov. 26-28 (five seats open)
- Advanced Riders Course: Nov. 12 (four seats open); Nov. 14 (six seats open); Nov. 19 (6 seats open)
- Local Hazards Course: Nov. 4, 18, 25
- Intermediate Drivers Course: Nov. 21 (26 seats open)
- Remedial Drivers Course: Nov. 20 (11 seats open)
- Unit Safety Officer Course: Dec. 3-4 (20 seats open); Feb. 4-5 (24 seats open)

First Friday Golf

Maj. Gen. Daryl O. Hood, Fort Jackson commander, invites you to join him for First Friday Golf, the first Friday of every month. This is a captain's choice event and will begin at 11:30 a.m. at the Fort Jackson Golf Club. You may enter

your own team or sign up as a single and be paired with a group. Entry fee is \$45 for Fort Jackson Golf Club members and \$55 for non-members. The entry fee includes applicable greens fee, user fee, cart, prizes, and a boxed lunch. Register by calling the pro shop at (803) 562-4437.

Second Friday Shoot

1-4 p.m., Aachen Range. Post Command Sgt. Maj. Erick Ochs invites you to join him for Second Fridays shoot at Aachen Range the second Friday of every month. Shade and fans will be provided. The cost is \$10 per round if you bring your own weapon and ammo or \$25 per round to rent a shotgun and ammo. For more information, call (803) 751-3484.

POV Sales Lot

The Privately Owned Vehicle Sales Lot, is operated by Auto Craft Shop, located at the corner parking lot of the Strom Thurmond Building off Marion Avenue. Here you can sell your vehicles, boats, trailers, recreational vehicles, and motorcycles. You must have a government ID or be the immediate family member of a government ID cardholder, proof of registration and insurance to park on the POV Sales Lot. The cost is \$25 per vehicle for 30 days and this includes being advertised on the Fort Jackson Auto Craft webpage. For more information, call (803) 751-5755.

Library Hours

The Thomas Lee Hall (Post) Library is now open Monday – Thursday from 11 a.m. to 7 p.m.; Friday – Saturday noon to 5 p.m., and closed on Sundays, federal holidays, and federal holiday weekends.



ArmyIgnitED Information

Soldiers are required to have an active ArmyIgnitED account and an approved degree plan prior to requesting Tuition Assistance for any college courses. Soldiers may request TA through the ArmyIgnitED system seven to 60 days prior to the first day of the class. TA request that are less than seven days from the first day of the class will not be approved. There are no exceptions to the seven-day rule. Please request your TA as early as possible so any issues can be addressed before the seven-day deadline.

COMMUNITY EVENTS

TODAY

Taking the BOO Out of Budgeting

9-10 a.m., 9810 Liberty Division Road. Army Community Service Financial Readiness Program is hosting a basic budgeting class. Learn the components of a budget, how to prioritize bill paying and techniques to get more out of your monthly income. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

NOV. 7

Wine & Yoga

5:30-7:30 p.m., Weston Lake Commu-

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, NOV. 2

- Venom: Last Dance (PG-13) 2 p.m.

WEDNESDAY, NOV. 6

- No Showing

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

nity Center. Join us for Wine & Yoga: Sipping on wine while practicing Yoga helps create for each participant less anxiety, or more relaxed body and of course ... fun. It is well known that wine relaxes the body and mind. Our event pairs sipping wine with practicing yoga ananas to bring you a deeper state of relaxation and of course to just have fun. To register or for more information, call (803)751-3700

NOV. 16

Wild lights @ the Riverbanks Zoo

4:30-9 p.m., Riverbanks Zoo. Stroll through the zoo and discover more than 60 handcrafted lanterns inspired by nature, seasonal favorites include nightly snowfall and visits from Santa. Reserve your spot by calling Marion Street Station at (803) 751-3484 by Nov.1. Seats are limited. Trip costs \$25.

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.

Commentary - Family event celebrates literacy

By **LORRAINE EMORY**
Pierce Terrace Elementary School

Pierce Terrace Elementary School hosted a unique literacy night event Oct. 24, welcoming children and their families.

It was an unforgettable evening full of entertaining and instructive activities.

Nichole Schenker, a first-grade teacher, planned the program, which was designed to encourage literacy in a fun, interactive approach that included not just kids but also their families and school staff.

Families visiting the school were treated to various creative stations designed to support literacy skills in an enjoyable, interactive format.

The Storytime Sessions station, led by teachers and guest readers, invited children to sit and listen to beloved stories read aloud, bringing tales to life and emphasizing the joy of reading together.

For active participation, children participated in a Letter Walk, The Bucket Toss Reading station, The Word Scavenger Hunt, Make-Your-Own Bookmark station, and Make-a-Puppet activity.

Other highlights included Alphabet Toss, where children threw rings onto lettered cones and came up with words starting with the letters they landed on. They also had the opportunity to draw images related to those words with chalk. The Rhyming Duck Pond added a rhyming game twist, as kids picked rubber ducks from a "pond" and matched them with rhyming counterparts.

Literacy night was a fantastic success in promoting reading and language skills. Seeing our students enjoying learning in such a dynamic environment with their families is beautiful.

The event wrapped up with smiles as students proudly showed off their creations and shared stories of their favorite activities.

Literacy Night at Pierce Terrace Elementary has provided a fun, impactful way to reinforce literacy skills while building a stronger community bond—one bound to inspire a love for reading that will last well beyond the evening's activities.



Photos by Amy Jo Spencer

Pierce Terrace Elementary School students listen carefully during the school's literacy night event held Oct. 24. The event was designed to encourage literacy in a fun, interactive way.



Students and their families create various crafts during the literacy night. There were many activities at the event including a Make-Your-Own Bookmark station, Make-a-Puppet station and a Word Scavenger Hunt.

Israeli strike should end tit-for-tat

By **C. TODD LOPEZ**
DOD News

Israel conducted a precision strike against military targets in Iran, Oct. 25 as a response to an Oct. 1 attack where Iran launched about 200 ballistic missiles into Israel. While most of the missiles from that attack against Israel were destroyed before reaching their target, some did impact and cause minimal damage.

During a call this weekend with Israeli Minister of Defense Yoav Gallant, Secretary of Defense Lloyd J. Austin III reaffirmed the American ironclad commitment to Israel's security and support for its right to defend itself. He said Iran should not respond to Israel's strikes but should instead consider this the end of the two-nation exchange.

"We believe that this should be the end of this tit-for-tat," said Deputy Pentagon Press Secretary Sabrina Singh during a meeting today with reporters. "We don't think that Iran should or needs to respond. On Oct. 1, Iran launched the 200 ballistic missiles that were targeting civilian population centers. Israel's response was targeted at military targets. We see this as a way to off-ramp."

"The secretary also discussed the opportunities that now exist to use diplomacy to dial down tensions in the region, including a hostage release and cease-fire deal in Gaza and an agreement in Lebanon that allows civilians on both sides of the blue line to return safely to their homes," Singh said.

Fall Festival draws more than 1,600

Story by **ROBERT TIMMONS** and
Photos by **NATHAN CLINEBELLE**
Fort Jackson Public Affairs

Fort Jackson's Child and Youth Services held a family event filled with games, costumes and candy, all aimed at saying, "thank you," Oct. 25.

More than 1,600 people turned out for the event. "This is our annual fall festival. It brings families together so we can thank them," Gwendolyn Jefferson, director of Outreach and Parent Central Services. "The event showed how much they are appreciated."

Kids were decked out in their favorite costumes and had "a great time."

It was a safe environment where you can come and the kids can enjoy themselves, Jefferson added. The fall fest is an annual family-friendly event for the Fort Jackson community that provided multiple functions/activities for a true festival experience.

Her favorite part of the festival is "seeing the smiles on everyone's faces," she said. "You can see that everyone is happy." It was also good to "see so many people who put so much into it. It wasn't CYS who put it on, but we have

partners, we have sponsors – everybody has just come together (to make it a success)."

First Lt. John Jones, Company A, 3rd Battalion, 13th Infantry Regiment commander, was there with his family.

"Out here with the family enjoying the festivities before Halloween. It's a good opportunity for the kids to dress up," Jones said.

Jones' wife Tina said she enjoyed the event because it was "good family time to get away from work and school and stuff."

The annual festival included food trucks, arts and crafts, games, bounce houses, photo booth and a DJ – all for a price that can't be topped.

"You couldn't beat this," Jones said comparing it to a state fair. Entrance into the fall festival was free as was lots of the attractions such as the bounce house and free pumpkins.

For more information about Fort Jackson's CYS program visit: jackson.armymwr.com/programs/cys-services, or call (803) 751-4865.



Families ride the Dixie Land express train during the Child and Youth Services annual Fall Festival held Oct. 25 at the Youth Service Sports Complex



Children try their hand at one of the various arts and crafts stations set up at the Child and Youth Services Fall Festival, Oct. 25. The festival is an annual family-friendly event held for the Fort Jackson community.



(Above) Families arrive at the Youth Services Sports Complex, Oct. 25 for the Child and Youth Services Fall Festival. More than 1,600 members of the Fort Jackson community attended the event.



(Right) Children play with bubbles at the festival. The event was a safe environment where kids could come out and enjoy themselves, said Gwendolyn Jefferson, Outreach and Parent Central Services director.



Festival patrons reach out to get treats during the Child and Youth Services Fall Festival, Oct. 25.



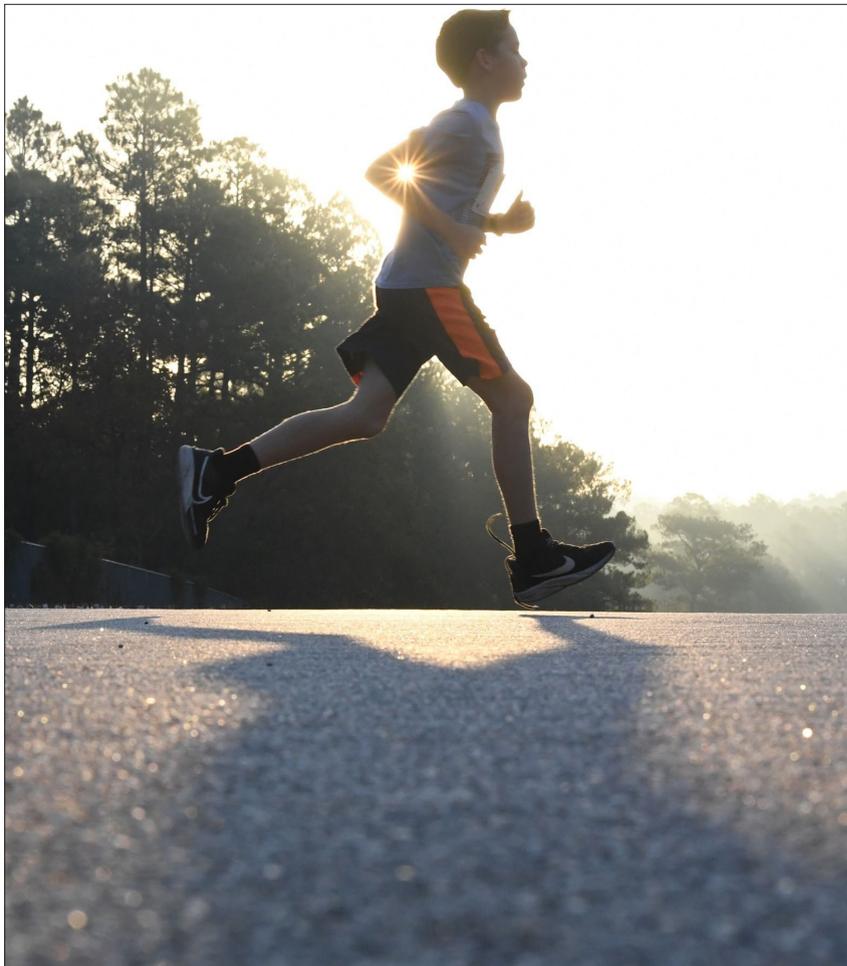
ZOMBIES EVERYWHERE!

Photos by Nathan Clinebelle

Fort Jackson's fall festivities continued Oct. 26 with the annual Zombie run 5k at Twin Lakes park. From fairy tale characters, to superheroes there were characters of plenty at this year's event.

The results are:

- 1st place - Zachary Olsewski - 18:21
- 2nd place - Sapienza Jenner - 18:25
- 3rd place - Aiden Adkins - 21:05
- 4th place - Antwaun Brooks - 21:10
- 5th place - Ryan Bittinger - 21:19



'The Weigh It Is' with Pam James-Long

When it comes to exercise, form and technique rules.

It plays a main role in how well you will do the exercise.

Proper form and technique reduce your risk of injury, boost your performance and improve your overall conditioning. This means form and technique complements our workout.

Form and technique also exist when we are not at the gym exercising.

It also exists in the workplace.

In the workplace, form and technique help us do our job better, which reduces our risk of injury, boosts our performance, and improves our overall skill set. This type of form and technique is called ergonomics.

The science of ergonomics uses adjustment and design to create work areas and tools that promote employee comfort and safety.

Combined, this helps improve employee productivity. When your workspace is designed to help prevent injuries that could affect your joints, muscles, nerves and spine, your wellness at work improves overall.

These types of injuries come from things like poor posture, prolonged standing, and repetitive motions.



James-Long

This can be the beginning of long-term constant pain like tendinitis, lower back challenges, carpal tunnel syndrome, shoulder problems, muscle strains and more.

We don't relate our injuries to inadequate work settings, but it happens often. Because of that, the importance of having your workspace ergonomically correct can make all the difference in the eight hours a day you spend at work.

Many people think ergonomics is more for people who do lots of lifting and bending or pulling and pushing heavy loads, but even the desk worker can suffer from the lack of ergonomics in their workspace.

Typing all day, sitting using poor posture, can lead to neck strain, lower back stiffness and pain, tight joints and more.

Adding ergonomic remedies is a form of preventive health.

Investing in a well-designed workspace brings more than comfort; this can improve your focus, reduce fatigue and improve your daily work performance.

Symptoms you could experience might indicate your workspace has poor ergonomics. The

mild discomfort you feel during your time at work can often progress and become painful or even result in an injury.

Pain in your elbows, knees, or wrist is often linked to repetitive motions.

Back pain and stiff neck could be improved with proper computer monitor placement.

Shoulder tension can ease with better arm positioning while typing.

Poor lighting, screen monitor distance and glare can cause eye strain and even headaches.

Your hands going numb could be a sign of compression on nerves which is said to arise from repetitive motions.

When your workspace is not ergonomically correct, you force your body to adjust and put forth more effort to sustain your posture while performing your tasks. This drains your overall energy.

You might be surprised how easy and cost-effective it is to make your office area more ergonomically healthy.

Check out your current workspace to identify potential ergonomic risks.

You can use this information to help create the necessary adjustments to turn your workspace into an economically productive environment.

See **WEIGH:** Page 10

SALUTING THIS CYCLE'S HONOREES

3rd Battalion, 39th Infantry Regiment

DRILL SERGEANT OF THE CYCLE
Staff Sgt. Tyler Daly

ALPHA COMPANY SOLDIER LEADER OF THE CYCLE
Pfc. Christopher Robertson

SOLDIER OF THE CYCLE
Pfc. Armand St. Jean

BRAVO COMPANY SOLDIER LEADER OF THE CYCLE
Spc. Elijah Barnard

SOLDIER OF THE CYCLE
Pvt. Recinos Navarro

CHARLIE COMPANY SOLDIER LEADER OF THE CYCLE
Pvt. Samuel Emrick

SOLDIER OF THE CYCLE
Pvt. Devon Widener

DELTA COMPANY SOLDIER LEADER OF THE CYCLE
Pvt. Laura Baumgartner

SOLDIER OF THE CYCLE
Pvt. Joseph Krajewski

ECHO COMPANY SOLDIER LEADER OF THE CYCLE
Pfc. Xavier Lorenzo

SOLDIER OF THE CYCLE
Pfc. Jesse Marquez

Into Retirement

Photo by NATHAN CLINEBELLE

Fort Jackson recognized the service of Maj. John Ptak, 43rd Civil Support Team, Fort Leonard Wood, Mo.; Sgt. 1st Class Robert Bagley Jr., 841st Transportation Battalion, North Charleston, S.C.; and Staff Sgt. Christopher Latter, Holistic Health and Fitness Academy, during the 2nd Battalion, 60th Infantry Regiment graduation, Oct. 24.



Events

Continued from Page 4

Historic Charleston Tour

7 a.m. to 6 p.m. Army Community Service invites all foreign-born spouses, their sponsors, and military families of service members or Department of the Army Civilians either deployed or on an unaccompanied tour to take a historical tour of Boone Hall Plantation and Gardens. Enjoy a tractor ride while touring the grounds and experience a "live" Gullah performance and visit the City Market. You must register by Nov. 7 (no exceptions). To register, call (803) 751-5256, option 3.

NOV. 19 Fall Career Fair

9 a.m. to 1 p.m., 1917 Club. The fair allows employers the opportunity to provide employment openings to

the Fort Jackson community. The career fair is free to the post community. More than 60 prospective employers are invited to represent their agency and to offer various job opportunities to the community. For more information, call (803) 751-5256.

Shred Day

9 a.m. to 2 p.m., 5671 Liberty Division Road. No large metal clips. Open to Department of Defense ID cardholders. No classified documents.

NOV. 21 Active Shooter Drill

1 p.m., 5540 Strom Thurmond Blvd. Patrons are advised the Installation Antiterrorism Office will hold an active shooter drill. Directorate of Human Resources office will remain open during the drill. For more information, call (803) 751-7980/2132.

NOV. 23 Sprint Duathlon

8 a.m., Hilton Field Sports Complex. Run three miles, bike 12 miles, run one and half miles. Race participants will run/bike/run with each portion of the event being timed. Must have your own bike and helmet. Best times are awarded. For more information, call (803) 751-3700.

Holiday Shopping Trip

8:30 a.m. to 5 p.m. Hate the hustle and bustle of the holiday season? Let Outdoor Recreation take care of that for you. Trip costs \$20 per person. Join them for a shopping trip to Concord Mills in N.C. Sit back, relax and enjoy the ride and shop 'til you drop. For more information call (803) 751-3484.

NOV. 26 Walking Town Hall

6 p.m. Pierce Terrace Housing Area. Post officials will walk through housing areas to speak directly to residents about their concerns.

Brito discusses developing Army profession

By **NINA BORGESON**
Training and Doctrine Command

As the next generation of Soldiers develops their own values on what it means to be a person of character and competence, the Army is working on identifying how to develop the Army Profession to stay relevant in the workforce.

Gen. Gary M. Brito, commanding general, U.S. Army Training and Doctrine Command, spoke alongside Sgt. 1st Class Leyton Summerlin, deputy director, Harding Project and special assistant to the chief of staff of the Army, and Corie Weathers, licensed professional counselor and clinical advisor, on a panel at the annual Association of the United States Army meeting. The discussion was moderated by retired Army Gen. Martin E. Dempsey.

The panelists discussed the importance of continuous transformation of the Army profession and what it truly means to be a professional in the Army.

Dempsey emphasized that the panel was specifically built to reflect the continuous advancement of the Army profession, with panelists representing all facets of the profession from officer, noncommissioned offer, civilian and family members.

"What holds us together as individuals with the hardest of jobs to do for our country is the fact that we are a profession, and that has to be continually reiterated so we never lose sight of that foundation that

See **BRITO:** Page 11

DID YOU KNOW: Use of tobacco, alcohol, and/or medications can increase the risk of cold weather illnesses/injuries.

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	6-7 P.M.	LIGHTNING CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	CENTURY DIVISION CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
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

Continued from Page 9

There is ergonomic training that exists to show you how to make your workspace more user-friendly and productive-friendly while reducing strain and discomforts you might currently be experiencing. Some ergonomics even include certain stretches you can weave into your day that will refresh and readjust your posture.

Take a stretch break or go for a brief walk. Sitting too long leads to muscle fatigue and discomfort. By incorporating short and frequent breaks, you reduce the strain on your body, improve your circulation and refresh your mental focus.

Here are some things you can do to make your workspace more ergonomic, which is better for your work performance and your wellness.

Your desk should allow you to keep your forearms parallel to the floor with your wrist in a neutral position while you type. You should have sufficient legroom to allow for easy movement.

Your computer screen is right at or slightly below eye level and about an arm's length in distance to prevent neck strain and eye fatigue.

Your keyboard and mouse should be within reach to avoid overextending, which can strain your shoulders.

Your chair should support your spine naturally. It should be at a level where your feet are flat on the floor and your knees and hips on the same level. Your chair's armrest should be comfortable for your elbows and not make your shoulders raise up.

Finally, your workspace should be well lit. This will avoid eye strain.

There are many extras you can invest in as well. Having your workspace ergonomically correct is quite popular. There are many pieces of equipment available today, including ergonomic chairs, treadmill desks, standing desks, anti-fatigue mats, and more.

Wellness is a part of ergonomics, especially in your workspace. Bring healthy ergonomic practices to your wellness lifestyle. This can help create a work environment for you that is healthier, happier and more productive.

Pam's thought for the week: "Ergonomics matter."

Contact Pam Long, at (803) 751-3700 for more information or to become a member of the fitness and wellness program.

Brito

Continued from Page 10

everything else is built on," Dempsey explained.

He further stated that it is important for the Army to ensure that not only those who serve have a common understanding of what it means to be a professional, but also the people that we serve so that they know what they can expect from the Army profession.

With TRADOC being the Army command charged with initially training Army professionals, it also has the responsibility of educating them on the "three Cs" of Army professionalism: competence, character and commitment.

"The Army profession is the first layer of bricks (that we instill in our professionals) to build our strong Army house on," Brito explained. "What I have seen from those who want to serve further underscores the importance of enforcing

discipline and professionalism, and standards-based training for both incoming and current Soldiers."

Brito emphasized that all Soldiers in uniform, whether it's the lowest ranking private or highest ranking general, must take ownership of the Army profession and developing its culture.

Summerlin, deputy director and writer for the Harding Project, has written on the importance of making professionalism actionable and shared some of those insights with the panel, highlighting the importance of focusing on direct leadership.

"The only way to instill those values into someone else is by emulating them," he stated. "It's not something that comes from policy; it comes from those right above you or right next to you."

He further explained that measuring professionalism does not have a "one size fits all" answer, and that it comes from a common understanding of what leaders and their team members define it.

According to Weathers, many people

who join the Army now live by different values than those who joined before, but that does not mean the Army can't address these differences effectively.

"The next generation, Gen Z, values character and competence," she explained. "We are in a world of information saturation, so they are looking for leaders who are competent in this new environment."

She further emphasized that studies have shown that Gen Z wants to be part of an institution and under a leadership that they can trust, and that comes back to developing good character.

"We are seeing a significant shift in values, which is part of normal human development as we transition through generations," Weathers explained. "Although every generation values similar things, what we are seeing is a conflict in how we value things in different order."

Weathers encourages leaders to be open to the values that are shifting, stating that they must either "evolve or educate" based on the Army's capabilities.

Public Education Notice: Important information regarding upcoming changes and notifications for the Lead and Copper Rule at Fort Jackson

American States Utility Services, Inc.

What Is It?

The Environmental Protection Agency will soon be moving into its next phase of the Lead Service Line Inventory effort, which requires every public water system to submit a system inventory of its service lines and notify customers of any potential lead sources in their drinking water.

American States Utility Services, Inc. is partnering with Fort Jackson to go above and beyond these requirements by tracking additional components and materials in our service lines that may contain traces of lead as well as public notification, awareness, and education guidelines. Additionally, we are implementing an aggressive replacement program which exceeds the EPA's requirements for identification and replacement with the goal of continuing to provide safe drinking water to all residents and base personnel.

What's been done so far?

ASUS has completed its system-wide assessment for each of our water distribution systems over the past 24 months and will be submitting these results to the EPA and the South Carolina Department of Environmental Services for each of Fort Jackson's PWS's. Although there are no known lead service lines remaining at Fort Jackson, we are still

tracking some that were installed prior to South Carolina issuing a state-wide ban of lead-based materials. This means that some joints and other components may contain traces of lead. Galvanized pipe is also being tracked as it can absorb and retain lead particles from previously connected lead pipes in the past. All of these potential sources for lead are being evaluated, categorized, and will be replaced as needed in future projects in a joint effort between all the Ft. Jackson stakeholders and ASUS.

What's next?

If your service line is one that could potentially contain lead components, you will be notified directly within the coming weeks and be provided with additional information on how to minimize the potential for exposure of lead in your water. The EPA also has resources available at: <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water>

ASUS will continue to test for and monitor for contaminants and is proud to report that we have not had a single positive test for lead at Fort Jackson since privatizing the water system in 2008.

The system's water quality reports can be found on the ASUS website here: <https://www.asusinc.com/water-quality-reports-d11/>

VICTORY... STARTS HERE



A trainee with 3rd Battalion, 13th Infantry Regiment shouts encouragements during a structured and disciplined pickup. This was the first day the trainees met their drill sergeants and unit cadre.

Photo courtesy of 3RD BATTALION, 13TH INFANTRY REGIMENT