

THURSDAY, DEC. 5, 2024

THE FORT JACKSON LEADER PUBLICATION

SOLDIERS 'GOBBLE'

UP THEIR THANKSGIVING MEALS



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Leader file photo

An owner watches his dog play in the water of Palmetto Falls Water Park in 2022. The Department of Defense recently announced pet owners may get reimbursed for pet travel costs from countries with high rabies rates.

Some pet transportation costs OK'd

Defense Travel Management Office

Starting Nov. 25 Service members performing a permanent change of station move from certain high-risk countries may be approved reimbursement up to \$4,000.

In January 2024, the Defense Department authorized the reimbursement of pet relocation expenses for a single household pet (a cat or a dog), such as transportation and quarantine fees, during a PCS move, up to \$550 within the continental U.S. and up to \$2,000 to or from a location outside the continental U.S.

In August 2024, the Centers for Disease Control and Prevention implemented a regulation requiring a higher level of screening for dogs returning to the U.S. from certain countries that pose a high-risk for dog ra-

bies, and significantly reduced the number of ports of entry for dogs from those countries.

In response to the new CDC regulation, the Department has updated the JTR to accommodate Service members transporting a dog during a PCS move from a high-risk country.

Effective Nov. 25, 2024, service members on a PCS move from one of the high-risk countries (listed in JTR Supplement Locations Authorized to Exceed \$2,000 Pet Allowance Limitation) may receive reimbursement up to \$4,000 when both Patriot Express capacity and regularly scheduled commercial airline service are not available for pets.

The reimbursement of pet transportation expenses in excess of \$2,000 must be approved through the Secretarial Process.

Drunk, drugged driving awareness

By **MICHAEL DUMLER**
ASAP Prevention Coordinator

December is National Drunk and Drugged Driving (3D) Prevention Month. 3D Month is observed to raise awareness about the danger of driving while impaired. Families, educators, healthcare providers, and community leaders are welcome to promote responsible decision-making and encourage people to live free of drugs and alcohol.

Since 1981, officials across America have stressed the importance of remaining sober while driving, mainly due to one woman's determination.

On May 3, 1981, 13-year-old Cari Lightner was struck and killed by Clarence Bush in a drunk driving incident. Clarence was arrested and found to be a repeat offender, having been fined for a hit-and-run while intoxicated just days prior. At that time, driving under the influence was treated as a misdemeanor with a low prosecution rate, meaning Clarence was unlikely to face jail time.

Cari's mother, Candy Lightner, found this unacceptable.

With the support of President Ronald Reagan and various legislators, they established the legal drinking age as 21. They pushed for stricter laws regarding drunk driving.

In 2022, the National Highway Traffic Safety Administration reported that 13,524 people in the U.S. were killed in

traffic accidents involving drivers with a blood alcohol content of .08% or higher.

A study by the Simmrin Law Group identified South Carolina as the worst state in 2024, with drunk drivers accounting for 43% of all traffic fatalities, which exceeds the national average of 32%.

Fort Jackson's Victory Block Leave is approaching. During this time, service members often relax and celebrate, sometimes lowering their inhibitions. Many do not realize their judgment is compromised after just a few drinks.

It is essential to promote safe choices for yourself and others. Life is too valuable to risk catastrophic consequences from drunk or drugged driving.

If you decide to drive after drinking or using drugs, you effectively weaponize your vehicle, creating a potential catalyst for disaster.

Roughly three out of every 10 Americans will be involved in an alcohol-related crash during their lifetime. Don't become a statistic due to poor decisions. One way to mitigate risk is to avoid binge drinking.

According to the National Survey on Drug Use and Health; 2023, binge drinking is defined as follows:

For females: Drinking four or more drinks on the same occasion for at least one day.

See **MONTH:** Page 11

ON THE COVER

Soldiers with the 369th Adjutant General Battalion enjoy their Thanksgiving meals Nov. 27. They were served by their unit leaders as part of an Army tradition.



Photo by **ROBERT TIMMONS**

See Page 6-7

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Jackson team takes revenge, beats Shaw 14-6

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

An Army flag football team from Fort Jackson got its revenge over a team from Shaw Air Force, South Carolina with a 14-6 victory during the second Turkey Bowl held Nov. 26 at the Hilton Field Sports Complex.

“This is somewhat of a revenge match,” said Penny Hadgeoff, chief of sports and fitness for Fort Jackson’s Directorate of Family and Morale, Welfare and Recreation, moments before the first snap.

A team from the 20th Fighter Wing at Shaw won the first Turkey Bowl, Jan. 25.

While the game pitted service against service, it was more than that according to Hadgeoff.

It builds a sense of camaraderie, she said. “We’re two different services, but we are all in the same boat, working for the same boss. It’s just a nice way for the two services, I think, to engage each other.”

The first game was a defensive slugfest with the score tied at the end of regulation. But in this game, it only took the first Air Force snap for the Army team to put points on the board with a safety.

Fort Jackson’s team was different this go round as well.

In the first game, Jackson was represented by a team from the 369th Adjutant General Battalion, but its roster was filled by all-stars from across post in the second.

Last year, Robert Thompson, the Jackson team’s quarterback fell short in his attempt to lead the team to victory, but not this year. He diced the Shaw team through the air and on the ground.

“There was a lot of competition to get on the team this year,” Hadgeoff said.

Col. Timothy Hickman, garrison commander, congratulated the Jackson team when he presented them with a trophy.

“Congratulations team,” he said. “I want to thank the MWR team for hosting the second one of these (games) ... It was good that the Shaw team came out and it was a good clean game.”

Josh Soldan, Jackson’s Family and MWR director, said he hopes to continue building the camaraderie between the two services.

“Next year we are looking at building some new sports, some baseball, some softball, some football, some basketball – all that kind of stuff,” Soldan said.

The game and others like it are examples of the garrison integrating the Soldier experience on the installation.



From left to right: Daquan Smith, Robert Thompson and Christopher Storer smile after receiving the game’s trophy from Col. Timothy Hickman, garrison commander, for defeating a team from Shaw Air Force Base in flag football, 14-6.



Christopher Storer, a wide receiver from 3rd Battalion, 60th Infantry Regiment, takes off from the line of scrimmage during the game against Shaw Air Force Base. The Jackson team took revenge after losing to the Air Force team in January.



Josh Soldan, Directorate of Family and Morale, Welfare and Recreation director, welcomes the teams before the start of the game.

Community Updates

ANNOUNCEMENTS

Chaplain Corps Museum Closing

The Chaplain Corps Museum is closed until the end of January 2025 for the installation of a new lighting system in the gallery.

Education Center Re-Opening

The grand re-opening of the Education Center will be held Jan. 15 after the Education Fair.

DHR Holiday Hours

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

Christmas Eve Training Holiday: Dec. 24
Christmas Day: Dec. 25
New Year's Day: Jan. 1

Safety Courses

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: Dec. 10-12 (4 seats open)
- Local Hazards Course: Dec. 9, 16
- Intermediate Drivers Course: Dec. 19 (30 seats open)
- Remedial Drivers Course: Dec. 17 (20 seats open)
- Unit Safety Officer Course: Feb. 4-5, 2025 (21 seats open)

Family and MWR Customer Survey

The Directorate of Family and Morale,

Welfare and Recreation wants to hear from you. The 2024 Family and MWR Customer Needs Survey is your opportunity to have a direct impact on the future of Army Family and MWR programs and services.

The survey will gather insights from Soldiers and Families across the Army to ensure MWR offerings match your needs and interests. What's working great? What could we do better? There's no better way for Family and MWR to learn than by hearing from you. Participation is voluntary, this survey will only take about 10 minutes to complete. Go to www.armymwr.com/survey to take the survey.

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.

Down Range Bar Open For Lunch

The bar is open for lunch Wednesdays 10 a.m.-closing. It is open for short order 11 a.m. to closing. Patrons can order pick-up and delivery until 4 p.m. through the Chow Now App, <https://direct.chownow.com/order/36317/locations>.

Free Spin Classes

There are free Friday Spin Classes held at 4 p.m. every Friday at Vanguard Gym. For more information, call (803) 751-3700.

COMMUNITY EVENTS

TODAY

Training Stand-up Day

The Directorate of Plans, Training, Mobilization and Security is hosting a training

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, DEC. 7

- Moana 2 (PG) 2 p.m.

WEDNESDAY, DEC. 11

- Here (PG) 2 p.m.

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

stand-up day to help Soldiers and Department of the Army Civilians get their annual required training.

The schedule is as follows:

EEO No Fear (Non-Supervisor) 8-9 a.m.
TARP 9:45 p.m.
OPSEC/AT Level 1 9:45-10:30 a.m.
ASAP & Suicide Prevention 10:30-11:30 a.m.

TOMORROW

Holiday Tree Lighting

5-7 p.m., Patriots Park. Join Fort Jackson leaders in lighting the holiday tree. There will be a Holiday Village, food trucks, special guests, photo booths and live music and more.

DEC. 9

The Arc of South Carolina Webinar

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 (803) 751-3615.



Courtesy photo

The Messenger Family stops for a quick selfie during a visit to Washington, D.C., to receive an award for being the Association of the United States Army's Volunteer Family of the Year Oct. 13.

Jackson Family of the Year named Army's best

By SHANNON COLLINS
Army News Service

Cooking 20 pounds of bacon, 15 dozen eggs, 680 cookies, coordinating child-care and giving military families a chance to experience Army military basic training and what their Soldier does on the job is just a typical day every 10 weeks for one Army family.

Lt. Col. Tony Messenger, former commander of 1st Battalion, 13th Infantry Regiment, who now commands the 3rd Squadron, Second Security Force Assistance Brigade, out of Fort Liberty, North Carolina, his wife, Amy, and sons, Connor, 18, Liam, 16, Colin, 14, and Keegan, 12, earned the Association of the United States Army's Volunteer Family of the Year for their efforts when they were stationed at Fort Jackson.

They were named Fort Jackson's Volunteer Family of the Year for 2024.

The colonel was deployed to Africa, riding in the back of a truck in Senegal when his wife called him to tell him the news.

She told him they received a call from a retired general. He asked her if it was a prank and to send him the e-mail.

"I was surprised and humbled at the same time," Tony said. "We didn't expect it. We go from post to post, see where we can give back as a Family and community and be value-added to the folks around us, both in the community and in our Army family."

"I made the general repeat himself three times. I felt bad. We were shocked," Amy said.

During Tony's tenure at Fort Jackson, the Messengers revived the battalion's Soldier Family Readiness Group and began the 72-hour room initiative, which gives drill sergeants a chance to spend time with their Families during one of

the most critical and time-consuming periods of the training cycle, Tony said.

"The first 72 hours of every cycle is all hands-on deck," Amy said. "You're setting the tone with the civilians who are getting off the buses to become Soldiers. It's stressful and tough for the families of the drill sergeants."

They joked that they've burned through an oven and a microwave in their home kitchen prepping for the 72-hour room initiative. Each cycle takes seven hours of prep time to cook and prepare everything. The Messengers spend their time and money on the event every cycle.

They also held a family day to give the drill sergeants' Families a chance to repel down the tower or go through the confidence course, learning what the drill sergeants did each day.

"I couldn't climb the tall repel tower,

Post leaders visit housing residents

Leader Staff Reports

Fort Jackson leaders walked through on-post housing to speak directly with residents, Nov. 26.

Walking through the housing areas and talking to residents where they live gives leaders first-hand experiences into what residents are feeling and how they are dealing with their daily issues.

Maj. Gen. Daryl Hood, Army Training Center and Fort Jackson commander, and Col. Timothy Hickman, garrison commander, led an entourage of post leaders and housing officials through the housing areas.

In recent years, Fort Jackson has embraced the walking town hall as an alternative to tried-and-true town hall meetings where residents had to travel to a location to voice their concerns. This way those who couldn't get away from issues at home or couldn't drive to the location for whatever reason could make it.

"We don't want to leave anyone out," said Tom Byrd, garrison public affairs officer. "This way those who can't make it don't have to leave their homes. We come to you."

The post leaders were also accompanied by members of the Fort Jackson Family Homes who were ready to immediately assist residents with issues such as broken lights.

Any residents who have any issues or concerns regarding on-post housing are asked to visit the Garrison Housing Office located at 4514 8th Division Rd. or call at (803) 751-9339/9343.

Complaint resolution procedures can be found at <https://home.army.mil/jackson/housing-services-office>.

See **FAMILY:** Page 8

Soldiers 'gobble' up their Thanksgiving meals

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

Fort Jackson troops were served the full complement of turkey, ham, prime rib, mac and cheese, dressing and all the other foods that make a hearty meal to give thanks to.

Thousands of Soldiers sat down Nov. 27-28 in warrior restaurants across post to 3,500 pounds of turkey, 3,600 pounds of ham, 2,000 pounds of salmon, 2,500 pounds of shrimp, 4,000 pounds of Cornish hens, 2,000 pounds of steamship round, 6,000 pounds of assorted fresh produce, fruits, and vegetables, and 5,000 pies (pumpkin, pecan, and sweet potato.)

"It might not be your home away from home, but just having the different varieties and menu options gives you a little taste of home," said Maj. Gen. Daryl Hood, Army Training Center and Fort Jackson commander.

He added that he would speak to the Soldiers and hear them "talk about this might be my grandmother's dressing or this could be my grandmother's sweet potatoes."

The troops were served by leadership as well. All part of the Army Thanksgiving tradition.

"Regardless of whatever capacity you serve in, what better way to demonstrate it than serving a meal," Hood said while visiting the 369th Adjutant General Battalion dining facility, which was decked out in a football motif.

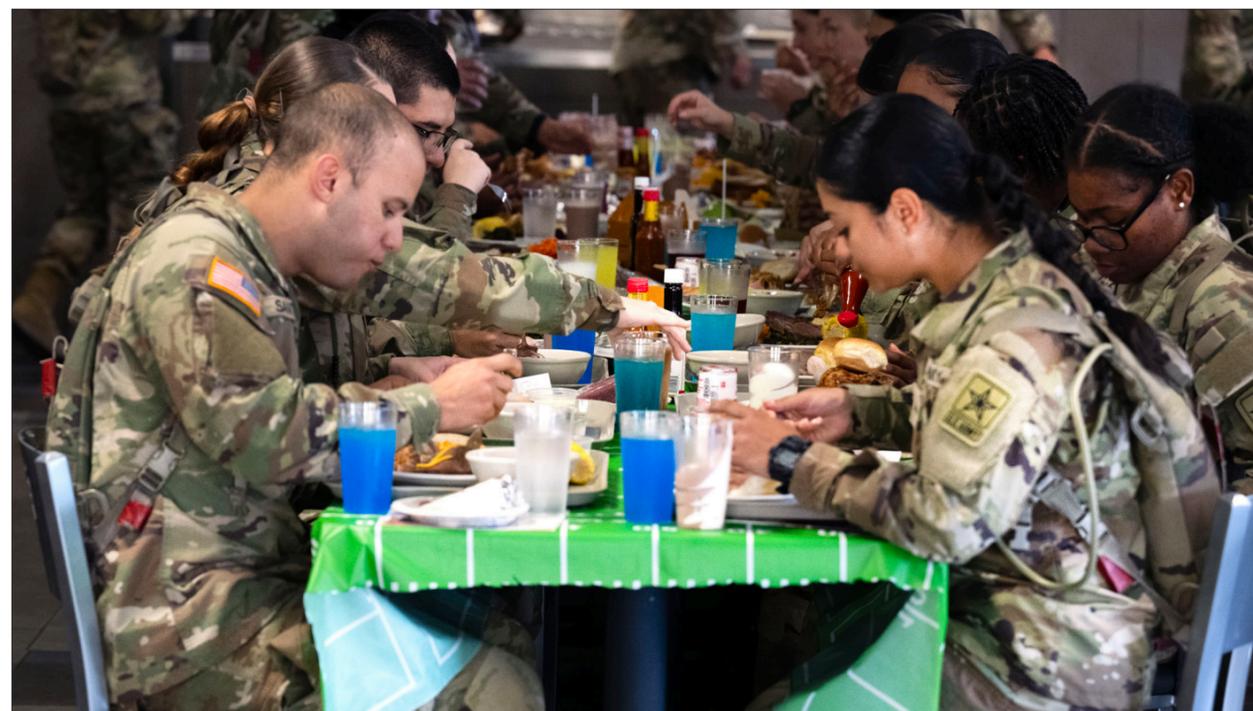
The decorations were part of the post's best Thanksgiving dining facility competition that pitted warrior restaurants against one another.

The facilities could decorate how they saw fit such as the U.S. Army Drill Sergeant Academy sporting an old west theme.

"We did not establish an Army Training Center particular theme," Hood said. "We chose to allow the dining facility manager and those members to decide what it is."

For Pfc. Bessy Puerto, a student with the U.S. Army Institute for Religious Leadership, it was nice to have the leaders serve her and her fellow students.

At the same time she said she "loved the cowboy theme," but didn't expect the type of meal until "a little farther down the line."



(Top Middle) Soldiers with the Institute for Religious Leadership eat their Thanksgiving meals at the U.S. Army Drill Sergeant Academy dining facility, Nov. 27.

(Above) Soldiers smile as they put fresh greens on their plates.

(Left) A Soldier waits patiently as a worker slices off a piece of prime rib at the 369th Adjutant General Battalion dining facility.

(Left Center) A Soldier's meal waits for the Soldier to return.

(Far Left) Soldiers with the 369th Adjutant General Battalion eat their Thanksgiving meals, Nov. 27. Fort Jackson warrior restaurants served roughly 23,600 pounds of food including 3,500 pounds of turkey, 3,600 pounds of ham, and 5,000 assorted pies.

Family

Continued from Page 11

but Connor did,” Colin said. “I got to crawl in the mud and jump walls on the confidence course. I got to shoot a gun. It was really fun.”

“It really helped the Families connect, and it’s fun to watch,” Amy said.

Prep for the initiative is a family effort.

“The kids help us cook the breakfast and lunches and help make sure the kids are entertained,” she said.

The Family also established a readiness and resiliency room and a meditation space, equipped with zero gravity chairs, massage chairs and white noise machines, that’s used by about 150 Soldiers every day. They also established a lactation room for new and expecting mothers in the unit.

The readiness and resiliency room is used by more than 150 Soldiers, 75 Family members and 36 children on a nine-week cycle. From 2021 to 2024, about 865 Soldiers, 430 family members and 180 children benefited, which resulted in more quality time for the military families.

Call to Service

The Family’s call to service started at an early age for Tony and Amy.

Tony’s mom served as nurse in the Red Cross in Virginia during the HIV epidemic in the 1980’s leading HIV education in Prince William County. Amy said her family went on mission trips every summer.

“We both grew up with volunteerism deep in our upbringing and just giving back to the community we live in,” Amy said. “We instill that in our children. The boys volunteered at Fort Jackson and sought out volunteer opportunities.”

While Connor was attending a public high school at Fort Jackson, he noticed the teachers at the school didn’t understand the Army mission there and what the military students’ lives were like.

The Family worked with the military and school administrations to bring 130 teachers and staff members onto Fort Jackson to take them through the engagement skills trainer (a laser-based, indoor, multipurpose arms trainer), visit the museum and tour the post.

Connor and Liam helped establish a partnership with Richland Northeast High

School in Columbia, South Carolina, that improved ties between junior ROTC and Fort Jackson, and the family coordinated the first all-staff visit from the high school to the installation.

The Messengers initiated a junior ROTC family day, providing 40 families with the opportunity to meet and talk to more than 35 drill sergeants about serving in the Army, and coordinated a mentorship program between 30 drill sergeants and more than 50 at-risk teens from the high school.

“The moms who were worried about their kids joining the Army talked to spouses and Family members about their Army experience,” Amy said. “The kids went down the tower with their friends. It was a great day.”

She said the boys continued to find volunteer opportunities at each of the Army posts they were assigned, helping bridge the gap between the community and the Army.

“I’m super proud of my kids for reaching out and seeing the needs of their community,” she said. “We’ve volunteered everywhere we’ve been, but to see the boys initiate and engage, as a parent, I get a proud heart.”

“To say I’m proud of my kids is an understatement,” Tony said.

“I love volunteering because it makes me feel good, and we spend time together as a family,” Liam said. “We also get to help others who’ve helped us in the past and will probably help us in the future. I love it.”

Liam said one of his favorite experiences was being the Easter bunny during a party for military families.

“It was really exciting to see the happy little kids,” Liam said. “I’ve never seen people with more joy in their eyes. I gave out so many hugs.”



Courtesy photo

Families of drill sergeants at Fort Jackson, enjoy a potluck dinner as part of the first 72 hours. Lt. Col. Tony Messenger, former 1st Battalion, 13th Infantry Regiment commander and his Family transformed the conference room in the drill sergeant’s battalion, so the drill sergeants who were on duty could see their families and get a home cooked meal Dec. 16, 2023.

Colin said his favorite part is being the cookie tester.

“She makes like 680 cookies; that’s 10 batches of cookie dough I get to taste,” he said, laughing. “I get to give food to people, and I get to eat the food.”

Colin also organizes the games for the children at the holiday events and volunteers at animal shelters.

Military heritage

The call to service also has military roots for Tony and Amy.

Tony’s paternal grandfather served in the Navy in World War II. His grandfather was injured and met Tony’s grandmother in a hospital in Washington, D.C., where she was serving in the Coast Guard. His maternal grandfather served in the Army Air Corps. His maternal grandmother served in the Women’s Army Air Corps, where she trained to fly B-29s. His dad served in the Air Force, and Tony joined the Army in 1998 as a Soldier in military intelligence.

“I initially joined to pay for college and because of my family’s history of service, but once I got in, I loved it,” Tony said. “I love the Army; it becomes your family. I have a lot of friends I keep up with through the years. It’s

just a bond that doesn’t break. I love it.”

Amy’s grandfather served in the Army in World War II, and her uncle served in the Army in Vietnam.

Tony and Amy met while they were both attending West Virginia University. He had earned a Green to Gold scholarship.

“We met at a sports bar watching Monday Night Football,” Amy said. “We had mutual friends who knew we both liked the same stuff.”

He commissioned in 2005.

Military Life

Tony has had around seven deployments, with tours to Iraq, Syria and Jordan. He started out as an infantry officer once he commissioned, but changed over to Special Forces after commanding an infantry company.

He has shrapnel in his arm, leg and along his spine from an improvised explosive device during an Iraq deployment in 2007.

Because of the many moves and deployments, Amy said having her military family is vital.

“I fully support him in his career. I’ve made bonds with people who became my family,” Amy said. “Our kids love it because

'The Weigh It Is' with Pam James-Long

Of all the things we think about exercising ... our lungs are probably the last thing we think of.

Can a person really make their lungs stronger through exercise?

Yes. The benefit gained is better, healthier breathing. Stronger, exercised lungs promote better breathing and less shortness of breath.

Better breathing can improve our overall workout performance and our day-to-day activities. Stronger lungs function more efficiently, so we feel better.

There are many benefits gained from improving respiratory function, including better focus, getting less out of breath, taking in breath more efficiently, and better overall living performance and wellness.

Breathing is something we do naturally. It is a part of being alive.

Many people rarely think about how better breathing can improve or enhance their overall health and performance.

But it can.

Better breathing enhances our ability to play sports, exercise and even our everyday activities benefit from healthier breathing. Training our lungs is just as important and critical as any other fitness activity we do for better health. Train-



James-Long

ing or exercising our lungs regularly brings many benefits to our health while warding off potential problems that can happen when breathing fitness is ignored.

There are many solutions available to help improve breathing and overall performance.

However, if you suffer with difficulty breathing, a conversation with your physician or respiratory specialist would be

a good place to begin.

When we breathe correctly, oxygen, cells and tissues in our body receive the necessary energy to carry out their proper functioning.

Better breathing can improve our concentration, strengthen our immune system, increase metabolism, reduce stress, and deliver an overall feeling of wellbeing.

An interesting fact is that detoxifying the body is an effective way to improve breathing.

When we go through a detox, only a small percentage of the toxins are discharged through sweating, urination, and defecation.

We rid the body of about 70% of discharged toxins through breathing.

Respiratory challenges such as being out of

breath, panting, gasping, even getting dizzy make the ability to concentrate difficult as well as stressful.

Some even suffer from other respiratory problems, including painful muscle aches, digestion, numbness as well as other conditions. Being able to improve our breath intake and output is a big deal worth the same attention we give to other exercise regimes.

Our bodies come with twelve sets of breathing muscles that make respiration possible. Like any other muscle in the body, they can get tired and overexerted, resulting in being out of breath, gasping for air, etc.

Getting out of breath happens to all of us when we push a little harder, we have probably all been there. However, to improve our breathing, we can use exercise to strengthen those muscles within our respiratory system.

Exercises used to exercise our breathing muscles can be one of the ways we can improve our performance.

Today, there are many devices that can help us exercise our lungs more effectively to strengthen them and improve breath intake and output.

Some natural alternatives include the following exercises:

See **WEIGH:** Page 10

SALUTING THIS CYCLE'S HONOREES

4th Battalion,
39th Infantry
Regiment

**DRILL SERGEANT
OF THE CYCLE**
Staff Sgt.
Jason Pruitt

**ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Brighton Gines

SOLDIER OF THE CYCLE
Pfc. Deandra Young

**BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Mia Hutchinson

SOLDIER OF THE CYCLE
Pfc. Shayla Santiago

**CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Jeffrey Otte

SOLDIER OF THE CYCLE
Pfc. Olivia Clegg

**DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Adrianna Ford

SOLDIER OF THE CYCLE
Pvt. Christopher Davis

**ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Owen Hallinan

SOLDIER OF THE CYCLE
Pfc. Markens Darbouze



Happy Retirement

Photo by NATHAN CLINEBELLE

Fort Jackson recognized the service of Col. Carter Price, with Army Training Center and Staff Sgt. Eric Imamura, from Company A, 2nd Battalion, 60th Infantry Regiment during the 2nd Battalion, 13th Infantry Regiment graduation, Nov. 27. Price retires after 29 years of service, while Imamura retires after serving 20.

Events

Continued from Page 4

10-11 a.m., MS Teams. Join the Fort Jackson Exceptional Family Member Program for a webinar providing information and resources to empower families. Those attending will learn about the resources, information, and services provided by The Arc of South Carolina for families of children with special needs, developmental delays, and/or disabilities. For additional information or to register, call (803) 751-5256 (option 3).

DEC. 13

Community Information Exchange

11:30 a.m. to 1 p.m., 1917 Club. Join Col. Timothy Hickman, garrison commander, and representatives of Fort Jackson directorates/activities update the post on upcoming events.

DEC. 14

Holiday Parent, Youth Snacks & Splats

1-5 p.m., Solomon Center. Come join us for a great time and learn some basic painting skills. The last day for sign up is Dec. 12. This is a parent and youth class for children in grades 6-12. Child must be registered in Child and Youth Services and must be enrolled in

the teen program on Fort Jackson. For more information and sign up, call (803) 751-6387.

Jingle Bell Fitness Run

8 a.m., 1917 Club. This three mile run/walk free family event is open to all ages. There will be fitness stations along the route. Come kick off the holiday season with the Fort Jackson community. For more information, call (803) 751-3700.

Waffles with Santa

9 a.m., 1917 Club. Come and enjoy a festive breakfast buffet at our 1917 Club. There will be photo opportunities with Santa. The breakfast buffet costs: \$12 per patron and \$6 for children ages 4 to 10.

DEC. 20

282d Army Band Holiday Concert

7 p.m., Koger Center for the Arts. Join the 282d Army Band for the Midlands Winter Carol, "A Soldier's Story." The concert is free and open to the public.

JAN. 15

2025 Spring College Fair

9 a.m. to noon, 1917 Club. Come out and meet college representatives and learn about professional and trade programs offered.

Weigh

Continued from Page 9

■ **D i a p h r a g m a t i c** breathing, or belly breathing engages the diaphragm, which can handle most of the lung muscle strengthening when it comes to breathing.

■ **Pursed lips** breathing – inhale through nose, purse your lips, keep your lips pursed while you slowly let air out through your pursed lips.

■ **Alternate nostril** breathing – inhale through your left nostril – close it and release through your right nostril.

Breathing can help or hurt our overall performance and wellbeing in many ways.

If you think you might have

breathing problems, have a conversation with your physician or respiratory specialist.

If you are looking to improve your overall performance through breathing health, some of the methods mentioned above as well as other breathing exercises are available to get you started on better breathing for better performance and overall wellbeing.

Pam's thought for the week: "What has to be taught first, is the breath"

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

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

DID YOU KNOW: Human skin freezes at 28°F. Frostbite can occur when the temperature is below 32°F.

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CHRISTMAS EVE SERVICE	DEC. 24	7:30 P.M.	MAIN POST CHAPEL
CHANUKAH SERVICE	DEC. 26	6-7 P.M.	LIGHTNING CHAPEL
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 SHABBOS 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
ANGLICAN	SUNDAY	8-9 A.M.	SOLOMON CENTER
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. to NOON	WASHINGTON ROAD CHAPEL
HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL

Family

Continued from Page 8

they can go anywhere around the world. They have military friends who live everywhere.”

She said having that community and spouse support during deployments, especially when she had to deal with moving household goods and four boys, has been priceless.

“We’ve moved 11 times,” she said. “You have to have your 3 a.m. friend.”

Keegan, their youngest son, is a special needs child with a rare genetic disorder. Amy said being in and out of the pediatric intensive care unit with Keegan while Tony was deployed, her support network helped her with her other sons.

“There’s literally been times other spouses have come and gotten my kids off an exit ramp, so I could follow in an ambulance to the hospital,” Amy said.

She said at one point, Colin had to get his tonsils out, Conner’s appendix ruptured, and then Keegan was born, all within one week.

“We had three kids have surgery within seven days of each other,” she said. “Keegan was flown to a hospital for special care, and then at 10 months, he went back into the hospital for more than three months and 13 surgeries. Tony was deployed at the time; he came home because Keegan’s blood sugar was really low, and we almost lost him. He coded twice.”

She said the outpouring of love and support they received from the Soldiers’ Families was so much, they didn’t have enough room for all the food.

“The outpouring of love, people taking our kids out, making sure our boys had birthday parties while we were in the hospital with Keegan, our Army family really came together,” Amy said. “They threw Colin the biggest third birthday to make sure he knew he was loved.”

Keegan has had 59 surgeries in 12 years. The Messengers said they couldn’t take care of their Family without the love and support from their military and civilian communities and the support from Tony’s command.

“We are driven to pay it forward, all of that love and support,” Amy said.

At every post, the Messengers participate in the Exceptional Families Military Program, bringing families together to make sure everyone gets what they need, connecting with other military families and having play dates so no one feels alone, Amy said.

Connor said the constant moves and military life is helping him with college.

“It’s helped with resiliency and adapting to an environment,” Connor said. Connor earned an associate’s degree in the culinary arts but loves military history.

Tony said taking care of military families enables readiness in Soldiers.

“It enables our ability to do the things we’re called to do as Soldiers if our family unit is being taken care of,” he said. “It’s about the team beyond the guidon. Taking care of them enables the Soldiers to focus on the mission and give one hundred percent without worrying about their family in the rear.”



Army Community Service

Dec 24,25Closed
Dec 31, Jan 1.....Closed
Jan 2.....Normal Hours

Auto Craft Shop- Dec 19 - Jan 5 Block leave hrs 8 a.m. to 4 p.m.

Dec 24,25Closed
Dec 31, Jan 1Closed
Jan 4Normal Hours

Century Lanes Bowling Ctr

Dec.17-19Closed
Dec 205-10 p.m.
Dec 213-8 p.m.
Dec 2212-6 p.m.
Dec 23-26.....Closed
Dec 27.....5-10 p.m.
Dec 2812-8 p.m.
Dec 2912-6 p.m.
Dec 30Closed
Dec 31, Jan ,2 1.....12-6 p.m.
Jan 35-10 p.m.
Jan 412-8 p.m.
Jan 512-6 p.m.

Child Youth Services CDCs and SACs

Dec 20-29.....7 a.m.-5 p.m.
Dec 23-27:
Care will be condensed:
CDCs @ Lighthouse CDC
(Bldg 5979) & Pickens CDC
(Bldg 5978) SAC@Lighthouse
(Bldg 5975):
Dec 25, Jan 1 ... All Centers
Closed

Youth Center

Dec 20-31.....7 a.m.-5 p.m.
Dec 25, Jan 1.....Closed

Parent Central Services

Dec 23-27.....9 a.m.-1 p.m.
25 Dec.....Closed
Dec 30-31Normal Hours
Jan 1Closed
Jan 2Normal Hours
Liberty Extended Care Center
Dec 20-Jan 2Closed

1917 Club

Dec 21-Jan 14Closed
Jan 15-Lunch Open-short
order only

Down Range Bar

Dec 21-Jan 14Closed
Jan 15Normal Hours

Palmetto Greens, 512 Trolley

Dec 14-Jan3Closed

Fort Jackson Golf Club

Dec 25Closed

Marion Street Station

Dec 17-2011 a.m.-4 p.m.
Dec 24-25.....Closed
Dec 26-27.....11 a.m.-4 p.m.
Dec 31 -Jan 1Closed
Jan 2Normal Hours

Victory Bingo

Dec 24-26.....Closed

Victory Travel Center

Dec 17-20, 23.....9 a.m.-2 p.m.
Dec 24-25Closed
Dec 26,27,30.....9 a.m.-2 p.m.
Jan 1Closed
Jan 2Normal Hours

Fitness Classes

Dec 23-Jan 1No Classes
Jan 2Normal Hours

Perez Fitness Center

Dec 23-24.....6 a.m.-4 p.m.
Dec 25Closed
Dec 26-31.....6 a.m.-4 p.m.
Jan 1Closed
Jan 2Normal Hours

Vanguard Gym

Dec 23-24.....6 a.m.-4 p.m.
Dec 25Closed
Dec 26-31.....6 a.m.-4 p.m.
Jan 1Closed
Jan 2Normal Hours

Coleman Gym-Open 24 hrs

Dec 18 -Jan 1Unstaffed
Jan 2Normal staffed hrs

Thomas Lee Hall Library

Dec 24-25Closed
Dec 31-Jan 1Closed
Jan 2Normal Hours

Knight Pool

Nov 1-Jan 3 -
Tentatively Closed

Weston Lake

Dec 24-25Closed
Dec 31Closed
Jan 1Closed
Jan 2Normal Hours

Recycle Center

Dec 25Closed
Jan 1.....Closed
Jan 2Normal Hours

Videorama

Dec 19-Jan 2Closed

(Current as of December 4, 2024)

Month

Continued from Page 2

For males: Drinking five or more drinks on the same occasion for at least one day.

We can make a difference by taking action:

- Recognize when someone is impaired.
- Step up and intervene in the situation.
- Remove car keys, and call a taxi, Uber, or sober friend to assist.

If you have any further questions, visit the Army Substance Abuse Program Building at 4310 Century Division Ave., or call (803) 751-5007.

VICTORY... STARTS HERE



Nigel Frederick, from Headquarters and Headquarters Battalion, throws a pass during warm ups for the second Turkey Bowl that pitted a flag football team from Fort Jackson against one representing the 20th Fighter Wing at Shaw Air Force Base, S.C., Nov. 26, The Fort Jackson team won 14-6.

Photo by ROBERT TIMMONS