

THURSDAY, NOV. 21, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

11 SOLDIERS

INDUCTED INTO THE NCO CORPS



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Zambian Defense Forces chief of chaplains visits IRL

By MEL SLATER

Institute for Religious Leadership

Chaplain (Brig. Gen.) Henry Matifeyo, Chief of Chaplains of the Zambian Defense Forces visited the Institute for Religious Leadership Nov. 12-15.

Matifeyo was welcomed by Chaplain (Col.) Emmitt Furner, the Institute's deputy director.

"It was an absolute honor to share our wonderful people and the great work they do here at (the Institute) preparing our Soldiers to provide religious support to the total force across the full range of military operations," Furner said. "It is important to point out that Chaplain Matifeyo and his team are not the only ones who benefited from this visit. We did as well. Their enthusiasm for military chaplaincy and resolute determination to develop an enduring training and education institution is a reminder to us of the importance of what we do and that we should never take what we have for granted."

Matifeyo develops the education and training for the chaplains who serve in the Zambian Defense Forces.

He sought to better understand the U.S. Army Chaplain Corps professional military education design to help improve Zambian chaplain professionalization.

Accompanying Chaplain Matifeyo as escort was Chaplain (Col.) Jon Heitman, the North Carolina Army National Guard Joint Forces Headquarters chaplain.

North Carolina serves as Zambia's State Partner.

Chaplain (Maj.) Jackson Mbuzy and Chief Warrant Officer Class 1 Chibwe Musonda also traveled with Matifeyo.

He is the current Chaplain General at the Zambian Ministry of Defense, who was appointed in the office of Chaplain General on Nov. 30, 2021. He is an Ordained Minister of the word and sacraments in the United Church of Zambia.

He did ministerial training at the United Church of Zambia Theological University in 1991, graduated in 1994, and received his ordination in 1996. He pastored several congregations within Lusaka Presbytery. He carries a wide range of experience and many years of working



Photo by MEL SLATER

Chaplain (Col.) Emmitt Furner, Institute for Religious Leadership's deputy director, welcomes Chaplain (Brig. Gen.) Henry Matifeyo, Chief of Chaplains of the Zambian Defense Forces to the Institute during his visit to Fort Jackson, Nov. 12-15.

with other communities outside of the Ministry of Defense Forces.

"With gratitude to both the United States and Zambia who prioritize the

spiritual wellbeing of the troops and their families," said Chaplain (Col.) Karen L. Meeker, U.S Africa Command's command chaplain. "We may wear different flags on our shoulders, but at the core of who we are as human beings, we are the same. There is much we can learn from each other and there is much we can do as chaplains to help our military communities thrive in this demanding environ-

ment.

"This is especially so when we come together on the campus of the (Army Institute for Religious Leadership) with an esteemed colleague such as Chaplain (Brig. Gen.) Matifeyo and our colleagues in the North Carolina Army National Guard Chaplain (Col.) Jonathan Heitman."

Matifeyo visited with different agencies within USA-IRL and witnessed chaplain and religious affairs specialist training. He also visited the Chaplain Corps Museum

See **ZAMBIA:** Page 10

ON THE COVER

Soldiers stand in period dress representing the various conflicts Soldiers have fought in as part of the Fort Jackson's Noncommissioned Officer Induction ceremony held Nov. 15.



Photo by ROBERT TIMMONS

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THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Fair brings together talent, jobs

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

Soldiers and civilians met up with more than 55 prospective employers, Nov. 19, during a career fair held in the 1917 Club at Fort Jackson.

The event leveraged a sought-after talent pool with job opportunities.

“This is an opportunity for members of the Fort Jackson community to network and get employed,” said Carolyn Andrews, the post’s Transition Services Manager. “Employers see Fort Jackson as a talent pool, and they’re very interested in hiring our Family members and Soldiers.”

The event is a prime example of the Fort Jackson garrison mission of integrating the Soldier experience on the installation.

This is really an outstanding effort the garrison is putting on, Andrews said.

Garrison is “Providing the place, providing job opportunities – They are advertising jobs that they have on the installation and making more Families aware of what we have to offer,” she added. “This extends to Soldiers for when they transition “they’re seeing it not as an end, but to be able to use some of those experiences and to give back to now only the community, but to Fort Jackson.”

Fort Jackson’s Transition Assistance Program enables Soldiers to capitalize on their Army experience and skills, while helping them make informed decisions about their future.

According the Fort Jackson website TAP is all about making informed decisions – setting Soldiers up for success.

The program “helps them with resumes, cover letters, and helps with job interviews,” Andrews said. “They help them with the whole job process and seeking second career opportunities.”

For more information about the TAP visit: <https://home.army.mil/jackson/about/Garrison/directorate-human-resources/military-personnel-division/transition-assistance-program>, or call (803) 751-1723.



Soldiers speak to representatives of the nearly 55 prospective employers attending the fall 2024 career fair at Fort Jackson, Nov. 19.

Community Updates

ANNOUNCEMENTS

Pickens Street Paving

Paving of Pickens and Scouts Out streets began Nov. 4. During construction, the streets will be limited to one way traffic managed by flaggers.

DHR Holiday Hours

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

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

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.

COMMUNITY EVENTS

TODAY

Active Shooter Drill

2 p.m., Strom Thurmond Building. 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.

SATURDAY Sprint Duathlon canceled

The duathlon scheduled for Nov. 23 has been canceled.

NOV. 26 Dress for Success

10-11 a.m., Building 9819, Liberty Division Road. Join Army Community Service for a discussion on how you dress can affect you on your interview day. To register for the event, visit: <https://forms.osi.apps.mil/r/JyvWfBNM4r> For more information, call (803) 751-5256.

Walking Town Hall

6 p.m., Pierce Terrace Housing Area. Maj. Gen. Daryl Hood, Fort Jackson commander, Col. Timothy Hickman, garrison commander, and other post officials will walk through housing areas to speak directly to residents about their concerns.

Army vs. Air Force Turkey Bowl

6:30 p.m., Hilton Field Sports Complex. Come support Fort Jackson's All-Star Flag Football team as they battle Shaw Air Force Base at this year's Turkey Bowl.

DEC. 4 Biltmore Trip and Virtual Tour

6 a.m. Join Outdoor Recreation on a trip to visit the beautiful and historic Biltmore Estates while all decorated for the holiday season. You will be treated to an audio guided tour of the Biltmore Mansion along with the opportunity to visit the rest of the estate which includes winery, shopping, and horse stables. Trip costs \$100. For more information, call (803) 751-3484.

DEC. 6 Holiday Tree Lighting

TRANSITIONING
SERVICE MEMBER
POST SERVICE
SURVEY

SCAN ME

U.S.

SC DEPARTMENT OF VETERANS' AFFAIRS
VA
LEAD • SERVE • REMEMBER

Fort Jackson Movie Schedule

3319 Jackson Blvd.
Phone: 751-7488

SATURDAY, NOV. 23

■ Smile 2 (R) 2 p.m.

THURSDAY, NOV. 28

■ Venom: Last Dance (PG-13) 2 p.m.

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

THANKSGIVING MEAL SCHEDULE

UNIT	BLDG.	MEAL	DATE	TIME
1-61ST	11900	DINNER	NOV. 27	4-6:30 P.M.
3-34TH		DINNER	NOV. 27	4-6:30 P.M.
3-39TH	11500	DINNER	NOV. 27	4-6:30 P.M.
1-34TH		DINNER	NOV. 27	4-6:30 P.M.
4-39TH	* 10540	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
2-39TH	10401	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
1-13TH	5455	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
2-13TH	** 4270	LUNCH	NOV. 28	11:30 A.M. TO 2:30 P.M.
3-13TH	5454	DINNER	NOV. 27	3:30-6:30 P.M.
2-60TH		DINNER	NOV. 27	3:30-6:30 P.M.
120TH	1869	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
369TH	2302	LUNCH	NOV. 27	11:30 A.M. TO 2:30 P.M.
DSA	9572	LUNCH	NOV. 27	11:30 A.M. TO 1:30 P.M.
USA-IRL		LUNCH	NOV. 27	11:30 A.M. TO 1:30 P.M.

* THE 4-39TH DINING FACILITY (BLDG. 10540) IS DESIGNATED FOR RETIREES AND GUESTS OF ID CARD HOLDERS NOT ASSIGNED TO A FORT JACKSON UNIT FROM 11:30 A.M. TO 2:30 P.M. NOV. 27

** THE 2-13TH DINING FACILITY (BLDG. 4270) IS SERVING MEALS FOR AND THEIR FAMILIES ONLY **

2024 HOLIDAY MEAL RATES
 Standard Cash Rates (Soldiers and Civilians) - \$11.40
 Discount Cash Rate - \$8.45 limited to Family members of E1-E4 or personnel on field duty with no per diem

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.

Affirming Native American voices in the Army

By JONATHAN AUSTIN
Army News Service

Native Americans have served in or supported the Army since colonial times, and Maj. Gen. Douglas S. Lowrey says he and the other Native Americans bring the same heightened loyalty, duty and honor to their work as did their ancestors.

“It’s the same values we’ve had as a nation ever since 1776,” said Lowrey, the commanding general of Army Contracting Command at Redstone Arsenal, Alabama. “I think the values are generational transcending. They’re cross-generational,” he said.

As a Cherokee from Oklahoma, Lowrey comes from a line of veterans. His father earned two Purple Hearts during the Vietnam War. Both of his grandfathers served during World War II. Lowrey said his family raised him with grounded moral values that reflect the core beliefs of the Cherokees and the Army.

Today, more than 8,000 Native Americans serve in the total Army, and there are more than 150,000 Army veterans of Native American and Alaska Native descent.

According to an article published by the National Museum of the United States Army, during the American Revolution, some tribes, like the Oneida and the Tuscarora in New York, sided with the colonists because colonial towns were located near the tribes. The goal was to protect their tribal lands.

The Oneida supplied food to starving American soldiers at Valley Forge, Pennsylvania, during the winter of 1777–1778.

Serving in the Army today and maintaining strong tribal ties go hand in hand, Lowrey said, and the Army is a perfect place for any young adult who has or wants to gain those values.

Visibility, Leadership and Service

November is National Native American Heritage Month, and the Army honors Soldiers from Native American and Alaska Native communities, and expresses appreciation for their contributions, as well as those of veterans, civilians and Family members.

The theme of the recognition this year is “Affirming Native Voices: Visibility – Leadership – Service,” which reflects on the commitment of Native Americans and Alaska Natives.

Sgt. 1st Class Lynette Eriacho



U.S. Army photo

Navajo Code Talkers practice their skills in this historical photo. Native Americans have served in or support the Army since colonial times.

When Lowrey interacts with younger Native American Soldiers, they’re proud to be a part of something bigger than themselves, which he said is a cornerstone of Cherokee lessons.

One Soldier whose visibility, leadership and service Lowrey appreciates is Sgt. 1st Class Lynette Eriacho, a wheeled mechanic supervisor who has returned to Fort Liberty after completing a tour in Kuwait.

To Eriacho, who wears the parachutist badge and the drill sergeant identification badge, being in the Army can often mirror what being part of a tribe means.

She said what is appealing is the people, community and the sense of inclusiveness where everyone has a part.

Eriacho is of the Navajo Nation Tribe and, through her father, the Mescalero Apache Tribe. She and her ancestors come from Arizona and New Mexico.

Her upbringing taught her that everything is about family and being part of a group.

“You’re never just one person,” she said. “There’s always going to be teamwork.”

She enlisted in the Army in January 2013 because she wanted to be a part of something that also involved fostering teamwork and support from and for others, she said.

A Long History of Service

Native Americans served in the Civil War and proved critical to Army unit success in World War I and World War II.

During World War I, the 30th Infantry Division stymied German commanders by using Eastern Band Cherokee Soldiers to communicate by radio in their native tongue for the 105th Field Artillery Battalion. Their work during the Second Battle of the Somme is the earliest documented use of Native Code Talkers by the Army, though there is anecdotal evidence others used code somewhat earlier.

Overall, according to the Army Museum

See **NATIVE:** Page 11

15 military hospitals get ‘A’ grades

Defense Health Agency

The Defense Health Agency announced 15 military hospitals got an “A” rating in the Leapfrog Hospital Safety Grade Fall 2024 assessment. This grade reflects the DHA’s ongoing dedication to transparency and to providing high-quality, safe care to service members and their families.

The Leapfrog Group is a national, independent organization that focuses on health care quality. Leapfrog evaluates hospital safety measures such as errors, injuries and infections. Their grading system uses more than 30 national performance indicators.

A hospital must meet specific criteria if they want to take part in the assessment. In the Fall 2024 ratings, 32% of participating hospitals nationwide got the highest grade. Of the eligible military hospitals that took part, 75% got an “A” grade.

“Achieving these grades is no small feat,” said Dr. Paul Cordts, DHA’s deputy assistant director for medical affairs and chief medical officer. “The commitment of our team to ensure the safety of every patient in our care shows that military treatment facilities are among the best in the country when it comes to protecting patients and ensuring high standards.”

DHA’s engagement with Leapfrog began over five years ago. That’s when the Military Health System started using Leapfrog’s evaluations in their Quality Assurance Program. Walter Reed

See **HOSPITALS:** Page 11

11 Soldiers inducted into the NCO Corps



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

“It’s a privilege, but also a tremendous responsibility to be called the Backbone of the Army,” said Command Sgt. Maj. Kimberly Nieves, Medical Activity - Fort Jackson’s senior enlisted leader to a group of Soldiers.

The 11 Soldiers crossed the threshold into the Noncommissioned Officer Corps, during an induction ceremony held Nov. 15 at the 1917 Club on post.

The inductees were recommended for promotion by a series of leaders; demonstrated their leadership and skill; and were promoted after reaching all eligibility requirements.

“Today we gather to honor and induct new members into the prestigious ranks of the NCO Corps – a corps famously known as the ‘Backbone of the Army,’” said Command Sgt. Maj. Kimberly Nieves, senior enlisted leader for Moncrief Army Health Clinic. Moncrief hosted the ceremony. “This title is no small honor. It is a reminder of the strength, resilience and commitment required of each of us in our mission to serve and support our Army.”

Nieves described an NCO in medical terms. “Growing up in the medical field, I can’t help but picture the human spine,” she elaborated. “When I think of our role, just as the spine allows the body to stand tall, bend and adapt, we as NCOs, provide stability, support and flexibility to the entire force.”

“We protect our Army’s core values, our Soldiers, and our communities, knowing that any part of our backbone that falters can impact the health and strength of the whole organization.”

She added that the Soldiers’ influence as NCOs “will extend far beyond your rank, touching the lives of those in your command, their Families, and the communities around us.”

The NCO has a proud lineage in the Army, which dates back to 1778 in Valley Forge, Pennsylvania, where Baron von Steuben began drilling the fledgling Continental Army.

Soldiers wore period uniforms to signify the historical importance of the noncommissioned officer.

“That which was true in 1778 is still true today,” said retired Command Sgt. Maj. Edward Bell, director of Government Affairs for the S.C. Department of Veterans’ Affairs, during the ceremony.

He said 246 years later, the corners and foundation of the NCO Corps of readiness and discipline still rings true.

... JUST AS THE SPINE ALLOWS THE BODY TO STAND TALL, BEND AND ADAPT, WE AS NCOs PROVIDE STABILITY, SUPPORT AND FLEXIBILITY TO THE ENTIRE FORCE ...

- Command Sgt. Maj. Kimberly Nieves
Medical Activity - Fort Jackson

“The readiness of our Army starts with a trained Soldier who is grounded in discipline ...” said the 33-year Army veteran. “NCOs, there are two things you control every day, what you say and what you do. Remember time is the most valuable thing you possess, so ensure you invested time wisely.”

Bell added the most important trait and leadership attribute is leading by example and staying “focused on the task at hand.”

The Soldier inducted into the NCO Corps during the ceremony are:

Medical Activity – Fort Jackson:

- Sgt. Queenie Maximo
- Sgt. Tyana Morris
- Cpl. Monique Darcy
- Cpl. Abdolaye Diarra
- Cpl. Marielle Garrett

Headquarters and Headquarters Battalion:

- Staff Sgt. Jamilah Cisse
- Sgt. Dyanna Lopez
- Sgt. Aaliyah Watson

193rd Infantry Brigade:

- Sgt. Whitney Yassi
- Sgt. Shane Knobbs
- Sgt. Amber Devine

(Clockwise from top left) 1st Sgt. Jeanine Valencia, from Headquarters and Headquarters Company, 165th Infantry Brigade, lights a red candle symbolizing the courage and strength of the noncommissioned officer during the post’s NCO Induction Ceremony held Nov. 15 at the 1917 Club.

Sgt. 1st Class Samuel C. Norgard holds a saber high as a newly-inducted noncommissioned officer walks through during the ceremony.

A noncommissioned officer holds up his right hand as he gives an oath moments after being inducted into the NCO Corps.

A Soldier stands in period dress representing the Korean War moments before the start of Fort Jackson’s Noncommissioned Officer Induction ceremony.



U.S. Army photo

A Soldier talks on a radio during a recent exercise. A recent audit of the Department of Defense shows progress towards 2028 goals.

DOD audit indicates progress toward 2028 goals

By C. TODD LOPEZ
DOD News

The Defense Department released the results of its departmentwide fiscal year 2024 financial audit, Nov. 17. It is the seventh such audit since 2018.

For this most-recent effort, the department's inspector general provided an overall "disclaimer of opinion" on DOD financial statements, which means the department has not yet achieved a clean audit, said Mike McCord, the department's chief financial officer.

Despite that result, McCord said the department has shown great improvement every year on departmentwide audits.

"I believe the department has turned a corner in its understanding of its challenges, and more importantly in addressing them," said McCord. "Momentum is on our side, and throughout the department there is strong commitment — and belief in our ability — to achieve an unmodified audit opinion."

In total, the FY2024 overall DOD audit involved 28 different reporting entities each undergoing their own stand-alone financial statement audits.

Of those individual audits, nine entities

achieved "unmodified audit opinions." Results from three additional entities are still pending, but McCord said its expected that two of those will, as they did last year, also achieve unmodified audit opinions. If that happens, it will mean that eleven audits come back clean — one more than in fiscal year 2023.

This year, for the first time, the Defense Threat Reduction Agency achieved an unmodified audit opinion. This is only the second year DTRA has undergone a stand-alone audit, McCord said.

Also, as part of this year's departmentwide audit, McCord said, one entity received a qualified opinion, while 15 other entities received disclaimers.

Of note, McCord said, are DOD's efforts in closing or "downgrading" material weaknesses that show up in audits. The term "material weakness" in regard to an audit, he said, "roughly translates as concerns you must resolve to succeed."

In particular, he said, Secretary of Defense Lloyd J. Austin III and the department have put an emphasis on eliminating material weakness related to the department's fund balance with the Treasury.

"Fund balance with (the) Treasury is, in

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Smokeout aims to snuff nicotine

By CAPT. ANTOINETTE DINGLE
Public Health Nurse

Every journey to quitting smoking begins with a single step. The Great American Smokeout, hosted by the American Cancer Society every third Thursday of November, offers an annual opportunity for smokers to make that life-changing decision. Whether you're ready to quit today or simply considering it, this event is designed to provide the motivation and support you need.

The Great American Smokeout has its roots in the 1970s, starting as a local campaign to encourage smokers to quit for a day. By 1977, the American Cancer Society had adopted it as a nationwide event, aiming to spread awareness about the dangers of smoking and encourage smokers to give up the habit, even if just for 24 hours. Since then, millions of people have used this day to kick-start their smoke-free journeys.

Smoking is the leading cause of preventable death, contributing to numerous health problems such as heart disease, stroke, and lung cancer. However, the good news is that your body starts to heal the moment you quit. Here are just a few health benefits:

- Within 20 minutes: Heart rate and blood pressure drop.

- Within 12 hours: Carbon monoxide levels in your blood normalize.

- Within weeks to months: Circulation improves, and lung function increases.

- Within a year: The risk of heart disease drops by 50%.

The longer you stay smoke-free, the greater the benefits for your health and well-being. It's never too late to quit, and every day smoke-free adds years to your life.

Support resources to help you quit
Quitting smoking can be challeng-

ing, but you're not alone. Many resources are available to support you on this journey:

- The American Cancer Society provides free support via their website and hotline.

- Nicotine Replacement Therapies such as patches, gum, and lozenges can help manage withdrawal symptoms.

- Counseling and Support Groups: Talking to a counselor or joining a support group can provide the emotional backing you need.

- Apps and Online Tools: Digital tools like quit-smoking apps can track your progress and provide motivation.

How to participate in the Great American Smokeout

Today, challenge yourself to quit smoking for the day. Here are a few ways you can get involved:

Make a plan: Decide how you'll spend the day without cigarettes and prepare for potential triggers.

Seek support: Tell friends and family about your decision to quit—they can offer encouragement.

Access resources: Whether it's through a helpline, counseling, or nicotine replacement, make use of available tools.

Reflect on your health: Consider the immediate and long-term benefits of quitting and how it will improve your life.

The Great American Smokeout is not just about quitting for one day—it's about taking that first step toward a smoke-free future.

Whether you're quitting for the first time or trying again after a setback, this event offers the perfect opportunity to make a positive change for your health.

To learn more, please visit Great American Smokeout, call (800) QUIT-NOW. You can do it. For Tricare beneficiaries- contact Fort Jackson Public Health at 803-751-5251.

'The Weigh It Is' with Pam James-Long

Learning how to read food labels is a key part to healthier eating and a healthier lifestyle.

The truth is taking time to read food labels can greatly impact the choices we make on our wellness journey.

My motto has always been 'read them, before you eat them.' Food labels can be eye-catching with bright colors and big lettering.

These are sales tactics, created to sell the product, not necessarily informing us about the health of the product. Although food labels must follow federal guidelines and use understandable definitions for most items listed, they can still be misleading. Understanding what terms mean on food labels can help us make wiser choices that fit our diet and healthier lifestyle.

Food, like any other product, is trying to sell itself. So, we often get bombarded with all the wonderful things about food. Many food labels highlight an individual nutrient that the product offers.

However, no single food determines the health of your overall diet. No single nutrient makes a food good or bad for us. We must practice looking beyond the fancy label or the highlighted ingredient and see what other con-



James-Long

tribution the food makes to our diet.

For example, just because food states it is a fat-free food, that does not make it a great choice if you are trying to reduce your sugar intake or increase the amount of fiber in your diet.

Foods that say they are fresh may sound great, but the term fresh does not offer any information about the nutrient content of the product or how

long it took for the product to travel from the farm to the grocery store shelf. Any raw food that has not been frozen, heated, processed or preserved can legally be labeled fresh.

Healthy is another attractive word used on food packages. We must begin thinking about these types of 'buzzwords' when reading food labels and selecting products.

The word healthy in foods implies it has more than a single nutrient. It implies that the product is wholesome and nutritious. However, for food to be described as healthy, it must be low in fat and saturated fat, contain limited amounts of sodium and cholesterol, and be a good source of one or more important nutrients.

While these qualities specified by the term

healthy are part of a healthy diet, foods that fit this definition are not necessarily the foundation for a healthy diet. For example, many fruit drinks are called healthy because they are low in fat, saturated fat, cholesterol and sodium and even have some vitamins, but they are often high in added refined sugar and contain few other nutrients.

To get the whole picture, you need to look beyond the healthy-sounding labels of the product and read the nutrient content to see how it will fit into your diet. Reading (and understanding) food labels is another wellness practice that should be a part of your new lifestyle.

Initially, food labels give us detailed nutritional information that includes the amount of fat, protein, carbohydrates, vitamins, minerals and calories in every serving. Knowing these general features is great for helping you keep track of your nutrient and caloric intake.

Labels also show the serving size. This helps you understand how much you are consuming. Becoming savvier at reading food labels can help you spot hidden sugars, salt, or unhealthy fats that may not be immediately obvious.

Food labels reveal additives, preservatives, and artificial colors and flavorings. If you want to eat more whole, natural foods, this is import-

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Audit

Continued from Page 8

layperson terms, like balancing your checkbook," McCord said. "Except I said we have 1,500 checkbooks with \$850 billion in them. So, it's a little more complicated than it might sound, but that's basically what it is. It's reconciling your version of all the money you have with (the Treasury Department's) version of all the money you have in these 1,500 pots."

In the FY2024 departmentwide audit, McCord said, eight DOD reporting entities closed or downgraded their fund balance with Treasury material weakness. Those include the Department of the Navy Working Capital Fund and the Department of the Air Force Working Capital Fund, both of which closed that material weakness.

The Department of the Army General Fund, Defense Advanced Research Projects Agency, Defense Information Systems Agency General Fund, DISA Working Capital Fund, the National Geospatial-Intelligence Agency and DTRA all downgraded their FBWT material weakness.

Congress has said the department must achieve an unmodified audit by fiscal year 2028, and McCord said the department has improved every year since the inception of the audit.

While the department has made progress every year, McCord said the speed of that improvement must accelerate meet the 2028 goals, set by Congress.

Happy trails

Photo by NATHAN CLINEBELLE

Fort Jackson recognized the service of 1st Sgt. Darnetta L. Bratton, with the 319th Transportation Company in Augusta, Ga., and Sgt. 1st Class Keith Frazer, with the Leader Training Brigade, during the 3rd Battalion, 60th Infantry Regiment's Basic Combat Training graduation ceremony, Nov. 14. Bratton retires with 17 years of service, while Frazer retires after serving 20 years. The installation honors the service of retirees during BCT graduations throughout the year.



Events

Continued from Page 4

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. 14

Holiday Parent and 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 following our Jingle Bell Run. Photo opportunities with Santa. Breakfast Buffet: \$12 per patron and \$6 for children ages 4 to 10.

Zambia

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and different locations on Fort Jackson. He sat down with U.S. Army Training Center and Fort Jackson Commanding General, Maj. Gen. Daryl O. Hood for lunch on Nov. 12.

Over the past 70 years, the U.S. Army Chaplain Corps has a legacy of assisting allies and partner militaries establish their own Chaplain Corps and schools. Currently the Chaplain Corps is assisting Ukrainian chaplains. Chaplain schools further the skills and capabilities of chaplains to better care for the religious and spiritual requirements of their Soldiers and their Family members.

"These exchanges are important to both US and partner military chaplain corps as chaplains prepare to care for Soldiers and advise commanders on global religious demographics," Meeker said. "U.S. Army, Air Force, and Navy chaplains are helping US Africa Command establish strong relationships with African friends and colleagues so we might advance our shared national and military values.

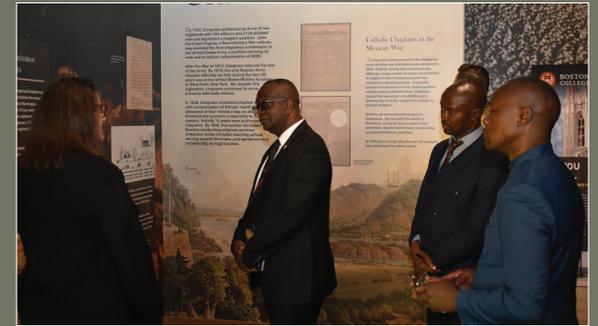


Photo by MEL SLATER

Marcia McManus, Chaplain Corps Museum director, gives a tour to Chaplain (Brig. Gen.) Henry Matifeyo, Chief of Chaplains of the Zambian Defense Forces and his team during their Nov. 12-15 visit.

The IRI routinely trains clergy from other militaries from around the world including South Korea, Serbia, Ghana, Jordan, Sierra Leone, Bangladesh, Armenia, Afghanistan, Latvia, Philippines, Bosnia Herzegovina and Zambia.

Zambian Defense Forces Chaplain (Capt.) Peggy Kopakopa, graduated Chaplain Officer Basic Leader Course, Class 22-003 on Dec. 15, 2022.

DID YOU KNOW: In rooms within a facility designed for 50 or more occupants, exit doors must open in an outward direction when exiting to allow for proper egress during an emergency.

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
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



Photo by LARISSA PINCKNEY

Breaking the boundaries of traditional learning

Cassandra Carlson, a dedicated kindergarten teacher, at Pierce Terrace Elementary School, lies on the floor alongside students, embracing a unique, hands-on learning experience outside the typical classroom setting.

Weigh

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ant, so you can avoid these processed ingredients. The fewer ingredients the better, as this often means the food is less processed and closer to its natural state.

Being your own food detective, select products that are nutrient-dense, which add nutritional value to your food.

Foods like fortified vitamins, Chia seeds, or Flaxseed are ingredients that can contribute to better health by providing healthy fats, fiber, or additional vitamins.

Learn to read the true meaning behind words and phrases used on packaging.

Words such as low-fat, sugar-free, organic, or gluten-free. Sometimes these claims don't tell the whole story.

Low-fat doesn't equal health.

Often these products are loaded with sugars or artificial ingredients to compensate for flavor. A gluten-free label lets you know the product doesn't contain gluten, which is important for

people with health issues or gluten intolerance. But just because something is gluten-free doesn't mean it's automatically a healthy choice—it could still be high in calories, fat, and sugar.

In today's world of highly processed foods and quick meals, understanding food labels has become more important than ever.

Food labels provide critical information that helps you make informed choices about the foods you eat.

Whether you're trying to manage a health condition, follow a specific eating plan, or simply make healthier choices, knowing how to read food labels can give you the power to take control of your diet and overall well-being.

Pam's thought for the week: "Read between the lines"

The Directorate of Family and Morale, Welfare and Recreation's Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals.

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

Hospitals

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National Military Medical Center first used the Leapfrog survey. After getting positive results, DHA expanded the program.

"Our teams have worked hard to implement Leapfrog's quality and safety measures, and we're proud to see those efforts reflected in the grades received," said Cordts. "This achievement is a testament to the skill, dedication and unwavering focus of our medical teams to create a safe environment for our patients."

The Leapfrog Hospital Safety Grade program is updated twice a year. Leapfrog evaluates public and private hospitals.

Its grades are based on national standards for hospital safety and highlight risks that patients may face in a health care setting.

This includes preventable medical errors and infections. The ratings are publicly available. This helps patients easily find their local health care facilities safety standards.

The 15 military hospitals that got an "A" grade in Fall 2024 are:

81st Medical Group, Keesler Air Force Base, Mississippi

673d Medical Group, Joint Base Elmendorf-Richardson, Alaska

Alexander T. Augusta Military Medical Center, Fort Belvoir, Virginia

Blanchfield Army Community

Hospital, Fort Campbell, Kentucky
Carl R. Darnall Army Medical Center, Fort Cavazos, Texas

Evans Army Community Hospital, Fort Carson, Colorado

Martin Army Community Hospital, Fort Moore, Georgia

Naval Medical Center Camp Lejeune, Camp Lejeune, North Carolina

Naval Hospital Jacksonville, Jacksonville, Florida

Naval Medical Center Portsmouth, Portsmouth, Virginia

Naval Medical Center San Diego, San Diego, California

Walter Reed National Military Medical Center, Bethesda, Maryland

William Beaumont Army Medical Center, El Paso, Texas

Womack Army Medical Center, Fort Liberty, North Carolina

Wright-Patterson Medical Center, Wright-Patterson Air Force Base, Ohio

Some military hospitals weren't included in this year's final safety grades. This is because they didn't meet the minimum requirements. For hospitals that didn't qualify for official Leapfrog grades, DHA has instituted similar criteria internally for all of its facilities. This ensures patient safety.

"The Leapfrog Safety Grade announcement assures beneficiaries of DHA's focus on safety and quality," said Cordts. "As DHA strengthens its commitment to transparent reporting and health care quality, its patients can feel confident about the care they receive at military hospitals."

Native

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website, Native Americans used nine tribal languages to secure Army communications during World War I, including the Cheyenne, Cherokee, Choctaw, Comanche, Ho-Chunk, Osage and Yankton Sioux.

The use of Native American speakers by the Army to secure combat communications was so disrupt-

tive to the German high command in World War I that after the war it dispatched spies and agitators to the United States in an attempt to sabotage future Code Talkers and limit enlistments of Native Americans if and when another European war erupted.

Instead, Native Americans joined in droves to fight in World War II, the Museum history notes, and all the services relied on Native Code Talkers for secure communications during the war.

VICTORY START HERE



Sgt. 1st Class Samuel C. Norgard holds a saber high as a newly-inducted noncommissioned officer walks through during a ceremony held Nov. 15 in the 1917 Club at Fort Jackson.

Photo by ROBERT TIMMONS