

THURSDAY, MARCH 8, 2018

# THE FORT JACKSON LEADER

"VICTORY STARTS HERE"

A CLOSER  
LOOK AT FORT  
JACKSON'S  
FAMILY OF THE  
YEAR  
- P8

## ALSO INSIDE

PREVENTION REMAINS  
BEST DEFENSE AGAINST  
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STEPHEN TOWNSEND TAKES  
COMMAND OF TRADOC, P7

# OBSTACLES and OPPORTUNITY

COKER COLLEGE LACROSSE TEAM NAVIGATES  
FORT JACKSON DEVELOPMENT COURSES - P12-13

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## ON THE COVER

DeShawn Ormond, a senior from Coker College, pulls himself over an obstacle at the confidence course during a March 6 visit by the school's Lacrosse Team to Fort Jackson.

SEE PAGES 12-13



Photo by LATRICE LANGSTON



Fort Jackson, South Carolina 29207

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For questions or concerns about subscriptions, call 803-432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call 803-751-7045 or e-mail [fjleader@gmail.com](mailto:fjleader@gmail.com).

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# Community Calendar

## TODAY

### Lego Club at the Library

2-3:30 p.m. Thomas Lee Hall Library. Bring the whole family to see Lego Batman star in his very own movie, "The Lego Batman Movie." This is a free event. For more information, contact 751-5589.

## SATURDAY

### Matinee Movie at the Library

1 p.m.-3:30 p.m. Thomas Lee Hall Library. Bring the whole family to see Lego Batman star in his very own movie, "The Lego Batman Movie." This is a free event. For more information, contact 751-5589.

### St. Paddy's Day 5k

8 a.m. Semmes Lake Recreation Area. Open to all eligible ID Card holders. Late registration is from 6:45-7:45 a.m. the day of the run/walk. Arrive no later than 7:30 a.m. to sign in. Online registration will end at noon Friday. For more information, contact 751-5896 or 751-5817.

## MARCH 13

### Protestant Women of the Chapel

9:30-11:30 a.m., Lightning Chapel 9476 Kemper St. Lunch is provided and free childcare, but children must be registered with CYS. For more information, contact [FortJacksonpwoc@gmail.com](mailto:FortJacksonpwoc@gmail.com).

### Story Time at the Library

11:30 a.m.-noon. Thomas Lee Hall Library. Wear your green as we celebrate St. Patrick's Day. Join us at the library to learn about this green holiday with stories, songs, and a make a leprechaun magnet. This is a free event. For more information, contact (803)751-5589.

## MARCH 14

### Retired Officer's Wives Luncheon

11:30 a.m. at the NCO Club. Reservations are due by 3 p.m. Friday at 788-1094 or 738-1220.

## MARCH 22

### Gaming at the Library

2-3:30 p.m. Thomas Less Hall Library. Show us your gaming skills on an Xbox or PS4 to try your hand at coding with Dot and Dash. This event is free and for ages 8-12. For more information, contact 751-5589.

## MARCH 23-24

### WHACK That Ball Fitness

5 p.m. Perez Fitness Center, March 23. 10 a.m. Perez Fitness Center, March 24. First 20 registrants sign up today and get your game on. For more information, contact 751-3700 or 751-6258.

## MARCH 27

### Story Time at the Library

11:30 a.m.-noon, Thomas Lee Hall Library. The Easter bunny is hopping his way to Storytime at the Library to hear stories, sing a song, and make an Easter egg picture frame. This is a free event. For more information, contact 751-5589.

## APRIL 1

### Protestant Easter Sunrise Service

8-9 a.m., Hilton Field. All Soldiers, civilians and Family members are invited to attend. All chapel worship services on Fort Jackson will continue as scheduled. In case of inclement weather, the service will take place 10-11 a.m. at the Solomon Center. For more information, contact Chaplain (Capt.) Christopher R. Ball at 751-3882 or [christopher.r.ball4.mil@mail.mil](mailto:christopher.r.ball4.mil@mail.mil).

## APRIL 3

### Maude Leadership Lecture

3 p.m., at the Solomon Center. Maj. Gen. Joseph R. Calloway, director of Military Personnel Management, Deputy Chief of Staff, U.S. Army, G-1 will speak during the event. The lecture series is aimed at offering professional development to leaders and Soldiers.

## APRIL 12

### Lego Club at the Library

2-3:30 p.m. Thomas Less Hall Library. Test your Lego brick building skills at the library. We have the Lego bricks, you bring the creativity. This is a free event. For more information, contact 751-5589.

## SPORTSMAN'S ADVISORY COUNCIL

Are you interested in learning more about the Fort Jackson Sportsman Club? Come to a meeting of the Sportsman Advisory Council Working Groups.

The Cycling working group meets March 13 at Magruder's Pub. The group leader Maj. Stephen McKinney can be contacted at 751-1041 or [stephen.r.mckinney.mil@mail.mil](mailto:stephen.r.mckinney.mil@mail.mil).

Maj. Matthew Hintz is the lead for the Run/Adventure and Shooting Working

**SEND ALL SUBMISSIONS TO**  
[FJLeader@gmail.com](mailto:FJLeader@gmail.com)

Deadline for events to be included in the calendar or Happenings 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.

Questions? Call 751-7045.

## APRIL 21

### 2018 USA Powerlifting Event

7:30 a.m. to 5 p.m. April 21 at the National Guard Army, 1225 Bluff Road in Columbia. The South Carolina National Guard's Warrior Fitness Team will be hosting the 2018 USA Powerlifting's "Power lifters against bullying: Words have weight" competition. For more information call 803-508-9003 or email Ron Dorian, director of the Warrior Fitness Program at [ron.l.doiron.ctr@mail.mil](mailto:ron.l.doiron.ctr@mail.mil).

## APRIL 23

### Alcohol Awareness Month Training

Session 1: 9-10:30 a.m. Session 2: 1:30-2:30 p.m. Both sessions will be held at the Solomon Center. Mothers Against Drunk

Groups, and can be contacted at 751-7629 or [matthew.r.hintz.mil@mail.mil](mailto:matthew.r.hintz.mil@mail.mil). The next meeting is 6 p.m. March. 27 at Magruder's Pub.

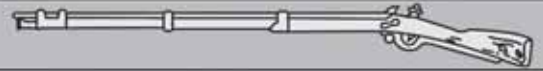
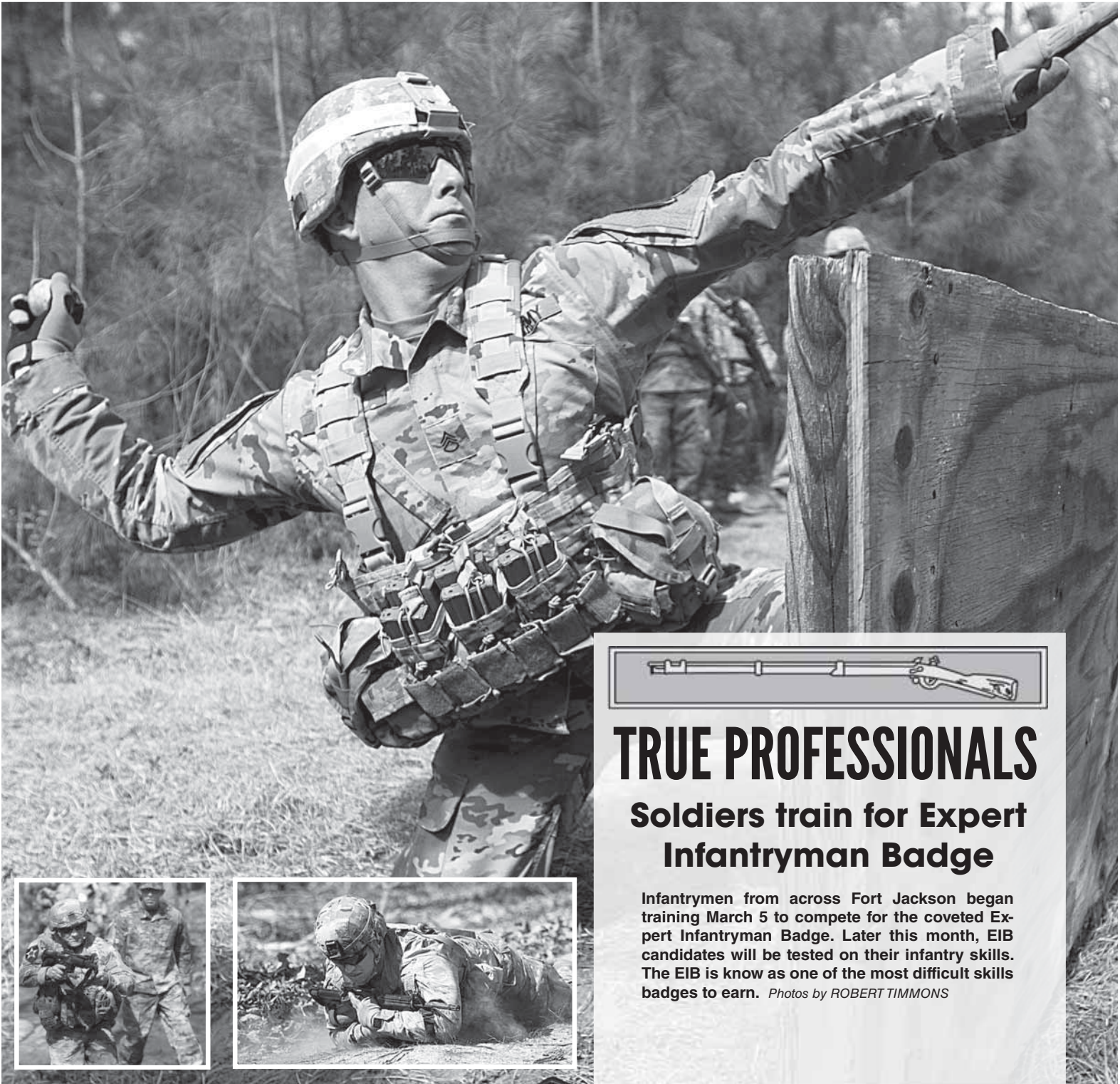
The next Hunting and Angling Working Group meeting will take place 6 p.m. March 15 at Alpine Lodge. The group leader Command Sgt. Maj. Curtis Wesson can be contacted at 751-8037 or [curtis.w.wesson.mil@mail.mil](mailto:curtis.w.wesson.mil@mail.mil).

## CORRECTIONS

■ On page 13 of last week's issue the top right photo was misidentified as Sgt. 1st Class Christian Stokes, U.S. Army Drill Team's drill master. Stokes is pictured in the left photo.

■ Sunny Bolton, Fort Jackson, Child Youth Services coordinator's name was misspelled in a story on page 14 of last week's issue.





## TRUE PROFESSIONALS

### Soldiers train for Expert Infantryman Badge

Infantrymen from across Fort Jackson began training March 5 to compete for the coveted Expert Infantryman Badge. Later this month, EIB candidates will be tested on their infantry skills. The EIB is known as one of the most difficult skills badges to earn. *Photos by ROBERT TIMMONS*





Photo by SGT. MICHAEL J. MACLEOD

A paratrooper scans the iris of a Soldier using a biometric system during training at the Joint Readiness Training Center on Fort Polk, Louisiana.

## Army improving biometrics speed, accuracy for military intelligence

By DAVID VERGUN  
Army News Service

Huge advances in biometric collection and database query are now being made with more to come on the horizon, said William Graves, the chief engineer for Program Executive Office Intelligence, Electronic Warfare & Sensors.

That's great news for the intelligence community and for force protection efforts, said Graves, whose office is the lead for all Department of Defense biometrics.

Graves described the work that the researchers and engineers do in their Biometric System Integration Laboratory at Fort Belvoir, Virginia, during a media visit Feb. 22.

The current biometric collection system used by Soldiers worldwide is the Biometric

Automated Toolset, he explained.

The system is fairly good at collecting fingerprints and iris characteristics, which are unique for every individual, but it is less adept at collecting other facial features, he noted.

A newer system, known as Next Generation Biometric Collection, is currently in the acquisition cycle after having navigated a successful material development decision.

Following Soldier feedback, the newer system will be smaller and more lightweight, as well as more rugged and user friendly than what exists now. It will also be more accurate in collecting facial features and should process information in a timelier manner, Graves said.

The new system also takes a multimodal approach to biometric data collection, said Graves. The advantage of multimodal is that

if fingerprint or voice recognition fails, an iris scan could still produce a match.

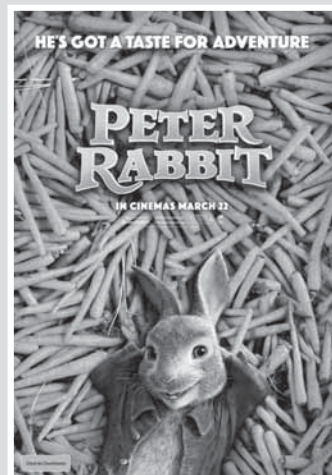
The lab, which is only four months old, is moving quickly to develop other modes as well, he said.

For example, voice and DNA modes of biometrics identification are in intense development as there is an urgent requirement to get that capability to Iraq by as early as this summer, he said.

Also, the lab is exploring ways to integrate biometrics into existing sensors and platforms, he said.

Another aspect of improvement that the lab is striving for is making biometrics completely contactless, he said, meaning no operator is needed to collect information from the person.

See **BIOMETRICS**: Page 18



### Fort Jackson Movie Schedule

3319 Jackson Blvd.  
Phone: 751-7488

#### FRIDAY

■ Peter Rabbit (PG) 7 p.m.

#### SATURDAY

■ Studio Appreciation Advance Screening. Free Admission. Tickets available at Exchange Food Court, PX, and Express locations. (Rated PG-13)

#### SUNDAY

■ Peter Rabbit (PG) 1 p.m.  
■ 15:17 To Paris (PG-13) 5 p.m.

#### WEDNESDAY

■ Peter Rabbit (PG) 2 p.m.  
■ 15:17 To Paris (PG-13) 5 p.m.

#### TICKETS

Adult: \$6 / Child (6 to 11): \$4

#### 3-D TICKETS

Adult: \$8 / Child (6 to 11): \$6

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

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# FAMILY AND MORALE, WELFARE AND RECREATION PROGRAMS

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FMWR Fitness Department & Perez Gym present

## WHACK That Ball Fitness!

### 2018 Racquetball Tournament

March 23 at 5 p.m. and March 24 at 10 a.m.

**FirstCommand** Perez Fitness Center **DICK'S**

First 20 registrants sign up today and get your game on!  
Trophy award ceremony & refreshments

 For more information call (803)751-3700 or (803)751-6258

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FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

## SPRING JAMBOREE EGG HUNT

Saturday, March 24, 2018  
Youth Sports Complex, Fort Jackson

10:00 am - 12:00 pm Earth Day Activities & Egg Hunt

Bring the family out for a fun-filled morning of free activities, games, prizes, and egg hunt

**\*\*First Egg Hunt will start promptly at 11:30 am\*\***  
Egg Hunt 12 yrs and under



 For more information call (803)751-4824 or (803)751-4869

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS



### Commanding General's Quarterly Scramble at the Fort Jackson Golf Club

March 16, 2018, 12 p.m., 3652 Semmes Rd

The four-person Scramble/Captain's Choice event will begin with a shotgun start at 12 p.m. on the Wildcat Course. The field is limited to 32 teams, so enter soon. Field will be flighted based upon team total handicap. Gross and Net prizes plus traveling trophies will be awarded for the winning teams. Entry fee includes all applicable fees plus a box lunch and post-tournament food and beverages.

Entry fees: FJGC members: \$35 per person.  
Non-members: Active Duty E1-E5:\$35 per person, authorized patrons (E6 & above):\$45, Civilians: \$50 per person.

 For more information call (803) 787-4437

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS



## 5K ST. PADDY'S DAY

March 10, 8 a.m.  
Semmes Lake Recreation Area

Open to all eligible ID Card holders  
Late Registration is from 6:45-7:45 a.m. the day of the Run/Walk.  
Please arrive no later than 7:30 a.m. to sign in.  
Online Registration will end March 9, 2018 at 12 p.m.  
(<https://webtrac.mwr.army.mil>)

 Please contact the Sports Office at (803)751-5896 or (803)751-5817 

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Photo by LATRICE LANGSTON

Mary Reardon, a safety specialist with the Fort Jackson Safety Office, demonstrates how to effectively apply an ice sheet March 2 during Heat Illness Preventing training for 1st Battalion, 13th Infantry Regiment. Staff Sgt. Michael Bridges, left, assists in the ice sheet demonstration by first wrapping Staff Sgt. Aryanna Phillips' head with an ice sheet before moving on to apply ice sheets to the rest of her body.

## Heat illness: Prevention remains the best defense

By LATRICE L. LANGSTON  
Fort Jackson Leader

“  
Water is the best  
beverage for  
hydration.  
”

— Mary Reardon,  
a safety specialist for the  
Fort Jackson Safety Office

In preparation of warmer weather in South Carolina, Fort Jackson's Safety Office has begun its annual heat injury prevention training.

During a briefing March 2 for 1st Battalion, 13th Infantry Regiment safety officials discussed how to prevent, identify and respond to heat injuries.

One of the easiest ways to prevent heat illness is proper hydration, said Mary Reardon, a safety specialist for the Fort Jackson Safety Office.

“Water is the best beverage for hydration,” Reardon said, “understanding the recommended water consumption rate; about 1 and a half quarts per hour, and proper eating to retain electrolytes is the best way to maintain healthy hydration.”

Fort Jackson's heat prevention program is regarded by TRADOC as one of the strongest programs because of its deliberate effort to implement

best practices learned from unfortunate circumstance of the past.

Past experiences have proven dizziness, headache, nausea, weakness or fatigue and muscle cramps to be common signs and symptoms of a heat illness and that, identification and immediate response to these symptoms may help prevent a more serious injury.

The implementation and use of the Arm Cooling Station, designed to prevent overheating and promote rapid body temperature cooling is one method of immediate response to symptoms of heat illness. Other immediate actions can include removing the individual from training, loosening clothing and resting in the shade. More severe symptoms such as hot body, confusion, vomiting and convulsions require emergency medical care.

Soldiers participated in applying ice sheet during the training as well.

See **HEAT:** Page 20

## Army Wellness Center taking appointments, opens doors March 21

By NICK SPINELLI  
MEDDAC Public Affairs

A ceremony will be held at 1 p.m. March 21 to mark the long awaited opening of Fort Jackson's Army Wellness Center that recently began accepting appointments.

The ceremony will be followed by tours of the building and demonstrations of the various services to be provided there.

“This state of the art facility will provide eligible beneficiaries access to the latest in holistic health services,” said Col. Eric Edwards, MEDDAC commander.

For beneficiaries who utilize the AWC, those holistic health services begin with a Health Assessment Review and Body Composition Analysis.

“The Health Assessment Review is the foundation of the AWC Core Program mix and includes a series of assessments and questionnaires to determine the current level of an individual's health,” said Seann Hightower, Fort Jackson AWC director. “It will identify the changes that will be necessary to reduce risk factors for disease prevention that includes a body fat assessment which provides a baseline and assists with estimating a healthy body weight. It also acts as a great motivator for clients to track progress when compared to body weight measurements alone.”

Other services the AWC will provide include metabolic assessments (tests that measure how many calories an individual needs or burns in a day), fitness testing, stress management, and tobacco education/cessation.

“The main goal is to increase clients' positive health behaviors through education,” Hightower said. “Education topics include healthy lifestyles, increased resiliency, preventing chronic disease through healthy living habits and self-care. Healthy lifestyle encompasses more than diet and exercise- it also includes tobacco habits, alcohol consumption, safety, sleep habits.”

See **WELLNESS:** Page 20



U.S. Army photo by CHRISTOPHER THOMPSON

Army Chief of Staff Gen. Mark A. Milley passes the U.S. Army Training and Doctrine Command colors to Gen. Stephen J. Townsend during the change of command ceremony at Fort Eustis, Va., March 2. Townsend assumed command from Gen. David G. Perkins, who is retiring Friday after from the Army after 38 years of service.

# Stephen Townsend takes command of TRADOC

By **AMY L. ROBINSON**  
U.S. Army Training and Doctrine Command

Gen. Stephen J. Townsend assumed command of U.S. Army Training and Doctrine Command from Gen. David G. Perkins during a ceremony on Fort Eustis, Virginia, March 2.

Army Chief of Staff Gen. Mark A. Milley, who hosted the ceremony, said it was a great but bittersweet day as the command bid farewell to Perkins and welcomed Townsend as TRADOC's 16th commanding general.

However, the day was not about either of the generals, Milley continued, explaining that the focus was on celebrating the accomplishments of the command and how TRADOC continues to shape the Army.

"This day is not so much about Dave Perkins or Steve Townsend," Milley said. "This day is really about the tremendous and great work that Training and Doctrine Command does."

The 39th Chief of Staff of the Army said that the Army is,

without question, the most powerful Army on the face of the Earth, and it's in good hands not only because of the work of thousands of people over many years, but also directly because of the work of TRADOC since 1973.

"The people and the Soldiers – the officers and all of the civilians who work in TRADOC – the Army would not be what it is without your legacy ... There's not a single Soldier who does not come in – or go out – of the Army without touching Training and Doctrine Command."

Milley also discussed the command's history and the fact that no other command in the Army has a portfolio as wide, as complex or as deep as TRADOC.

"Everyone in this room is a product of what this command did in the 1970s and '80s to reform the United States Army," Milley said. "They didn't do it alone – they did it in conjunction with Army Materiel Command and Forces Command and Army leadership. But it was this command that drove that reform, it was this command that increased the readiness and changed us from that post-Vietnam Army into the Army that

you see today."

Milley then shifted to Perkins' leadership of TRADOC during the past four years, and how he has helped shaped how the Army will fight and win in the future through the Multi-Domain Battle concept. But TRADOC's greatest contribution to the Army, Milley said, is the training of its Soldiers.

"TRADOC recruits and accesses 120,000 Soldiers every year," Milley said. "Think about that. That number is larger than the British, Canadian and Australian armies combined. That number is 75 percent of the entire Marine Corps."

Milley then thanked Perkins and his Family for their contributions to the Army and the nation. The former TRADOC commander will retire in ceremony March 9 in Washington, D.C.

In welcoming TRADOC's incoming commanding general, Milley said the command is very lucky to have Townsend, a man of tremendous talent and great character.

See **TRADOC:** Page 14



# A closer look at Fort Jackson's Family of the Year

Courtesy of 2nd Battalion, 13th Infantry Regiment

Every year, units on Fort Jackson nominate deserving Families for the Fort Jackson Family of the Year Award. During the annual Army Training Center and Fort Jackson quarterly awards ceremony Jan. 26, Maj. Gen. Pete Johnson, the installation commander, awarded the Family of the Year Award to Staff Sgt. John and Agata Berta of Alpha Company, 2nd Battalion, 13th Infantry Battalion.

The Berta story began at Fort Polk, Louisiana when John and Agata served as military policemen in the same battalion. They both deployed from Fort Polk to Iraq in 2008 and finally met each other upon redeployment in 2009. They were married in January 2011. John transferred to Alaska in March 2011 while Agata stayed at Fort Polk.

In August 2011, Agata left the Army and moved to Alaska to be with John. John deployed to Afghanistan in December 2011. After John returned in 2012, Agata gave birth to their twin daughters, Maddison and Elizabeth, in August 2013. The Berta's were assigned to Fort Jackson in April 2014, where John served in the 17th Military Police Detachment. John would go on to become a drill sergeant with Alpha Company, 2-13 Infantry Regiment.

While John serves as a drill sergeant, Agata serves in many roles within the battalion and Fort Jackson. She serves as the 1st Vice President and Secretary of the Victory Spouse's Club, the 2-13 Family Readiness Group newsletter editor, the Alpha Company Key Caller, volunteers her time photographing trainees, and helps with Family Day and Graduation.

Capt. Tom Simpson, the Alpha Company commander, recently sat down with Agata to talk about the Family of the Year Award recognition.

**Simpson:** First of all, congratulations on winning the Family of the Year Award. We are all very thankful for everything you do and you made us very proud.

**Agata:** Thank you.

**Simpson:** When Marilynn Bailey (Fort Jackson volunteer coordinator) announced the winner, and you heard your name, where you surprised?

**Agata:** I was very surprised. It was an honor just to be nominated for the award and I know there are many Families on Fort Jackson that contribute so much. But to actually win was a big surprise.

**Simpson:** How did your girls react to winning the award?

**Agata:** They were super excited. They say they were the ones that won and keep the trophy in their room.

**Simpson:** Being an Army spouse is a tough job. Is it any easier for you since you were a Soldier?

**Agata:** I think so. Since I've done the job too, I understand when he tells me he can't make it to something or is late



PHOTO BY CHARLES CLARK

The Berta Family poses with Maj. Gen. Pete Johnson, post commabder, and Command Sgt. Maj. Lamont Christian, post senior enlisted leader, after being named Family of the Year.

coming home. It may not make it much easier but I definitely understand.

**Simpson:** What is some of the best advice you could give to a new Army Family?

**Agata:** Definitely get involved. Get involved with the unit and with the installation. A lot of new Families are simply unaware of the resources and information that are available to them and when you get involved you learn a lot.

**Simpson:** What's next for the Berta Family?

**Agata:** John really wants to become a drill sergeant leader at the Academy. Once he takes off the hat, I would like to move to Germany.

The Berta Family are a wonderful example of character and commitment. We thank them for everything they do for the battalion and the Fort Jackson team. We wish them the best of luck in the future.

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Photo by JOE LACDAN

Army Research Lab engineer Dan Baechle demonstrates how to wear the 'Third Arm,' a mechanical device designed to improve accuracy and reduce fatigue.

## Researchers advance 'Third Arm' project to next testing phase

By JOE LACDON  
Army News Service

Soldiers may be asked to carry heavier, more lethal weapons in the near future, but they soon might have a "third arm" to improve their accuracy and reduce fatigue.

Using a mechanical apparatus that resembles something out of a sci-fi movie, the lightweight device will help redistribute some of the burden Soldiers carry in their arms and shoulders to their abdomen. Engineers at the Army Research Lab here have been developing a mechanical "third arm" that attaches to a user's back hip.

The project, unveiled last year at a conference, is scheduled to be tested again some-

time this spring with a minimum of 15 Soldiers.

"Right now we have a prototype that's essentially a research platform that we're using to investigate different types of materials -- how materials and structures can stabilize a weapon or a shield, reduce fatigue on the Soldiers' arms, but also improve accuracy," said mechanical engineer Dan Baechle.

The project is currently on its second prototype model with improvements based on Soldier feedback. Some of the improvements include an extendable hinge plate so that a single plate can fit Soldiers of different sizes and body types. Baechle said further research must be completed before the device can be fielded. The current prototype at 3.5

pounds can now support weapons such as the M249 light machine gun that weighs about 27 pounds.

The project not only helps stabilize weapons, but can aid Soldiers for defensive purposes while carrying 20-pound shields. The project team developed a custom mount that connects from the arm to the shield so Soldiers can use the Third Arm to help alleviate muscle fatigue.

Concept development began in late 2015 when ARL engineers brainstormed ideas on how to make a dismounted Soldier more lethal. Engineers began building the first prototypes in 2016. The focus of the project centered on providing stability for dismounted Soldier. ARL engineers are examining dif-

ferent types of spring materials to further balance the weapon against gravity. Baechle said they used a carbon fiber material in the current prototype because of its light weight and density.

"We started out with just trying to think of a way to help improve the lethality for the dismounted Soldier," Baechle said. "Generally that means stabilizing the weapon or giving the Soldier a more powerful weapon. Can we stabilize that weapon to improve accuracy? But also if we're stabilizing the weapon and taking the load off of the Soldiers' arms, does that improve the Soldier's readiness? Does it also improve the Soldier's accuracy with the weapon?"

See **ARM:** Page 17

# 'I BECAME A SOLDIER ...'

## 1ST BATTALION, 34TH INFANTRY REGIMENT

**PVT. KLARISSA L. KELLY, 20**  
*Vancouver, Washington*



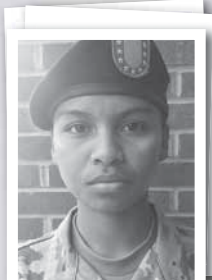
"What influenced me most in my decision to join the Army was the abundance of opportunities available to me. I was working multiple part time jobs trying to go to college and the Army presented the opportunity of education and a career path."

"Lack of sleep was the most difficult part of Basic Combat Training for me, to have few hours of sleep and then need to perform physically and mentally while under stress was a challenge."

"In 10 years I'll be working in my selected profession in the Army, stationed somewhere wild and exotic still 100 percent motivated and always moving forward."

"I'm a 31E – Corrections Specialist. Basic Combat Training was stressful, tiring and fast paced. Majority of the time it was hard to find motivation but my drill sergeants always found ways to motivate me and my platoon through the roughest weeks."

**PVT. RICHELLE B. REBELKUUL, 18**  
*Ipan Talofofo, Guam*



"Access to better opportunities in supporting myself and serving my country is what influenced me to join the Army. I had a really undisciplined childhood and knew that if I didn't get my life together I wouldn't make it in this world. I want to be proud of myself and what I do."

"I thought joining the Army would be really tough but I knew that it was going to push me to be a better, stronger and more confident person."

"All of Basic Combat Training was challenging. Every obstacle made me push myself harder, even though I wanted to give up. Being mentally tough was the most challenging, because it's easy to give up."

"In 10 years I see myself ten times the Soldier I am today. I see myself being important and giving direction. I see myself as a leader."

"I'm a 14T – Patriot Launching Station Enhanced Operator/Maintainer."

**PVT. TOMMY DILTZ, 22**  
*Montgomery, Alabama*



"What influenced me to join the Army was the life I was living before. I came from being homeless and a outcast, to being someone everyone looked up to. I knew from the moment I joined that I had to be a great influence in someone's life. I knew the Army would change my life forever."

"Before I joined I thought the Army would be easy. I was wrong. The Army is what you make it as a group. It involves discipline, integrity, and grit to make it through. I am so grateful for the opportunity and the challenge of the Army."

"The most challenging event of Basic Combat Training was the Forge. It required a lot of strength, encouragement, and teamwork. It really was a challenge for me. It will always be one of the memorable events from basic training."

**SPC. CHRISTI MCRAE, 29**  
*New Orleans*



"A desire to improve my leadership skills so that I may apply those skills to effectively run my own private practice is what influenced me to join the Army."

"Yes, The Army has proven to be more than I expected. I always understood that discipline would be a major component, however, I now realize that everything we are asked to do has purpose."

"The most challenging event of Basic Combat Training was trying to get fellow trainees to all be on the same accord. Some people try to get by with doing the minimum which was often times frustrating. Also the long days and physical training was very challenging as well."

"In 10 years I see myself owning a private practice while maintaining my military career."

"I'm a 68K – Medical Laboratory Specialist. I look forward to the growth potential in the military and becoming an officer. I also respect the level of excellence my drill sergeants demanded from me."

**SPC. DOMINIQUE RICHARDSON, 26**  
*Eutaw, Alabama*



"The opportunity to continue my education, support my Family and several others is what influenced me most to join the Army. It is the best of both worlds."

"The Army is the complete opposite of what I thought it would be. The experience is like no other and is definitely a challenge but well worth it."

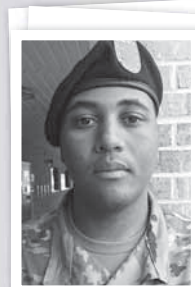
"Being away from my family was the most challenging thing about Basic Combat Training."

"In ten years I see myself continuing my service in the U.S. Army as a physician. My goal is to share my experiences and use my platform to mentor others."

"I'm a 68K – Medical Laboratory Specialist"

"I look forward to growing, gaining new experiences, meeting new people and sharing knowledge on my new journey."

**SPC. JARED WILLIAMS, 27**  
*Oakland, California*



"Pivotal life changing circumstances is what influenced me to join the Army."

"The Army is less intense than I thought it would be. At moments of high stress there is a comedic element somewhere."

"I was the most challenging thing about Basic Combat Training. Overcoming my own mental patterns and having to adapt to my new environment which was less hostile than the one I came from was the biggest challenge."

"If everything works out how I plan it, in ten years I'll have earned my (doctorate) in psychology or philosophy and passing my experience to the next generation through various formats."

"I'm a 14G – Air Defense Battle Management System Operator."



# Thrift Saving Plan training set for April

## From staff reports

Is your route to retirement mapped out? Thrift Saving Plan training will be held April 10-11 to help Soldiers, Family members and Department of the Army Civilian employees determine the best ways for them to save. The training will be held in three sessions.

Session 1: TSP A to Z Workshop will be held 8:30 a.m. to noon and 1-3 p.m. April 10 at the Solomon Center for Soldiers, Family members and new civilian employees. The session covers every aspect of TSP partici-

pation. Topics include the benefits of saving, Traditional and ROTH contribution, blended retirement investments, loans and post-separation withdrawals.

Session 2: TSP for Early and Mid-Career Civilian Employees will be held from 8:30 – 11:30 a.m. at the Joe E. Mann Ballroom. This session focuses on what early and mid-career civilians employees can do to take full advantage of TSP. Topics include learning how TSP contributions work, the difference between Traditional and Roth contributions and how to manage accounts throughout their careers.

Session 3: TSP Pre-Separation Civilian: To Retirement and Beyond will be held from 1 – 4 p.m. April 11 in the Joe E. Mann Ballroom from civilian employees. The session is designed to give late-career civilian employees the tools needed to make smart decision with their TSP savings as they prepare to retire. Topics include TSP withdrawal options and death benefits and provides several retirement scenarios to show how best to turn savings into income.

For more information contact Merryl Christopher at [merryl.e.christopher.civ@mail.mil](mailto:merryl.e.christopher.civ@mail.mil).



# DEVELOPING FUTURE LEADERS

Photos by **LATRICE LANGSTON**  
Fort Jackson Leader



Coker College Lacrosse Team visited Fort Jackson Tuesday to test the members' physical fitness and teamwork on the post's confidence course, Fit to Win obstacle course and the Team Development Course as part of the installation's community outreach efforts. The purpose of the event is to develop leaders through the execution of obstacle courses meant to challenge the team both physically and mentally. "Fort Jackson hosts many educational institutions and groups looking to improve their leadership and cohesion in areas the installation is uniquely qualified to do," said Jen Stride, the post's Community Outreach Officer. "It is important for the command and the Army to effectively connect to the American people and let them know their money is well spent."



DeShawn Ormond, a senior from Coker College and native of Gainesville, Va., pulls himself over an obstacle at the confidence course. Middle: Brooks Long, a senior and Mount Laurel, N.J. native holds a rope taut so fellow teammates can successfully navigate the course. Far right, Coker College student athletes go through some of the obstacles.





# TRADOC

Continued from Page 14

“This is a guy who has incredible competence, he’s got tremendous intellect, and he’s got extraordinary experience,” Milley said. “I have no doubt that he is going to take TRADOC to the next level.”

Commissioned into the infantry branch from North Georgia College in 1982, Townsend has led and commanded Soldiers at every echelon, from pla-

toon to corps and combined joint task force. His most recent assignment was commanding XVIII Airborne Corps and Fort Bragg, North Carolina. From August 2016 to September 2017, he commanded Combined Joint Task Force – Operation Inherent Resolve in Iraq and Syria, during which time the U.S.-led coalition assisted the Iraqis in defeating the Islamic State of Iraq and Syria in their strongholds of Mosul and Tal Afar.

“What a great Army day,” Townsend said as he took the podium for his first remarks as TRADOC’s commanding general.

“To the leaders and Soldiers of TRA-

DOC – Melissa and I are excited to join your ranks, and thank you for the warm welcome and superb transition I’ve had so far,” he said. “We look forward to serving with you and accomplishing TRADOC’s important mission.

“To the leaders and Soldiers of the United States Army – TRADOC is the Army’s architect, builder and teacher. I promise you that you can count on us to continue to do our part to ensure the U.S. Army remains the premier, full-spectrum land force in the world – both now, and in the future.

“This we’ll defend – victory starts here.”

“

This is a guy who has incredible competence, he’s got tremendous intellect, and he’s got extraordinary experience.

— **U.S. Army Chief of Staff  
Gen. Mark A. Milley**

”



Courtesy photos

## What the doctor ordered

Children's author Melinda Long, above, paid a visit to Fort Jackson students March 2. Known for her books, 'How I Became a Pirate' and 'Pirates Don't Change Diapers,' Long's visit was part of the schools' celebration of the birthday of Theodor Seuss Geisel, better known as Dr. Seuss. Afterward, the parent teacher organizations for Pierce Terrace and C.C. Pinckney elementary schools provided lunch for the author and members of Fort Jackson's command group, right.



### FORT JACKSON SCHOOL MENUS, March 8-14

#### Thursday

**Breakfast:** Assorted cold cereal, biscuit, fresh pears/mandarin oranges, assorted milk.

**Lunch entree:** Sloppy Joe. **Sides:** Seasoned spinach/seasoned corn, fruit cocktail/100 percent juice cup, assorted milk.

#### Friday (Dr. Seuss Day)

**Breakfast:** Brown sugar oatmeal, cinnamon applesauce/mandarin oranges, assorted milk.

**Lunch entree:** "1 Fish, 2 Fish" catfish fillets. **Sides:** Black-eyed peas/mashed potatoes, cinnamon applesauce/mandarin oranges, assorted milk.

#### Monday

**NO SCHOOL.**

#### Tuesday

**Breakfast:** Waffle sticks with syrup, 100 percent juice cup/applesauce, assorted milk.

**Lunch entree:** Tacos with cheese, lettuce, tomatoes. **Sides:** Refried beans/Mexican corn, applesauce/100 percent juice cup, assorted milk.

#### Wednesday

**Breakfast:** Scrambled eggs with cheese, biscuit with jelly, mandarin oranges/apple wedges, assorted milk.

**Lunch entree:** Fish sticks. **Sides:** Baby carrots with dip/green beans, mandarin oranges, apple wedges, assorted milk.

*Menu subject to change without notice.*

#### BREAKFAST PRICES

Month: \$35 / Per day: \$1.75

Reduced: Month: \$6 / Per day: \$.30

#### LUNCH PRICES

Month: \$57 / Per day: \$2.85

Reduced: Month: \$8 / Per day: \$.40

KEEP UP WITH US  
ONLINE



FJ ONLINE

Join us on FACEBOOK. Visit  
FACEBOOK.COM/FORTJACKSON  
and click "like."



TWITTER:

@FORTJACKSONPAO



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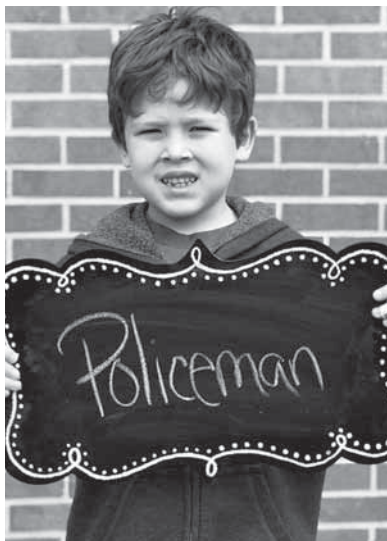


## WHEN I GROW UP, I WANT TO BE A...

Featuring the students of Pierce Terrace Elementary School. Photos by LaTrice Langston.



CORWIN, 7



JOHN, 7



KIALEY, 6

## Fort Jackson

### Gate Operation Hours

#### GATE 1

- Open 5 a.m. to 6 p.m. Monday through Friday for inbound and outbound traffic.

#### GATE 2

- Open around the clock daily.

#### GATE 4

- Open 5 a.m. to 6 p.m. Monday through Friday for inbound and outbound traffic.

#### GATE 5

- Open 5 to 10 a.m. Monday through Friday for inbound and outbound traffic.
- Closed 10 a.m. to 4 p.m.
- Open 4 to 6 p.m. for outbound traffic only.
- Open 5 a.m. to 6 p.m. Saturday and Sunday.

## FORT JACKSON WORSHIP SCHEDULE

### CATHOLIC

#### Sunday

- 7:30 a.m., Confessions, Solomon Center
- 8 a.m., IET Mass, Solomon Center
- 9:30 a.m., CCD, Education Center
- 9:30 a.m., Mass, Main Post Chapel
- 10:30 a.m., Reconciliation (after Mass or by appointment), Main Post Chapel

#### Monday through Thursday, First Friday

- 11:30 a.m., Mass, Main Post Chapel

### CHURCH OF CHRIST

#### Sunday

- 10:30 a.m., Worship Service, Magruder Chapel

### EASTERN ORTHODOX

#### Sunday

- 9 a.m., Worship and Liturgy, Hospital Chapel

### JEWISH

#### Sunday

- 9:15 a.m., Worship, Anderson Street Chapel
- 10:15 a.m., Fellowship, Anderson Street Chapel

### LATTER-DAY SAINTS

### Sunday

- 10:30 a.m., Worship Service, Anderson Street Chapel

### ISLAMIC

#### Friday

- 12:45 p.m., Jumah Services, Main Post Chapel

### Sunday

- 8 a.m., Islamic studies, Main Post Chapel

### PAGAN

#### Sunday

- 11 a.m., Pagan Circle Sacred Well Congregation worship and study, Magruder Chapel

### HISPANIC PROTESTANT

#### Sunday

- 9 a.m., Worship Service, Magruder Chapel

### PROTESTANT

#### Sunday

- 8 a.m., Worship Service, Main Post Chapel
- 8:30 a.m., Anglican/Liturgical, Lightning Chapel
- 9 a.m., Service, McCrady Chapel (SCARNG), McCrady Chapel

- 9:15 a.m., Adult Bible Study, Main Post Chapel

- 9:30 a.m., Sunday School, Main Post Chapel

- 10 a.m., Gospel Worship Service, Daniel Circle Chapel

- 11 a.m., Service, Main Post Chapel

- 11 a.m., Chapel Next, Lightning Chapel

- 5 p.m., Aspire! Protestant Youth, Chaplain Family Life Center

### Monday

- 7 p.m., Protestant Women of the Chapel Woman's Bible Study, Lightning Chapel

- 7 p.m., Protestant Men of the Chapel, Bible Study, Chaplain Family Life Center

### Tuesday

- 9 a.m., Protestant Women of the Chapel, Main Post Chapel

### Wednesday

- 12 p.m., Protestant Bible Study, SSI Library

- 7 p.m., Gospel Bible Study, Daniel Circle chapel

### Thursday

- 11:45 a.m., Fresh Encounter Bible Study, Chaplain Family Life Center

### ADDRESSES, PHONE NUMBERS

- **Anderson Street Chapel**, 2335 Anderson St., 751-7032

- **Lightning Chapel**, 9476 Kemper St., 751-4101/4542

- **Chaplain Family Life Center**, Bldg 5460, 751-4961

- **Daniel Circle Chapel**, 3359 Daniel Circle, 751-1297/4478

- **Education Center**, 4581 Scales Ave., 751-5341

- **Fort Jackson Garrison Chaplain and Religious Support Office**, 4356 Hardee St., 751-3121/6318

- **McCrady Chapel**, 3820 McCrady Road at McCrady Training Center, 751-7324

- **Magruder Chapel**, 4360 Magruder Ave., 751-3883

- **Main Post Chapel**, 4580 Scales Ave., 751-6469/6681

- **Warrior Chapel (120th Adjutant General Battalion)**, 1895 Washington St., 751-5086/7427

# Arm

Continued from Page 9

Last summer, six Soldiers volunteered to take part in a pilot study, where researchers placed electromyography sensors to measure muscle activity. In particular, when holding a weapon or shield for extended periods of time, the arm begins to shake, impacting shooter accuracy. The six-person research team tested Soldiers firing weapons with and without the apparatus.

“We found that it reduced the fatigue and reduced the muscle activation for some Sol-

diers,” Baechle said, explaining that data is being used to motivate a larger trial this year with more Soldiers. This year he also plans to get more feedback on what Soldiers think about the device and what should be changed.

Last year researchers collected data on how much muscles were firing with the use of the third arm compared to without it.

“There are studies showing that, if you hold a weight out at arm’s length, eventually your arm starts shaking,” Baechle said. “And that shaking is going to reduce your accuracy with the weapon ... and if you’re holding a shield, it’s going to reduce the amount of time that you can hold that shield. So we’re taking that weight of the weapon or the shield off of the arms and transferring it

back to the torso.”

While the test yielded positive results, Baechle said some of the Soldiers had problems with the device. Improvements made this year include changing the mounting location from the front of the Soldier’s vest to the back.

Researchers hope to further improve the device to make it more comfortable and reduce fatigue even more. They are continually attempting to make adjustments to the device to boost a shooter’s accuracy.

Baechle demonstrated how ARL researchers use a motion capture system, using monitors and infra-red targeting to track a Soldier’s weapon and target.

“We use this system to evaluate both how

subjects or Soldiers move the weapon with and without the third arm,” Baechle said. “But also how the arm improves the accuracy or changes the aim point while they’re using the weapon.”

Finally researchers hope the project can reduce some of the recoil force after firing a weapon.

“You have a lighter weight weapon but potentially a higher caliber weapon which normally would increase the recoil on your shoulder,” Baechle said. “Could you use Third Arm and some clever materials on the arm to redirect that recoil back toward the body and thus allow the Soldier to wield a higher energy weapon without necessarily burdening the Soldier more?”



# Biometrics

Continued from Page 4

The lab had a demonstration area set up to showcase this new technology. Personnel walked through a screening area. They touched a pad for fingerprints and cameras captured iris and face scans in a matter of seconds without an operator present. The system was able to identify everyone in a matter of seconds.

The lab is also developing biometric processes for capturing video images of persons of interest on the dark web. Graves said the technology for still photos can capture that, but now the algorithms are being developed for video as well.

Collecting data is just one of two focuses, Graves said.

The other focus is querying the database.

Once information from the person is captured, it is transmitted to the Automated Biometric Identification System in West Virginia, he said.

The lab is developing deployable ABIS sets for the U.S. European Command, specifically for the upcoming Unified Vision 18 NATO exercise, he said.

The portable ABIS system will be deployed in transit cases and can be plugged into existing network architecture, he added.

An improved version of ABIS is getting ready for an Army Requirements Oversight Council decision for a new build out of the next increment in April, he said.

Graves said that improvements in biometrics are a big deal: "Demand signal from the stakeholder community is high and continues to increase. Foreign military sales are exploding in NATO and elsewhere."



## Saluting this BCT cycle's honorees

### DRILL SERGEANTS OF THE CYCLE



**Sgt. 1st Class  
Christian Aleman**  
Alpha Company  
1st Battalion, 34th  
Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Austin  
Watts

**ALEMAN**



**Staff Sgt.  
Derek Libro**  
Bravo Company  
1st Battalion, 34th  
Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Carmen  
Digenova

**LIBRO**



**Staff Sgt.  
Kettisha Howard**  
Charlie Company  
1st Battalion, 34th  
Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Jacque  
Korhonen

**HOWARD**



**Staff Sgt.  
Carolina Ruiz**  
Delta Company  
1st Battalion, 34th  
Infantry Regiment

**SOLDIER LEADER  
OF THE CYCLE**  
Spc. Michael  
Said

**RUIZ**



# Heat

Continued from Page 6

Application of ice sheets to individuals experiencing heat illness symptoms also aids in rapid body temperature cooling by wrapping the individual in sheets soaked in an ice/water combination, Reardon said.

Some Soldiers found the ice sheet application training was an important take away from the training.

Staff Sgt. Michael Bridges, who assisted in the demonstration and commented on the importance of heat illness prevention training, said “training is valuable because we have trainees coming in from all parts of the world and (from across the) country. Some have probably never been in this extreme heat, so we will use this training to help protect the new trainees that are coming in almost all the summer months.”

Even with proper training, heat illness prevention may still present some challenges for both trainees and cadre,



Photo by LATRICE LANGSTON

**Mary Reardon, safety specialist with the Fort Jackson Safety Office places the red heat patch on 1st Sgt. Jerod Burghardt to demonstrate the location of the patch, to identify Soldiers who have had prior heat illness during the 1st Battalion, 13th Infantry Regiment Heat Illness Prevention Training.**

safety officials said.

“The biggest challenge is people putting off treatment,” Reardon said, “either cadre members resisting treatment or delaying treatment.”

The key takeaways from the Heat Illness Prevention Training, is prevention, identification and response, must be in action at all times to prevent heat illness, Reardon added.

For additional information on heat illness prevention training contact the Fort Jackson Training office at 803-751-7553 / 803-429-0758

# Wellness

Continued from Page 6

According to U.S. Army Public Health Command, the goal of the AWC is to “provide standardized primary prevention programs and services designed to build and sustain good health and improve the overall healthy lifestyles of eligible beneficiaries.” It accomplishes this through programs such as sleep education, exercise testing and prescription, weight management and metabolic testing, stress management education and biofeedback, and body composition analysis.

“The AWC isn’t a ‘one-size fits all’ environment. Programs are individualized to address specific needs and desires, as well as motivation and confidence level,” said Cpt. Anton Quist, MEDDAC chief of preventive medicine. “This means two different people could come in with similar concerns and receive completely different care plans tailored specifically for them.”

According to Quist, the AWC allows individuals to set the goals, and the staff puts them on the path to achieving them.

“We also walk it with you,” he said. “The AWC staff is with you every step of the way.”

Army Wellness Center services are free of charge and will be available to anyone with DEERS access. Referrals can be provided by Primary Care managers but are not necessary to schedule appointments at the AWC. Eligible beneficiaries can begin scheduling appointments now by calling the MEDDAC FJ Appointment line at 751-CARE (2273).