

THURSDAY MAY 18, 2023

THE FORT JACKSON LEADER

"VICTORY ... STARTS HERE"

THE TORCH IS LIT

SPECIAL OLYMPICS COMES TO FORT JACKSON



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Fort Jackson pays respects to Capt. Laura Chapek

by **EMILY HILEMAN**
Fort Jackson Public Affairs

Soldiers from across Fort Jackson and the immediate family of Capt. Laura Chapek gathered in Daniel Circle Chapel, May 12 to pay respects to her life as well as her dedication to her Soldiers, Family and community.

Chapek was serving as the executive officer for 1st Battalion, 34th Infantry Regiment at the time of her unexpected passing, April 23. She was known for her empathy, loyalty, motivation and passion for taking care of her Soldiers.

"She would charge headfirst in a situation to ensure the trainees and the Soldiers of the battalion were well taken care of," said Lt. Col. Brennan Goltry, 1st Battalion, 34th Infantry Battalion commander. "I enjoyed her passion and her energy as she engaged the various elements on base ... Laura was tenacious, she never gave up. She enjoyed taking civilians and making them lethal, fit and disciplined Soldiers."

During her time as the Company B commander, Chapek dealt with a loss of her own that no leader wants to face, one of her own Soldiers. Pvt. 1st Class Alyssa Cahoon collapsed five days prior to her Basic Combat Training graduation. Chapek was a first responder who delivered CPR to the young Soldier.

"After Allie's passing, Laura was humble enough to ask if there was anything else she could have done to help Allie," said Command Sgt. Maj. John Duncan when speaking on behalf of the Cahoon Family.

"The answer was 'no,' but she didn't stop there," Duncan said. "She helped us in ways she may not have comprehended."

She became a permanent fixture in the Cahoon Family by taking the other children for walks, bringing the family food, and even playing games with them to distract them.

Chapek, a native of Spring Lake, North Carolina, attended Campbell University in Buies Creek and contracted as an Army cadet in 2012. She graduated with her Bachelor of Science in Homeland Security with concentrations in Terrorism and Intelligence. Chapek's desire to better herself, her community and her country didn't stop there.

She commissioned as an Air Defense Artillery Officer in 2016. She was then stationed at Fort Cavazos as part of the 69th Air Defense Artillery Brigade. Her military education includes Air Defense Artillery Basic Officer Leader Course, Air Assault, Sexual Harassment and Assault Victim Advocate and the Air Defense Artillery Captain's Career Course.

Chapek arrived at Fort Jackson in 2021

and was assigned as the company commander of Company B, 1st Battalion, 34th Infantry Regiment.

"If I could summarize who she was as a person, I would say these three things. She was caring, strong minded and confident," Sgt. 1st Class Zackary Goodin said. "... She was a leader that would never expect anything that she would not do herself. I can speak for all of Bravo Company when I say that we will be forever grateful to have had a commander like Capt. Chapek."

Chapek's awards include the Army Commendation Medal, the Army Achievement Medal, National Defense Service Medal, Overseas Service Medal and the Air Assault Badge.

Laura had a love of life, dogs, the outdoors, sports and motorcycle riding.

Chapek is survived by her beloved dog Bowser, her mother and best friend Mindy Wells and bonus father Wally Wells, father Ricky Chapek Jr, three brothers, two sisters and several other Family members.



Photo by **NATHAN CLINEBELLE**

Soldiers from across Fort Jackson and the immediate family of Capt. Laura Chapek gathered in Daniel Circle Chapel, May 12 to pay respects to her life as well as her dedication to her Soldiers, Family and community.

ON THE COVER

Brig. Gen. Jason E. Kelly, Fort Jackson commander, and Travis Pringle, an athlete from Florence, S.C., light the cauldron outside the Solomon Center.



See Page 6-7 Photo by **ROBERT TIMMONS**

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Delivery leads driver to Army ranks

Story, photos by EMILY HILEMAN
Fort Jackson Public Affairs

An Army pilot program turned one Soldier's dream into a reality.

In June 2022, Patricia Rose Limbaga was feeling defeated and heartbroken after only receiving an 18 on the Armed Services Vocational Aptitude Battery test, 13 points lower than required to enlist in the Army.

That afternoon, she asked God to give her a sign if she was meant to join the Army or do something else with her life. She delivered food to the home of a Soldier, and received the sign she needed.

However, she wasn't delivering food to just any Soldier, though. She arrived at the home of Brig. Gen. Richard Allen Harrison, Deputy Chief of Staff for Plans, Operations and Training for Training and Doctrine Command.

"That afternoon, he was a clear sign ... the sign," Limbaga. "It was a star sign."

"Seeing me that day, she believed that was God's sign to her to keep fighting," said Harrison, who traveled from TRADOC headquarters in Virginia to witness Limbaga's graduation. "And ironically, the Secretary of the Army had just approved the Future Soldier Preparatory Course here at Fort Jackson."

Harrison shared the news with Limbaga that there was a way for her to go to Basic Combat Training early, improve her ASVAB score and join the Army. The ASVAB, a test required to enlist in any branch of service, is a standardized test that was originally introduced by the Department of Defense in 1968.

For Limbaga, a Filipino native and English language learner, this timed test was even more difficult due to her lack of experience with the English language.

"I had to translate the test in my head and then translate the answers back to English," she said. "So, it took me much longer to complete the questions."

The two main areas Limbaga struggled with on the entrance exam were vocabulary and paragraph comprehension.

Harrison and Limbaga took a selfie and she sent it to her recruiter, who was shocked that she met a general officer. Even



Pfc. Patricia Rose Limbaga greets Brig. Gen. Richard Harrison after her Basic Combat Training graduation, May 11. Harrison met Limbaga when she delivered two sandwiches to his home. He was instrumental in informing Limbaga about the Future Soldier Preparatory Course.

though Limbaga wasn't even sure what a general was, she knew he was a Soldier that could help.

"She just knew that she saw a Soldier and that's what she really wanted — to be a Soldier," Harrison said.

Limbaga had a road full of trials, trouble, but eventually triumph ahead. Due to various other reasons, such as being 25 pounds overweight, Limbaga went to the Military Entrance Processing Station seven times. "And on the eighth time, that was when I swore in," she said.

She continued to say that Harrison was with her through the entire process and he even swore her into the Army.

"He guided me not as a Soldier, but like his own daughter," Limbaga said of Harrison's devotion and support throughout her enlistment process. "He lifted me up and gave me hope."

Limbaga arrived at Fort Jackson three

weeks prior to her battle buddies in 1st Battalion, 13th Infantry Regiment so she could participate in the Future Soldier Preparatory Course. She worked hard, increased her score, renegotiated her contract and fulfilled her dream of becoming an American Soldier.

"I'm so proud of her," said Dexter Perilla, Limbaga's father and Army veteran.

Paulo Perilla, Limbaga's brother echoed



Pfc. Patricia Rose Limbaga and her Family pose with Brig. Gen. Richard Harrison after her graduation from Basic Combat Training, May 11.

his father's pride, "She failed many times, but she kept on giving her faith to herself to join the Army. She never gave up. I'm so proud of her."

Community Updates

ANNOUNCEMENTS

Personal Property Announcement

U.S. Transportation Command personal property pre-peak season began in February and will last through September. Once service members receive orders for Permanent Change of Station, they are required to access Military Once-Source for customer support resources to arrange household goods shipment. <https://www.militaryonesource.mil/moving-housing/moving/pcs-and-military-moves/>. For more information, contact the Fort Jackson Personal Property Office 751-5137/5138. Soldiers and Families can find personal property programs overview information and TSP ratings on the customer facing dashboard, <https://www.ustranscom.mil/dp3/index.cfm#overview>.

Employment Readiness Seminar

The Directorate of Family and Morale, Welfare and Recreation/Army Community Service invites military spouses to an employment readiness seminar. The seminar includes classes on interviewing skills and resume writing. Come meet AAFES and the Civilian Personnel Advisory Center representatives, who are looking to hire military spouses. The seminar takes place the last Thursday of every month from 9:30-11:30 a.m. at 9810 Lee Road. For more information or to reserve a seat, call 751-5256.

248th Army Birthday Ball Tickets

Tickets for the Association of the U.S. Army's 248th Army and 106th Fort Jackson Birthday Ball, scheduled for June 10, are available through <https://ausafjpcarmybd-ball2023.eventbrite.com>.

Equal Employment Opportunity

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

Retiree Appreciation Days

Fort Jackson hosts the annual Retiree Appreciation Days, today through Saturday. The three-day event begins with the garrison commander's message to retirees shown on Facebook along with the Basic Combat Training graduation ceremony and salute to retirees. The 19th Annual Retiree Appreciation Day Golf Tournament starts at 9 a.m. Friday. The Retiree Health and Benefits Expo will be held from 9 a.m. to 1 p.m. Saturday in the

Solomon Center. Mark Overberg, director, Army Retirement Services is the keynote speaker. For more information or to download the registration form, visit: <https://home.army.mil/jackson/index.php/about/Garrison/directorate-human-resources/military-personnel-division/sfl-rso>.

Retirement Services Office relocation

The Fort Jackson Retirement Services Office has moved to Room 117 in the Strom Thurmond Building. Walk-in hours are: 8-9:30 a.m. and 3-4:30 p.m. Monday through Friday.

COMMUNITY EVENTS

TODAY

Strongman/Strongwoman Competition
5 p.m., Hilton Field. Competitors vie for the honor of being the strongest man and strongest woman on post. Come out and compete in feats of strength such as the tire flip and stone carry.

Sportsman Club Meeting

6 p.m. Alpine Lodge. The Fort Jackson Sportsman Club hosts its monthly meeting where there will be a panel to discuss hunting and trapping coyotes on Fort Jackson. If you are interested in predator control or the challenges of hunting the wiley coyote, this is the meeting for you. The Club will also discuss its May 20 work day.

TOMORROW

193rd Change of Responsibility
9 a.m., Victory Field. Command Sgt. Maj. Travis Wirth will relinquish responsibility for the 193rd Infantry Brigade to Command Sgt. Maj. Jonathan M. Duncan during a ceremony at Victory Field.

Moncrief Assumption of Responsibility

11 a.m., Moncrief Army Health Clinic. Command Sgt. Maj. Kimberly N. Nieves will assume responsibility for Moncrief Army Health Clinic in a ceremony held in the 3rd Floor Oasis.

SATURDAY

Summer Kick-off

1-6 p.m., Weston Lake. This free event celebrates the opening of the beach at Weston Lake. Patrons can enjoy swimming along with other water activities. Weston Lake also will have food and beverage sales available. Canoes, kayaks, stand up paddle boards and pedal boats will be available for rent. Outdoor Recreation is partnering with the Department of Public Works to conduct a Recycle Regat-

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**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. Questions? Call 751-6739.

ta event on same day.

MAY 22

VA Home Loan Class

10 a.m. to noon, 1565 Hall Street. Army Community Service Financial Readiness Program will host a VA Home Loan Guarantee class. Learn in-depth information about the home loan guaranty benefit and other housing-related programs to help you purchase, build, repair, retain or adapt a home. Registration is required. For more information or to register, call 751-5256.

JUNE 3

Powerlifting Clinic

10-11:30 a.m., Vanguard Gym. Want to get stronger? Want to maximize your weightlifting prowess? Come to a Powerlifting Clinic at Vanguard Gym. For more



Fort Jackson Movie Schedule

3319 Jackson Blvd. Phone: 751-7488

FRIDAY

■ Big George Foreman (PG-13) 6 p.m.

SATURDAY

■ Air (R) 2 p.m.

WEDNESDAY

Guardians of the Galaxy Vol. 3 (PG-13) 2 p.m.

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

information, call 751-5839.

JUNE 7, 14

Pre-driver's Life Skills Class

5-7 p.m., Auto Crafts Center. Prepare first-time driver's to properly care for a vehicle. Basic automotive skills will be covered in this two-part course. Limited space available, ages 14 and older, \$30 per class, class includes oil change on

See **EVENTS:** Page 10

Civilians make use of health facility

By **NICOLE TOPAKAS**
165th H2F Health Educator

It's a hot day in May, and the energy is high inside the Drill Sgt. Timothy Kay Soldier Performance Readiness Center during the lunch hour. As the music pumps, several civilians work out in the performance gym space. A sense of comradery can be felt as people joke and laugh, but that doesn't inhibit the intensity of the exercise. These folks are clearly on a mission to get and stay fit.

The majority of the civilians working out on this day at the SPRC belong to a CrossFit group that has been meeting since 2014. They used to meet at Vanguard Gym, but that stopped once COVID-19 hit and has been slow to pick back up. Now several of the members congregate at the new center during lunch hour.

"It's a nice space with good equipment and a versatile layout," said one civilian. Others nod in agreement. One person notes that it is convenient and not crowded.

"It's not intimidating," comments another.

Rick Ellis, who works at Moncrief and is the coach of the group, is happy to have the group together again at the new health facility. Before each workout, Ellis leads the group through the routine, focusing on safety and form.

"We include people of all levels of skill," Ellis said. "It's great to have a space that can accommodate our group."

Besides the use of the performance gyms, civilians can also participate in a yoga classes, currently offered on Wednesdays at 6 a.m. and noon. These classes are open to beginners and seasoned yogis alike. As the Holistic Health and Fitness staff grows, additional fitness and wellness education classes will be offered at regular times throughout the week.

The facility houses the 165th and 193rd Infantry Brigade H2F teams, whose primary focus is to work with the cadre on the five domains of readiness: physical, nutrition, spiritual, mental, and sleep. In addition to cadre, H2F teams also work with trainees, civilians, and Family members. The intention is for the performance center to be an asset to the entire Fort Jackson installation.

Since the opening at the end of March, the SPRC has seen a steady uptick in civilian utilization.

Civilians from across the installation enrolled in the Civilian Fitness and Wellness Program are able to use the performance gym spaces weekdays from 7-8 a.m., 11:30 a.m. to 1 p.m. and 3-4 p.m.



Soldiers speak with prospective employers and educational institutions during the Fort Jackson Education and Career Fair held May 16 in the NCO Club.

Fair brings jobs, education

Story, photo by
ROBERT TIMMONS
Fort Jackson Public Affairs

It wasn't all about cookies and cake pops. It was about jobs and education with those delights sprinkled on top.

See this was Fort Jackson's Education and Career Fair held at the NCO Club on post and the sweets were provided by companies looking to hire service members and their families.

The cherry on top was the educational opportunities offered by educational institutions like the University of South Carolina, Clemson University, Coastal Carolina, Midlands Technical College and more.

The NCO Club was nearly packed, May 16, as educational institutions and prospective employers gathered for the fair.

"A lot of energy has gone into advertising, marketing and hand-picking employers" who attended the fair, said Carolyn Andrews, transition services manager for Fort Jackson. "We have some super ones here ... It is really hard (for an employer) to get in here because they want the military and spouse talent."

There were 32 educational institutions, and 37 employers present at the Directorate of Human Resources and

Army Community Services hosted fair.

"We have 12 employers who say that hiring a military spouse in a priority," Andrews said.

She added military spouses and service members are great hires because "they are reliable, and fully trained." The prospective employees also have "great soft skills and their experience is tremendous compared to those outside" the military.

This was the first time ACS has partnered with DHR to put on the fair.

One of ACS' nine core programs is employment readiness, said Danielle Hanson, ACS specialist.

"Our foundation is hiring military spouses," Hanson said, "and support transitioning Soldiers."

The events are a "reminder that we are here to support you," she said.

Ramona Ortiz's first impression upon entering the fair was "Wow" because of the number of employers and institutions present. "I wasn't expecting that many," she said.

"This is very important," said Ortiz, whose husband works for Child, Youth Services on post, "because there are not a lot of advocacy for spouses" outside of Fort Jackson. "So, coming here and having a resource I think is very important."

Summer games torch is lit

Special Olympics comes to Jackson

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

"I am extremely excited about the wonderful turnout today to celebrate and kick off a great weekend of celebration and sportsmanship," said Brig. Gen. Jason E. Kelly moments after helping Special Olympian Travis Pringle light the cauldron outside the Solomon Center to start the 2023 Special Olympics of South Carolina's Summer Games.

"If you are looking forward to this weekend and you have plans to have an awesome weekend, make some noise," Fort Jackson's com-

mander said to a raucous crowd that burst into applause.

The Solomon Center was rocking with Special Olympians, their families and Soldiers to witness the beginning of a weekend of games held on post and in the surrounding community.

Athletes, coaches, family members, volunteers and those cheering on the athletes gathered on Fort Jackson May 12-14 for the 53rd year.

According to the Special Olympics of South Carolina, the organization provides "year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them

continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes, and the community."

The installation provided housing for 800 athletes and their families while also hosting aquatics, softball, bowling, Bocce and powerlifting events. There were also 150 coaches and roughly 500 volunteers on post as well.

Not counted in those totals were the number of recently graduated Soldiers who danced, sang and gave the athletes a rock star's welcome to Fort Jackson.



(Above) Sherry Burgess, a special olympian with Area 5, dances in front of the bassist for Mission Essential, May 13. (Right) The bocce team with South Carolina Area 5 congratulate each other after rolling their balls during the State Summer Games held at Fort Jackson.



Athletes with the Special Olympics of South Carolina played a variety of sports during the State Summer Games held May 12-14, on post. These games included powerlifting, softball, masters bocce and aquatics (not pictured.) This was the 53rd year the games were held on Fort Jackson.

WHY I SERVE

3RD BATTALION, 60TH INFANTRY REGIMENT

PFC. MARK ERAP PIZARRO, 25

Honolulu

"My wife influenced me to join the Army. I want to be able to provide for her and my Family."

"At first, I thought Basic Combat Training was hard. Everything got easier as the days went by and we changed phases."

"The most challenging part of BCT was being punished when other people made mistakes. Otherwise, it was fun."

"The advice I would give to someone planning to start BCT is to follow instructions, do the right thing and always live by the Army Values. If I can do it, you can do it."

"My MOS is 25U - Signal Support System Specialist. I chose this job because I want to be able to learn other things."



PVT. JAELEEN QUICHOCHO, 24

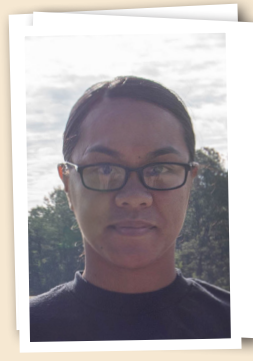
Guam

"My brother, Charles Joseph, influenced me. I just needed redirection in life and wanted to make myself and my Family proud."

"I knew Basic Combat Training was going to be mentally and physically challenging, but we all got through it together. The most difficult part was the self-doubt I had in myself."

Advice I would give to someone planning to start BCT is "You are capable of a lot more than you think. It's 90% mental and only 10% physical."

"My MOS is 92Y - Unit Supply Specialist. I chose this MOS because it is a lot of organization and I wanted to challenge myself."



PVT. FAITH ELU, 20

Auckland, New Zealand

"I have many Family members who have had great experiences in the Army. They said the Army has changed them and their lives for the better."

"I imagined Basic Combat Training to be very strict and hard, but with the help of my drill sergeants and peers, BCT has been a very fun and humbling experience."

"The most challenging part of BCT was not knowing how much and how far I could push myself. BCT really has shown me what I am capable of and it doesn't end here."

Advice I would give to someone planning to start BCT is to "be at the right place at the right time. Be alert, stay motivated and just do the right thing."

"My MOS is 89A - Ammunition Stock Control and Accounting Specialist. I chose this because (Soldiers) who are 89As said it's very flexible and fun."



PVT. KEENAN JOHNSON, 20

Villa Rica, Georgia

I was influenced to join because "my grandfather served in the Army and I wanted to better myself and push past the limits I know and to set a foundation for my future and my Family."

"I imagined Basic Combat Training to be a challenge that'll make me better once completed."

"The most challenging part of BCT was keeping all my battle buddies motivated."

Advice I would give to someone planning to start BCT is "Stay motivated, remember why you joined, and when things feel bad, remind yourself that every day is a great day."

"My MOS is 25H - Network Communication Systems Specialist. I picked this MOS because I wanted an information technology job."



PVT. VENESSA KENTON, 22

Wausau, Wisconsin

"My Family influenced me to join the Army along with my plan to continue my education."

"I imagined the food to be worse and the drill sergeants to be meaner in Basic Combat Training. I also thought it would be more physically difficult."

"The most challenging part of BCT for me was keeping my mindset straight. Many times I questioned if this was the path for me."

Advice I would give to someone planning to start BCT is to keep pushing through. It will be over before you know it and it will feel very rewarding when you're at the finish line."

"My MOS is 68W - Health Care Specialist. I chose this MOS to help while I pursue my nursing career."



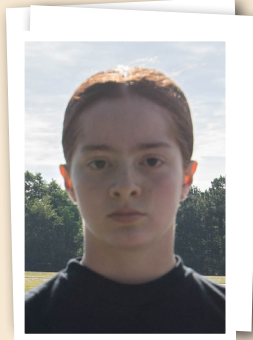
PVT. MYA CUEVAS, 18

Dallas

"I have Family that are in the military and they take pride in it. After having the opportunity to live with them in Hawaii, they convinced me that the Army was what I wanted to do and I'm so grateful they did." They influenced me to join the Army.

"I think the most challenging part was being Platoon Guide not once, but twice. Having to be patient, but also keeping your platoon in control was a struggle. It was hard but was also a great experience."

"My MOS is 25U - Signal Support Systems Specialist. I chose this MOS because my Aunt Charity was a 25 series and she is amazing and inspires me the most. She did great in the Army and continues to strive outside of it."



MAHC celebrates 2023 Nurse Month

By **LT. COL. MAYA DIAKABANA**
Moncrief Army Health Clinic

May is a month full of excitement as the sun is warming, the birds are chirping, and the flowers are blooming. The celebration and acknowledgment of nurses for their invaluable contributions to healthcare and the community is another factor that makes May such a wonderful month. Since 2020, the American Nurses Association has championed a month-long celebration to appreciate millions of America's registered nurses.

The ANA's 2023 Nurses Month theme is "You Make a Difference." Nurses make a difference in the nursing roles that influence and shape health policy decisions that ensure Americans have access to affordable, high-quality healthcare. In mirroring the ANA's Nurses Month theme, the Defense Health Agency's 2023 Theme is "Nurses Make a Difference: Anytime, Anywhere – Always" to honor DHA nurses for their unparalleled contributions to their patients, the health care team, a ready medical force, and a medically ready force.

The 2023 National Nurses Month has four weekly focus areas for each week in May: self-care, recognition, professional development, and community engagement.

The first week of May focused on self-care to maintain optimal mental and physical health. Self-care is the development of habits that secure one's well-being, promote health, and prevent disease. Making healthier dietary selections, increasing physical activity, and getting enough sleep are examples of daily self-care practices. These practices also help improve one's mental health since thoughts, feelings, and actions influence one's mental health.

The second week of May focused on recognizing and honoring nurse leaders whose contributions and innovations are vital in transforming the future of healthcare. Nurses devote their lives to serving others. Different ways to honor nurses include sending thank you notes for their selfless service, nominating a nurse for various awards, and

asking local leaders to issue a proclamation recognizing nurses' work. This week is the best time to thank nurses for their commitment and sacrifice.

The third week of May focuses on the professional development of nurses. Professional development is vital in helping nurses excel, lead, and help others in their nursing journey. Nurses may participate in various educational programs to improve their working environments and communities. Additionally, nurses can develop careers and demonstrate competency in providing the best patient care by earning multiple certifications.

Finally, the last week of May focuses on engaging with communities to educate members on varying nursing roles. Most people know nurses working at hospitals, clinics, and schools. However, nurses work in many other settings and functions. Nurses serve in several different areas, such as correctional facilities, places of worship, missionary clinics worldwide, courts of law as forensic nurses, advocates in shaping public health policies, and organizational board members.

Moncrief Army Health Clinic is celebrating the month with various activities for the nursing staff and recognizing the Nurse of The Year. Deputy Commander for Nursing and Patient Services,

Col. Benjamin Cartwright acknowledged and thanked MAHC's nursing staff with a heartfelt message: "I would like to express my deepest gratitude and appreciation for all you have done. Your daily contributions extend far beyond the walls of our organization. You work tirelessly to provide the very best care to those who need it most, ensuring the ultimate success of our team. Thank you for ensuring the highest quality care and for being such a valuable member of team MAHC. Your efforts and hard work do not go unnoticed."

(Editor's note: Lt. Col. Maya Diakabana is the Chief, Army Public Health Nursing, for Fort Jackson Department of Public Health.)

SALUTING THIS BCT CYCLE'S HONOREES 3rd Battalion, 60th Infantry Regiment

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Mark Erap Pizarro

SOLDIER OF THE CYCLE
Spc. Sasha Rivera

BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Jaeleen Quichocho

SOLDIER OF THE CYCLE
Pfc. Mac Jacob Viernes

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Faith Elu

SOLDIER OF THE CYCLE
Pvt. Keenan Johnson

DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Venessa Kenton

SOLDIER OF THE CYCLE
Pvt. Jordan Scott

ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Derek Hallman

SOLDIER OF THE CYCLE
Pvt. Mya Cuevas



SGT. 1ST CLASS KEVIN GREEN
**DRILL SERGEANT
OF THE CYCLE**

May 11 retirees



Photo by NATHAN CLINBELLE

The Army Training Center and Fort Jackson honored the service of Sgt. 1st Class Howard Good and Staff Sgt. Gerardo Murillo, during the graduation of 1st Battalion, 13th Infantry Regiment, May 11.

Events

Continued from Page 4

students' family vehicle. For more information or to register, call 751-5755/ 7061.

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

JUNE 15
Garrison Change of Command
9 a.m., Victory Field. Col. Ryan Hanson will relinquish command of the Fort Jackson garrison to Col. Timothy R. Hickman

in a ceremony on Victory Field.

JUNE 17
Army Birthday Relay Race
7 a.m., U.S. Army Drill Sergeant Academy. Celebrate the Army's Birthday with a tradition relay race with teams of four. This is a Commander's Cup event. For more information, call 751-5869/3096.

JUNE 24
1,000 lbs. Club competition
8 a.m., Vanguard Gym. Test your strength levels. If you love to lift, why not compete in the sport of weightlifting in the 1,000 lbs. Club competition?

JULY 1
Independence Day Celebration
Hilton Field. Gates open at 4 p.m. Enjoy an exciting variety of food trucks and children's carnival rides, live music, beer tents and of course, fireworks.

JULY 29
Natural Body Building Competition
6 p.m., Solomon Center. You've worked hard through proper diet and exercise to sculpt your body. Reap the rewards of your hard work. Divisions available for competition are Men's Natural Builder, Men's Natural Physique, Women's Natural Builder, Women's Natural Physique, Women's Bikini, Masters' Natural 41-49, and Grand Master Natural 50+.



Courtesy photo

Let the music play ...
Vocalists from the 282nd Army Band and the Parris Island Marine Band sing during a recent joint concert. This Armed Forces Day, Fort Jackson's 282nd Army Band and members of the Parris Island Marine Band will hold concert on the South Carolina State House steps at 1 p.m. May 20.

Did you know: 3Rs is the Army unexploded ordnance program that educates people to RECOGNIZE, RETREAT, and REPORT when a UXO or munition is discovered. At Fort Jackson, call 751-7171 or 911 to report a UXO or munition.

| WORSHIP SCHEDULE | FAITH GROUP | DAY | TIME | PLACE |
|------------------|---------------------------------|---------|-------------------|----------------------|
| | CATHOLIC MASS | SUNDAY | 9:30-10:30 A.M. | MAIN POST CHAPEL |
| | CATHOLIC MASS | MON-FRI | NOON | MAIN POST CHAPEL |
| | GOSPEL SERVICE | SUNDAY | 10:30 A.M. | DANIEL CIRCLE CHAPEL |
| | GENERAL PROTESTANT | SUNDAY | 11 A.M. TO NOON | MAIN POST CHAPEL |
| | INITIAL ENTRY TRAINING | DAY | TIME | PLACE |
| | ANGLICAN | SUNDAY | 9-10 A.M. | LIGHTNING CHAPEL |
| | CATHOLIC MASS | SUNDAY | 8-9 A.M. | SOLOMON CENTER |
| | PROTESTANT CONSOLIDATED SERVICE | SUNDAY | 9:30-10:30 A.M. | SOLOMON CENTER |
| | THE BRIDGE (PROTESTANT) | SUNDAY | 8:30-9:30 A.M. | ANDERSON CHAPEL |
| | CHURCH OF CHRIST | SUNDAY | 10:30-11:30 A.M. | MAGRUDER CHAPEL |
| | HISPANIC PROTESTANT SERVICE | SUNDAY | 8:30-10 A.M. | MAGRUDER CHAPEL |
| | ISLAMIC SERVICE | SUNDAY | 8-9 A.M. | DANIEL CIRCLE CHAPEL |
| | JEWISH SERVICE | SUNDAY | 10:15-11:30 A.M. | LIGHTNING CHAPEL |
| | THE CHURCH OF JESUS CHRIST OF | | | |
| | LATTER DAY SAINTS | SUNDAY | 10:30 A.M. - NOON | ANDERSON CHAPEL |

Hydration, reducing heat illness

By **1ST LT. BLAKE BRAUNING**
Registered Dietitian

There is one common theme that everyone stationed at Fort Jackson will talk to you about at some point and that is how hot and humid Columbia, South Carolina can get. It will be difficult to find a restroom on post that doesn't have a urine color chart or some graphic telling you to hydrate, hydrate, hydrate.

Heat illness is a year-round concern that people of Fort Jackson, especially Soldiers, should be aware of.

The Defense Centers for Public Health – Aberdeen recently released the “TRADOC Heat Illness Report 2022” which summarizes the heat illnesses that occurred in calendar year 2022 at all TRADOC installations.

With eminent arrival of hot weather and high humidity, now is the perfect time to discuss what the article found and how registered dietitians and sports dietitians recommend staying hydrated and avoiding heat illness.

Before diving into the report, let's get on the same page as to what heat illness is.

The Centers for Disease Control and Prevention defines heat illnesses as heat stroke, heat exhaustion, rhabdomyolysis, heat cramps, and heat rash.

The DCPH-A report focused on heat exhaustion and heat stroke and counted heat exhaustion and heat stroke cases among all three Army components.

CDC defines heat stroke as when the body can no longer control its temperature; body temperature rises rapidly, sweating mechanisms fail, and the body is unable to cool down. Common symptoms of heat stroke are confusion, loss of consciousness, seizures, hot dry skin, and very high body temp. Heat stroke is a potentially fatal condition. Heat exhaustion is defined as the body's response to an excessive loss of water and salt, usually through excessive sweating. The Mayo Clinic reports common symptoms of heat exhaustion are headache, nausea, dizziness, fatigue, excessive thirst, and heavy sweating.

According to the DCPH-A report there were 726 heat illnesses diagnosed at TRADOC installations in 2022. Of these 658 were heat exhaustion and 68 were heat stroke. Interestingly enough these results were lower than the average annual heat illness rate for 2021.

At Fort Jackson, which had one of the higher rates of heat illness, there were 170 reported heat exhaustion and seven reported heat stroke cases.

Additionally, this report showed the number of heat risk days, which is defined as a day with one or more hours when the heat index is higher than 90 degrees F. In 2022, Fort Jackson had 98 heat risk days, which is above average.

Fort Jackson's RDs agree everyone coming and going through this installation should be aware of heat illness and how to combat it. Knowing daily fluid recommendations, understanding how to track hydration, and utilizing hydration beverages can continue to reduce heat illness.

Daily fluid recommendations can vary greatly from person to person and are determined by many factors including body size, composition, physical activity, and the environment you live in. The recommended dietary allowances, which meets the needs for nearly all healthy individuals recommends, 3.7 liters per day for males older than 19 years old, and 2.7 liters per day for females 19 and older. This is a very broad recommendation and should be altered based on physical activity, daily temperatures, body size/composition, and sweat rate.

Knowing your RDA for fluid intake and altering it based on daily factors is a great practice, but we also need to track how well hydrated we are.

Utilizing urine color can be a good indicator to how well hydrated a person is.



Army News Service photo

An optimally hydrated person will have a pale-yellow tint to their urine rather than clear or dark yellow. It is best to measure this color during your first urination each day but paying attention to color throughout the day can help too. In addition to drinking plenty of fluid and paying attention to urine color, electrolytes can be used to improve hydration status on those hotter, more humid days.

The addition of a sports drink with a mixture of sodium, potassium, and chloride can help with keeping muscle hydrated. Sports drinks can be especially helpful during activity that lasts more than 60 minutes.

The DCPH-A report showed recent trends of heat illness across TRADOC installations.

Soldiers in Initial Entry Training, permanent party, and everyone entering Fort Jackson should be aware of signs and symptoms of dehydration.

For beneficiaries, retirees, or family members, understanding that Fort Jackson is a hot and humid environment can help in preventing heat illnesses. Prevention is the first line of defense. Consuming adequate fluids including water and electrolytes can keep your body cool and hydrated. Urine color provides a good indicator to how well hydrated you are.

HHBN highlights women's mentorship

By **STAFF SGT. FELICIA BENJAMIN** and
STAFF SGT. CHRISTINA HENDRICKS
Headquarters, Headquarters Battalion

The women of the Headquarters, Headquarters Battalion are proud to serve alongside our brothers-in-arms. However, we often face challenges, regardless of rank or unit, that are unique to women in the workforce.

The battalion implemented a mentorship program to teach, counsel, share stories, build friendships, and commiserate with other female service members to address concerns such as bias, career progression, sexual harassment, and motherhood.

The unit's biweekly women's mentorship luncheon is hosted at the Family Life Center where discussions have focused on goal setting, overcoming obstacles such as childcare and postpartum reintegration into Army life.

Army Community Service has been integral in facilitating discussions on what healthy relationships look like and how to manage stress.

The women of the battalion are from a variety of ethnic groups, ages, and ranks. Together they form a safe space where we learn from each other's experiences. The mentorship program grew gradually, and as it built a safe environment of trust, discussions became more open and personal.

The battalion now has an environment where junior Soldiers do not hesitate to turn to their senior leaders for assistance and advice. The male Soldiers who attend the mentorship lunch have likewise learned how to better support their female teammates.

Lt. Col. Claudia Peña, HHBN commander, initiated the program after taking command last summer.

"I was concerned with our battalion's command climate survey results which showed an exceptionally high level of stress and low morale for our female population," Peña said. "I'm sure HHBN is not alone, so I'm excited to share this successful program throughout Fort Jackson."

The U.S. Army Drill Sergeant Academy hosted a luncheon with its deputy commandant, Sgt Maj Melissa Solomon, as the guest speaker.

Collaboration throughout the installation is important as 15.5% of the Army's active-duty population is female (per Military One Source 2020 demographics profile). Women remain a minority in most Army units, so making friends and establishing networks of support amongst women can be challenging.

Ultimately, the battalion is making strides towards building resiliency amongst a vulnerable population.

Join the unit at its next women's mentorship luncheons at the Family Life Center June 12, from noon to 1 p.m.

The topics will be on finding a mentor, counseling, and performance evaluations.

VICTORY... STARTS HERE

