

THURSDAY JAN. 25, 2024

THE FORT JACKSON LEADER

"VICTO RTS

MATH TEST

COMMISSARY EVENT PUTS STUDENT SKILLS TO WORK



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Expert offers advice to avoid scams

By SHANNON COLLINS
Army News Service

Soldiers, veterans and their Family members can keep their identities safe, minimize their online footprint and avoid scams by leveraging password complexity, using a password manager, separating work and personal accounts and enabling two-factor authentication.

Data privacy is how people's information is traded and sold in the marketing and advertising space, mainly in social media with targeted marketing and spam in email.

Supervisory Special Agent Deric Palmer, Army Criminal Investigation Division, has more than 20 years of law enforcement and more than nine years focused on social media and data privacy.

Palmer said these public data brokers sell comprehensive reports on someone for as low as \$20 to obtain physical addresses, email addresses, phone numbers, social media accounts, contacts such as relatives and associates, professional licenses, court proceedings or a civil lawsuit and anything else that could be used for a social engineering scam campaign.

Scams

While the current scams are credit repair, crypto, social media account takeover fraud and two factor authentication scams, the ones with the biggest growth are confidence and romance scams, Palmer said.

"A pretty big problem for (the Defense Department) is online impersonation accounts," he said. "It's a multi-layered attack."

For impersonation scams, they may im-



Photo by 1ST LT. TYLER MITCHELL

Service members modifying their social media preferences can reduce the risk of identity theft and prevent scam artists from using private information

personate such as a general or the chief of staff of the Army. The impersonator will send a direct message via text message or social media saying, "I'm in a meeting with clients and need to get them some gift cards immediately," or "I'm stuck in Syria and need to get \$2 billion out of Syria."

"Will a two-star or four-star be text messaging you?" Palmer said. "Would they be using the word, 'clients' or asking for money? You're dealing with a scammer."

Impersonation accounts are predominant on social media. We're starting to see them on Reddit, Quora and other sites like that."

This scam causes reputational harm for the Soldiers who aren't even involved in the scam.

"I've seen impersonation accounts of high-ranking officials as well as enlisted personnel," Palmer said. "It causes a bit of reputational harm for those individuals, their service branch and the DOD."

For romance scams, the scammer may target men or women over the age of 50, trying to get them to send money. A young woman may lure a young Soldier into a relationship where inappropriate photos are exchanged. Then the scammer pretends to be a parent, telling the Soldier the woman was underage, in the possession of child pornography and extorts money.

The credit repair scam tells people it can help them increase their FICO score by 100 points or more. People concerned with their credit can raise their credit score 10 to 20 points by talking directly to creditors and the credit bureaus, he said.

Cryptocurrency scams are get-rich-fast schemes, usually citing high returns on investments, he said.

"With social media account takeover fraud, a hacker actually gets control of someone's social media account," he said. "They've hacked into the account, or they're able to know information that showed up in a breach data site or password sale site."

For example, a Facebook account gets hacked. The password shows up in clear text and hackers purchase it off the dark web. They'll go in and lock the individual out of the social media account. They'll post about fake investment opportunities; share links about applications designed to do credential harvesting; gather personal details about their victim's friends and family members; and use that to take over their account, Palmer said.

For the two-factor authentication scam, the scammers will pretend to be friends or

See **SCAMS:** Page 5

ON THE COVER

Second grade C.C. Pinckney Elementary School students answer questions about frozen foods during the Math Night at the Commissary held Jan. 18, 2024.



Photo by ROBERT TIMMONS

See Pages 6-7

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Fort Jackson
Bugle Calls: Monday - Saturday

5:55 a.m.		
First Call. Sounded as a warning for Soldiers to be assembling for a formation.	No courtesy needed.	
6 a.m.		
Reveille. Signals Soldiers for morning roll call and accompanies the raising of the national flag.	Soldiers in uniform: Face the flag and render a hand salute. All others: Face the flag with your right hand over your heart.	
Army Song. Plays right after Reveille.	Soldiers in uniform: Stand at attention. All others: Stand at attention.	
7 a.m.	7:15 a.m.	Noon
Assembly. Signals Soldier to assemble. No courtesy required.	Mess Call. Signals breakfast, lunch or dinner. No courtesy required.	Mess Call. Signals breakfast, lunch or dinner. No courtesy required.
1 p.m.	4:50 p.m.	4:55 p.m.
Assembly. Signals Soldier to assemble. No courtesy required.	Recall. Signals to Soldier end of duties or drill. No courtesy required.	Assembly. Signals Soldier to assemble. No courtesy required.
5 p.m.		
Retreat/To the Color. Signals the end of the duty day & lowering of the national flag.	Soldiers in uniform: Face the flag and render a hand salute when "To the Color" begins. All others: Face the flag with your right hand over your heart.	
5:30 p.m.		
Mess Call. Signals breakfast, lunch or dinner.	No courtesy needed.	
8 p.m.		
Tattoo. Signals that unauthorized lights are to be extinguished within 15 minutes.	No courtesy needed.	
8:45 p.m.		
Call to Quarters. Symbolically signals all Soldiers not authorized to be absent to return to their quarters for the night.	No courtesy needed.	
9 p.m.		
Taps. Signal all lights to be extinguished. It is also sounded at the completion of a military funeral.	No courtesy needed.	

Fort Jackson bugle calls explained

Leader Staff Reports

Have you heard music every morning and evening and wondered what they are for? Well, we are here to help.

These bugle calls are as old as the Army and help Soldiers, Family members and civilians participate in these time-honored rituals. In a time way before Soldiers had cell phones in their pockets, commanders used bugle calls to help gather the troops together. There was no easier way to convey the message over the din of combat.

The first call, actually called first call, is a five-minute warning to get ready for the first formation. At Fort Jackson Soldiers and trainees are in formation ready to start physical training when "Reveille" is sounded. When that call sounds, troops snap to attention and render honors to the flag.

Service members aren't the only ones who pay honors during "Reveille" and "Retreat/To the Color." Everyone who is on foot is required to stop and face the flag or music when the music plays salute or it a civilian place their hands over their hearts, while those in their cars are to come slowly to stop while the music plays.

Traditionally this is where PT usually begins, but at Fort Jackson there is a new addition, "Reveille" is immediately followed by the Army Song. This helps build esprit de corps and brings new troops into the Army Family by helping them connect to the past.

Next comes a lesser-known group of calls. At 7 a.m. "Assembly" is sounded calling troops to come together before "Mess Call" rings out at 7:15 a.m.

signaling it's time for chow. "Mess Call" is sounded three times a day, breakfast, lunch at noon, and at dinner at 5:30 p.m.

Ever wondered what that mysterious bugle call is at 1 p.m. means? It's "Assembly" being called again to basically tell troops to put down the sandwich and head back to work.

Later on, as the day progresses there are two more calls before "Retreat/To the Color." First is "Recall" at 4:50 p.m. letting Soldiers know their duty or drill is over. "Assembly" is again called as troops traditionally gathered in formation.

"Retreat/To the Color" is a two-part bugle call signaling an end to the day and the lowering of the national flag. Soldiers snap to attention during "Retreat" and sharply salute at the first note of "To the Color."

As the sun goes down and the post becomes quiet three more calls ring out.

There is "Tattoo" at 8 p.m., a traditional call signaling all unauthorized lights are to be turned off. "Call to Quarters" at 8:45 p.m. lets Soldiers know it's time to head back to the barracks for the night, while "Taps" at 9 p.m. denotes it's time for all lights to be extinguished.

These calls have a history of their own and united Soldiers and their Families in the old west and across the frontier.

For more information on the bugle calls visit: home.army.mil/jackson/my-fort/fort-jackson-bugle-calls.

(Editor's note: Those who have comments/concerns about the calls are asked to file an ICE comment at https://ice.disa.mil/index.cfm?fa=site&site_id=147&dep=DoD)

What happens at:

Reveille. If driving on post, please safely and slowly stop your vehicle when Reveille begins.

Soldiers in formation: Execute the commands of the officer or noncommissioned officer in charge.

Soldiers in uniform but not in formation: face the flag or direction of the music and render a hand salute until the last note of the music.

Civilians and Soldiers wearing civilian clothes: face the flag, come to the position of attention, remove headgear with right hand, and place right hand over the heart until the last note of music. Soldiers and veterans may render a hand salute rather than placing their hand over their heart.

Retreat/To the Color. If driving on post, please safely and slowly stop your vehicle when Retreat begins.

Soldiers in formation: Execute the commands of the officer or noncommissioned officer in charge.

Soldiers in uniform but not in formation: face the flag or direction of the music. Stand at the position of attention until the firing of the cannon or the first note of "To the Color," then render a hand salute.

Civilians and Soldiers wearing civilian clothes: face the flag, come to the position of attention, remove headgear with right hand, and place right hand over the heart until the last note of music. Soldiers and veterans may render a hand salute rather than placing their hand over their heart.

Community Updates

ANNOUNCEMENTS

Death Notice

This notice serves as a death notice advisory for all those in possession of the property of Lt. Col. Vincent Murtaugh, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact Chief Warrant Officer 3 Calvin L. Watson, Summary Courts Martial Officer with questions or concerns at (843) 619-8186 or email calvin.l.watson6.mil@army.mil.

Road Name Changes

Fort Jackson has renamed numerous roads and streets on post named after Confederate leaders, battles and units. This is part of efforts to rename Department of Defense installations, streets, buildings and ships that featured names commemorating the Confederacy. These name changes, effective Jan. 1, have already been made by the U.S. Postal Service. To learn which road names have changed, scan the QR code or visit <https://home.army.mil/jackson/about/fort-jackson-road-renaming>.



Victory Fresh Hours

Victory Fresh located at 9572 Marion Ave. is open Monday-Friday (except for federal holidays). The hours are: 9 a.m. to 4 p.m. - Grab & Go Items 11 a.m. to 2 p.m. - Build Your Own Power Bowl

Temporary Relocations

The Fort Jackson Transition Assistance Program will be located in the Strom Thurmond Building, 5450 Strom Thurmond Blvd in Room 227. All services

to include in and out-processing will be provided at this location. For more information, call 751-4109/4104.

The Fort Jackson Education Center is temporarily relocating services. The locations of the various services are: Locations for Various Services. - Educational Counseling Services: Strom Thurmond Bldg. Room 128.

■ Out-Processing: Strom Thurmond Bldg. Room 128.

■ Education Related Memos: Strom Thurmond Bldg. Room 128.

■ MLF: Strom Thurmond Bldg. Room 240

■ Army Personnel Testing: Strom Thurmond Blvd. Room 232.

■ BSEP/Tutoring Services/Potential On-post College Classes Location: 1st Floor Conference Room, Army Community Service Building, 9810 Lee Road.

DPW Phone number changes

Work Reception Phone Numbers Changing on 26 January. The old numbers will only be working until 26 January and after that date the numbers will be exclusively the new numbers provided. DPW work reception is the hub for all service orders on the installation. For more information, call 751-3824.

■ Emergency Line: (803) 562-3637 (No Change)

Non-Emergency Lines:

■ Work Reception Branch Chief: 751-5505 (no change)

■ Service Order Clerk: 751-7684 is changing to (520) 671-8263 (MS Teams Soft Client)

■ Service Order Clerk: 751-7685 is changing to (520) 673-0469 (MS Teams Soft Client)

■ Service Order Clerk: new number (520) 671-8151 (MS Teams Soft Client)

Safety Training Classes

The Installation Safety Office presents various safety training classes. To register for the Army Traffic Safety Training or Local Hazards training classes, go to the website <https://imc.army.mil/airs/default.aspx>. To register for the Unit Safety Officer training, contact your Safety Specialist.

■ Basic Riders Course: Jan. 30-31, Feb. 6-7, 20-21

■ Advanced Riders Course: Feb. 27, 28, 29

■ Local Hazards Course: Jan. 22, 29

■ Intermediate Drivers Course: Jan. 18, Feb. 15, 24

■ Remedial Drivers Course: Feb. 1

Yoga and Stretching Classes at the SPRC

Yoga and Stretching Classes are available at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center at 2650 Jackson Blvd. The classes take place Tuesdays: 8-8:30 a.m. Power 30 Yoga; 10:45-11:45 a.m. Yoga in Me (Children welcome); Wednesdays 6-7 a.m. Power Flow Yoga; 12:15-1 p.m. Mindful Movement & Meditation; Thursdays 7:30-8 a.m. Deep Stretch; 11:45 a.m. to 12:45 p.m. Power Flow Yoga. For more information, call or text (803) 687-7047.

COMMUNITY EVENTS

TODAY

Story Time at the Library

11 a.m. to noon. Tom Lee Hall (Post) Library. Enjoy a story, sing a song, do a little dance, and make a craft. Story Time is offered every Thursday. For more information, call 751-4816.

Army vs. Air Force Flag Football

6 p.m., U.S. Army Drill Sergeant Academy. Come watch a Fort Jackson team play Shaw Air Force Base, S.C. for flag football bragging rights. For more information, call 751-3096.



Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

JAN. 26

■ Napoleon (R) 6 p.m.

JAN. 27

■ Migration (PG) 2 p.m.

JAN. 31

■ Aquaman 2 (PG-13) 2 p.m.

● Ticket sales open 30 minutes before each movie.

● Movie times and schedule are subject to change without notice.

See **EVENTS:** Page 10

THE FORT JACKSON LEADER

**SEND ALL
SUBMISSIONS TO**

usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

Deadline for events to be included in the Community Updates is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following

Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — rank, unit, and first and last names. All submissions will be edited and published using Associated Press Style.

Questions? Call 751-6739.

KINGS MOUNTAIN STREET



By **FIELDING FREED**
Basic Combat Training Museum

Often credited as being the battle of the Revolutionary War where only Americans fought one another, the Battle of Kings Mountain, fought Oct. 7, 1780 was a resounding loss for the British.

Militiamen loyal to Great Britain, called Loyalists or Tories, under the command of Maj. Patrick Ferguson encamped on Kings Mountain near the border of North and South Carolina while waiting for orders.

Patriot militias that included the "Overmountain Men" from the frontier west of the Appalachian Mountains, stealthily surrounded Ferguson's forces on three sides.

The Loyalists were decimated due to the crossfire of the Overmountain Men, many of whom were armed with rifles which were more accurate than the Tory militia's smoothbore muskets.

After the American defeat at Camden the previous August, the victory at Kings

Fort Jackson has renamed numerous roads and streets on post that were named after Confederate leaders, battles and units. This effort is part of the efforts to rename Department of Defense installations, streets, buildings and ships with names commemorating the Confederacy. But do you know the significance of the new names?



National Park Service photo

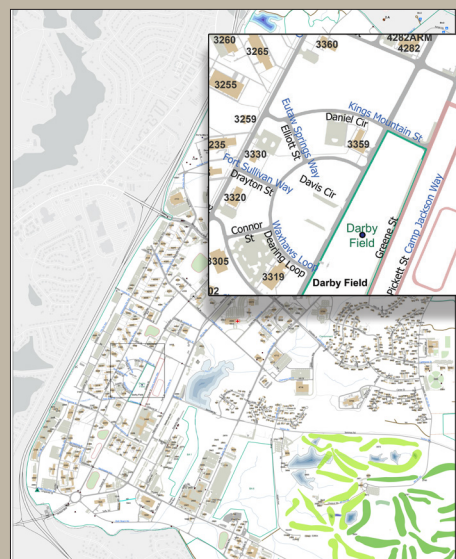
Kings Mountain Street, formerly Daniel Circle, is named after the battle of Kings Mountain during the American Revolution. The site is now part of a national military park.

Mountain turned the tide of the Southern Campaign in favor of the Patriot cause.

AN EVENT WHICH WAS IMMEDIATELY PRODUCTIVE OF THE WORST CONSEQUENCES TO THE KING'S AFFAIRS IN SOUTH CAROLINA, AND UNHAPPILY PROVED THE FIRST LINK OF A CHAIN OF EVILS THAT FOLLOWED EACH OTHER IN REGULAR SUCCESSION UNTIL THEY AT LAST ENDED IN THE TOTAL LOSS OF AMERICA.

- Sir Henry Clinton
British Commander-in-Chief in America (1778-1782)

Where is it?



Scams

Continued from Page 2

contacts who need to get their accounts back. They ask for your phone number or email.

"If they're your friends or family, they already have this information," Palmer said.

Scammers will also set up fake online websites and stores. Check the website URL. For example, the URL for Bank of America is bo.a.com, not bo.a.com. Also, check their tab links. If there are broken links, odds are, it's a fake page, he said.

Tips

"One of the ways you can protect yourself is password complexity," Palmer said. "A lot of people tend to utilize the same password that's either eight to 14 characters long across multiple accounts."

For example, someone might use FozzieBear and use variations such as FozzieBear123! The hacker can run a script in the background to get different iterations of what that password would look like and use that for brute force attacking to a specified target.

To increase password complexity, Palmer recommends using password manager applications such as 1Password, LastPass, Dashlane, Bitwarden and KeyPass.

"When setting up password manager for the first time, you're going to have to create a master password. This is something only you would know. Not even these institutions will know what your master password is to your password manager," he said. "This is where you want complexity. Use a pass phrase, space bars, replace letters with numbers, an exclamation point for a 1. The password manager will give you passwords up to 30 characters, making it more difficult for hackers."

Palmer recommends siloing out bins. What this means is use sepa-



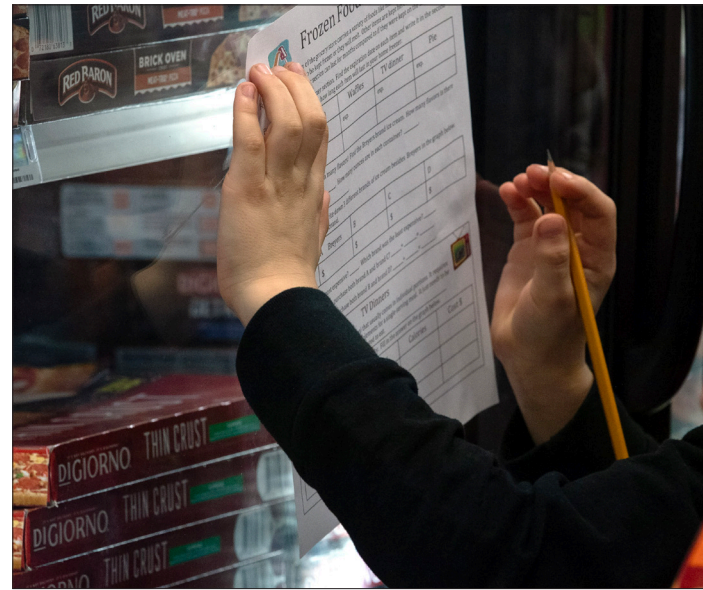
(Clockwise from above) Kahlan Staie, a sixth grade student at C. C. Pinckney Elementary School, checks the price of various meats at the Fort Jackson Commissary, Jan. 18. Staie and other students were using items found at the Commissary to help them put their math skills to the test during Math Night at the Commissary.

A second grade C.C. Pinckney Elementary School student answers questions about frozen foods.

Dr. Charlene Lenker, occupational therapist with C.C. Pinckney Elementary School, helps students and parents check in to the event.

Andrea Fanto, second grade teacher, helps Ly'lah Johnson solve a math problem.

Math Night at the Commissary activity sheets are separated by grades.



Commissary event puts student math skills to work

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

It's not every day that young shoppers, barely tall enough to see over a shopping cart, can tell their parent which box groceries are the best buy, but one C.C. Pinckney Elementary School program is aiming to change that.

The school's Math Night at the Commissary event, held Jan. 18 at the Fort Jackson Commissary, used a real-world approach to putting mathematics in action.

The event "gives our students and their families an opportunity to practice their math skills that they learn in the classroom in a real world setting," said Amy Watford, a faculty member at the school.

Each student participating in the event is sent into the aisles armed with a sheet of five or more questions they need to answer. The types and difficulty of the questions is based on each child's grade level.

"It is broken down by their math standards by grade level," said Dr. Kerrie Ammons, Pinckney school speech pathologist. "Some of the kids are going to be looking at weight and doing conversions, while some of our kids are going to be look at labels for nutritional information."

For instance, second grade students headed to the frozen food section to determine whether waffles, TV dinners or pies have the longest shelf life.

Since 2015 Pinckney students have been flooding the Commissary each year for the event that prioritizes critical thinking and problem-solving skills.

For sixth-grade student Kahlan Staie the event is fun and a way to more easily understand math.

She said that some students can understand math more easily by using actual objects rather than just theoretical ideas.

"I am a better visual learner than a theoretical one," she said.

Kahlan's mother, Aida, accompanied

her to the event and "loved" it.

"I think it's great to get the community involved and its great for the kids to actually learn what goes into grocery shopping," Aida said.

Aida grew up in England where the schools held events like this all the time.

It was important to her that "having a night that you actually can come out and show your kids, how much it's going to be to get some groceries, especially in this economy."

School faculty were on hand to provide assistance if a student needed help.

Ammons said it is so neat that they get to see their teachers, at the Commissary a place that they shop and not in the school building. It's nice to see the teacher in a different location than the school."

The yearly event is one of many events the school holds each year that emphasizes mathematics. Every year the school also hosts a Math Prize Patrol where random students are given prizes



Richard Horah, media specialist and students and families solve math problems using grocery items found at the Fort Jackson Commissary.

Inside DOD lab: Death probes, drug testing & more

By **KATIE LANGE**
DOD News Service

If the term “medical examiner” happens to come up in conversation, for many people, crime scene investigation television shows come to mind. Investigating deaths is a large part of what those experts do, but when it comes to the Armed Forces Medical Examiner System, the various jobs carried out by its experts encompass so much more than that.

AFMES is the only comprehensive forensic investigative service supporting the Defense Department and the federal government. Its services include forensic pathology and toxicology, as well as DNA testing to identify current and long-ago service members. AFMES’ work also includes an extensive counternarcotics program, improving military readiness by studying post-mortem injuries and preparing drug-sniffing military working dogs for training.

AFMES has three divisions to cover all of this: Forensic Pathology Investigations, the Division of Forensic Toxicology and DNA Operations. We’ll focus on the first two in this article.

Pathology: Determining Manner & Cause of Death

AFMES investigates combat-related deaths as well as those from injuries, accidents and illnesses, even when a service member isn’t on duty. The work starts at AFMES’ Forensic Pathology Investigations division, which enlists the help of several types of experts.

First and foremost, there are the forensic pathologists — commonly known as medical examiners — who do autopsies to determine a person’s cause and manner of death. Soldiers with mortuary affairs training also work in the division to assist, while medicolegal death investigators collect evidence to help the pathologists determine if the death was natural, accidental, a homicide or a suicide.

“The medicolegal death investigators are responsible to be the eyes and ears of the forensic pathologist,” explained Army Sgt. 1st Class Earnie Williams, the FPI division’s morgue supervisor. “They will go to the scenes and get all the circumstances of the



Photo by AIR FORCE STAFF SGT. NICOLE LEIDHOLM

Navy Petty Officer 2nd Class Tyler Wiedmeyer, an Armed Forces Medical Examiner System histotechnician, prepares a tissue sample, May 30, 2019. It is Wiedmeyer’s job to ensure tissue samples are processed, cut and stained for diagnosis of cause of death for AFMES and medical examiners around the world.

death to better inform that pathologist on what they found.”

According to AFMES, 75% of active-duty deaths occur in areas that are handled by medicolegal authorities outside of military jurisdiction, including some that occur on military bases. So, while AFMES might not be in charge of those cases, they are still notified about them within a day or two. The MDI’s make the call on whether or not AFMES investigates.

“All the investigations that we conduct are based on jurisdiction at bases. Some bases are exclusively federal, and some bases are covered by a (memorandum of agreement) with the local county,” Williams explained.

Other members of the pathology division include forensic anthropologists, who analyze bone and hard tissue; photographers, who document the cases; and histotechnicians, who process the tissue to be examined at a molecular level by the forensic pathologist.

During an autopsy, there’s a range of evidence that investigators may look for to

make a determination.

“For instance, if there was a slip and fall, and somebody passed away from that, then (pathologists) would be looking for any fractures — anything in the neck or head that would indicate the result of how they died from the fall,” Williams explained. “Then they would also look through the different organs that we recovered in order to determine why they fell in the first place.”

Monitoring Injury Trends

Within the pathology division is a section for mortality surveillance, which looks at injury trends within the military using autopsies and other forensics. AFMES can report these findings to military leaders to help with readiness and force protection.

Take, for instance, operations in Iraq and Afghanistan. According to Dr. Tim McMahon, the director of DNA Operations at AFMES, injuries that pathology division personnel found and reported during that time led to changes in armor used in combat. One example he gave pertained to the redesign of blast plates on Humvees.

“There were plates underneath the vehicle, and the way the plates were situated, the blast would go straight up into the bottom of the vehicle. That was causing some foot injuries and other things,” McMahon said. “So, my understanding is that by looking at the wounds or looking at the deaths, (experts) were able to restructure the plates such that it focused the blast energy or shockwave — instead of it coming straight up, it was focused away from the vehicle.”

Toxicology: The Military’s Crime Lab

As AFMES pathologists investigate deaths, a team of toxicologists works alongside them by testing autopsy samples to see what drugs, alcohol or other chemicals may have been in the deceased person’s system that may have caused acute toxicity.

AFMES’ Division of Forensic Toxicology also serves as a crime lab of sorts for the military. It supports the Navy Criminal Investigative Service, Army’s Criminal Investigation Division and the Air Force Office of Special Investigations. AFMES toxicologists are often called on to help with sexual assault and DUI cases, or, for example, determining if someone accused of showing up to work intoxicated had drugs or alcohol in their system.

Aside from Dover, AFMES supports five other DOD-certified drug testing labs in the U.S. that cover workplace drug testing for each military service. Those labs look for about 20 different kinds of drugs, said Dr. Jeff Walterscheid, AFMES’ chief toxicologist. However, if a service member is suspected of abusing a substance for which he or she doesn’t have a prescription — particularly if that drug falls outside the scope of the DOD’s workplace drug testing program — those samples are often directly sent to the flagship lab in Dover to take a closer look.

To do their work, toxicologists use immunoassays, which are quick, efficient tests that use antibodies to look for various classes of drugs. For newer drugs that don’t yet have antibody tests created for them, Walterscheid said they rely on what’s called time-of-flight mass spectrometry — which, in a nutshell, measures the mass of different molecules and how quickly they travel



Photo by VERAN HILL

Swearing in ...

Future Soldier, Kyle D. Fox stands before Air Force Lt. Col. Erin Hottle, commander, Fort Jackson Military Entry Processing Station to recite the oath of enlistment during his enlistment ceremony at the Fort Jackson MEPS, Jan. 17. Fox's father is a retired sergeant major.

SALUTING THIS BCT CYCLE'S HONOREES 3rd Battalion, 34th Infantry Regiment

ALPHA COMPANY

**SOLDIER LEADER
OF THE CYCLE**
Spc. Rachel Djurich

SOLDIER OF THE CYCLE
Spc. Ryan Fahey

SOLDIER OF THE CYCLE
Pvt. Bryan Harris

**DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Nathan Ng

**BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Chevannese Simons

SOLDIER OF THE CYCLE
Spc. Cody Kuehster

SOLDIER OF THE CYCLE
Pfc. Kaleb Land

**ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Allison Cravens

**CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Collin Galloway

SOLDIER OF THE CYCLE
Pvt. Alexander Edwards



STAFF SGT. JOHN PHILLIPS

**DRILL SERGEANT
OF THE CYCLE**

'The Weigh It Is' *with Pam Long*

Hello readers, how are things going with you and your wellness? Most of us realize wellness is something that is a part of our daily living. That's why we do our best to include it and why healthier lifestyle habits are necessary helpers that improve the quality of our lives. With that said, setting goals is our beginning. Achieving them is our objective.

One of the most significant keys to an achievable path is consistency. Exercising three times a week, intentionally drinking more water, resting, and indulging without overdoing it creates balance in your life. When balance is achieved our thinking changes because we notice changes.

You may have more energy, clothes fit better, mental focus is sharper, restful sleep, more in control of cravings (a tough one). Your wellness seems to have improved. You might even agree (reluctantly) that you are looking forward to your exercise class and healthy salad. That's because things are working out. You realize you can achieve better wellness. You not only can do this, but you are doing it.

Our outlook changes when we recognize our goals are



Long

obtainable. Eating right and exercise can have very different meanings at the same time. Yes, eating right and exercise are the easy, most sustainable path to wellness. However, eating right and exercising are often the hardest things to do and keep doing. Yet, this time you decided to hold on; why? More than likely, you experienced relatable results.

Regardless of how big the victory or victories you experienced they were significant enough to get your attention. Your victory told you this time, things are achievable because they are. You have gone from discouraged to inspired.

Achievable is different from goal setting. Meaning, you really can do it and you have proof in the form of your progress. For example, the ideal weight loss is one to two pounds per week.

You probably think that does not sound like much, but when we drop about a pound a week, and keep it off each week, and continue to drop a pound each week...

that adds up! You are not just taking the weight off but keeping it off. You feel you are in control and that makes your goal not just something you set, but something Achievable.

Achievable in S.M.A.R.T., as it relates to wellness, is sort of like a pat on the back. Achievable allows us to notice and appreciate our improvements.

This motivates us to want to continue. You believe in yourself. Those basic, specific plans you began are working. No unrealistic exercises, no crazy diets, just basic consistency is making a believer out of you. Self-talk takes on a more positive tone and you begin to believe in the process. You tell yourself you are capable, so it is okay to pat yourself on the back you have not just set goals but achieved them. Stick with it.

Pam's thought for the week: Get determined and stay that way.

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. Our program is only \$15 monthly membership for access to our in-person and online platforms. For more information, call Pam Long, Fitness and Wellness Specialist for the Directorate of Family and Morale, Welfare and Recreation at 751-3700.

Events

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SATURDAY
Spring Wreath Workshop

1 p.m., Thomas Lee Hill (Post) Library. Come learn how to make a spring wreath. The workshop is for those over 13 years of age. Sign up is required. For more information or to sign up, call 751-5589.

FEB. 2
First Friday Golf

11:30 a.m., Fort Jackson Golf Club. Brig. Gen. Jason E. Kelly, Fort Jackson commander, invites you to join him for first friday golf. You may enter your own team or sign up as a single and the FJGC PGA professionals will pair you with a group for the captain's choice tournament. Entry fee is \$45 for FJGC members and \$55 for non-members. The entry fee includes applicable greens fee, user Fee, cart, prizes, and a boxed lunch. Register ASAP by calling the pro shop or stop by the clubhouse to sign up.

FEB. 5
Intramural Indoor Volleyball League

Letters of intent for the league playing

in Coleman Gym must be completed by Jan. 29. The league is open to all Department of Defense ID card holders. For more information, call 751-3096.

FEB. 8
Guest Day at the Fort Jackson Golf Club

Fort Jackson Golf Club members are now permitted to bring up to three guests on guest days. Green fees are waived for guest(s) on Guest Day, but each guest must still pay cart and user fees.

FEB. 9
Valentine Paint & Sip

5:30-7:30 p.m., Solomon Center. Cost is \$30 per person and includes one drink and snacks. Registration is required. Last day to sign up is Feb. 7. For more information, call 751-4056.

FEB. 10
Charleston Brews Cruise

9:30 a.m., Marion Street Station. Join Outdoor Recreation for a guided drinking tour of downtown Charleston, S.C.. The tour includes three brewery stops. Snacks and bottled water are provided. Coolers will be provided on the bus to chill purchases from the breweries visited on tour. All guests must be over 21 years of age. Department of Defense ID cards are required to attend. The tour

costs \$95 per person. For more information, call 751-3489, or visit Marion Street Station.

FEB. 11
The Big Game at Down Range Bar

4:30 - 8:30 p.m., Down Range Bar. Visit the Down Range Bar to celebrate the Big Game LVIII. There will be door prizes, food specials, big screen TV's and pool tables. For more information, call 751-3933.

FEB. 20
Shred Day

9 a.m. to 2 p.m. Fort Jackson Recycling Center. All types of paper with sensitive information will be accepted, but NO classified documents. Shredding paper with your personal information provides a level of insurance against identity theft and misuse. If you need more information on what you can or can't shred, call 751-4208.

FEB. 22
Twilight 5K Run

5:45 p.m., Alpine Lodge. Come out and get a little run in before indulging in hot cocoa and s'mores. For more information, call 751-3700.

FEB. 26
Dodgeball Tournament

The tournament is open to all Department of Defense ID card holders. For more information, call 751-3096.

MARCH 2
Hilton Head Offshore Fishing Trip

5 a.m., Marion Street Station. Join Outdoor Recreation for an offshore fishing trip to Hilton Head. The trip costs \$90 per person and includes transportation, bait and tackle. Pre-registration is required. For more information or to register, visit Marion Street Station or call 751-3484.

MARCH 14
Community Information Exchange

11:30 a.m. to 1 p.m., NCO Club. Join Brig. Gen. Jason E. Kelly, Fort Jackson commander, and Col. Timothy Hickman, garrison commander, for a community information exchange. The exchange allows on-post facilities and directorates to directly update the Fort Jackson community on up-coming events.

MARCH 23-24
Spring Family Campout at Twin Lakes

4 p.m. to 10 a.m. Come out with the family and enjoy a fun-filled campout. The event costs \$20 for adults and \$15 for children. The cost includes games, crafts and more. Tents, cots, sleeping bags and sleeping pads are available for rent.

DID YOU KNOW: All facilities located on Fort Jackson are required to be inspected monthly by a supervisor or qualified person.

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
REVIVE SERVICE	SUNDAY	5 P.M.	MAIN POST CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	MAGRUDER CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
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

Scams

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rate email addresses for social media, home life, reward programs and work.

"When you start segregating your life into these buckets or silos, we want to focus on data compromise. When companies are compromised, when you're signing up for accounts, what information does that organization hold on you?" he said.

"If we utilize the same email address in all these different types of silos, you increase your exposure, your risk or your information getting compromised," he added.

He said two-factor authentication isn't 100% effective but develops a defense for your social media, e-mail and financial information websites.

Palmer also suggests giving false answers to security questions on accounts.

"Different platforms tend to utilize the same questions, and people tend to inadvertently post information on social media," Palmer said. "We don't naturally look through the lens of (operational security) on social media."

Because of this, he recommends purposely giving false answers on security questions. He also recommends using VPNs and to use all security and privacy features on social media sites.

Palmer said Soldiers, veterans and their Families can never be 100 percent safe in the cyber domain but with these tips, they can better guard their information against scams.

"Separate siloing out your accounts, utilizing a really good password complexity, utilizing a password manager and two-factor authentication, this requires a lot more work on that hacker to go after your information," Palmer said. "It lowers cyber risk and adds defensive layers."

With about 3,000 people assigned to more than 120 locations around the world, Criminal Investigation Division investigates and provides intelligence while working to proactively prevent crimes. These crimes impact the operational readiness of the Army.

Lab

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to reveal what substances might be in a sample.

"We can also use something called tandem mass spectrometry," Walterscheid said, while pointing at the machine pictured below. "It has a series of magnetic chambers that can trap an ion, smash it up and give us fragments that are very diagnostic for what this drug is. We can also measure how much."

AFMES toxicologists test a wide range of people involved in accident and incident investigations. Walterscheid used a fatal aircraft crash as an example.

"The pathology group will do an autopsy, then we'll receive the samples and look for drugs and alcohol — even carbon monoxide or cyanide, because in a fire, these decomposition products can get into the air, and we can determine what all might have been attributing to toxicity," he said. "But not only that, the ground crew — the people that were involved in getting the aircraft ready for flight. Were they using drugs? Were they intoxicated? We can give this full-service investigation

to the flight surgeons so they can clear it for resuming the mission or if they need to put a hold and try to sort out what really happened."

Toxicology's centralized lab is primarily staffed by contractors, along with some service members and a few government civilians. It is run by a few military officers and a corps of enlisted service members who are clinically trained for work in hospital laboratories. AFMES is a unique assignment for most of them.

"We're the only place that can do this, so a rotation through here gives (service members) this extra level of technical background ... and when they get stationed at a new hospital lab, they're going to have a lot more experience," Walterscheid said.

When it comes to staying up on the latest drug-use trends, the toxicology team participates in conferences and other industry-related forums to learn about new drugs that are coming onto the scene across the country and world. They also read public journals and reports and even use social media to gauge how drugs are being used.

Providing Military Working Dog With Training Aids

Military working dogs used by the

DOD for drug detection are certified to identify cocaine, heroin, marijuana and methamphetamine. If you've ever wondered where the kennels that train them get the products they use to teach the dogs, now you know — it's AFMES' Division of Forensic Toxicology.

"It's real street drugs. It models exactly what would be encountered out in the real world," Walterscheid said. The division procures its drugs from the Drug Enforcement Administration's Special Testing and Research Lab in Dulles, Virginia, as part of its counternarcotics mission to provide the training aids to 164 service kennels.

Each kennel has a set number of training aids that it maintains. They're returned to AFMES every two years for replacement to avoid scent profile degradation.

To prepare the training aids, the toxicology lab will carefully measure specified amounts of drugs and put them into "bindles," which are filter paper that disperses the odor. They're then sealed in tins and serialized before being securely shipped. Strict guidelines are in place for proper receipt of the aids, which includes procedures for any possible discrepancies. That way, they can keep a tight control over what the DEA provides, Walterscheid said.

STOMP workshop virtually comes to Jackson

By **BRANDI PALMER**
Exceptional Family Member Program

Army Community Service Exceptional Family Member Program is hosting a virtual Specialized Training of Military Parents workshop from 11:30 a.m. to 1:30 p.m. Feb. 7, 14, 21, and 28. The event is open to Soldiers, Family members, Department of the Army Civilians, and retirees.

The STOMP mission is to provide information and resources so that military parents, individuals with disabilities and military personal can access services. The workshop STOMP provides is to enhance the connections and knowledge of all attendees and foster collaborative environments to further enhance Family and professional partnerships.



The workshop is Army funded and free to attend.

Topics covered in the virtual workshop includes:

- Pathways to Military Medical and Medicaid Benefits for Exceptional Families - Charting the steps for accessing TRICARE, Extended Care Health Option), and Applied Behavior Analysis benefits. This discussion will include how, why, and where to apply for secondary dependency and Medicaid.

- Sound the Cadence: Raising Voices in Advocacy - Advocacy requires knowing your rights, the decision-makers, and those who will partner with you in your efforts. This discussion will identify the importance of advocacy, how

to effectively advocate across settings, those who will add their voices to your efforts, and the key role of self-care for advocates.

- Accommodations Across the Lifespan: Section 504 Plans - Discuss what is a 504 plan, the accommodations and supports and how does it apply to post-secondary education and employment.

- Write SMART Goals: Developing a User-Friendly IEP Anyone Could Follow - Interactive discussion and application of SMART goal concepts, including collaborative writing and analyzing examples of SMART goals for primary school, middle school, and high school.

Attendees are welcome to attend for a specific topic of interest. Register online at: <https://www.tfaforms.com/5105062>, or scan the QR code.

VICTORY... STARTS HERE



Parents and C.C. Pinckney Elementary School students search for answers to common math problems using frozen foods at the Fort Jackson Commissary during the school's Math Night at the Commissary event held Jan. 18.

Photo by ROBERT TIMMONS