

# JACKSON URGES COLD WEATHER PRECAUTIONS





# Jackson urges cold weather precautions

By ROBERT TIMMONS

Fort Jackson Public Affairs

Fort Jackson officials are urging the community to be cautious as cold temperatures are set to plummet this week.

According to the National Weather Service, extremely cold air comes every winter into at least part of the country and affects millions of people across the United States, including South Carolina and it can be dangerous.

Many weather predictions show below freezing temperatures throughout the Columbia, South Carolina area this week. The Fort Jackson community must be prepared as black ice may form and places that would normally be safe to walk may become treacherous. Black ice can develop quickly and create hazardous conditions. The NWS cautions people to walk carefully around icy areas to avoid falls.

While ice storms may not be currently predicted, low temperatures can still make roads slick, said Rod Combs, safety specialist with the Installation Safety Office.

"You have to worry about black ice because even if we don't get rain there is still moisture on the roads," he said.

Drivers, no matter how skilled, may encounter ice where they least expect it. The NWS reports nearly 70% of ice and cold weather fatalities take place in automobiles.

According to the Federal Highway Administration 24% of weather-related vehicle crashes occur on snowy, slushy, or icy pavement and 15% happen during snowfall or sleet. The FHA also reports that more

than 1,300 people are killed and more than 116,800 people are injured in vehicle crashes on snowy, slushy or icy pavement annually.

Combs said you shouldn't be out in the cold if don't have to be out, and then only if you are dressed for it.

"With these cold temperatures coming up, a lot of people aren't acclimated to it," he said. This can cause a variety of injuries

including chilblains, hypothermia and possibly frostbite. Chilblains are red, itchy and painful patches of skin that is caused by cold.

According to the NWS, brisk winds and cold temperatures can result in dangerous wind chills. These chills can cause cold weather injuries in minutes.

"Unless you absolutely have to be outside, don't," Combs said. "If your body is

not accustomed to the temperatures, and you go outside, it's going to affect you. So, dress warm in layers, cover your head, wear gloves, and avoid going outside if you can."

For more information about cold weather safety visit the Army Combat Readiness Center website at [www.safety.army.mil](http://www.safety.army.mil), and the National Weather Service's cold weather safety web page at [www.weather.gov/safety/cold](http://www.weather.gov/safety/cold).

## Don't Slip!



*Icy surfaces can lead to serious injuries! Help prevent ice by salting walkways and turning off sprinklers in advance of the cold.*



**Walk on treated or non-icy surfaces** with better traction, if possible



**Wear proper winter footwear** with rubber treads



**Take slow, short steps** so that you'll be able to react to icy conditions



weather.gov



Courtesy graphic

**Fort Jackson safety officials ask the community to take caution during upcoming cold weather. Those having to go out in cold temperatures should wear the proper clothing and be careful where they walk.**

## ON THE COVER

With temperatures dipping below freezing this week, Fort Jackson safety officials are urging the community to take precautions during cold weather.



See Page 2 Photo by LEONID IKAN - stock.adobe.com

## THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Photo by SGT. EGYPT JOHNSON

Brig. Gen. Jason E. Kelly, commander of the U.S. Army Training Center and Fort Jackson, delivers a speech during the U.S. Army Central's Dr. Martin Luther King, Jr. observance at Patton Hall, Shaw Air Force Base, S.C., Jan. 11.

## Jackson, ARCENT celebrate Dr. Martin Luther King Jr. legacy

By SGT. EGYPT JOHNSON  
U.S. Army Central

U.S. Army Central personnel gathered at Patton Hall January 11, 2024, to honor and celebrate the legacy of Dr. Martin Luther King Jr. in an observance that underscored the principles of equality, justice, and unity.

Military personnel and civilian participants alike joined in the tribute, which reflected on the impact of Dr. King's visionary leadership and the continuing quest for a harmonious society.

The observance not only paid homage to a transformative figure in American history, but also served as a reminder to service members and civilians to dedicate the day to

community service in remembrance of Dr. King's legacy.

Lt. Gen. Patrick Frank, Army Central commanding general, hosted the observance that celebrated the life, legacy, and impact of Dr. King.

Brig. Gen. Jason Kelly, commander of the U.S. Army Training Center and Fort Jackson, served as the event's guest speaker and commemorated the event, which was themed, "Remember! Celebrate! Act! A Day On ... Not A Day off."

"In honor of Dr. King's service to others, his birthday is a reminder to dedicate time to give back and serve the community. I want to encourage members of the Army team to commit themselves to service," Kelly said.

Dr. King dedicated his life to a dream of equality. He challenged the nation to not judge people by the color of their skin, but by the content of their character.

"We readily embrace the different attributes, experiences, and backgrounds of our Soldiers, civilians, and family members. Diversity, more specifically the variety, enhances and makes us better," Kelly said.

The Army is committed to the ideals of Dr. King on this National Day of Service. We honor King's call to our nation made in his Aug. 28, 1963 "I have a Dream" speech given in Washington, D.C.

During his address, Frank spoke on how Army formations reflect the American population, the diversity of experiences, val-

ues, and backgrounds – representing the strength of the Army.

"We embrace diversity, it is the strength in what we do," Frank said. "Diversity is one of the reasons why our Army is the best in the world."

Command Sgt. Maj. Ricky Jackson, commandant of the U.S. Army Drill Sergeant Academy also acknowledged King's legacy in a recorded message released on the Fort Jackson social media pages.

Jackson said celebrating King's accomplishments in promoting civil rights wouldn't be possible "without the strength, contributions and legacy of people who fought within successive generations to achieve equality for all mankind."



# Community Updates

## ANNOUNCEMENTS

### Death Notice

This notice serves as a death notice advisory for all those in possession of the property of Pvt. Ashlan B. Jones, as well as those who the deceased is indebted, or those indebted to the deceased. Please contact Capt. Matthew J. McGuigan, Summary Courts Martial Officer with questions or concerns at 751- 9231 or [matthew.j.mcguigan2.mil@army.mil](mailto:matthew.j.mcguigan2.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-re-naming>.



### Temporary Relocations

Effective Jan. 22,, 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 beginning Jan. 22. 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.

## COMMUNITY EVENTS

### THROUGH SATURDAY

#### Winter Basketball Tournament

Open to Department of Defense cardholders, spouses, retirees, civilians. Located at Coleman Gym. For more information contact 751-3096/5839.

### TODAY

#### Sportsman Club Meeting

6 p.m., Alpine Lodge. The Fort Jackson Sportsman Club will host its monthly meeting. The meeting will focus on the election of new club officers and planning for the new year.

### FRIDAY

#### Mommy & Me Yoga

10:15-11 a.m., Army Community Service, Bldg 9810. Certified yoga instructor will walk you and your baby through basic yoga poses while providing mindful meditation, breathing, and core strengthening. Cost is free. Call 751-5256 to register.

### SATURDAY

#### Horseback Ride

9 a.m. to 3 p.m., Fort Eisenhower, Ga. Join Fort Jackson Outdoor Recreation for a horseback trail ride at Fort Eisenhower Stables. \$60 per person, must be 7 years old or older. Novice or Pro, this guided ride will be great for those looking for an outdoor adventure. Register at Marion

Street Station or call 751-3484.

### JAN. 21

#### Postpartum Pleasantries

11 a.m. to 1 p.m., Army Community Service, Bldg 9810. A registered nurse will discuss with mothers what to expect during the postpartum phase and how to ease discomforts and promote healing while bonding with your newborn. Cost is free and you can bring your own lunch. Registration is encouraged. For more information, call 751-5256.

### JAN. 23

#### Coffee, Donuts and Purpose

9 a.m., Drill Sergeant Timothy Kay Soldier Performance Readiness Center. Coffee, Donuts, and Purpose allows retirees with drill experience to connect with current drill sergeants and those who are about to start their time on the trail. This common bond event allows retirees and today's Army members to connect and give back to one another making each other stronger through their shared service, passion, weaknesses, and strengths. For more information, email Tabatha Baker, 193rd Health Educator, at [tabatha.l.baker2.civ@army.mil](mailto:tabatha.l.baker2.civ@army.mil).

### JAN. 25

#### 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 gridiron bragging rights. For more information, call 751-3096.

### FEB. 13

#### Community Information Exchange

2-3:30 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.



## Fort Jackson

## Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### JAN. 19

- Thanksgiving (R) 6 p.m.

### JAN. 20

- The Marsh Kings Daughter (R) 2 p.m.

### JAN. 24

- Wonka (PG) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

## THE FORT JACKSON LEADER

SEND ALL  
SUBMISSIONS TO

[usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil](mailto: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.

# Pierce Terrace Parent Teacher Association welcomes newly elected officials

By **LORRAINE EMORY**

Pierce Terrace Elementary School

Pierce Terrace Elementary School announced the newly elected Parent Teacher Association officers, Jan. 16.

This association consists of educators, parent volunteers, and community volunteers who work together to enhance and support students' educational experiences without any compensation. In January, new officers took office. The organization comprises of five officials: Chelsea Mendez, president; Sara Wedge, president-elect; Kathrine Rivera, vice-president; Kodi Simon, secretary; and Elena Bauer, treasurer.

"My hope to work side-by-side with faculty and staff to establish practices and procedures within the PTA that will allow us to bring together parents, families, educators, administration, and the Fort Jackson community to achieve each child's potential," Mendez said.

The group operates with 16 members and hopes to increase membership throughout the year.

Stepping down from their executive positions are Tiffany Duree, president; Maggie Powless, vice-president; and Tamara Jones, treasurer.

The average leadership positions serve one year and up to two years, but these individuals did not anticipate their terms in office to overlap with a global pandemic and continually supported the PTA during that extremely new and challenging situation.

Throughout their tenure, activities in volunteerism and funding aided with Fall literary night, book fairs, picture days, field days, and the dragon store. Supporting the month of the military child had entailed the purchase of bracelets for students and



Photo by AIDA STAIÉ

**Pierce Terrace Elementary School Parent Teacher Association officials pose for a photograph. The officials are from left to right: (Top row) Chelsea Mendez, president; Elena Bauer, treasurer; Kodi Simon, secretary; (Bottom row) Sara Wedge, president-elect; and Katherine Rivera, vice president.**

**THE PRIMARY FOCUS OF THE PTA IS TO SUPPORT (SCHOOL) FACULTY, STAFF AND ADMINISTRATION ...**

- Chelsea Mendez  
Pierce Terrace PTA  
President

various functions.

The new PTA officers plan to work closely with Pierce Terrace Principal Robert Battery and school staff to enhance services for students and staff.

"The primary focus of the PTA is to support (school) faculty, staff, and administration to allow for a culturally responsive, high performing learning environment for

students, where they will thrive academically, socially, and emotionally," Mendez said.

The PTA is inviting the Fort Jackson community to become members.

This is an opportunity for families to

connect and support their local school. Anyone can join the PTA – grandparents, aunts, uncles, neighbors. Joining and supporting the PTA helps PTES become a better school for our community and children.

Additionally, all are welcome to attend the general association meetings held on the first Thursday of each month in Pierce Terrace's flex lab. These meetings outline what the PTA has planned for the school year.

For more information, contact Mendez at [piercetterracepta@gmail.com](mailto:piercetterracepta@gmail.com) or at the school's main office.

Mendez said, "We hope to make Pierce Terrace PTA a beacon and central resource for our military families and Fort Jackson community."

## DOD expands online ID card renewal pilot

By **C. TODD LOPEZ**  
DOD News Service

As part of an expansion of a Defense Department pilot program that kicked off in February 2023 most Uniformed Services Identification card holders can now renew their cards online and receive them in the mail, instead of having to schedule an appointment at an ID card office.

Before this expansion, only sponsors with a common access card could request online renewals, but now most retirees and non-CAC holders are eligible.

The ongoing pilot program allows family members, retirees and others to avoid making appointments at a pass and ID card office. Instead, they can renew USID cards online via the ID Card Office online, or IDCO, website. It's important to note that the pilot program is for renewal of the USID card only — not for the initial issue. Also, the pilot is limited to cardholders within the United States, though expansion to non-US addresses is in the works.

Mike Zarlenga, with the Defense Manpower Data Center, said that DOD currently issues about 4.5 million ID cards each year. About 2.5 million of those are USID cards, and of those, roughly one million are renewals eligible for online renewal. The pilot program, Zarlenga said, is meant to make life easier for family members and retirees.

"We think modern capabilities like renewing a driver's license online make it easier for people to get what they need when they need it without burdening them with having to take a trip somewhere," Zarlenga said.

The pilot program also frees up appointment slots at pass and ID offices for active duty military personnel and civilian government employees who need to apply for or renew a CAC.

More information about the online pilot program, including restrictions and requirements, is available on the [cac.mil](http://cac.mil) website.



# Event aims to 'start the New Year off right' spiritually

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

The Army cares about the health and fitness of its Soldiers, Families, and civilians. This includes not only sleep, physical, mental, and nutritional well-being, but their spiritual fitness as well.

The spiritual pillar of the Army's Holistic Health and Fitness was on display Jan. 17 as the 120th Adjutant General Battalion held a spiritual readiness New Year gathering.

Chaplain (Capt.) Loy Sweezy, Jr., the 120th's battalion chaplain, said the event was a way to "give back to the community, to civilians, the green suitor, veterans, retirees to just tell them thank you and encourage them in starting the New Year off right."

"Don't look back, let 2023 be," he added, "and expect more in 2024 ... whatever didn't work out let it be and embrace God."

Sweezy said it helps the Soldier's spirit when they are able to get encouragement.

He used an example of how in the Book of Acts that the early Christian church came together during times of persecution for fellowship and broke bread.

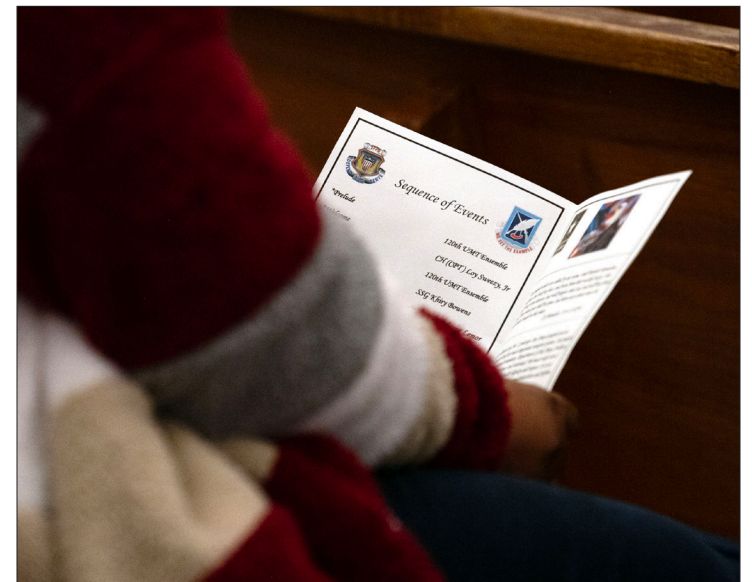
"What that is going to do is encourage someone, because you know, we don't want to be out here by ourselves," Sweezy said. "That's why we need others. That is why we have to be willing to come together and support each other because none of us is as comforting as all of us. We need each other."

During the event prayers were said for the nation, health and safety, the government, Fort Jackson and military personnel by various chaplains, drill sergeants and other noncommissioned officers. The 120th Unit Ministry Team Ensemble also sang a variety of praise music.

**(Right) Members of the 120th Unit Ministry Team Ensemble play 'Firm Foundation (He Won't)'. (Far right) An attendee follows along in the sequence of events. The event was held to thank the community and to offer it encouragement heading into 2024.**



**Chaplain (Capt.) Gregory Laskowski, 2nd Battalion, 60th Infantry Regiment chaplain, Staff Sgt. Nathaniel Maxwell, a senior drill sergeant, and Chaplain (Capt.) Loy Sweezy, Jr., 120th Adjutant General Battalion chaplain, bow their heads as Sgt. Jamila Stevenson prays for health and safety during the 120th Spiritual Readiness New Year Gathering, Jan. 17, 2024.**





# 'The Weigh It Is'

*with Pam Long*

Hello readers, the year is off and running. We are busy with everything in our lives from family and work to how things might be going with new commitments we made for our wellness for the New Year.

With just a couple of weeks into the New Year after deciding to be Specific with your S.M.A.R.T. wellness goals ... now is a great time for you to check in on you. How are things going? That's not just a question we ask ourselves literally, but figuratively as well.

This brings us to the M in S.M.A.R.T. we use to measure how things are moving or not moving along. In wellness we also use the M in S.M.A.R.T. inwardly to measure how we are personally doing on this journey.

Change is not easy so give yourself a break. Take yourself off the hook if things aren't progressing as you wish they were (remember, this might be new, and can be difficult to stick to). Measuring your accomplishments is a useful tool. Rating how things are going can be an emotional nightmare.

If the scale is not delivering the number you expected after eating less, exercising more, denying desserts, skipping wine ... you get the picture. You could rate yourself negatively that's why you must remember, change is not easy. It takes time and measuring what is going well and understanding what is not going well becomes a useful measurable tool.

Next to help with measuring progress are fitness tools to show us how we are doing but, try not to get bogged down with devices. It's easy to get caught up in tracking heart rate, calories burned, pulse rate, etc. You name it, today's latest devices can track it. That doesn't make fitness devices a bad thing but could make them an overwhelming. Your new tracking device can take the simplest request and turn it into a daunting task. So,

initially, keep things simple so your focus remains on your wellness not how to operate all the bells and whistles your device has to offer.

You need to know where you stand on your wellness journey. Weighing in, keeping a food journal, taking measurements; all these tools work for your motivational good. They keep you focused because you can see what is going right...or wrong on your journey.

Regular check points are helpers along your journey to alert when things are on point or if you have veered off the beaten path. We veer off sometimes, it happens because it happens. Life is not about things not happening. Life is about handling what happened and getting back on track once something has happened. This rings true on any wellness journey.

The M in S.M.A.R.T. Amps up the value of your journey encouraging you to use measurable means (literally and figuratively) to stay on track of your progress. All steps on your journey to wellness count.

Thought for the week: **Your wellness is an investment, not an expense.**

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.

Contact Pam Long, Fitness and Wellness Specialist for the Directorate of Family and Morale, Welfare and Recreation at 751-3700 for more information or to become a member of the fitness and wellness program.



## H2F a proactive approach to Soldier, Family fitness

By **NICOLE TOPAKAS and TABATHA BAKER**  
H2F Health Educators

Some people live by the old mantra, "If it ain't broke, don't fix it." But what if something is partially broken? Or maybe sitting very close to a ledge, about to crash to the floor? What then? Many of us live in this state of "okay-ness," but if questioned more thoroughly, most of us can see room for improvement and growth, especially when it comes to health. This is where Holistic Health and Fitness comes into play.

As the Army's premier health education and promotion program, H2F offers a proactive approach to taking care of oneself. It is designed to help Soldiers and their Families improve their quality of life and health factors.

The average person sees a doctor when symptoms, such as a runny nose, low back pain, or sleep disturbances, arise. However, the H2F program focuses on getting ahead of the symptom curve.

This approach encourages the Soldier to become more active and in control of their health-related behaviors and health outcomes.

For example, many associate aging with lifestyle-related diseases like type 2 diabetes, high cholesterol, high blood pressure, even overweight or obesity, but this does not have to be the case. Each of these acquired conditions are directly connected to one's personal choices (lifestyle factors), like nutrition and physical activity.

Lifestyle factors pertain to your daily habits like exercising, eating,

sleep habits, time management, and more. The H2F domains (sleep, nutrition, physical, mental, and spiritual) focus on each of these lifestyle factors to help Soldiers perform at their best.

This proactive model allows the individual to take charge of their health before major issues arise,

which in turn leads to better quality of life, as well as saved money and time. If you consider a financial analogy, it's like investing in a retirement fund each month, year after year, in order to enjoy a payoff later in life. Investing in health now, even in very small increments, will

also lead to compounded benefits down the road.

How can H2F help?

We have subject matter experts in all the domains, ready to give classes or meet in small groups or one-on-one to provide information, support, and accountability for you to reach your goals.

Physical therapists can help with that nagging ankle injury; a dietitian will help you build a meal plan that works for your body; our mental readiness team can help you manage that ongoing stress.

Maybe you need a new workout plan. Our strength and conditioning coaches are here and ready to assist. Have questions about meaning and purpose? Our chaplains can help you navigate these challenges.

So even if some things in your life aren't quite "broken," there is no better time to invest in your future health. Taking the steps to improve yourself now will pay dividends in the future.

... H2F OFFERS A PRO-ACTIVE APPROACH TO TAKING CARE OF ONESELF. IT IS DESIGNED TO HELP SOLDIERS AND THEIR FAMILIES IMPROVE THEIR QUALITY OF LIFE AND HEALTH FACTORS.

# Strikes against Houthis likely to degrade groups capabilities

By **JOSEPH CLARK**  
DOD News Service

The Defense Department is highly confident that strikes against Houthi military targets in Yemen were effective in degrading the rebel group’s ability to carry out further attacks against commercial ships operating in the Red Sea, a senior Pentagon official said.

Army Lt. Gen. Douglas A. Sims II, director of operations for the Joint Staff, said joint forces from the U.S. and United Kingdom launched more than 150 munitions from both maritime and air platforms against more than 16 locations controlled by the Iranian-backed militants.

“At this point, we continue to conduct battle damage assessment of the various targets,” Sims said. “We feel very confident about where our munitions struck.”

The deliberate strikes, which were carried out with nonoperational support from Australia, Bahrain, Canada and the Netherlands, were assessed to have hit multiple targets across each location.

Those targets included command and control nodes, munitions depots, launching systems, production facilities and air de-

fense radar systems used by the Houthis to carry out attacks against vessels operating in international waters.

“We know precisely the capability that the Houthis have been employing against the Red Sea and the Bab al Mandab,” Sims said. “This was solely designed to get after the capability that is impeding international freedom of navigation in international waters. We feel pretty confident we did good work on that.”

Defense Secretary Lloyd J. Austin III issued the order for U.S. Central Command commander Gen. Michael E. Kurilla to carry out the strikes yesterday following a series of attacks launched by Houthis against commercial ships operating in the region.

“This action is intended to disrupt and degrade the Houthis’ capabilities to endanger mariners and threaten global trade in one of the world’s most critical waterways,” Austin said in a statement following the strikes. “Today’s coalition action sends a clear message to the Houthis that they will bear further costs if they do not end their illegal attacks.”

Austin added that the U.S. “maintains its right to self-defense and, if necessary, will take follow-on actions to protect U.S. forc-

es.”

Since mid-November, Iran-backed Houthi rebels have launched more than two dozen attacks against merchant vessels operating in the Red Sea. Such attacks against the vital international shipping lane posed a vital concern and impacted international commerce across the globe.

In response, Austin announced the Dec. 18 launch of Operation Prosperity Guardian, an international maritime task force designed to defend against the attacks.

The operation brought together forces from 22 nations to address the challenges in the region and ensure freedom of navigation in the Red Sea and Gulf of Aden.

The forces operate under the umbrella of the Combined Maritime Forces and the leadership of Task Force 153, a U.S. Navy-led initiative focused on maritime security in the Red Sea. Earlier this week, the rebel group launched nearly 20 drones and several missiles targeting U.S. ships underway in the region. That attack was defeated by U.S. and U.K. forces operating in the region as part of Operation Prosperity Guardian.

The strikes launched against the rebel stronghold in Yemen were not associated with, and are separate from, Operation

Prosperity Guardian, the Pentagon official said.

The defensive strikes followed sustained diplomatic efforts and broad international condemnation of the Houthi attacks that have threatened global commerce.

Last week, the governments of the U.S., Australia, Bahrain, Belgium, Canada, Denmark, Germany, Italy, Japan, Netherlands, New Zealand and the United Kingdom issued a joint statement condemning the attacks and warning the rebel group against further escalation.

In the statement, the nations warned that the Houthis “will bear the responsibility of the consequences should they continue to threaten lives, the global economy and (the) free flow of commerce in the region’s critical waterways.”

Earlier this week, the United Nations Security Council adopted a resolution demanding that the rebel group cease all attacks against ships in the Red Sea.

In a statement following the Jan. 11 strike, the governments of the U.S., Australia, Bahrain, Canada, Denmark, Germany, Netherlands, New Zealand, South Korea and the United Kingdom issued a joint statement further condemning the Houthis’ actions.

**DID YOU KNOW:** Hypothermia occurs when a person loses more heat than they are able to produce, causing an abnormally low body core temperature (body temp falls below 95°F.)

| 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      |



# Army moves towards wearable health and performance devices

By **MASTER SGT. KATIE SMITH**  
Army Futures Command

In an immersive display of military innovation, the 2023 U.S. Army Best Squad Competition, held from September to October across several locations in the southern U.S., showcased the transformative power of wearable health and performance monitoring devices, positioning them as a crucial component of the Soldier's readiness arsenal.

The competition not only underscored the capabilities of the new technologies, which included a ring device for sleep and recovery monitoring, and a sports watch for daytime exertion monitoring, but also highlighted their role as health and wellness sport technologies that can integrate seamlessly into squad proficiency tests of warrior tasks and battle drills.

Sgt. Maj. Matthew Dolsen of Headquarters, Department of the Army G-3 Special Operations Division served as lead coordinator of the competition and discussed the decision to introduce wearable technologies within military competitions.

"These competitors are our elite over-achievers, mentally and physically — our future leaders. We know they have the aptitude to integrate the technology on site but will then also carry their experiences back to their units and daily missions," Dolsen said.

Joseph Patterson, a Soldier performance strategist with U.S. Army Combat Capabilities Development Command, emphasized the significance of these wearables, which are a singular aspect of the health and human performance ecosystem. Patterson labeled the devices an "integral part" of Optimizing the Human Weapon System (OHWS), an initiative supported by Army Futures Command; U.S. Southern Command; U.S. Army Southern European Task Force, Africa; and the Office of the United States Assistant Secretary of the Army for Acquisition, Logistics and Technology Program Executive Office Soldier.

The wearable devices employed during the competition proved to be invaluable tools, sensing anticipatory stress, exertion levels and levels of recovery through each event. Providing a discrete snapshot of health data, the wearables empowered squads to enhance their performance in real



Photo by SPC. NOAH MARTIN

**The Army Futures Command Best Squad Team, wearing health and performance devices, participates in a physical challenge event during the Army Best Squad Competition at Forsyth Park, Sept. 30, 2023.**

time, fostering both accountability and improvement.

The incorporation of instantaneous feedback allowed for intelligent pacing adjustments in the Army Combat Fitness Test and 12-mile foot march, showcasing the Soldiers' utilization of wearable technology in optimizing outcomes and ensuring safety. Patterson compared this use case to baseball, saying, "No matter how good the bat, uniform, cleats, helmet are, it's the player that has to be good in order to make contact with the fastball and put it in play."

Wearables provided continuous monitoring across a myriad of physiological parameters, offering insights into warfighter responses, and contributing to formational readiness. One user voiced after the event,

"I got great insight with the wearables. I felt safe to push myself hard knowing if I started to break a safe limit, I would be attended to, which is great."

Competitors expressed the most impactful and shocking dataset to be their sleep feedback, which is measured for recovery data, and was collected over multiple days during the two-month competition. Patterson emphasized this as a notable blind spot to acknowledge.

"Sleep universally touches every service member yet seems to be the least known or understood data point in Soldiers' lives," he said.

Downtime was capitalized by attentive squad leaders, employing deliberate recovery when alerted by member biofeedback.

Teams that showed data set indicators of faster recovery had associated positive performance during the competitive events.

"Seeing what you're doing on a biological level lets Soldiers make better choices," Dolsen said.

The devices are not immune to human behavior, however. Some Soldiers worried about losing the rings during the high-demand tactical events had them safely stored in their pockets, and some would forget to sync data each morning.

"It just takes some education and familiarity with the technology ... I think the program is outstanding and can lead to a healthier force," Dolsen said.

Beyond the immediate competition, the longitudinal data generated by wearable devices offers a broad application, informing both personal and command decisions and supporting the Army's greatest asymmetric advantage: People. The adoption of wearable technology also aligns with the 2022 National Defense Strategy and Authorization Act, emphasizing the need to invest in technology for individual effectiveness and longevity. This transformative technology is designed for adaptability and has been primed to seamlessly integrate into the existing Army ecosystem of authoritative databases in the coming year, enabling even more powerful and predictive analyses in direct support of integrated prevention.

The wearables program has extended its reach across various Army units, from infantry to military intelligence, exemplifying versatility beyond the Close Combat Force. Now any Soldier can participate in the new paradigm under the 'Bring Your Own Device' program for wearables. All OHWS-enabled units have the option to link their own personal smart watch as part of the effort.

"OHWS recognizes the best performance wearable is one that provides the Soldier with insights into their behavior habits and choices, which may very well be the one they bought themselves," Patterson said.

Integration of wearables accelerates transformation of human potential and survivability within the military landscape. By enhancing Soldiers' physical and mental well-being, these wearables have the potential to contribute to a more resilient and effective force.



# VICTORY... STARTS HERE



COMING SOON: A new feature in the Leader will be arriving soon that delves into the significance of the new road names on post.

Photo by NATHAN CLINEBELLE