

THURSDAY, MARCH 7, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

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Your Opinion Matters!

Your feedback can make a BIG DIFFERENCE in the quality of life for Army families.

Your Army Wants to Hear from You!

TENANT SATISFACTION SURVEY

March 4, 2024 - April 18, 2024

*Completely confidential

We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families. Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.

The completely confidential survey will be emailed from ArmyHousingSurvey@celassociates.com. For additional questions, please contact your local Army Housing Office.

OMB Control Number: 0704-0553. OMB Expiration date: 05/31/2025

Housing survey returns

Leader Staff Reports

The 2024 Resident Satisfaction Survey launched March 4 post housing officials announced.

Residents living in privatized Army managed Family housing will be receiving a resident satisfaction survey within the coming days. Residents will receive an email with the survey link from ArmyHousingSurvey@celassociates.com.

The annual tenant satisfaction survey is an important way Army Leadership can gain insight into the resident experience.

The survey will help the Army improve privatized and Army-owned housing facilities and ensure the best quality of life for residents. The survey is completely confidential. Residents are asked to follow the below guide if no household members receive the email.

If you have not received a survey email first check your spam folder, then check with your spouse, partner, or other household member(s) to determine if they received the email. If you still do not have the survey contact CEL via email at ArmyHousingSurvey@celassociates.com to obtain a survey link. When you email CEL, you must include your installation name and complete street address including unit number, if applicable.

The survey is OMB Control Number: 0704-0553. OMB Expiration date: March 31, 2025.

Note: CEL is requesting your address information only to look up your home's Survey ID; this will ensure each household only completes one survey.

Each household may only complete one survey.

For more information, contact the Garrison Housing Office at 751-7567.

March is Women's History Month

Soldier Support Institute

The Army is one of the most diverse organizations in the United States. Every month the Army celebrates the diversity in its ranks. March is no exception as the service pays tribute to the women who, through their determination and contributions, have shaped America's history and whose efforts continue to pave the way forward and contributing on Women's History Month.

Col. Michelle M. Williams, commandant, U.S. Army Finance & Comptroller School is the first female serving in the position.

Q. Tell us a little bit about yourself:

A. I am Col. Michelle Williams, originally from St. Louis, Missouri, and have been in the Army Finance Corps just under 25 years. My commissioning source was ROTC and I was awarded the distinguished military graduate. I am currently serving as the first female Commandant, U.S. Army Finance & Comptroller School, and Chief of the Finance Corps. I also served as the first female, congressional budget liaison chief, where my staff was the interlocutors between the Headquarters Department of the Army Staff and congressional appropriators. To sum up my 25 years of experience, I consistently strive to employ avant-garde approaches to break through difficult barriers, build bridges, and solve multi-faceted complex problems.

Q. Why is important that we celebrate Women's History Month or what does it mean to you?

A. We must continue to celebrate Women's History Month because authentic leadership should always be celebrated at every opportunity, and it is our responsibility to instill hope and inspire the next generation of women. It is incumbent upon us to celebrate so that our history books reflect an accurate legacy of service,

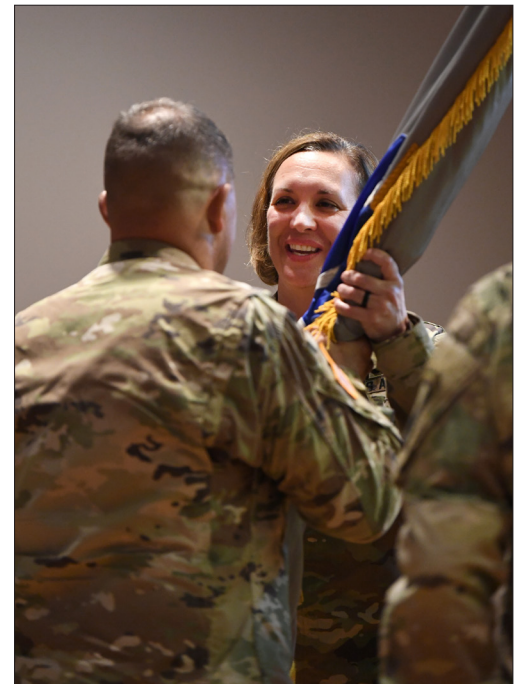


Photo by NATHAN CLINEBELLE
Col. Michelle M. Williams, commandant of the U.S. Army Finance & Comptroller School.

commitment, sacrifice, and honor. We must ensure our younger generations understand that history is also waiting for their names.

Q. Who are some women that have inspired you or had an impact on your life and why?

A. There are too many women to name. At the end of the day, we are all trailblazers at heart, and we must forge ahead to be the trailblazers for our younger generation.

Q. What were some challenges that you or others you may know faced during the time in the military and how has the military evolved

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ON THE COVER

Garrison Command Sgt. Maj. Brie Kotula receives the garrison colors from Col. Timothy Hickman during a change of responsibility ceremony, March 1 at the 1917 Club.

See Page 3



Photo by ROBERT TIMMONS

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

This electronic newspaper, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

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Garrison welcomes Kotula as CSM

U.S. Army Garrison - Fort Jackson, welcomed Command Sgt. Maj. Brie Kotula during a ceremony held at the 1917 Club March 1.

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

When Command Sgt. Maj. Cesar Duran passed the garrison colors to Col. Timothy Hickman, he also gave up his responsibility for the unit. When Hickman, Fort Jackson garrison commander, handed those colors to Command Sgt. Maj. Brie Kotula, he also bestowed on her a new title – garrison command sergeant major.

The passing of the garrison colors symbolizes the transfer of responsibility from the outgoing senior enlisted leader to another.

Hickman said he was impressed with her after meeting her for the first time.

“I’m happy to have (her) on the team,” Hickman said during the ceremony. “I know she’s excited about this duty and we’re happy to have her on the team ... Her bio is impressive. I encourage you to read it. We all found out quickly though that she has a very outgoing and positive personality, and a whole lot of energy.”

He added she will be a “very visible and vital member of a team that is largely behind the scenes.”

Hickman welcomed her to the team and added she would be one of the few “people in the garrison that are on the radar and on the stage all the time. I am happy you are here.”

Kotula, said it’s an “honor to be here at Fort Jackson” where she graduated Basic Combat Training and attended Advanced Individual Training in 2002. “When thinking about today, there’s a term I use, and I will frequently come back to – it’s an honor to serve. It’s truly an honor of



Garrison Command Sgt. Maj. Brie Kotula sings the Army Song after assuming responsibility for Fort Jackson’s garrison from Command Sgt. Maj. Cesar Duran, March 1.

a lifetime to be appointed as command sergeant major here at the garrison Fort Jackson.”

Kotula, who started her career as a light-wheeled vehicle mechanic, would reclassify into Explosive Ordnance Disposal in 2006. She held multiple leader-

ship positions including platoon sergeant, first sergeant and sergeant major. She deployed to Iraq and Afghanistan and her awards include Bronze Star Medal (two oak leaf clusters), Meritorious Service Medal (five oak leaf clusters), Army Commendation Medal (five oak leaf clusters),

Army Achievement Medal (five oak leaf clusters).

Her military education includes the Sergeants Majors Academy, Senior Leaders Course, the Advanced Leaders Course, the Basic Leaders Course, Airborne School, the Combat Lifesavers Course, the Army Recruiting Course, Advanced Improvised Explosive Course, Combatives Level One, and Human Resource Management Course. She has a bachelors degree in criminal justice and holds a masters in sports and health science with a concentration on exercise and rehabilitation.

She had big shoes to fill, she added.

“I can make you proud to keep this garrison running smoothy as you leave here,” she said to Duran.

“Command Sgt. Maj. Duran was involved in many things, too many to really highlight here,” Hickman said during the ceremony, “but I will highlight a few of them”

First, Duran “challenged the garrison to be the best at, and being passionate about, taking care of people and ensuring strategic readiness,” Hickman elaborated. Secondly, the outgoing sergeant major created biweekly maintenance meetings to focus “specifically on barracks and dining facilities.”

Hickman lauded Duran’s efforts crediting him with “dramatically reducing the number of outstanding work orders.”

Duran was also hands on with the Better Opportunity for Single Soldiers program and “passionately” invested in the Fort Jackson Family and Morale, Welfare and Recreation program.

“We recently renamed the NCO Club to the 1917 Club,” Hickman joked. “I gotta say Cesar’s Place was a serious contender.”

Duran said he will have fond memories of playing at Victory Bingo and relaxing in the Down Range Bar, but will also “miss the synergy that has been created at Fort Jackson ... I will miss the (Department of the Army) Civilians, contractors and Soldiers that made the little things happen.”

Duran is headed to Fort Knox, Kentucky to be the G3 sergeant major for U.S. Army Recruiting Command.

Community Updates

ANNOUNCEMENTS

2024 Active Spouses Survey

The Active-Duty Spouses Survey is out. It assesses the impact of military life on spouses and their families. Unlike many surveys about military family life, this survey is a representative sample and is authorized by the Department of Defense. This is our opportunity to share what is working and what is not working in this military life we all live. It will take about 10 minutes.

How do I take the 2024 survey:

1. Visit <https://www.dodsurveys.mil/>
2. Click the "Don't have a ticket" button.
3. Put your 10-digit beneficiary DOD ID number found on the back of your military ID Card. This ensures only military spouses are the ones completing the survey and they are completing it only one time. It is an anonymous survey.
4. Put in your day of birth and click the "get my ticket number" button.
5. Click Start Survey

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 home.army.mil/jackson/about/fort-jackson-road-renaming.



Family, Volunteer of the Year

Army Community Service is accepting nominations for the Family and Volunteers of the Year through March 29. The

family and volunteers of the year will be recognized in a ceremony, April 18. Nomination forms are available at: Jackson.armymwr.com/programs/army-volunteer-corps select Make a Difference in Our Community-Volunteer. Download and submit nomination packets to the Army Volunteer Corps Coordinator's office, Bldg. 9810, Liberty Division Road. For more information, call (803) 751-5444.

COMMUNITY EVENTS

TODAY

Social Intelligence

9:30-10:30 a.m., MS Teams. The USAG Workforce Development Program and the Employee Assistance Program are partnering to offer the Leader/Workforce Development Training "Social Intelligence." The training will help us navigate better experiences in our social environment. Whether we're at home or at work, knowing how to be more aware of ourselves and our surroundings can help us make the best out of any social situation.

MARCH 14

Community Information Exchange

11:30 to 1 p.m., NCO Club. Join Maj. 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.

Financial Retirement Planning

9-10 a.m., MS Teams. The USAG Civilian Workforce and Fort Moore Workforce Development Program are partnering to offer "Financial Retirement Planning." Take time to learn about planning for retirement so you'll be prepared for today's needs and wants, while also paving the way to meet your future financial goals and enjoy the retirement you deserve. We'll discuss strategies and resources

to help you fine-tune or establish your retirement plan. understand, control and stay on top of your credit and debt. money - create a spending plan that lets you pay your living expenses now while saving for tomorrow.

MARCH 17

Soccer Clinic

1-3 p.m., Youth Sports Complex. Fort Jackson Youth Sports presents a soccer clinic for children 5 to 14 years old. The free clinic is hosted by the Charlotte Football Club. Pre-registration is required. For more information, call 751-7451.

MARCH 19

Meals in Minutes & Your Budget

9-10 a.m., MS Teams. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Meals in Minutes & Your Budget" class. This session will teach how to save calories while also optimizing your budget. The class provides tips on meal prepping, eating out, recipes, comparison shopping, meal planning, shopping lists, cooking tools, and ways to save money.

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. For more information or to register, visit Marion Street Station or call 751-3484.

MARCH 25

Spouse's Green Table Talk

10-11 a.m., Victory Hall. The USAG Civilian Workforce Development Program



Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

MARCH 8

■ Wonka (PG) 6 p.m.

MARCH 9

■ Arthur the King (PG-13) 2 p.m.
(Free Showing)

MARCH 13

■ Aquaman and the Lost Kingdom (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.

ROER RIVER STREET



By **FIELDING FREED**
Basic Combat Training Museum

After defeating the German army in the brutal Battle of the Bulge in late 1944 and early 1945, the last major barrier before the Rhine River and then Berlin was a series of fortifications and rivers known as the Siegfried Line. Of these, the Roer River was the first hurdle.

Controlled by a series of dams, the Roer River presented a tactical challenge to the U.S. Army. If the Allies destroyed the dams, flooding would damage bridges and delay the Roer's crossing for an uncertain amount of time. If the Allied advance continued prior to the dams' destruction, the Nazis could open the flood gates and wreak havoc on U.S. Army troops caught downstream.

The matter was undecided when the U.S. Ninth Army commanded by Lt. Gen. William H. Simpson planned the assault across the Roer River, code named Operation GRENADE, to begin on Feb. 8, 1945. Anticipating the attack, the Germans settled the dilemma by sabotaging one of the dams sending flood waters which raised the river 10 feet and delayed the operation two weeks.

Now faced with a swollen river and orders to attack, U.S. Army combat engineers

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?



U.S. Army Signal Corps photo

Engineers construct a pontoon bridge over the Roer River in 1945.

rose to the challenge by building numerous foot and vehicular bridges, often while under heavy enemy fire. Pressured for time, any means to get men across the river quickly were used. The Executive Officer of the 13th Infantry Regiment, Lt. Col. Earle L. Lerette, designed a cable operated ferry enabling the men of the 1st, 2nd, and 3rd Battalions to safely cross the Roer on Feb. 23-24 in just over 24 hours.

In recognition of their engagement, the 13th Infantry Regiment earned a streamer

for the Rhineland Campaign which included Operation GRENADE. Today, the 13th Infantry Regiment is part of Fort Jackson's 193rd Infantry Brigade.

Where is it?



I CAN TRUTHFULLY SAY THAT THE OPERATIONS OF THE NINTH ARMY, SINCE 23 FEBRUARY LAST, HAVE BEEN UP TO THE BEST STANDARDS.



Scan to learn more about the 13th Infantry Regiment in World War Two

- British Field Marshall Bernard Montgomery
Commander, 21st Army Group

Month

Continued from Page 2

since then?

A. We all have challenges, more importantly it is the way you meet those challenges and overcome them throughout your life. Perspective is the key and will set the course for what happens in your future. To quote a talented and amazing woman who made history outside of the Armed Forces, Aretha Franklin, "It's the rough side of the mountain that's the easier to climb; the smooth side doesn't have anything for you to hang on to." Keep this quote handy when working through challenges throughout your life.

Q. What made you join the Army?

A. Believe it or not, I initially joined the Army to find a way to pay for my college education, as we did not have the benefit of debt forgiveness. I received a four-year ROTC scholarship and graduated with a Bachelor of Science from Florida Institute of Technology in Business Administration in 1999. Then I was fortunate to have another opportunity to obtain an Army financed graduate degree from Georgetown University in Public Policy Administration. Later, I received another Master's in Strategic Studies from the Army War College.

Q. How do diverse teams improve our squads?

A. Diverse teams enrich our squads by fostering creativity, improving decision-making, enhancing adaptability, and driving innovation and engagement. Embracing diversity is not only the right thing to do but also essential for building strong and successful teams in today's dynamic and interconnected world. Diverse teams offer numerous benefits to our squads - I will highlight two:

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Photo by NATHAN CLINEBELLE

Garrison Command Sgt. Maj. Brie Kotula rolls the first ball in Army Emergency Relief Annual Kickoff Campaign bowling tournament.



Photo by ROBERT TIMMONS

Retired Lt. Col. Joel J. Levesque, Army Emergency Relief chief financial officer and treasurer, speaks during Fort Jackson's AER campaign kickoff ceremony, March 1 at Century Lanes on post. He said there are 37 different categories of assistance through AER. 'We want to be the number one place you go to for financial assistance,' he said.



Photo by NATHAN CLINEBELLE

The AER campaign kickoff bowling tournament trophy waits for the next unit to win the tourney.



Photo by ROBERT TIMMONS

Maj. Gen. Jason E. Kelly, post commander, speaks of how AER supports Fort Jackson at the event.



Photo by NATHAN CLINEBELLE

A bowler displays good form as he rolls the ball down the lane during the 2024 Army Emergency Relief Kickoff bowling tournament held at Century Lanes on post, March 1. The event saw units from across post face off on the bowling lanes. AER has been helping the Army help its own since 1942.



Photo by NATHAN CLINEBELLE

A bowler tries to pick up a spare during the AER Kickoff bowling tournament held at Century Lanes, March 1. The tournament was won by a team from Moncrief Army Health Clinic. 'Our AER goal this year is that everyone is informed, 100% informed,' said Maj. Gen. Jason E. Kelly, Fort Jackson commander at the event. 'No one on this post should not know that we've kicked this thing off today and there is an AER campaign underway.' Last year AER provided \$67 million in assistance Army-wide.

Bowling for \$\$

Tournament kicks off AER Campaign

By ROBERT TIMMONS
Fort Jackson Public Affairs

Army Emergency Relief has been helping the Army help its own for more than 80 years.

On March 1, Fort Jackson joined the Army in kicking off the annual campaign with a bowling tournament held at Century Lanes.

"Today is a great day for Fort Jackson," said Maj. Gen. Jason E. Kelly, Fort Jackson commander. "It is a great day for all of our Soldiers and their Families, as we officially open the 2024 AER Campaign. Our AER goal this year is that everyone is informed, 100% informed.

No one on this post should not know that we've kicked this thing off today and there is an AER campaign underway."

"AER ensures that no Soldier faces financial hardship alone," Kelly stressed.

"Army Emergency Relief is a nonprofit organization that was established to help Soldiers and their Families in times of financial need," said Capt. Lashaya Clark, Fort Jackson's AER campaign coordinator. "The purpose of this campaign is to bring awareness to the AER program and gives Soldiers to opportunity to donate.

Since 1942, AER has provided over \$2 billion to nearly 4 million Soldiers, including \$1 billion since Sept. 11, 2001 through zero-interest loans, grants and educational scholarships. In 2023 Fort Jackson provided over \$935,000 to 534 families during their time of need.

The 2024 AER campaign motto, "Supporting Soldiers since 1942," reminds everyone of our purpose, Clark said.

"Taking care of Soldiers is what we do," she said.

There are 37 different categories of assistance

AER offers including emergency travel, home repair, special needs medical equipment and child care.

When someone is in financial need "they'll go someplace outside instead of going to AER,"

said retired Lt. Col. Joel J. Levesque, AER chief financial officer. "They will go to a little pawn shop or go to a payday lender. They'll max out their credit card ... but they are not coming to AER first. We want to change that this year ... We want to be the number one place you go for financial assistance."

AER does a lot of assistance. Last year AER provided \$67 million in assistance

Army-wide with roughly \$5.5 million of that in grants, Levesque said. In that time frame, Fort Jackson raised about \$180,000.

"Bottom line, AER is good for us," Kelly said. "They provide more assistance than they brought in previous years."

To be eligible for AER assistance individuals must be:

- Soldiers on active duty and their eligible dependents
- Army Reserve and National Guard Soldiers activated on Title 10 orders for more than 30 days and their eligible dependents
- Soldiers retired for longevity, medical or upon reaching age 60 (reserve component) and their eligible dependents
- Surviving spouses who have not remarried and children of Soldiers who died on active duty or died after reaching retirement eligibility

Donors make their pledge online with a one-time recurring donation via credit card, eCheck or PayPal, or by a paycheck allotment through the Defense Finance and Accounting Service.

BOTTOM LINE, AER IS GOOD FOR US ... THEY PROVIDED MORE ASSISTANCE THAN THEY BROUGHT IN PREVIOUS YEARS

- Maj. Gen. Jason E. Kelly
Fort Jackson commander

Fresh, healthy warrior restaurant officially opens

By **ROBERT TIMMONS**

Fort Jackson Public Affairs

The Army, and Fort Jackson, came one step closer to revolutionizing the way its feeds its Soldiers with the grand opening of Victory Fresh.

"We can have all the planes, trains and tanks and guns that we want," said celebrity chef Robert Irvine. "But if we don't have the soldiers behind them, it doesn't make any sense."

The Army partnered with the Robert Irvine Foundation to provide a way to improve the nutrition of Soldiers while decreasing the amount of time necessary to eat healthy meals. The partnership has created a facility in the Pentagon and plans are in the works for others across the Army.

While trainees will still go through the lines of old school dining facilities their drill sergeants don't always get a chance to eat a good meal. This changes that.

"This affords our cadre, who have unusual work schedules, to still have healthy meal options on their schedule to be able to eat meals within that time," said Post Command Sgt. Maj. Erick Ochs.

"Our teammates are surely busy, and this provides them an opportunity throughout their day to stop and get a grab and go and get right back into it," added Command Sgt. Maj. Ricky Jackson, commandant of the U.S. Army Drill Sergeant Academy. Victory Fresh is located inside the academy's dining facility.

Victory Fresh is open Monday through Friday with grab 'n go open from 9 a.m. to 4 p.m. and other offerings are available from 11 a.m. to 2 p.m. All meals include a beverage and dessert.

The warrior restaurant is just a part of the "global expansion and modernization of food service."

The establishment originally opened with grab 'n go meals and a build-your-own power bowl but has now expanded to include pizza and a barbecue station with a rotation selection of proteins.

Most people think pizza is unhealthy, but that isn't necessarily the case, Irvine said.

"Well, it is (healthy)," he said. "Why? Because we use whole-wheat, whole-wheat flour. We use low fat cheese, fresh tomatoes ... I can cook a pizza in 90 seconds ... Everything in there is fresh, from the vegetables, from the salads ... the chick is roasted daily."

Victory Fresh has been well received since its soft opening, but the grand opening has been highly anticipated.

**VICTORY FRESH
FITS A MAJOR PART
OF THE ARMY'S
HOLISTIC HEALTH
AND FITNESS EF-
FORTS.**



Photo by **ROBERT TIMMONS**

A worker at Victory Fresh warrior restaurant pulls a pepperoni pizza out of an oven that can cook a pizza in 90 seconds. The pizzas are made with fresh, low fat ingredients.

"I have about 4,000 Soldiers here on the installation that are permanent party," and thousands of civilians, Ochs said. "We're looking for healthy meal options. As we focus on our Soldier health and wellness, we also want to focus on our civilian employees."

Victory Fresh fits a major part of the Army's Holistic Health and Fitness efforts.

The facility "is by design exactly the tool that is so important to fitness preparation, training and education," Ochs said. It will provide healthy options as an alternative to fast foods where they will have "a healthier meal option, even when they don't have time for a proper sit-down meal."

Jackson said it would also be the top place to eat on post.

"We believe we train physically fit, disciplined Soldiers that are ready to go out to our force and this just enables them," said Jackson, who heads up an academy that trains all the Army's drill sergeants. "Holistically, I would say that across the installation this is the place to be."



Photo by **NATHAN CLINEBELLE**

A group of dignitaries including Robert Irvine, Post Command Sgt. Maj. Erick Ochs and Command Sgt. Maj. Ricky Jackson, Drill Sergeant Academy commandant, cut the ribbon to officially open Victory Fresh, Feb. 28.



Month

Continued from Page 5

1) Broader Perspectives - diverse teams bring together individuals with unique backgrounds, experiences, and viewpoints. This diversity of perspectives encourages innovative thinking and problem-solving

approaches that may have yet to be considered.

2) Improved decision-making - diverse teams are better equipped to analyze complex problems from multiple angles and make more informed decisions. By considering diverse viewpoints, teams can identify potential blind spots and develop more comprehensive strategies.

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

ALPHA COMPANY SOLDIER LEADER OF THE CYCLE

Pfc. Joseph E. Thomas

SOLDIER OF THE CYCLE Spc. Kory L. Gatley

BRAVO COMPANY SOLDIER LEADER OF THE CYCLE

Spc. Jacob B. Torres

SOLDIER OF THE CYCLE Pfc. Victoria L. Paine

CHARLIE COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Xavier Labeach

SOLDIER OF THE CYCLE Pvt. Alvaro Arevalo

DELTA COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Nikolas Bodyu

SOLDIER OF THE CYCLE Pvt. Davion Holmes

ECHO COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Denaya Thompson

SOLDIER OF THE CYCLE Pvt. Alisha T. Wilcox



STAFF SGT. NICHOLAS KILPATRICK

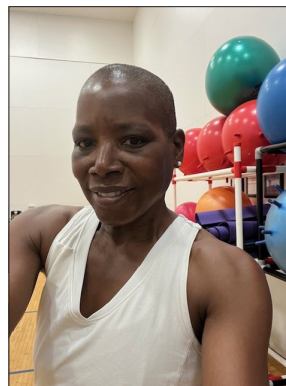
DRILL SERGEANT
OF THE CYCLE

'The Weigh It Is' with Pam Long

There is so much to be excited about now that you have decided to take control of your wellness and begin a healthier lifestyle. With exercise as your starting point, you are in for a real treat because exercise will do wonders for your body and wellness. It is always my mission to let people know what they can truly gain from the beneficial goodies as it relates to exercise. Knowing how often you should workout and what exercises you should do is important but knowing the bigger picture (the wellness picture) about what exercise does for you is worth telling. With exercise, get ready to:

- Feel better
- Look better
- Act better
- Perform better

There are so many rewarding gains from making exercise a regular part of your lifestyle, but for many beginners it can be overwhelming if you do not know where or how to begin. To increase your level of success, it is always good to have a plan. Walking into a gym and not knowing how to work the equipment, gym hours, proper workout



Long

your life for the better ... forever.

Feel better

When you begin your exercise program you will immediately begin to 'feel better.' Some noticeable changes include sleeping better. The regular dose of exercise helps set your internal clock so you can fall asleep faster and stay asleep. By exercising 30 minutes a day, daily or at least four times a week you can improve your quality of sleep and begin to enjoy a more restful bedtime. Another 'feel better' benefit beginners experi-

ences, etc.; all these things and more play a big role in motivating you or turning you off. Take a moment to make sure that you have prepared yourself for an adventure and journey that will change

ence is more energy. So many believe if they workout it will make them tired. It does just the opposite. Exercising improves your oxygen intake and blood flow; giving you more energy to do daily tasks that used to challenge you, but with regular exercise those tasks become easier. This is a sign that your body is becoming more efficient. These are just some of the 'feel better' benefits you can expect with your new exercise program.

Look better

Of course, one of the main reasons people are willing to exercise is because they want to look better. When you exercise regularly, your skin gets nourishment that makes it glow and take on a more youthful appearance. Exercising helps excess inches come off the body rather quickly, making you fit your clothing more comfortably. Inches off the body are often one of the first signs that exercise is working. This is one of the reasons why I encourage people to reach in the back of their closets and try something on they have not worn in a while. When they notice the inches off; it can be quite motivating.

Exercising lifts and shifts our physique, making it more pleasing when we look in the mirror. Exercise helps improve your oxygen intake and your blood flow. Both support healthier, stronger, shiner hair, longer, stronger nails, and even brighter eyes. You cannot help but look better when you are taking care of your body with regular exercise.

Act better

One sign that you have embraced your new exercise regime is that you are beginning to act better. Your mind is receiving a workout that helps with depression, aggravation, or aggression. Exercise can be the mental and emotional release you need to help cope with your day. We all have challenges in our daily life; it is unavoidable, but how we approach and handle that emotion (those emotions) is where exercise can come to the rescue and make all the difference. You will even begin to look forward to your workout when your day has been stressful and challenging. Exercise ... let it lift your

Events

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and the Army Community Service Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training “Spouse’s Green Table Talk” class. Join other spouses and an experienced financial counselor in a comfortable setting to converse about financial interests, concerns and/or the things that are important to today’s military spouse. The counselor, who comes with a wealth of personal finance knowledge and experience listens and provides insight, tips and resources.

MARCH 26
Healthy Retirement Packet

Noon to 3 p.m., MS Teams. The USAG Civilian Workforce Development Program and Army Benefit Center-Civilian are partnering to offer the Leader/Workforce Development Training “Healthy

Retirement Briefing.” Join ABC-C as they discuss what a healthy retirement packet should look like.

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.

MARCH 30
Easter Golf Ball Hunt

1-3 p.m., Palmetto Greens Mini Golf Course. Free entry. Hunt golf balls while playing miniature golf for prizes, cupcakes and cookies. For more information, call 751-4058.

MARCH 31
Easter Sunrise Service

6:30 a.m., Hilton Field. Fort Jackson holds the annual Easter Sunrise Service.

Weigh

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mood and lighten your emotional load.

Perform better

Finally, as you begin exercising on a regular basis, you recognize you are performing and doing things better. What was once hard is now easier on your body. You can go up a flight of stairs and your heart rate will rise to the challenge but will almost immediately calm back down. That is a sign of a more efficient heart. You make fewer trips to your car to get the groceries because you can carry more than before. You are no longer looking for the closest parking space (you don’t mind walking). This list goes on and on. You are in for some real wellness treats and confidence boosters. In addition to the above benefits, your new exercise program should include the following to ensure your program is meeting the needs of your body.

First, you need to get your cardiovascular exercise in. Cardio works the heart (a muscle) and gets things pumping. Try to do something that you like to help ensure you will stick with it. There are many types of cardiovascular exercises to choose from including: walking, jogging, cycling, dancing, (just to

name a few). Aim for 20 to 30 minutes a day; five days a week for heart health and weight loss results.

Your regular exercise program should include weight training exercises to help strengthen your muscles and bones. Exercises such as pushups, shoulder presses, and reverse flies are great for the upper body, while squats and leg extensions are very effective for sculpting the legs. Always end your exercise routine with gentle stretches to help keep soreness to a minimum. Another positive of stretching is that it helps sculpt your warm muscles, created during weight training.

If you belong to a gym, ask for an appointment to learn how the equipment works and how to properly adjust equipment, so you can get the most out of your gym experience. Exercise is a whole new world waiting to transform your body and wellness.

Pam’s thought for the week: “Everything is better when you work it out.”

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.

DID YOU KNOW: All liquid chemicals must be stored below eye level when not in use to prevent possible eye injuries. For more information, contact your unit safety officer.

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	9:30-10:30 A.M.	MAIN POST CHAPEL
CATHOLIC MASS	MON-FRI	NOON	MAIN POST CHAPEL
GOSPEL SERVICE	SUNDAY	10:30 A.M.	KINGS MOUNTAIN CHAPEL
GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
REVIVE SERVICE	SUNDAY	5 P.M.	MAIN POST CHAPEL
HEATHEN/PAGAN	EVERY 2ND AND 4TH SATURDAY	NOON TO 2 P.M.	CENTURY DIVISION CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	CENTURY DIVISION CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	KINGS MOUNTAIN CHAPEL
JEWISH SERVICE	SUNDAY	10:15-11:30 A.M.	LIGHTNING CHAPEL
THE CHURCH OF JESUS CHRIST OF			
LATTER DAY SAINTS	SUNDAY	10:30 A.M. - NOON	WASHINGTON ROAD CHAPEL
HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL

Pierce Terrace continues walk to school program

By **LORRAINE EMORY**
Pierce Terrace Elementary School

Once a month, Pierce Terrace Elementary School students are invited to walk to school with staff members as part of their "Walk-to-School" program.

On announced days throughout the school calendar, students will meet up in the parking lot at the end of Carter Road and walk with supervision to school.

The program for this school year will end with a Walk to School week, when the students will walk every day from May 13-17.

Kids who are active and receive some exercise before school can have a better day because it improves their focus and concentration and fosters a sense of physical and mental well-being.

The focus of walking to school aims to promote lifelong healthy habits, emphasizing fitness, nutrition, and overall well-being.

The physical therapist and walk-to-school organizer, Dr. Kris Albrecht, said, "I encourage our students to get outside and get some exercise."

Walking has many health benefits. Exercise strengthens muscles and builds strong bones, toning the entire body. Walking increases heart rate, which can enhance learning throughout the school day by enhancing cognitive function. Walking elevates one's spirits.

Making the most of the daylight by going outside contributes to a productive start to the day. Children can unwind and burn off steam while strolling to school before entering the classroom to study.

Children who walk to school tend to feel more self-reliant, self-assured, and in charge of their lives. Students will gain more knowledge about road safety. Upon reaching the age of walking alone to school, kids will possess the necessary self-assurance and expertise to arrive at school punctually and safely.

Another fantastic advantage is that walking to school lessens morning traffic. By walking, you can avoid this route entirely



Courtesy photo

Amy Wegner drops off her daughter, Isla, the first student in the morning for the walk-to-school program. The program encourages students to walk to school on certain days throughout the school year.

thus avoiding adding to traffic, pollution, and carbon emissions when you drive to school. Fewer cars on the road will eventually result in cleaner air for all of us. In addition to getting all the health advantages of walking, you'll contribute to lowering carbon emissions.

Walking to school is an excellent chance to strengthen ties within the community and experience a rise in social contact. Take a stroll with your friends in groups and observe your environment and the sights you pass on the way to school.

Parents and educators are also encouraged to participate.

"I would like to see more students walking to school each day and joining the staff on our monthly community walk," Albrecht said.



LOCK IT OR LOSE IT



Be Smart. Stay Safe.

- Always keep valuables out of sight or in the trunk.
- Never leave valuables in unattended vehicles.
- Always lock your vehicle.
- Notify the police of any suspicious activity.

Non-Emergency 803-751-3115
For All Emergencies Dial 9-1-1

VICTORY... STARTS HERE



Soldiers line up inside Victory Fresh to have their power bowls made, Feb. 28. Victory Fresh held its grand opening ceremony that day.

Photo by NATHAN CLINEBELLE