

VOTED BEST DIGITAL PUBLICATION 2023

THURSDAY FEB. 29, 2024

THE FORT JACKSON LEADER

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SPEED MENTORING

CADETS MEET THEIR POTENTIAL FUTURE



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Dental team visits Pierce Terrace Elementary

By LORRAINE EMORY

Pierce Terrace Elementary School

Two teams of dentists from Hagen Dental Clinic at Fort Jackson visited Pierce Terrace Elementary School on Feb. 20.

They came to talk about oral hygiene and give a dental screening to each student. February is the National Children's Dental Health Month where thousands of committed professionals, healthcare providers, and educators come together for a month-long national health observance to highlight the advantages of good oral health for kids, parents, and teachers.

Pre-K, kindergarten, and first-grade students received dental screenings and education from the dental team regarding potential dental issues. The team from Hagen spent most of the day with the students to ensure that the second group of Pre-K pupils got the chance to learn about dental care and be screened for concerns in the afternoon.

Dental screenings are intended to identify oral health concerns such as gum disease, tooth decay, and other difficulties early on when they are easier to treat. Additionally, the exams are utilized to educate patients on the best ways to take care of their teeth and gums. Dental caries and other oral diseases afflict children all over the world. If dental health is neglected, it can deteriorate over time and negatively impact children's overall health. It also has financial ramifications at the home and community levels.

Although cavities are avoidable, they are children's most frequent chronic dental problem. Cavities are sometimes referred to as caries or tooth rot. Those with dental health issues frequently miss more school and get worse marks than those without it.

A public health initiative known as "school dental screening" involves examining children's oral health in a school environment and informing parents about their child's oral health and any required care. It tries to identify oral health problems at an early age and motivates parents



Courtesy photo

Kindergartener, Aubrey Tucker, gets a personal dental screening from Capt. Stephen Anderson.

to seek treatment when required.

After their screening, each student received a bag of goodies containing a free toothbrush and toothpaste from April Haymon, the education technician. A few students compared their toothbrushes and their friends' colors.

A more in-depth examination may be required if the dental screening is unsuccessful. Pupils who do not pass the dental screening will be referred for a complete dental examination by the school nurse, and they will need to follow up with their family's dental provider.

ON THE COVER

A cadet listens to Maj. Gen. Jason E. Kelly, Fort Jackson commander, give opening remarks at the LTG Stephen M. Twitty LPD Symposium held in Fort Jackson's post theater, Feb. 23.



Photo by ROBERT TIMMONS

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THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is distributed online. To submit articles, story ideas or announcements, write the Fort Jackson Leader, 3330 Century Division Ave., Fort Jackson, S.C. 29207, or call (803) 751-6739 or e-mail usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

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CYS announces Pickens CDC closure

Story, photo by
ROBERT TIMMONS

Fort Jackson Public Affairs

Fort Jackson's Child, Youth Services held a town hall, Feb. 22, to speak directly to families about the temporary closure of the Pickens Child Development Center and allay any questions they had about their children's care.

"The CDC has had constant infrastructure issues," said Sabine Alsup, post CYS coordinator. "If you have been there long enough, we had to shut down the building for issues with the water, with heat, with air conditioning and with sewage ... the building was built in 1987 and there are a lot of infrastructure issues."

The building's plumbing; heating, ventilation and air conditioning systems will be completely upgraded to include floors being torn up for crews to replace pipes that have collapsed.

"The contract was awarded for 330 days," Alsup said, "so we are looking at being out of that building a minimum of a year ... please plan that we are going to be in those alternate facilities for at least one year – but it could be longer."

Pickens CDC will close on March 15 to facilitate the move.

"We will have to move equipment from Pickens CDC to these alternate locations," Alsup added. "I will have limited spaces on a first come, first served basis. If you need care that day, I am asking you to stop at the front desk at Pickens to request that care."

She also requested families make alternative care arrangements for that day. Those who do



Sabine Alsup, Fort Jackson Child, Youth Services coordinator, speaks to Family members about changes to child care during a townhall meeting held in the Joe. E. Mann Ballroom, Feb. 22.

will be credited for that day.

Children will be seen at other CDCs on post during the renovation.

The Middle School and Teen after school program will not be offered

March 1 as equipment is moved to the Solomon Center.

Starting on March 4, youth care will start at the Solomon Center.

School aged children, attending Lighthouse CDC and Lighthouse Student Activity Center, and go to either Pierce Terrace or C.C. Pinckney elementary

schools, will go to the Middle School and Teen Center (Bldg. 5975), while students attending Richland One or Richland Two schools will start afternoon care at the Scouts Out SAC (Bldg. 5614), March 7.

Parents who drop off their children before 5:30 a.m. at Lighthouse CDC will continue to do so, Alsup added. Fort Jackson CYS will transport the children to their respective centers. This is for Lighthouse CDC patrons only.

Pickens CDC children will be at the following locations beginning March 18:

Lighthouse CDC (Bldg. 5979):

- Infant 1A and B
- Infant 2A and B
- Toddler 4 side B
- Preschool 4A and B

Lighthouse SAC (Bldg. 5978):

- Infant 3A and B
- Toddler 3A and B
- Toddler 4 side A only
- Preschool 3A and B

Liberty Extended Care (Bldg. 4680):

- Toddler 1A and B
- Toddler 2A and B

Middle School and Teen Center (Bldg. 5975):

- Strong Beginning 1
- Strong Beginning 1
- Preschool 5
- Infant 4A and B

The move will not change programming and routines will remain the same, nor will it cause a loss of spaces or a fee increase.

"I know there is a lot of uncertainty around this," Alsup said. "Your children, as of now, will be with the teachers that they know; the teachers they come to every day; and the children they are used to being with."

Parents can volunteer to move their children between programs by scanning the QR code.

For more information, call (520) 671-8534.

(Editor's note: Visit the Fort Jackson CYS Facebook page to watch the town hall in its entirety.)

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.



Voter Assistance

Looking for help in with voting in the primaries? Visit <https://www.fvap.gov/>

portal/login/auth.html for election information.

Acute Care Clinic Closure

The Acute Care Clinic permanently closed Feb. 11. Patients may schedule an appointment with Integrated Health Medical Home, by calling (803) 751-CARE (2273) or may request an appointment through MHS Genesis. If you need urgent care, please see the QR code for a list of all urgent care clinics in the area.



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

FRIDAY

Garrison Change of Responsibility

10 a.m., Victory Field. Command Sgt. Maj. Cesar Duran relinquishes responsibility for U.S. Army Garrison Fort Jackson to Command Sgt. Maj. Brie Kotula.

AER Campaign Kickoff

3-5 p.m., Century Lanes. Join the Fort Jackson community to formally signify the start of the post's 2024 AER Fundraising Campaign and to showcase the AER program to the community. The campaign creates a program awareness

among post leaders, Soldiers, retirees and their Families.

TUESDAY

Early Career Pre-Retirement Overview

2-5 p.m., MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center - Civilian are partnering to offer the Leader/Workforce Development Training "Early Career Retirement Pre-Retirement Briefing." Join ABC-C as they discuss the benefits and retirement process for those early in their career.

Meals in Minutes & Your Budget

1:30-2:30 p.m., Bldg. 9810, Rm. 119. 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 7

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.



Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

MARCH 1

■ The Color Purple (PG-13) 6 p.m.

MARCH 2

■ Ricky Stanicky (R) 2 p.m. (Free Showing)

MARCH 6

■ 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.

TANK HILL PARKWAY



By **FIELDING FREED**
Basic Combat Training Museum

Public utility water storage tanks are scattered throughout communities across the country. They are so common they do not generate much, if any, curiosity. Fort Jackson's, which is located on what is known as Tank Hill, is definitely an exception. The renaming of Hampton Parkway to Tank Hill Parkway offered the Renaming Committee a unique opportunity to make a decades old nickname official.

Of the landmarks on Fort Jackson, Tank Hill is the most famous or infamous depending on who you ask. For generations of trainees, running up Tank Hill was both a physical and psychological hurdle. In addition to looming large in the memory of former trainees, this critical piece of Fort Jackson's infrastructure has an interesting history.

During World War I, drinking water for Camp Jackson was provided primarily by the City of Columbia's water system. By 1941, the fort's increase in demand required the construction of a new 1.8 million gallon tank complete with a pumping station capable of providing five million-gallons of water daily. Locating it uphill ensured enough water

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?



Photo courtesy RETIRED SGT. FIRST CLASS SEADA JUAN SANTIAGO

Aerial view, circa 1958, of Fort Jackson with World War II era water tank, lower right

pressure from gravity to supply the entire cantonnement (permanent buildings and facilities).

A new tank was built in 1991 to replace the old one. The two stood side by side for almost twenty years until deteriorating conditions required removal of the 1941 tank.

Where is it?



IT WAS AT THE WATER TANK AFTER RUNNING UP TANK HILL THAT I ALWAYS HIT A BRICK WALL AND FELT LIKE I COULDN'T RUN ANOTHER YARD.

- Dan Robbins

Company E, 1st Battalion, 5th Infantry Regiment



Scan to learn more about Tank Hill

Army astronaut receives rare device

By **CHRISTOPHER HURD**
Army News Service

Secretary of the Army Christine Wormuth awarded Col. Frank Rubio the Army Astronaut Device during a pinning ceremony at the Pentagon Feb. 22.

Rubio spent 371 days aboard the International Space Station from 2022-2023 breaking the record for the longest spaceflight for an American astronaut.

"Col. Rubio, you are a stellar example of the Army's core values and what it means to lead a life of service," Wormuth said. "You inspired audiences around the world as you orbited the Earth for 371 days, and now, back on Earth, you continue to inspire others as you share your experience with the public."

The Army awards the astronaut device to personnel who complete at least one operational mission in space. With the award, Rubio joins Col. Anne McClain and Col. Andrew Morgan as the only active-duty Soldiers authorized to wear the device.

Army astronauts choose which specialty badge the device is placed on their uniform. Rubio will wear his on his senior aviator badge.

A former UH-60 Black Hawk pilot, Rubio flew more than 600 combat flight hours during several overseas deployments. He then transitioned to the medical field as a family physician and flight surgeon before being selected as a NASA astronaut in 2017.

He served as a flight engineer for Expeditions 68 and 69, supporting numerous research projects including particle vibration experiments, biological testing and 3D tissue printing while also performing three spacewalks outside

Cadets meet their future

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Reserve Officer Training Corps cadets from universities across the Carolinas gathered at Fort Jackson Feb. 23 to hear from senior officers about what to expect after they receive their commissions.

The annual LTG Stephen M. Twitty Leadership Development Symposium, first hosted in 2017, is for cadets from various universities and colleges in Fort Jackson surrounding areas to meet with general officers and get mentoring first hand.

It began as a part of the South Carolina State University and blossomed into an event stretching across the Palmetto State and into North Carolina.

Events at the symposium include company grade and general officer panel discussions and speed mentoring sessions.

“Prepare yourselves to take advantage of this opportunity to engage leaders throughout this day,” said Maj. Gen. Jason E. Kelly, Fort Jackson commander, to the Soldiers in attendance. “I think it will help you chart a path for you.”

For the first time, the event provided company grade officers assigned to Fort Jackson an opportunity to attend and participate in the general officer panel discussion. Some non-commissioned officers also came to the symposium.

“I hope that you have questions, things that you thought about for our senior leaders,” he added. “We will have a panel of some senior leaders who are little closer to where you are and you’ll even have an opportunity to engage senior enlisted leaders.”

The 10 general officers at the event were:

Lt. Gen. Maria Gervais, Training and Doctrine Command deputy commander

Lt. Gen. Donna Martin, Army Inspector General

Lt. Gen. Kevin Vereen, Army Deputy Chief

of Staff, G-9

Maj. Gen. David Wilson, commander, Army Sustainment Command

Maj. Gen. William Green, Jr., Chief of Chaplains

Maj. Gen. Robert Harter, 81st Readiness Division commander

Maj. Gen. Eugene LeBoeuf, deputy commander U.S. Army Reserve Command

Maj. Gen. Van McCarty, Adjutant General of South Carolina

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

Brig. Gen. David Jenkins, South Carolina National Guard

“I hope you are ready to take advantage of it,” Kelly advised. “I think it’s a great opportunity.”

The representation of all Army components

wasn’t lost on Gervais.

“We are one team, one fight, one team,” she said, “and everyone’s perspective is very important to hear and understand.”

Gervais added she would have loved the opportunity the cadet’s had at the symposium.

“I got to tell you something about this,” she said. “I am so envious of you. Number one, because you will start your career and your journey with an appreciation of what you’re going to do and how you’re going to do it.

“See, we would all agree, my panel members and I, that we did not have this opportunity that you have right now to talk to senior leaders and gain their insights, perspectives ...”

Gervais added the officers weren’t going to tell them how to do things, or how to execute their careers, but would share things they “went through, how we approached it and why we approached it that way.”

The symposium began with general and company grade officer panels, before moving to the 1917 Club, formerly the post NCO Club, where they went through speed mentoring



Photo by ROBERT TIMMONS

Reserve Officer Training Corps cadets listen to Lt. Gen. Maria Gervais, Training and Doctrine Command deputy commander, give opening remarks at the LTG Stephen M. Twitty LPD Symposium held in Fort Jackson’s post theater, Feb. 23. The symposium allows cadets to meet and learn career lessons from general officers.

sessions.

The general officers, field grade officers, company grade officers and even senior enlisted leaders rotated between tables of cadets to speak about their careers and to answer any

questions.

“The best thing we can do is impart our knowledge and experience to you because quite frankly, you are the future leaders of our Army and our Soldiers,” Gervais said.



Photo by NATHAN CLINEBELLE

Maj. Gen. Jason E. Kelly, Fort Jackson commander, answers questions during the speed mentoring portion of the symposium.



Photo by NATHAN CLINEBELLE

A cadet asks questions to the panel of general officers.



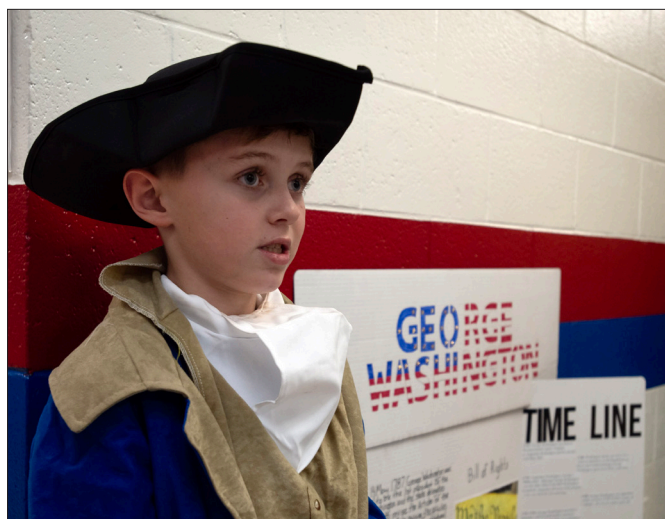
Photo by NATHAN CLINEBELLE

Command Sgt. Maj. John Blyler II, answers speaks about enlisted issues.

Living History

Photos by Robert Timmons

Historical figures lined the C.C. Pinckney Elementary School halls Feb. 20-23 as its annual Living Museum came to life. The museum allows students to gain deeper knowledge about historical figures by allowing them to dress up and practice public speaking and presentation skills.



(Clockwise from top left) Leighton Coley poses as hall of fame basketball player Bill Russell.

McKinley Davey, aka Jacqueline Kennedy Onassis, speaks about the life of the former first lady.

Albert Einstein, played by Noah Tenorio, looks up from his calculations.

Landon Gent, third grader, speaks as George Washington.

Major Cruz answers questions as Alexander Graham Bell.



Photo by NATHAN CLINEBELLE

Pledging support

Maj. Gen. Jason E. Kelly, Fort Jackson commander, and Post Command Sgt. Maj. Erick Ochs, sign their Army Emergency Relief pledge forms, Feb. 22. Fort Jackson formally kicks off its annual AER campaign with an March 1 event starting at 3 p.m. at Century Lanes.

Device

Continued from Page 5

the station.

“What an incredible honor it is to represent the Army,” Rubio said. “And honestly, the biggest honor for me out of this badge is the fact that to me it’s the ultimate team badge. You absolutely cannot get to space on your own. It takes a team of thousands to get you to space.”

Rubio launched into space Sept. 21, 2022 aboard a Russian Soyuz spacecraft alongside cosmonauts Sergey Prokopyev and Dmitri Petelin. The crew’s initial six-month mission was pushed into a year-long stay following a space debris strike that caused their return capsule to lose all its coolant.

The trio logged more than 157 million miles during the mission and circled the globe nearly 6,000 times until finally returning to Earth Sept. 27, 2023.

Back home, Rubio plans to continue working with NASA as they further their mission and he hopes to eventually

return to space one day.

“There (are) few things where you can say ‘my job represents humanity,’ and that is a powerful thing to be a part of,” he said. “It’s just such an incredible experience to be able to inspire the next generation, contribute to science, technologies that we’re developing that (are) going to help humanity in ways that we probably can’t imagine right now.”

The Army has worked closely with NASA to advance space exploration since the beginning of the U.S. space program, and that partnership has produced 19 Army astronauts.

“These uniquely skilled and extremely qualified people represent the very best and most talented officers and warrant officers from within the Army,” Wormuth said. “As we humans explore further into space, and NASA returns to the moon and sets its sights beyond to Mars, the Army will continue to play an important role in the exploration of space long into the future. And we will build on the research that Col. Rubio did onof the International Space Station for 371 record-setting days.”

‘The Weigh It Is’ with Pam Long

We get so excited about the latest workout trends. We cannot wait to try them out and have it change our bodies. We are eager and re-charged with the possibility that this latest exercise is the one we have been searching for. Often, this is short-lived, and we get discouraged because we tried and again, it didn’t work. In our quest for the perfect exercise or workout, although far from new, there is a perfect exercise waiting quietly in the wings ready to transform your body. Ready for the shocker ... that perfect exercise is walking, and it is trending like no other exercise.

Walking has been trending and growing in popularity since the 1990s. That’s because many people are open to exercising (and want to exercise) and walking offers a moderate-intense exercise activity that almost anyone can do.

Today, walking remains the number one exercise in the world. Hard to believe, right? Walking isn’t fancy, doesn’t require cool equipment and definitely doesn’t draw attention to itself. But this easy to do exercise is worth starting as it comes with benefits many of us don’t even know about.

I believe walking is the number one exercise because, in all fairness, walking is often the exercise we are willing to do. Think about it; walking doesn’t hurt like weight training or exhaust you like aerobic dancing and running. It’s a friendly exercise that promises not to hurt. However, with that, we run the risk of underrating walking. We think it doesn’t really help because it’s so easy to do; you just stand up, put one foot in front of the other, and before you know it ... you are walking. Many believe it’s good for your health, but not for your waistline. We don’t think it will make the scale go down because it doesn’t burn lots of calories (so we think). We question if taking up walking will truly tighten and tone our body so it’s debatable if walking really delivers results.

Walking is just as effective as CrossFit (maybe you won’t hurt as much) or running (with walking your joints and knees will thank you later), and weight training, (you get denser bones, and tighter definition with less bulk). The following are some impressive benefits that just might change your mind to give walking a try at making a real difference to your

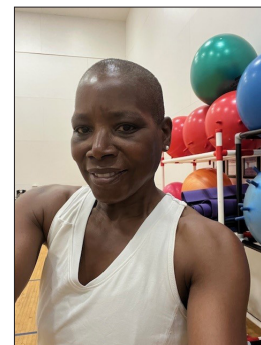
body, and your well-ness.

Walking helps ease the pain of arthritis; this is something most of us already know, but walking five to six miles a week can even prevent arthritis from forming in the first place. This is because walking protects our joints. It lubricates our bones and strengthens the muscles surrounding the bones. This is especially true for the knees and hips, which are very susceptible to osteoarthritis. If you sit at your desk for hours every day, then you could really benefit from walking five minutes every hour. This helps erase many of the negative impacts of sitting for long periods of time.

Since walking is so easy to do (you literally just walk), you might be willing to do it more often and you might even begin to enjoy it. The more you do it, the more it helps bring that scale number down, because you are burning more and more calories from your new commitment to regular walking.

Regular walking changes our mood and reduces the risk of depression. Research showed how walking 15 minutes weekly could lower depression risk by 18%. If you are currently battling with depression, the same study showed how walking 20 minutes daily several days a week helped alleviate symptoms. This, of course, should be discussed with your doctor or care specialist.

Walking is great for your health overall, including your sleep quality. Which improves from regular walking. You benefit from more quality sleep and slumber longer. We can even improve our immunity from walking. Exercise (walking) makes our bodies increase our immune cells (fighters); this helps us fight becoming sick and if we do become sick, we can potentially recover faster. Another amazing



Long

Events

Continued from Page 4

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 retire-

ment 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 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**
4 p.m. to 10 a.m., Twin Lakes. 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 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.

Weigh

Continued from Page 9

from walking. Exercise (walking) makes our bodies increase our immune cells (fighters); this helps us fight becoming sick and if we do become sick, we can potentially recover faster. Another amazing benefit just from regular walking

Okay, finally, a no-brainer is that walking outdoors changes our view. First, you have this amazing, ever-changing portrait (sky) to look up at during your walk. If you love music, invest in ear-pods. I personally love listening to nature, so I embrace every sound that takes place during my walks. If you enjoy walking in groups, maybe join a walking club, but make walking the main activity... don’t get caught up in over-chatting, this leads to a slower pace and slower results.

The rewards and joy that come from walking are here for us. All we need to do is take that first step. Walking is simple, but that doesn’t mean it doesn’t work.

Pam’s thought for the week: “Walking is oil for the engine.”

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 personnel must wear hearing protection when on firing ranges while noise hazards are present (forward of the hearing protection signs).

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

Defense Department releases new spouse survey

By DAVID VERGUN
DOD News Service

The biennial Survey of Active-Duty Spouses is now available for the nearly 600,000 Defense Department active-duty spouses to complete.

The survey has new, expanded sections on remote work and financial well-being.

It's the only official DOD-wide survey for active-duty spouses. Input collected through this survey will provide the department with a barometer on how to adjust policies and programs to address the needs of military families in the U.S. and abroad, said Lee Kelley, principal director for the Department's Military Community and Family Policy Office.

Past surveys have helped create data-driven policies with immediate impact for military families, she said.

For example, in 2021, active-duty spouses reported that frequent, permanent change-of-station moves, child care and spouse employment were among the biggest challenges active-duty families face, Kelley said.

According to that survey, 21% of spouses were unemployed in 2021, a statistic mentioned in President Joe Biden's Executive Order 14100, released on June 15, 2023 (<https://www.federalregister.gov/d/2023-12974/p-5>). That executive order, which was based on survey results, listed various steps the administration has taken to address military family needs, she said.

To address spouse employment concerns, the Defense-State Liaison Office worked with state legislators to remove occupational licensing barriers to help spouses maintain employability after a PCS move, Kelley said.

In January 2023, the depart-



Leader File photo

The Family of Command Sgt. Maj. Fred Tolman were named the 2023 Fort Jackson Family of the Year. The Department of Defense recently released the biennial Survey of Active-Duty Spouses. Past surveys have helped create data-driven policies that immediately impacted military families.

ment introduced the Military Spouse Career Accelerator Pilot, a 12-week, competitive, paid fellowship with industry. Several new programs address PCS and child care challenges, including a tax-saving, dependent-care flexible spending program, enacted in November, to ease the cost of child care for active-duty families, she said.

In an earlier survey, a junior enlisted spouse shared that "...the amount that the lower ranks are getting paid isn't enough to support a family of three. With the amount he's getting paid, we

THE 2024 SURVEY, WHICH SHOULD TAKE LESS THAN 15 MINUTES TO COMPLETE CAN BE ACCESSED BY VISITING WWW.DOD-SURVEYS.MIL

can barely pay bills and have some money to buy groceries for a week and then struggle for another week until he gets paid again."

The DOD implemented a 4.6% basic pay increase in 2023 for all service members; and proposed

pay raise of 5.2% for 2024, which if enacted, will translate into more than a 10% basic pay raise over two years. The Department also increased the non-taxable basic allowance for housing an average of 12.1%, addressing significant increases in rental housing costs across the country. In addition, the DOD increased the non-taxable basic allowance for subsistence by 11.2%. These increases have resulted in an average overall increase in cash compensation of 7.1% for service members in 2023.

The 2024 survey, which should

take less than 15 minutes to complete, can be accessed by visiting the DOD Office of People Analytics Survey portal at <https://www.dodsurveys.mil/>. Once on the site, select the button at the bottom of the page which will direct respondents to enter the spouse's DOD identification number to access the survey.

The survey will be active until early April. Results from the current survey are available on MilitaryOneSource.mil and on OPA.mil. A parallel, biennial survey for Reserve spouses was fielded in 2023.

VICTO STAR HERE



Hunter Canady, a C.C. Pinckney Elementary School third grade student, stands as the President Abraham Lincoln, during his school's Living Museum, Feb. 22. The school held its annual Living Museum Feb. 20-23.

Photo by ROBERT TIMMONS