

THURSDAY FEB. 22, 2024

THE FORT JACKSON LEADER

"VICTORY STARTS HERE."

No one is more professional than I. As a noncommissioned officer, a leader of soldiers, as a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as "The Backbone of the Army." I am proud of the Corps of noncommissioned officers and will at all times conduct myself as is to bring credit upon the Corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal utility.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities wherever in that role, all soldiers are entitled to outstanding leadership. I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them unprotected. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties. They will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve: seniors, peers, and subordinates alike. I will exercise initiative in taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

Backbone of the Army!

JACKSON SOLDIERS JOIN THE

NCO CORPS



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Spouse employment program enters year two

By C. TODD LOPEZ
DOD News Service

In January 2023, the Defense Department kicked off the Military Spouse Career Accelerator Pilot program. As the program enters its second year, lessons learned from the first year will be used to make it even better going forward.

The three-year MSCAP program is designed to help military spouses find employment fellowships with participating companies. Following the conclusion of those fellowships, some military spouses may be offered full-time employment.

Eddy Mentzer, the program manager for spouse education and career opportunities in DOD's Military Community and Family Policy office, said military spouses often face a particular challenge finding employment because the military lifestyle means frequent moves that make it difficult to commit to a single employer or develop a career. That inability to find work makes life more difficult for families who may depend on having a dual-income household.

"No matter where you are, when you look at American society, the majority of families want to be dual employed — that's the same for our military families," Mentzer said. "The financial chal-



Photo by MARINE CPL. ALEX FAIRCHILD

With the Military Spouse Career Accelerator Pilot program, military families are getting help from the Defense Department to connect spouses with prospective employers.

first year, a substantial number of those spouses were ultimately offered permanent employment.

"The biggest success we saw in the MSCAP's first year was the conversion of military spouse fellows into full-time employment," Mentzer said. "We had more than 85% of our participants that were offered full-time employment with their employer hosts, which was

which will allow me to expand my knowledge."

Allo said not being born in the U.S. and being married to a military member has made finding professional work a challenge.

"Being a foreign-born spouse, I had to relocate to the U.S.," she said. "Securing a job had been challenging. Navigating through a

CAP program, and that is what ultimately led to her employment with Equinix.

Now, Allo said, she thinks MSCAP is a great opportunity — not just for her, but for other spouses, as well.

"The MSCAP program doesn't just open doors, it blows the whole career wall down," Allo said. "Through the MSCAP, I have

acquired an army of supportive, dedicated, hardworking military spouses like me, hungry to reclaim their professional identities. We have built incredible support, cheering each other on, sharing strategies, and wiping away tears. I have found mentors and program managers that have been there every step of the way, pushing me and helping me strategize my job-search journey."

Courtney Clyde, an Air Force spouse at Joint Base Lewis-McChord in Washington state, was once a military officer herself. But she said with the birth of their first child, the couple agreed she should leave military service.

"We found out that we were having our daughter, so we made the choice that I would get out," she said. "Now, my career goal is kind of to explore marketing. I am currently a marketing manager at Frog Street because of the fellowship. And I intend on staying in marketing. I really enjoy it. I've learned quite a bit, and I'm really excited about this."

Through the MSCAP program, she said she found a fellowship with the company Frog Street as a field marketing manager. The MSCAP program has just cleared the first year of a three-year pilot. In the next two years, Mentzer said, there are going to be changes to make the program even better.

ON THE COVER

A noncommissioned officer wearing the period dress of a Revolutionary War soldier lights a candle representing the gold chevrons of an NCO in a ceremony held, Feb.

15. Photo by NATHAN CLINEBELLE



THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Jackson honors Black History Month

Leader Staff Reports

Fort Jackson and the Institute for Religious Leadership celebrated Black History Month.

Chaplain (Col.) Louis Deltufo, commandant of the IRL and Command Sgt. Maj. Roldan Thomas Jr., the institute's senior enlisted leader introduced the guest speaker Lt. Col. Michael W. Chung, IRL operations officer.

"As I stand here today to celebrate Black History Month in the year 2024, I stand on the shoulders of giants – those remarkable individuals who have shaped the course of history and contributed immeasurably to the tapestry of our shared human experience," Chung said. "This month provides us with a valuable opportunity to reflect on the achievements, struggles, and resilience of the Black community throughout the ages.

"Our theme this year is 'Honoring the Past, Embracing the Future,' a reminder that while we pay homage to the trailblazers and pioneers who paved the way for progress, we must also look ahead with optimism and commitment to building a future of equality and justice for all."

According to Army.mil, Black Americans have left an indelible mark on history and on our society. America has never fought a war in which Black Americans did not serve proudly. But throughout most of American history, Black service members faced great adversity.

They have fought in every American war and Crispus Attucks was one of the first to die for freedom after being gunned down by the British in the Boston Massacre.

"In the pages of history, we find inspiring stories of African Americans who faced adversity with courage and determination," Chung said. "From the abolitionists who fought against the chains of slavery, to the civil rights leaders who marched for justice, each chapter in Black history reflects a relentless pursuit of freedom, equality, and dignity."

The journey to a more just society is not over, he added. Even though we celebrate their achievements in the past, more is needed to be done.

However, our journey towards a more



Soldiers from 1st Battalion, 13th Infantry Regiment salute during their Basic Combat Training graduation held Feb. 14 at Hilton Field.

Photo by NATHAN CLINEBELLE

just society is far from over, he said. Today, as we celebrate the achievements of the past, we must also confront the challenges of the present. Systemic racism, inequality, and social injustice persist in our communities, demanding our collective attention and action.

Chung, a proud descendent of Jamaican immigrants was the first in his family to be born in the United States.

He learned the value of hard work during his earlier life in Miami earning a bachelor's and master's degrees. He said he was inspired to join the Army by the legacy of those who went before him.

"Through dedication and commitment, I rose through the ranks, from a humble private to now holding the rank of lieutenant colonel," he said. "But my story is not just about personal success; it is about the collective dream of generations past, and the promise of generations yet to come. My

siblings and I are the personification of my mother's unwavering belief in the American Dream echoed by Dr. Martin Luther King Jr., — the dream that her five little children would one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Chung also said education is a "powerful tool for change."

"By listening and learning from one another, we can create a more inclusive narrative that reflects the richness and diversity of our society," he said.

"This Black History Month, let us celebrate the triumphs, acknowledge the struggles, and commit ourselves to the ongoing work of creating a future where equality, justice, and dignity are the birthright of every individual, regardless of their race," Chung concluded. "Together, let us continue to strive for a future where the ideals of free-



Lt. Col. Michael W. Chung

dom and justice ring true for all, where opportunity knows no bounds, and where every individual has the chance to fulfill their true unlimited potential."

(Editor's note: Video of the Black History Month presentation can be found on the Fort Jackson Facebook page)

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 <https://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.

mation.

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.



Yoga and Stretching Classes at the SPRC

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

COMMUNITY EVENTS

TODAY

Twilight 5K Run

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

FEB. 27

Fort Jackson Goes Red

9 a.m. to 3 p.m., Solomon Center. Join the Fort Jackson Department of Health for a family-friendly, heart healthy event. There will be line dancing, yoga and aerobic classe, educational presentations, information tables, free smoothies and more. For more information, call the Fort

Jackson Department of Public Health at 751-5251.

MARCH 1

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.

MARCH 2

Hilton Head Offshore Fishing Trip

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

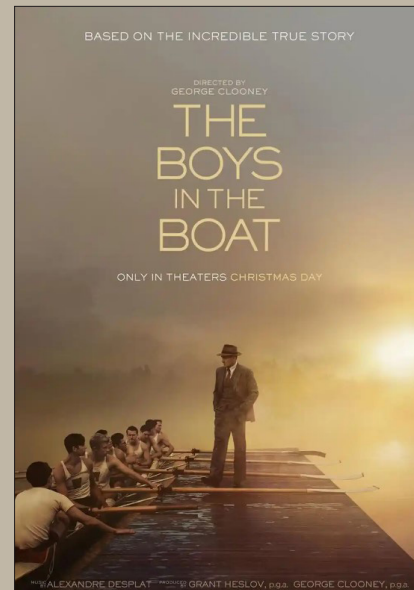
MARCH 5

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.



Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FEB. 23

■ Boys In the Boat (PG-13) 6 p.m.

FEB. 24

■ Mean Girls (PG-13) 2 p.m.

FEB. 28

■ Land of Bad (R) 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.

PUSAN PERIMETER STREET



By **FIELDING FREED**
Basic Combat Training Museum

The Japanese surrender at the end of World War II ended their 35-year occupation of Korea. Dismantling the Japanese colonial system by the United States and Soviet Union, or the Union of Soviet Socialist Republics resulted in dividing the country roughly in half, north and south, along the 38th parallel.

Despite the agreement to reunite the country quickly, the USSR instead solidified their control of the communists in North Korea while the United States occupied South Korea.

The North Korean decision to invade South Korea across the 38th parallel on June 25, 1950, surprised the world. Fighting alongside the Republic of Korea Army, the American 8th Army commanded by Lt. Gen. Walton H. Walker did their best to stem the invasion. Their courage in defending the South Korean capital Seoul was unsuccessful in the face of overwhelming numbers.

After a series of tactical withdrawals designed to buy time and slow the North Korean's advance, the U.S. and South Korean armies were pushed to a small area in southeastern corner of the country

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?



Soldiers of the 9th Infantry Regiment ride into battle on an M26 Pershing tank near the Nakdong River, Sept. 3, 1950.

near the port city of Pusan (Busan) in only five weeks. Lt. Gen. Walker ordered a final stand be made along a rather thinly manned 147-mile front known as the Pusan Perimeter.

Fought for six weeks, the Battle of the Pusan Perimeter successfully held off the North Korean Army. This allowed time for reinforcements of United Nations (U.N.) troops and supplies to arrive in numbers great enough for a successful

breakout of the siege which started Sept. 16, 1950, the day after the amphibious landing by U.N. forces at Inchon.

Where is it?



IF WE HADN'T HELD THE LINES AT PUSAN, THERE WOULDN'T BE A SOUTH KOREA TODAY.



Scan to learn more about Eighth Army

- LMaster Sgt. Roy E. Aldridge
187th Airborne Regimental Combat Team



Courtesy photo
Capt. Lashaya Clark, 2024 Army Emergency Relief campaign manager, greets students of local school, Feb. 13.

Columbia school gives to AER

Army Emergency Relief

The spirit of giving is alive and well.

On Feb. 13, the students of a Catholic School in downtown Columbia made a donation to Army Emergency Relief.

The school was buzzing with laughter, smiles and cheer as the children greeted the day with enthusiasm. Capt. Lashaya Clark, 2024 AER campaign manager, accompanied by Angela Crosland, Financial Readiness Program Manager, couldn't help but notice the joyful atmosphere as the children prepared for the day which included giving money to the Soldiers and later a Valentines Day party.

"They wanted to do something for the Soldiers" said Renee Emery, admissions director at the school. By organizing a fundraiser, the children raised a total of \$115. Each student donated \$2 per person to wear red, white and blue to school for the day.

Clark thanked the children and presented them with a coin of excellence and a certificate of appreciation signed by the Director of Army Emergency Relief.

Jackson Soldiers join the NCO Corps

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Every month Fort Jackson leaders, service members and civilians come together for a post awards ceremony to witness their own getting kudos and recognized for their hard work.

On Feb. 15, the post held a different kind of recognition event as it ceremonially inducted new sergeants into the Noncommissioned Officer Corps.

Inducting Soldiers into the NCO Corps is a time-honored tradition in the Army that traces its beginnings to the cold days at Valley Forge, Pennsylvania as Baron Von Stueben trained the fledging Continental Army in its winter quarters.

Von Stueben, who wrote what is known at the Blue Book, trained the NCOs in proper aspects of drill and ceremonies, marksmanship and taking care of soldiers – all necessary aspects of the modern Army. In fact, the NCO Creed states, “My two basic responsibilities remain uppermost in mind, the accomplishment of my mission and the welfare of my Soldiers.”

He instilled in the fresh NCO Corps a fighting spirit teaching them to understand tactical leadership so they could fill in for commissioned officers when necessary.

Command Sgt. Maj. Edward A. Cummings, 3rd Battalion, 39th Infantry Regiment’s senior enlisted leader, called entering the NCO Corps as hallowed ground.

“The place you’re going is sacred,” he said to the inductees, “for it symbolizes the past, present and future of the noncommissioned officer. From this place, you will carry the responsibilities of your position. Never forget where you came from or that you lead by example, and always take care of your Soldiers.”

After a brief introduction, four senior

NCOs lit candles signifying aspects of the corps. One lit a gold candle representing the chevrons of the uniform; another a red candle signifying the blood shed by NCOs in combat; the third a white candle for purity; and finally, a blue candle for the future and loyalty to our country.

Command Sgt. Maj. John Blyler II, 165th Infantry Brigade senior enlisted leader and guest speaker at the ceremony, congratulated “each and every one of you on your outstanding achievement.”

The path they are taking wouldn’t be easy, Blyler said.

“Your unwavering dedication and strength of your character are evident in your presence here today,” he said to the

new NCOs. “I want to express my heartfelt appreciation for your hard work and dedication.”

He added that being a NCO is not just a job – it’s a duty.

While jobs can be rewarding and challenging “most do not fulfill our true desire of happiness. Oftentimes jobs can be done successfully with a mediocre attitude and performance,” he said. “Duty on the other hand, is a deeper sense of commitment that requires more than mediocre attitude and performance.”

Duty means more than just fulling obligations, Blyler added, it means accomplishing tasks as part of a team.

“This work of the U.S. Army is a complex combination of missions, tasks and responsibilities, all in constant motion. Our work entails building on one assignment to another. You fulfill your obligation as part of your



Photos by NATHAN CLINEBELLE

A senior noncommissioned officer lights a white candle to symbolize purity during Fort Jackson’s NCO Induction Ceremony held Feb. 15 in 1917 Club. It was the first post-wide induction ceremony in some time.

unit every time you resist the temptation to take shortcuts that might undermine the integrity of the final product. As you embark on this new chapter in your career, you will transition from led to leader, from apprentice to professional.”

Army formations need NCOs who truly care about their mission and take pride in their roles.

“Take the knowledge and experience you

have gained and apply that wholeheartedly in everything that you do,” Blyler advised the inductees. “Your mission is to shape your Soldiers into the very best versions of themselves.”

What matters most is the NCO’s commitment to their Soldiers and their ethical, moral obligation to duty.

“I firmly believe that being a noncommissioned officer is the most pivotal duty and

responsibility in the U.S. Army,” Blyer said. “Your actions and treatment of others, demeanor and your attitude will forever influence the Soldiers you have the privilege to lead, train and mentor.”

Cummings led the inductees in the Charge of the NCO before each walked through an arch and under the crossed sabers of two Soldiers and into the NCO Corps.



(Top) Soldiers stand for the National Anthem before reciting the Charge of the Noncommissioned Officer led by Command Sgt. Maj. Edward Cummings (below) during post NCO Induction Ceremony held in the 1917 Club at Fort Jackson, Feb. 15.

Army officer draws on life, career

By **JOE LACDAN**
Army News Service

Joining the military never crossed Amanda Azubuike's mind as a teenager growing up in a diverse borough of London.

A desire to further her education and life circumstances would spur her into military service.

Born to a Nigerian father and a Zimbabwean mother, Azubuike emigrated to the U.S. in 1984 and later began her Army career by enlisting in the Arkansas National Guard while attending the University of Central Arkansas.

After three decades in the Army Azubuike continues to champion education, notably in the fields of science, technology, engineering and math, as she looks to recruit the next generation into the Army's officer corps.

Azubuike has ties to the Midlands. She served as company commander for Company A, Victory Brigade at Fort Jackson. She also served with U.S. Army Central when it was located at Fort McPherson, Georgia. Army Central is now located at Shaw Air Force Base in Sumter, South Carolina.

As Army Cadet Command's deputy commanding general, now Brig. Gen. Azubuike oversees changes to how Army cadets train and prepare for the operational Army. Azubuike believes her career as an aviator and public affairs officer prepared her to lead Cadet Command during one of its biggest transitions.

Last year the service announced that it will reassign Army Recruiting Command as a three-star command and will absorb Cadet Command as well as the Army's recruiting marketing team. Cadet Command manages the Army's 274 ROTC programs and oversees the training of 30,000 cadets and 275,000 junior ROTC cadets.

In October, Azubuike and Cadet Command hosted the Junior ROTC Raider Challenge National Competition where JROTC programs from dozens of nationwide high schools compete in an obstacle course, war games and teamwork exercises.



Photo by Savannah Baird

Brig. Gen. Amanda Azubuike, Army Cadet Command deputy commanding general high fives JROTC Cadets as they finish the 5K run at Fort Knox on Nov. 4, 2023 during the Junior ROTC National Raider Challenge.

Azubuike shared her Army story with cadets from the time she enrolled in an Air Force junior ROTC program, to her commissioning, to joining the Army's general ranks. She also cites the career path of her sister, Fiona Azubuike, who served the Army as a pediatrician and deployed to Afghanistan. Fiona now works in the ER and as a pediatrician in the Miami area.

Azubuike said she tries to impart that the Army can help new cadets achieve their life objectives whether in a long military career or using the Army as a stepping stone to a civilian job as her sister did. During the school year, Azubuike travels to different colleges and high schools throughout the country and does Q&A sessions with

students.

"Whatever goals they have or whatever success looks like to them, the Army can help them achieve that," said Amanda Azubuike, who recently spoke to cadets during events hosted at The Citadel, a traditional military institution in South Carolina, the University of Oklahoma and South Carolina State University. "And so that's the message that I take when I travel across the country and I'm looking at potential cadets and potential future lieutenants."

Azubuike said the Army currently seeks more diversity within its ranks and officers skilled in technology and STEM career fields.

To reach a more diverse demographic of

recruits, the Army established Strategic Officer Recruiting Detachments, or SORD in Houston and Los Angeles. SORDs spread awareness and educate diverse populations on college and Army careers. They also offer scholarships to high school seniors.

"We are trying to ensure that our officer corps is more diverse and representative of the Army as a whole," she said.

During the summer, the command also oversees a 5,000-member support staff that assists with Cadet Summer Training at Fort Knox, Kentucky.

Azubuike said Cadet Command maintains close partnerships with historically



Photo by NATHAN CLINEBELLE

Thank you for your service

Fort Jackson honored the service of Sgt. 1st Class Michael Bolton, 282nd Army Band, and Gwendolyn Brantley, 120th Adjutant General Battalion, during the 1st Battalion, 13th Infantry Regiment graduation, Feb. 14.

SALUTING THE CIVILIANS OF THE QUARTER

1st Quarter, Fiscal Year 2024

The Army Training Center and Fort Jackson recognizes Dwight Blue, (GS9 and above) and Katherine Wilkins, GS8 and below as the first quarter of Fiscal Year 2024 Civilians of the Quarter. They were presented with a Civilian Achievement Medal and a time off award.



DWIGHT BLUE

GS9 and above
165th Infantry Brigade



KATHERINE WILKINS

GS8 and below
193rd Infantry Brigade

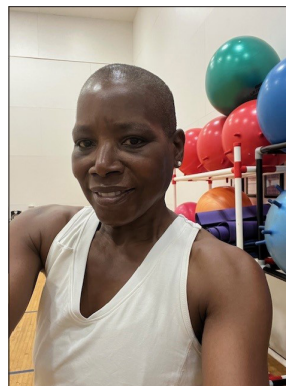
'The Weigh It Is' with Pam Long

One of the most underrated wellness activities is a good night's sleep. Why have we decided to skip sleep or limit sleeping overall? How often do we hear people say they, (and believe) they are too busy for sleep?

A lack of sleep can affect weight loss, promote weight gain, affect your workout performance, zap energy, and the list goes on and on. It's time to prioritize sleep and enjoy this important wellness necessity; this is especially important if weight loss is one of your primary goals.

Weight loss does not only happen in the gym or at the dinner table. It also takes place when we rest. Most of the time when we hear about rest, we think of what a person does between sets of exercise repetitions or a day off from exercise altogether. I know both of those methods are beneficial to muscle recovery and to the development of healthy muscle tissue, but there is another component to exercise that complements weight loss, it is called sleep.

Hormones exist inside us and dictate almost everything we do. They are powerful



Long

er to control feelings of hunger and fullness. Ghrelin is produced in the gastrointestinal tract, and it stimulates appetite, while Leptin, is produced in fat cells, and sends a signal to the brain when we are full. When you do not get enough sleep, it drives Leptin levels down, which means you do not feel as satisfied after you eat (you are still hungry). The two combined can set the stage for overeating, which in turn may lead to weight gain. A lack of sleep can cause Ghrelin levels to rise, which

and can work against our healthy eating and exercise efforts when we sacrifice sleep.

Leptin and Ghrelin are two of those hormones. They work in conjunction with each other

to control feelings of hunger and fullness. Ghrelin is produced in the gastrointestinal tract, and it stimulates appetite, while Leptin, is produced in fat cells, and sends a signal to the brain when we are full. When you do not get enough sleep, it drives Leptin levels down, which means you do not feel as satisfied after you eat (you are still hungry). The two combined can set the stage for overeating, which in turn may lead to weight gain. A lack of sleep can cause Ghrelin levels to rise, which means your appetite is stimulated, so you want more food. What is one of the main things we do when we cannot sleep? We eat ... out of boredom or just because we are awake and cannot sleep. Weight gain possibilities happen easily under these conditions, especially when we battle with a lack of quality sleep over time. There are ways to have a more restful night's sleep so that your efforts for weight loss (during the day) are not sabotaged due to your inability to sleep.

Looking at wellness, most adults need seven to eight hours of sleep per night to help ensure a more productive day mentally and physically. Experts say that if you feel drowsy during the day, even during boring activities, you haven't had enough sleep. Just this limited amount of sleep deficit interferes with the ability to process carbohydrates, manage stress, and maintain a proper balance of hormones. In just one sleep-restricted week, you can experience a significant loss in your ability to process glucose, which could spike your insulin level. That is more health-related, but it is

important to note that a lack of sleep over time can affect our waistline yes, but it can also affect our health.

Many of us fall into this category, but there is help. There are ways to arm ourselves and take some preventative steps to help encourage rest and a night of more peaceful sleep. These suggestions are great physically and mentally.

Sleep plays a role in weight loss, but so does water. That important mineral water plays a vital role in weight loss while we sleep. Water is great for muscle recovery and growth. Eight glasses per day (or more) carry oxygen into your system, which is important for muscle repair and muscle growth.

When strength training with weights or performing plyometric explosive moves, don't forget to stretch at the end of your training routine. Turn stretching into a mini routine for best results. Spend 10 to 15 minutes stretching or try a yoga class for beginners and use this as a regular way to

Events

Continued from Page 4

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., 1917 Club. Join Maj. Gen. Jason E. Kelly, Fort Jackson commander, and Col. Timothy Hickman, garrison commander, for a community information exchange where you will hear about Fort Jackson 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.

Voter Assistance Officer Workshop
9-11 a.m., Soldier Support Institute Auditorium. This training is mandatory for all levels of Senior Voting Assistance Officers and Unit Voting Assistance Officers.

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 part-

nering 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.

Weigh

Continued from Page 9

get a healthy stretch in. Stretching helps bring oxygenated blood to muscles and enhances the results of lean muscle gains and that sculpted look we all love.

Body recovery needs proper rest. Weight loss needs proper rest. Sleep exists to rejuvenate and restore our bodies. The rewards gained from honoring sleep is a healthier, fitter body. As always, eating healthy and getting proper exercise are foundational, but sleep and rest are just as equally important. When we have this foundation, we are truly on the path to wholeness. Rest is a 'win, win' for wellness.

Pam's thought for the week: "Rest exists for a reason."

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 kitchen appliances that produce a heating source are required to be placed on a non-combustible surface to prevent the risk of a fire hazard.

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



Photo by KYLE CRAWFORD

Brig. Gen. Amanda Azubuike is overcome with emotion during her promotion ceremony to brigadier general, Oct. 28, 2022.

Career

black colleges and universities and Hispanic serving institutions. This month, the command will send representatives to the Black Engineer of the Year awards in Baltimore to recruit potential officer candidates.

Azubuike's father, a lawyer, and her mom, a nurse, instilled the importance of the pursuit of knowledge into her.

"It was expected that we go to college," said Azubuike. "Education was extremely important and reinforced in our home academics. It was extremely important to my mom and dad."

Azubuike recalled her first introduction with the military: graphic images of the Vietnam War posted by the British media in magazines and broadcasts. As a child, she remembered her mother shielding her eyes from the images.

When she arrived in the U.S. at age 14 she had plans to attend college. But she could not earn an academic scholarship until she earned her U.S. citizenship. So Azubuike joined the Arkansas National

Guard at 17 serving as a chemical, biological, radiological and nuclear specialist.

"I was concerned. I was a skinny, little 100-pound 17-year-old girl," she said. "I was concerned with my abilities to get past basic training. I didn't know anything else. I didn't play sports because coming from an African home, my parents were focused on academics."

To her surprise, Azubuike excelled during basic training and formed close bonds and relationships during her short time in the Guard.

Following her graduation from Central Arkansas she finished flight school in 1995. Azubuike began her career flying UH-1 Iroquois helicopters and then the RC-12 Guardrail. She had dreams of becoming a commercial pilot and planned to leave the Army after 10 years.

Then 9/11 changed her plans, and the Army retained her with its stop-loss program. Airlines also furloughed staff, making her future uncertain. Azubuike decided then to commit to the Army as a career and transitioned to public affairs after a decade as an aviator and working in combat arms. She eventually landed a public affairs position at the Army's Pentagon headquarters.



Courtesy photo

Sterling Walker gives his oral presentation of his robot named Gingerbread Man. His robot was painted and made from boxes and cans.

Robots invade Pierce Terrace

By LORRAINE EMORY
Pierce Terrace Elementary School

The first-grade teachers at Pierce Terrace Elementary School challenged their students to create robots from recycled materials in the English Language Arts class, which parallels the use of technology.

Teachers Brian Raye, Rebecca Jones, Nicole Schenker, Charlene Harris, Monica Trojanowski, and Elisa Murrell encouraged their students to gather supplies for the three-dimensional robot project by gathering supplies from cereal boxes to empty paper towel rolls.

The children were enthusiastic with bringing in their projects last Friday. Schenker said, "the goal of the project was to increase our student's understanding of technology and inventors."

The children applied some engineering principles to build towers with sturdy items. Trojanowski explained the ELA standards of reading, writing, speaking, and listening were approached with the science standards of physical science, life

science, and engineering and design in the curriculum.

This was a great project for parents and kids to work on together, and teachers kept encouraging them to add additional features and décor. Students were encouraged to utilize their creativity which aided in the direction of the design. Schenker stated the creative robots had a wide variety, "cooking, sweeping, healing, candy-delivering robots, and more. The students did an amazing job."

The project offered the students a novel approach to engage with their course subject while enabling them to express their creativity and work together with their families at home. When Raye told his class of the project's deadline date, he laughed and said, "A kid in my class said that his dad hasn't finished it yet."

The students gave oral presentations about their robot creation to their classmates on stage. Students were given the opportunity to share their robot's name, the materials used, and the purpose of the robot's helpful function. This project is done each year at Pierce Terrace.



VICTORY... SPORTS



Gen. Gary M. Brito, commanding general, Army Training and Doctrine Command, speaks to Basic Combat Training graduates moments after the 1st Battalion, 13th Infantry Regiment graduation, Feb. 14.

Photo by NATHAN CLINEBELLE