

THURSDAY, APRIL 4, 2024

THE FORT JACKSON LEADER

DIGITAL PUBLICATION

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Army opens Exceptional Family Member central office

Army Public Affairs

Secretary of the Army Christine Wormuth announced the establishment of a central office for the Army Exceptional Family Member Program that will improve the stationing process for families who have members with special medical or educational needs, March 28. The single office will oversee implementation of the EFMP and will coordinate health care services, permanent change of station order processing and family support services.

"The foundation of Army readiness depends on taking care of our Soldiers and Families," Wormuth said. "Each Army Family is unique, and the EFMP Central Office will provide tailored support for over 40,000 Families enrolled in EFMP."

The Exceptional Family Member Program is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs.

Soldiers on active duty enroll in the program when they have a Family member with a physical, emotional, developmental or intellectual disorder requiring specialized services so their needs can be considered in the military personnel assignment process. The overall goal of EFMP is to keep families together by allowing them to accompany their service member to their duty locations.



U.S. Army photo

The Army announced March 28 the establishment of an Army Exceptional Family Member Program office to assist the stationing process for Families with members with special needs.

Dr. Agnes Schaefer, Assistant Secretary of the Army for Man-

power and Reserve Affairs, said improving the quality of life of Soldiers and their Families is the Army's top priority.

"We are listening and working to take necessary steps that continue to improve the Army EFMP to

best serve our Army community," Schaefer said. "There is more work to be done, but we are excited to share this important step with the force."

The EFMP Central Office will review complex cases received

from installations.

"EFMP-support agencies at the installation level are well positioned to assist families, but when a support agency or family member needs additional assistance to find the right resources, the EFMP Central Office team members are there to help," said Lt. Gen. Kevin Vereen, Deputy Chief of Staff for G-9.

Families should first leverage their local Army Community Service or military treatment facility professionals if they encounter barriers to the education or health care of their children or other family members. However, if additional support is needed, the EFMP Central Office will assist.

In addition to working on special cases, the central office will focus on advocacy for EFMP families at the HQDA and Office of the Secretary of Defense levels. The office recently updated the EFMP system, now known as Enterprise-EFMP, to provide more information and resources at <https://efmp.army.mil>.

Soldiers and Families with EFMP concerns that have not been resolved at the local level are encouraged to contact the central office at usarmy.pentagon.hqda-dcs-g9.mbx.efmp@army.mil. All correspondence must include the local military treatment facility and military personnel division location.

ON THE COVER

Sgt. 1st Class Sytoi K. Warren, senior drill sergeant leader, adjusts the drill sergeant hat of Space Force Sgt. Yugi R. Moore, April 3.



See Page 3 Photo by ROBERT TIMMONS

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Guardians go where none have gone before

Story, photos by
ROBERT TIMMONS
Fort Jackson Public Affairs

Two Space Force Guardians boldly went where no Guardian had gone before and came out as drill sergeants.

They received their distinctive drill sergeant hats and walked across the stage at Fort Jackson's post theater and into the record books during a ceremony held April 3.

Space Force Tech Sgt. David P. Gudgeon and Space Force Sgt. Yuji R. Moore became the first graduates from the U.S. Army Drill Sergeant Academy from the sister services, April 3.

"This is historic, and I don't think it's lost on anybody how we bring the joint force together in order to get after it," said Command Sgt. Maj. Raymond Harris, Army Training and Doctrine Command senior enlisted leader. "The Army will never fight by itself; the Space Force will never fight by itself. In the entire Department of Defense, we fight in a joint force ... So, to be able to bring that experience and be able to help each other as we transform or Department of Defense for 2030 and beyond is amazing."

Gudgeon and Moore joined 100 Soldiers, representing the top 10% of Soldiers Army-wide, to become drill sergeants that day.

The graduates of Class 006-24 represent the disciplined, motivated and physically fit service members who exemplify the Drill Sergeant Creed.

When the two head back to their Space Force assignments they will have more learning to do, said Maj. Clinton Emry, commander of 1st Delta Operations Squadron/Detachment 1 at Space Force Basic Military Training at Joint Base San Antonio Lackland, Texas.

"It is different between the



Sgt. 1st Class Sytoi K. Warren, senior drill sergeant leader, smiles as Space Force Tech Sgt. David P. Gudgeon receives the brown round, April 3, 2024. Gudgeon, along with Sgt. Yuji Moore, were the first Guardians to graduate from the school.

Army and the Air Force and different with the Space Force as well," he said.

The Air Force recruiting service recruits for the Space Force who then come to Emry's detachment at Lackland Air Force Base, Texas for initial training. So far more than 4,500 Guardians have graduated from that training.

"So about 25% of all Guardians on active duty were trained by Guardian military training instructors and now Guardian drill sergeants," Emry added.

The two Guardian drill sergeants are part of a program to have personnel train with sister services.

The training "allows our Guardians to learn a little about how the Army trains its citizens into Soldiers," said Space Force Chief Master Sgt. Karmann-Monique Pogue, senior enlisted leader for Space Training and Readiness

Command. They are planning to use knowledge gained to "shift our curriculum and how we take citizens and make them Guardians."

Once Gudgeon and Moore head back to their units they will add a sprinkle of Army training.

"I think we're definitely gonna be bringing in a different flavor to that training environment that they haven't seen yet," Gudgeon said after the ceremony.

Some of the Army training flavors the two learned were the be comfortable in the uncomfortable and Be Know Do.

They were definitely in an uncomfortable environment, but they excelled. Gudgeon and Moore both enlisted into the Air Force and transferred into the Space Force.

"So for me, this is a pretty foreign environment being Space Force and come the U.S. Army Drill Sergeant Academy not being

really familiar with Army tactics or doctrine and things like that," Moore said. "I had to continuously lean on battle buddies to be like, 'Hey what is this?'"

Fellow candidates help him feel unafraid to "ask those questions and they made the environment very conducive for me to feel comfortable, to be kind of vulnerable and be the new guy there," he added.

Gudgeon agreed that the experience was foreign.

"I've only really experienced how Air Force training conducted its business. So, coming to an Army academy and just experiencing how they deliver information and how they communicate effectively as (noncommissioned officers) – its just outstanding and a great broadening opportunity for both of us," Gudgeon said.

Their drill sergeant leaders, or the drill sergeant who train drill



Space Force Sgt. Yuji R. Moore, a new graduate from the U.S. Army Drill Sergeant Academy's Class 006-24.

sergeants, had glowing reviews of the Guardians.

"Immediately, we all noticed a different sense of them coming in and just how they carried themselves," said Sgt. 1st Class Zachary Kountz, Gudgeon's DSL. The two were in a different environment surrounded by Soldiers. "To see their mannerisms and how they carried themselves was very professional ... they're very intelligent and they want the best of themselves."

Staff Sgt. Sheldon Saia, Moore's DSL, said the two are ready to hit the trail.

"They're technically and tactically proficient," Saia said. "They are ready to go as far as bringing a civilian into our organization."

The Academy has also trained drill instructors of five partner nations to include the Hungarian Defense Force, the Republic of Korea Army, the Croatian Army and the British Army. Graduating in Gudgeon and Moore's class was Sgt. 1st Class Bong Won Lee with the Republic of Korea Army.

Community Updates

ANNOUNCEMENTS

Death notice

This notice serves as a death notice advisory for all those in possession of the property of Sgt. 1st Class Joshua A. Alfieri, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Gabrielle N. Charboneau, Summary Courts Martial Officer with questions or concerns at (352) 754-0864 or email Gabrielle.N.Charboneau2.mil@army.mil.

Road Name Changes

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



COMMUNITY EVENTS

TODAY

Breastfeeding: Basics and Beyond

11 a.m. to 1 p.m., Army Community Service Building, 9810 Liberty Div. Road. New Parent Support Program will teach you the benefits of breastfeeding, how to get a good latch, milk storage, using a pump, overcoming difficulties, and how Dad can help. Cost is free and you can bring your own lunch. Call 751-5256 to register.

APRIL 6

Charleston Trip

7 a.m. to 6 p.m., Army Community Service invites Foreign Born Spouses & Hearts Apart Families trip to Charleston, South Carolina. The trip will include a visit to the International African American Museum and the South Carolina Aquarium. The bus trip is free and will depart from the front parking lot of the Strom Thurmond Bldg., 5450 Strom Thurmond Blvd.

Dog Walks and Talks

10 a.m., Twin Lakes. Bring your four-legged friends and join the Directorate of Family and Morale, Welfare and Recreation for a walk around Twin Lakes Park. There will be a best dog trick competition. For more information, call 751-3484.

APRIL 8-12

Fort Jackson Plant Swap

Noon, Thomas Lee Hall (Post) Library. Calling all plant enthusiasts. Leave a plant and take a plant.

APRIL 9

Thrift Savings Plan Class

2:30-4 p.m., 1565 Hall Street, Classroom #2. The USAG Civilian Workforce Development Program and the Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Thrift Savings Plan" Class. The class will help attendees gain a better understanding of the different funds and how they impact a plan for retirement.

Developing Your IDP

2-3:30 p.m., MS Teams. The USAG Civilian Workforce and Fort Moore Workforce Development Program are partnering to offer "Developing Your IDP in Army Career Tracker." This class will provide assistance in creating your IDP, setting smart goals, and achieving the approval of your IDP objectives.

APRIL 10

Child Abuse Awareness and Reporting

1:30-2:30 p.m., MS Teams. The USAG

Civilian Workforce Development Program and the Army Community Service Family Advocacy Program are partnering to offer the Leader/Workforce Development Series Training "Child Abuse Awareness & Reporting" in support of Child Abuse Prevention Month. The seminar will provide information on how to identify and report child abuse. This is a required workshop for all military and civilian personnel on Fort Jackson, who work with or have contact with children.

APRIL 16

Estate Planning

9-10 a.m., MS Teams. The USAG Civilian Workforce Development Program and the Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Estate Planning-Protect Your Assets" seminar. The seminar will provide information about the components of an estate plan (wills, trusts, power of attorney, beneficiary designations and health care directive).

APRIL 18

Family & Volunteer of the Year

4 p.m., 1917 Club. The Fort Jackson community will recognize Families and volunteers for their outstanding volunteer service to Fort Jackson and the surrounding Columbia community. Army Community Service is accepting nominations for the Family and volunteers of the Year through Friday.

Postpartum Pleasantries

11 a.m. to 1 p.m., Army Community Service Building, 9810 Liberty Div. Road. A registered nurse will discuss with mothers on what to expect during the postpartum phase and how to ease discomforts and promote healing while bonding with your newborn. Cost is free and you can bring your own lunch. Please register by calling 751-5256.

APRIL 19

Family Wellness Fair

10 a.m. to 2 p.m., Solomon Center. Prepare for a day of discovering and connecting with community programs and services, a holistic approach to promote healthy and strong military families.

APRIL 20

Poker Ride/Run

8 a.m., Marion Street Station. The Directorate of Family and Morale, Welfare and Recreation's Fitness Department is holding a Poker Ride/Run. Choose to bike 10 miles or run 5 miles to designated locations to build your poker hand. Prizes awarded to the four winning hands. For more information, call 751-3700.

Youth Fishing Derby

Heise Pond. Join us for our Annual Outdoor Recreation Youth Fishing Derby. Youth ages 5-16 are welcome to come try and catch a whopper in Heise's Pond. There will be prizes for Heaviest fish and 5 fish limit total weight. The pond will be stocked so come join us for some fishing, food and fun. Register at the check-in tent on the day of the event. Call Marion Street Station for more information at 751-3484.

APRIL 25

Pickleball Tournament

5 p.m., Perez Fitness Center. Two people per teams. Sign ups are required by April 12. Limit 10 teams. For more information, call 751-6258/6272.

April 26

Family Fun Fair

4:30-6:30 p.m., Patriots Park. Child and Youth Services presents the annual Family Fun Fair with special guests Budweiser Clydesdales. AAFES Food Trucks, Games and Food available for purchase, Live music, activities, and Selfie-Booth. For more information call 751-4824.

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.

SAN JUAN STREET (FORMERLY GORDON AVE.)



By **FIELDING FREED**
Basic Combat Training Museum

The Spanish-American War (April 21-Dec. 10, 1898) was short in duration, but at its conclusion the United States was victorious and on its way to becoming a world power. San Juan Hill is the war's best-known battle site, but it was one of several engagements fought on July 1, 1898.

Towards the end of May 1898, the Spanish fleet under the command of Admiral Pascual Cervera y Topete broke through an American blockade and snuck into the heavily fortified bay of Santiago de Cuba. Once discovered, bombardments by U.S. Navy ships failed to destroy the two forts protecting the harbor. Navy commander Admiral William Sampson realized the only way forward was for the Army to capture the harbor from the land.

The landside defense of Santiago was a series of fortified hills, known as the San Juan Heights, to its east. The two tallest, one nicknamed Kettle Hill and the other San Juan Hill, were the focus of the frontal attack ordered by Fifth Army Corps commander Maj. Gen. William Shafter. Soldiers from the 6th, 9th, 13th, and 16th Infantry Regiments assaulted San Juan Hill on the left flank. On the right, the segregat-

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?



Library of Congress

The Battle of San Juan Hill was the only battle that involved all four Buffalo Soldier regiments, the 9th and 10th Cavalry, and the 24th (photographed here) and 25th Infantry.

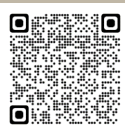
ed units of the 9th and 10th Cavalry, and the 24th Infantry Regiment attacked Kettle Hill along with dismounted cavalry units, which included future president Theodore Roosevelt's 1st Volunteer Cavalry.

Despite debilitating heat, lack of cover, and intense fire from the Spanish trenches,

the Americans won the battle. Casualties numbered over 1,700 U.S. killed or wounded with the Spanish suffering an estimated 429 casualties. After conquering Kettle Hill, Roosevelt's Rough Riders proceeded to San Juan Hill. By the time they arrived, most of the Spanish defenders had already fled. Still, Roosevelt's undeniable personal valor in leading his men from the front at Kettle Hill was widely publicized in newspapers placing him and the Rough Riders foremost in remembrance of the battle by the American public.

NO ONE CAN TELL WHETHER IT WAS THE ROUGH RIDERS OR THE MEN OF THE 9TH WHO CAME FORWARD WITH THE GREATER COURAGE TO OFFER THEIR LIVES IN THE SERVICE OF THEIR COUNTRY.

- Col. Theodore Roosevelt
1st U.S. Volunteer Cavalry Regiment



Scan to learn more about Teddy Roosevelt and the Rough Riders.

Joint effort to clear bridge debris launched

By **MATTHEW OLAY**
DOD News Service

Multiple Defense Department assets teamed with state, federal and private sector agencies in Baltimore Harbor March 30 to begin removing wreckage from the Francis Scott Key Bridge collapse.

"The (Defense Department) continues to support the whole-of-government response in Baltimore. Through the Unified Command, the U.S. Coast Guard is coordinating this effort in collaboration with the U.S. Army Corps of Engineers, the U.S. Navy and many others," Deputy Pentagon Press Secretary Sabrina Singh told reporters during a meeting April 1.

Crews of highly trained demolition experts began cutting into the top portion of the collapsed bridge's north side on Saturday, and the Army Corps of Engineers completed a required underwater survey — both necessary steps prior to removal of debris, Singh said.

Meanwhile, Naval Sea Systems Command is aiding Unified Command's efforts to clear out debris and reopen the harbor by contracting out the 1,000-ton lift capacity derrick barge Chesapeake, the 200-ton lift capacity revolving crane barge Ferrell and the 150-ton lift capacity crane barge Oyster Bay. All are on scene in Baltimore Harbor.

An additional, 400-ton lift capacity barge is scheduled to arrive next week, according to a news release distributed this afternoon by Navy public affairs.

"(DOD stands) ready to assist in further efforts to provide immediate response, reopen the port, rebuild the bridge and support the people of Baltimore," Singh said.



(Above) Soldiers sing along with the International Praise Church Choir during the Easter Sunrise Service at Hilton Field, March 31.

(Far right) Chaplain (Lt. Col.) Gregory S. Jackson, deputy garrison chaplain, speaks during the service.

(Middle right) The sun begins to peak above the trees at Hilton Field as the Sunrise Service, one of multiple religious events held at Fort Jackson, March 31 to celebrate Easter begins.

(Right) Members of the International Praise Church Choir sings 'Praise,' during the service.



Jackson celebrates ... At Sunrise

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

Praise music echoed across Hilton Field March 31 as the first rays of sunlight peeked over the tips of the trees.

Basic Combat Training Soldiers and trainees, along with civilians and retirees had gathered on Fort Jackson to attend a special religious service on one of Christianity's most holy days – Easter.

The service happens at sunrise because "it is symbolic of what it represents to those who recognize that event," said Chaplain (Lt. Col.) Gregory S. Jackson, deputy garrison chaplain and guest speaker at the event.

Just like home restoration crews seen on television Christ's resurrection helps restore believers, he said during the service.

"Restoration gives us hope; restoration gives us life," Jackson said. "... we don't have to be a product of our past. Our failures don't define us anymore. And that's good news."

Jackson spoke about how Peter, one of the 12 disciples, would deny Jesus three times before the crucifixion to ultimately be forgiven after the resurrection. Paul would go on to be a head of the fledgling church and be crucified by the Romans as well – but upside down.

Soldiers sang along with the International Praise Church Choir as they sang songs such as "Praise" during the service like others on Fort Jackson was entirely voluntary and open to the entire Fort Jackson community.

"It is voluntary," Jackson said. "We can't force it and we won't force them to attend."

The service was not the only religious event held March 31.

(Editor's note: See Page 10 for a list of the dates and times of religious services on post.)



Retired Army Ranger receives Silver Star Medal

By **KATISHA DRAUGHN-FRAGUADA**
Training and Doctrine Command

Almost 31 years after conducting various missions and operations during the Battle of Mogadishu, retired Army Maj. Larry Moores received the third highest military decoration for valor in combat — the Silver Star Medal.

Gen. Gary Brito, commanding general, U.S. Army Training and Doctrine Command, presented Moores with the Silver Star during a ceremony in front of family and friends March 25.

“Mr. Moores, I personally salute you for your tenacity, your toughness in a crucible combat, and your commitment to our Army, and your fellow Soldiers,” Brito said. “Your actions in Somalia were for them, your brothers in arms, and are a living tribute to the Ranger Creed, which I know that you hold dearly. Thank you so much for your selfless service. I am honored to present to you today the Silver Star.”

Moores enlisted in the Army on his 18th birthday. After basic training, he was assigned to the 1st Ranger Battalion, 75th Ranger Regiment, for his first assignment. Within a few months, he was ready to accept the Ranger School test and headed straight to the school at Fort Benning, Georgia, now called Fort Moore.

“Ranger School was very difficult and definitely a great challenge, but I think coming from the battalion to become a ranger student was more of a validation process,” he said. “I was in the first class after the invasion of Grenada, so I was a young Soldier who had already been in a combat experience in the early 1980s.”

In the summer of 1993, then-President Bill Clinton deployed Task Force Ranger comprised of Rangers, Special Operators and TF-160 Special Operations Aviators to Mogadishu, Somalia, to capture Somali warlord Mohammed Farah-Adid. The majority of that task force was composed of American Rangers from the 3rd Battalion, 75th Ranger Regiment.

“When I was in Somalia as part of Task Force Ranger, it was my third tour with the unit, so I understood their capabilities and how prepared we were to execute the mission,” Moores said. “We conducted a series of missions before that, so we knew the environment and the threat. Knowing how well trained your people were and the mission made it easier to lead.”

On Oct. 3, 1993, Task Force Ranger became embroiled with Somalia militiamen in an overnight gun battle, the intensity of which was likened, at the time, to the most intense firefights in Vietnam. That afternoon, Task Force Ranger boarded Army helicopters for what was expected to be a textbook raid to capture two of Adid’s lieutenants.

Using rocket-propelled grenades, Somalia militiamen shot down two U.S. Blackhawk helicopters, turning a planned raid into an unexpected rescue mission.



Photo by JEAN WINES

Retired Army Maj. Larry Moores addresses the audience at the Silver Star Ceremony.

**THIS WAS A TOUGH
EXPERIENCE BECAUSE
WE WERE OVER-
WHELMED ...**

- retired Maj. Larry
Moores

“We lost 18 (Soldiers) in battle and had more than 70 Rangers wounded. That was a tough experience because we were overwhelmed — with the odds against us. But it was amazing to watch the young Rangers still execute under very difficult circumstances,” he said.

Moores hard work and leadership during that operation resulted in him being inducted as a Distinguished Member of the 75th Ranger Regiment in 2005 and into the U.S. Army Ranger Hall of Fame in 2017.

“I was honored to serve with the Rangers, so whenever I went to those ceremonies as a young Soldier, I was always in awe of the people who were being inducted,” he said. “Then to be inducted myself was an amazing honor.

Although this particular battle was very challenging for Moores, and the 75th Ranger Regiment unit, due to the number of Soldiers who were killed or were wounded, Moores said it was astonishing to be able to demonstrate their capability during that operation.

But for me it was a team effort. It wasn’t Larry who was inducted, it was the whole unit.”

Retired Army Col. Larry Perino, a fellow Ranger platoon leader who served with Moores during the Battle of Mogadishu, attended the Silver Star ceremony, and emphasized how important it was for him to be there to witness it.

“I would not have missed this event for the world. This is long overdue and well deserved,” Perino said. “Larry is deserving because he chose to go back to that street to try and break us out. Despite going out there and getting riddled with bullets time and time again and losing Rangers, he had the intestinal fortitude to lead his men to help us.”

Moores credits the entire regiment for him being able to receive the honor of the Silver Star Medal.

“This Silver Star Medal is about those types of units and all of the months and months of hard work,” he said. “It was an amazing opportunity to be a part of those special operations. I feel so blessed to have worked with the people that I did over all of these years. I never would have thought that I would have been able to do all of the things that I did, and meet and work with so many amazing people along the way.”

Moores currently works as a contractor within the TRADOC G2 (Intelligence).

'The Weigh It Is' with Pam Long

One of the main things you will recognize today as you embark on getting your health under control is the abundance of choices that exist in exercise. Like most things, when there are so many choices, it is hard to decide what would be best for you. As a personal trainer and group exercise instructor, my mission has always been to provide workout programs that target the entire body. That way, if all you have is an hour to spare (or less), you can rest assured that your total body is taken care of.

Bet you did not know that Yoga falls into that category. Yoga is an excellent workout practice that target and works your entire body. Beginning with the obvious, Yoga is great at increasing your flexibil-



Long

ity and range of motion. If you are new to Yoga, you probably will be surprised at how sore you can be from doing Yoga. But do not let the soreness of your first couple of practices turn you off. With every practice, you will become more limber and agile. Tight joints from sitting and being inactive all day create aches and pains in our bodies. Hamstring muscles located in the back of our legs, for example, if too tight they flatten the lumbar spine, which can cause lower back pain. Tight hips put strain on the knees due to improper alignment of the thigh and shinbone. What I am showing is that our entire body is connected, so when something gets too tight it stresses something else. Yoga rescues tight joints and muscles,

leaving the body better aligned and flexed.

Yoga will not only make you more flexible, but it is strength training too. Most exercises use weights to add resistance. In Yoga, you are the weight. Picking you up or holding yourself in a certain pose involves many muscle groups coming together. Holding a pose or balancing a pose are both effective ways to tighten and tone the body. Definition in the arms and legs you can get from Yoga. Some styles of Yoga incorporate blending poses with strength holding. This increases your cardio output. This style of Yoga creates leaner muscles while increasing flexibility and range of motion. That makes Yoga a great calorie burner as well. Also, these moves are considered weight barring, so they help strengthen your bones too. With continued practice, you can expect a more sculpted, lean, and toned body.

Yoga as a weight barring exercise program means each time you

do Yoga you improve bone density and increase your range of motion. This helps prevent degenerative arthritis. Yoga nourishes cartilage because during practice the fluid found in cartilage is squeezed out (released) and a new supply can be soaked up. It is amazing how many knee injuries get relief from regular practice. Health wise, the shock absorbers that exist between the vertebrae are vulnerable to compressed disc and/or compressed nerves. These are signals that our spine craves and needs movement. A yoga practice complete with backbends, twists and forward bends is how the spine gets nourishment, which keeps the back healthy.

As mentioned earlier, depending on the style you choose, Yoga can be aerobic. In most gyms, Hatha Yoga is practiced, which is a more physical Yoga. Flowing from pose to pose raises the heart rate.

See **WEIGH:** Page 10

ATTENTION RETIREES!

Retiree Appreciation Days are coming May 16-18. There will be a virtual welcome by the garrison commander, golf tournament, a retiree exposition and more.

For more retiree related information visit: <https://home.army.mil/jackson/about/Garrison/directorate-human-resources/military-personnel-division/sfl-rso>



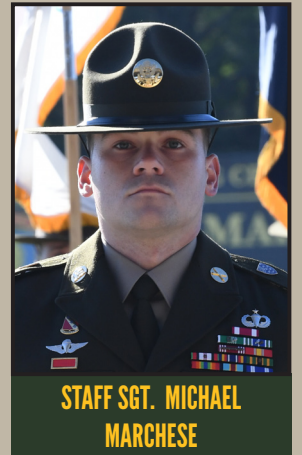
Photo by NATHAN CLINEBELLE

Thank you for your service

Fort Jackson recognized the careers of Command Sgt. Maj. Thomas Blair II, from 3rd Battalion, 34th Infantry Regiment and Sgt. 1st Class Shavontria Myers during the 4th Battalion, 39th Infantry Regiment graduation, March 28.

SALUTING THIS CYCLE'S HONOREES

1st Battalion, 34th Infantry Regiment



STAFF SGT. MICHAEL MARCHESE
DRILL SERGEANT OF THE CYCLE

ALPHA COMPANY
SOLDIER LEADER OF THE CYCLE
Pfc. Alexis Switzer

SOLDIER OF THE CYCLE
Pvt. Anthony Cook

BRAVO COMPANY
SOLDIER LEADER OF THE CYCLE
Pfc. Jessica Holmes

SOLDIER OF THE CYCLE
Pvt. Julian Eagleroad

CHARLIE COMPANY
SOLDIER LEADER OF THE CYCLE
Pvt. Timothy Keane

SOLDIER OF THE CYCLE
Pvt. Gabriel Meixl

DELTA COMPANY
SOLDIER LEADER OF THE CYCLE
Spc. Taylor McKee

SOLDIER OF THE CYCLE
Pvt. Leah Nieves

ECHO COMPANY
SOLDIER LEADER OF THE CYCLE
Pfc. Haley Johnson

SOLDIER OF THE CYCLE
Pfc. Noah Jordan

Events

Continued from Page 4

APRIL 27

Drug Take Back
10 a.m. to 2 p.m., The Exchange. The Fort Jackson Directorate of Emergency Services, as part of the Drug Enforcement Agency Drug Take Back Initiative is providing the Fort Jackson community a safe opportunity to dispose of expired and unused medication.

MAY 7

Meals in Minutes & Your Budget
1:30-2:30 p.m., The USAG Civilian Workforce Development Program, Army Community Service Financial Readiness Program and Army Wellness Center 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 also provides tips on meal prepping,

eating out, recipes and ways to save money.

Healthy Retirement Packet

11 a.m. to 2 p.m., MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center-Civilian are partnering to offer the Leader/Workforce Development Training “Healthy Retirement Briefing.”

MAY 8

Spouse Table Talk
10-11 a.m., 9810 Liberty Dv. Road, 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 “Spouse’s Green Table Talk (Mother’s Day Edition)” seminar. 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.

MAY 9

Education and Career Fair

9 a.m. to 1 p.m., 1917 Club. The Fort Jackson Army Continuing Education System, Transition Assistance Program and Army Community Service host a community Education and Career Fair to provide support services that contribute to the post’s readiness. For more information, call (502) 671-8384.

Anger Management

1:30-2:30, MS Teams. The USAG Civilian Workforce Development Program) and the Army Community Service Family Advocacy Program are partnering to offer the Leader/Workforce Development Series Training “Anger Management” seminar. This seminar will provide the tools to help you recognize triggers, choose appropriate methods, and manage your anger effectively.

MAY 11

Dolphin ECO Tour
10:30 a.m. to 7 p.m. Join us where we’ll observe wild dolphins form aboard a boat as we cruise the six miles out to Morris Island.

Weigh

Continued from Page 9

Your practice then becomes more calorie burning and compliments weight managing. A person can use Yoga to lose weight just like any other workout program. Just remember that healthy eating must be a part of the program too.

Finally, Yoga gives your body so much physically that you would call this a complete workout. And it is, but Yoga also calms the mind and nervous system. The relaxation you gain from each practice can be quite serene. Regular Yoga practice calms and restores you. This is something you may not notice during practice (because you are feeling the workout at that time) but will notice once the practice is over, and you move on with the rest of your day. When faced with stressful encounters (we all face them), your calm approach reflects your Yoga practice. You begin to naturally manage things in your life more calmly. It is a serene gift that is hard to describe, but if you practice Yoga or decide to practice, you will instantly understand and embrace that gift of calm.

Pam’s thought for the week: “You are more capable than you know.”

DID YOU KNOW: In rooms within a facility designed for 50 or more occupants, exit doors must open in an outward direction when exiting to allow for proper egress during an emergency.

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

School helps struggling kids

Pierce Terrace Elementary School

Pierce Terrace Elementary School held a Principal/Parent Forum in the school's flex lab, March 25. Parents were invited to learn about the various aspects of education. The topic for discussion was "Help! My Child is Struggling at School. What do I do next?"

The forum is a casual gathering where parents and the principal exchange information, discuss school-related concerns, ask questions, and make comments in an effort to work together to enhance the educational experience.

Robert Battey, school principal, gave opening comments to parents and encouraged active participation in the many services available at the school.

Guidance Counselor Danita Roey and Reading Specialist Kendra Baker discussed the three levels of tiered support given to Pierce Terrace students. The tiered levels of support include academic and behavioral concerns.

"Behavior is something we have to teach sometimes ... our Dragon Dollars support behavior," Roey said.

This refers to the positive behavioral program at the school, which the Pierce Terrace Parent Teacher Association purchased items available for students to buy with their earned Dragon Dollars.

Baker said the school recognizes and caters to the unique needs of each student. This tiered system ensures that every child's needs are met, fostering their academic and personal growth.

Most of the students are at tier 1 with academics, while tier 2 is for students needing additional help in areas of reading or math, with a focus on small groups. Tier 3 is available for students who require more intense support, which includes one-on-one interventions.

Students are referred to the Student Support Team by their classroom teachers if they have an educational or behavioral concern.

SST is a school-based problem-solving team that aims to reduce student underachievement and improve the quality of the general education program. It is pri-

marily made up of general educators, such as the principal, school counselor, school psychologist, school nurse, parent, reading specialist, teacher, etc.

Larrisa Pinckney, the school's speech therapist, assured family members she "dress(es) each day for the purpose of encouraging speech."

Pinckney said it's "practicing speech on the go" throughout the school day with students. She added parents should talk to their school-aged child like a mini adult to increase vocabulary and sound structures. Speech can be a learning activity, such as playing games with a child.

The head of the Case Studies Committee, Dr. Charlene Lenker, said collecting student data to see where they are in learning can be used towards each student's concerns.

Children may receive a disability diagnosis, but it is essential to realize that this does not mean they will receive assistance under the Individuals with Disabilities Education Act.

Parents are actively involved in the process.

Lenker said, "a lot of pieces have to be pulled together" to create "a specially designed plan." With a diagnosis of a learning disability or other qualifying impairment, an Individualized Education Program is created.

Lorraine Emory, the school nurse closed the event.

She provided information that underscores the importance of parental involvement in their child's education. The role of vision, hearing, sleep, and healthy nutrition was discussed, highlighting how these factors can significantly impact a child's learning. Emory stated that parental interaction with your student could be one of the biggest factors in education, emphasizing the power and responsibility parents hold in shaping their child's educational journey.

PTES is a school with the Department of Defense Education Activity, which offers programs for struggling students and a gifted education program. If parents in the community have any questions or concerns about education, please contact the school.

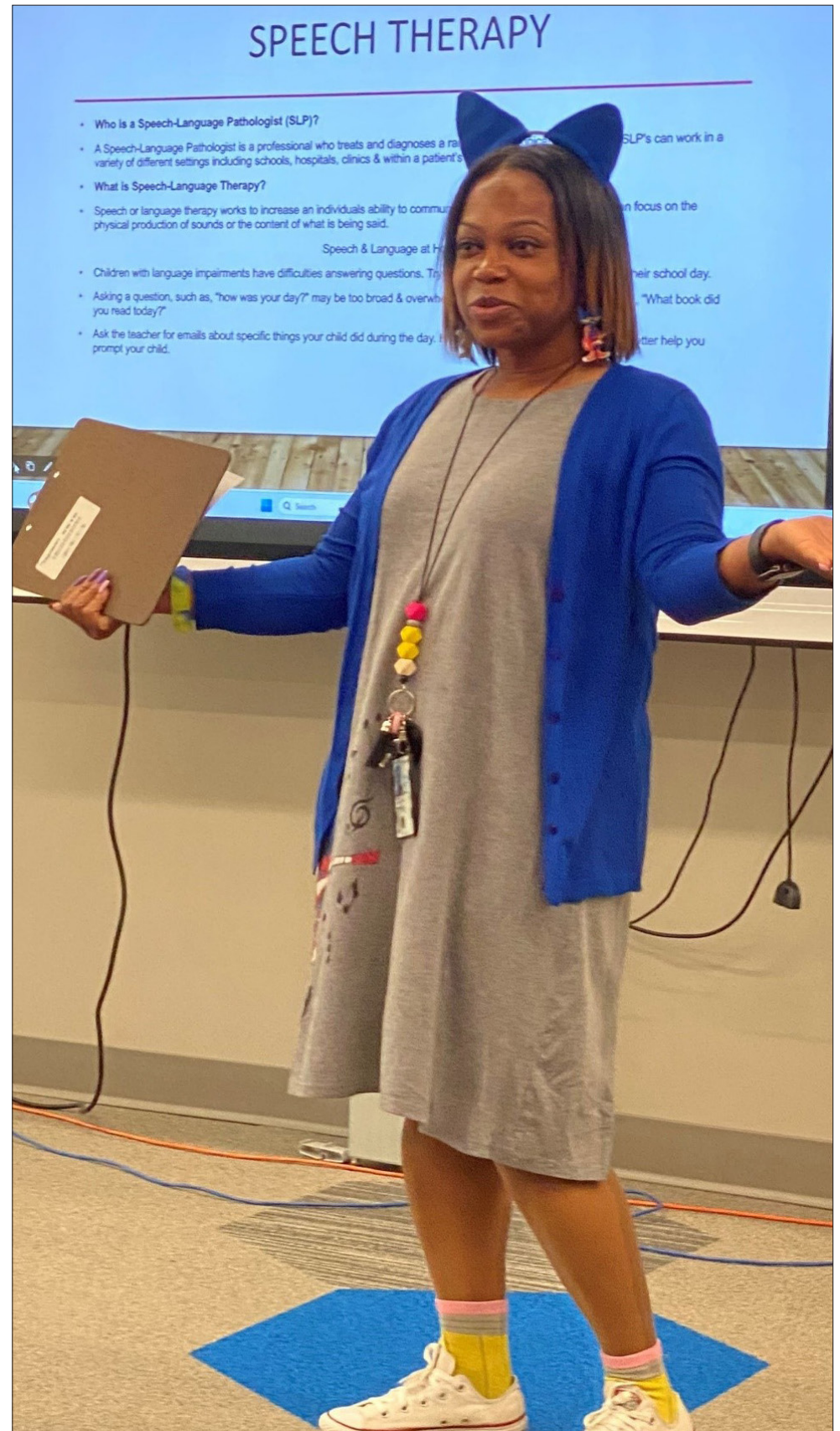


Photo by LORRAINE EMORY
Larrisa Pinckney, school speech therapist, discusses the importance of language skills. She normally wears attire to prompt engagement with students. Students that practice language skills can increase their vocabulary.

VICTORY... STARTS HERE



The distinctive drill sergeant hats wait to be awarded during the U.S. Army Drill Sergeant Academy graduation, April 3. Two Space Force Guardians graduated in that class.

Photo by ROBERT TIMMONS