

THURSDAY, APRIL 11, 2024

# THE FORT JACKSON LEAD

AMC'S #1 DIGITAL

# WELCOME

## DRILL SERGEANT ACADEMY GETS NEW COMMANDANT



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# Army continues to transform to win now, in future

By **CHRISTOPHER HURD**  
Army News Service

To give Soldiers what they need to win the nation's wars now and in the future, the Army must continuously transform and adapt to advances in technology, said Gen. James E. Rainey, commanding general of Army Futures Command.

This flexibility is needed, he said, because of how quickly the environment is evolving.

"The amount of technical disruption in the character of war is unprecedented, and it just continues to go faster and faster," he said during a keynote presentation at the U.S. Army Global Force Symposium in Huntsville, Alabama last week. "Whatever you think you know this year, come back in 90 days, and you'll know something different."

To combat this changing landscape, the service is focused on transformation in three different periods: 18-24 months, two to seven years, and seven to 15 years. Work done in each period has a ripple effect on the others.

The first period is referred to as transformation in contact. This area deals with capabilities delivered to deployed warfighters for testing and analysis. They provide real-world feedback allowing the Army to make necessary adjustments for future use.

In this area, the Army can adapt to current warfighting conditions. This was used when the service noticed the value of loitering munitions, also known as suicide drones, in the war in Ukraine. Army Futures Command put in a priority-directed requirement and is in the process of buying the capability.

AFC is also working with industry partners on ground-based rockets, ground-



Photo by SGT. GIANNA CHIAVARONE

**Rangers assigned to the 75th Ranger Regiment take part in a series of human machine integration experiments testing crewed and uncrewed drones and wheeled vehicles at Project Convergence Capstone 4 at Fort Irwin, Calif., March 11, 2024.**

based missiles and counter-unmanned aircraft systems that work on offense to protect light infantry and armored companies.

"The United States Army, we believe in offense and attacking," he said. "So, there is a big opportunity to figure out how we are going to provide effective counter-UAS capabilities to units on offense."

Human-machine integrated formations is another initiative the service is working on in the 18-24-month period. This program brings robotics and autonomous vehicles into fighting formations. The goal of the project is to keep Soldiers out of harm's way

whenever possible.

The Army tested numerous integrated formations during Project Convergence Capstone 4 in Fort Irwin, California last month.

"This is one of our major efforts inside the Army," Rainey said. "It's going very well and is full of opportunities to go to the next level. We're never going to replace humans with machines, it's about optimizing them."

The Army will start prototyping the first integrated platoons in the next two years.

The two-to-seven-year period is known as deliberate transformation. In this time

frame, the service is continuing to work on the Future Long Range Assault Aircraft, extending the range of cannon artillery, adding magazine depth and improving indirect fire weapons, engineering capabilities and the network.

Rainey said the service's number one priority in deliberate transformation is improving the network. The service is working on a data-centric system to enable commanders to make quicker and more informed decisions.

The Future Long Range Assault Aircraft is a hot topic issue with the service's recent aviation rebalance. Rainey assured that the Army is committed to FLRAA and the capability it brings to maneuver rifle squads.

"We don't do attrition warfare," he said. "We do maneuver warfare. So, FLRAA is an absolute must we have to continue to deliver, and it's in good shape."

Innovating in engineering battalions is another key priority for the Army, he explained.

"We're more likely to get stopped by the terrain than by an enemy we fight and that's not OK," he said. "We (have got to) get after the engineering transformation and modernization."

The Army announced the end of the Extended Range Cannon Artillery platform program last month but the requirement to extend cannon fire remains. The service recently completed a tactical fires study on artillery modernization. The research from the study showed significant success in extending the range by making adjustments to the rounds, Rainey said.

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## ON THE COVER

**Command Sgt. Maj. Joshua R. Bittle, U.S. Army Drill Sergeant Academy commandant, adjusts his drill sergeant hat before a change of responsibility ceremony held April 5 at Victory Field.**

**See Page 6-7**



Photo by **ROBERT TIMMONS**

## THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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# Jackson raises awareness of alcohol dangers

## Leader Staff Reports

The Fort Jackson Army Substance Abuse Program is partnering with the training brigades throughout April to educate the community on dangers of alcohol abuse and alcoholism.

April is Alcohol Awareness Month and the post is partnering with Headquarters and Headquarters Company 165th Infantry Brigade to bring forth awareness of alcohol misuse and education on responsible use, said Devita Hampton with the Directorate of Human Resources.

The National Institute on Alcohol Abuse and Alcoholism in a release referred to the month as, “an opportunity to update your knowledge about alcohol use disorder and the adverse impact of alcohol misuse on health and society.

According to the NIAAA, alcohol-related problems continue to take a heavy toll on individuals, families, and communities. Researchers estimate that each year there are more than 178,000 alcohol-related deaths, making alcohol a leading preventable cause of death in the United States. In addition, more than 200 disease and injury-related conditions are associated with alcohol misuse.

Fort Jackson is hosting a variety of events throughout April. On April 3, Fort Jackson's program participated in the 1st Battalion, 34th Infantry Regiment's safety standdown.

“We will set-up a static display table in the brigade area with various alcohol awareness related materials,” she said.

Hampton added that Capt. Teresa Groton, HHC commander will send weekly correspondence to the formation with alcohol re-

## April is Alcohol Awareness Prevention Month

Don't let your cocktail make a mockery of you




Think before you drink...  
Know your limits

Protect what you value, help is available contact ASAP program at 803-751-5007 

lated messaging to include suggesting use of an alcohol tracker. Various alcohol awareness videos are planned for release during the month.

ASAP is planning on educating families about alcohol use at the Family Wellness Fair, April 19, and wind down the awareness month during the Child and Youth Service Family Fun Fair.

“It is our sincere hope that we can educate the Fort Jackson community and empower everyone to protect what they value,” Hampton added.

“Alcohol abuse/misuse is unfortunately passed down from one generation to another,” she said. “Lack of knowledge, mis-

information, and unfamiliarity with resources are a few reasons why I feel it is important to make the community aware of alcohol misuse. Through meaningful conversations, we can provide education and resources to those in need.

“What you don't know does hurt you.”

An article by the South Carolina Department of Alcohol and Other Drug Abuse Services characterizes underage drinking as one of the state's “most troubling” health problems.

Their statistics show:

- An estimated 85 South Carolinians under 21 die each year from alcohol use.

- Underage drinking costs South Carolina \$1 billion per year – \$2,309 for each young person in our state.

- 23.1% of students in grades nine through 12 in South Carolina drank alcohol in the past month.

- 17.8% of these students took their first drink, beyond just a few sips, before age 13.

- Liquor is now the most popular drink of choice among middle and high school students.

- 38.1% of those students who drank alcohol in the past month obtained the alcohol they drank by someone giving it to them.

- 4% of students have

driven after drinking in the past month.

- Excessive alcohol use ranks third among lifestyle-related causes of death in the United States.

There are many community resources available for those in need. Active-duty service members can contact the Substance Abuse Disorder Care Clinic at (803) 751-2513. Those looking for help can also contact their local chapter of Alcohol Anonymous at <https://alcoholicsanonymous.com/aa-meetings/south-carolina/columbia-south-carolina/>; and the South Carolina Department of Alcohol and Other Drugs at <https://www.daodas.sc.gov/>.



# Community Updates

## ANNOUNCEMENTS

### 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](http://home.army.mil/jackson/about/fort-jackson-road-renaming).



### Murph Challenge

Are you up for a physical challenge? Join Fort Jackson in honoring fallen warriors with the Murph Challenge starting at 5:30 a.m. on Hilton Field.

## COMMUNITY EVENTS

### TUESDAY

#### 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 17

#### 193rd/165th SAAPM Event

10 a.m. to 4 p.m., DS Timothy Kay Soldier Performance Readiness Center. Soldiers, Department of Defense civilians, and Family members are invited to attend a Sexual Assault Awareness Prevention

Month Event aimed at supporting the Army's Sexual Harassment/Assault Response and Prevention Program, while emphasizing the important of "whole body" health.

### 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 (803) 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 (803) 751-3700.

### Youth Fishing Derby

Heise Pond. Join us for our Annual Out-

door 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 (803) 751-3484.

### APRIL 24

#### IET Industry Day

8:30 a.m. to 1 p.m., 1917 Club. This event is a prime opportunity for personnel to explore cutting-edge tech trends, network with industry and subject matter experts, and collaborate with peers. Early registration is crucial for proper event planning. To register visit: <https://www.militaryexpos.com/fortjackson/>

### 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 (803) 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 the Budweiser Clydesdales. AAFES food trucks, games and food available for purchase, live music, activities, and Selfie-Booth. For more information call (803) 751-4824.

### 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. For more information, call (803) 751-3980.

## Fort Jackson

## Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### APRIL 12

■ First Omen (R) 6 p.m.

### APRIL 13

■ No Showing

### APRIL 17

■ Kung Fu Panda 4 (PG-13) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

### APRIL 30

#### Maude Leadership Lecture Series

2 p.m., Solomon Center. The Adjutant General School is hosting the Lt. Gen. Timothy J. Maude Leadership Lecture Series, April 30. This year's speaker is Lt. Gen. Maria Barrett, commander U.S. Army Cyber Command. The lecture series honor Lt. Gen. Maude, the highest ranking Soldier killed during the Sept. 11, 2001 terrorist attacks.

### MAY 7

#### Meals in Minutes & Your Budget

1:30-2:30 p.m., The USAG Civilian Workforce Development Program, Army Community Service Financial Readiness

See **EVENTS:** Page 10

## THE FORT JACKSON LEADER

SEND ALL  
SUBMISSIONS TO

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

Deadline for events to be included in the Community Updates is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following

Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — rank, unit, and first and last names. All submissions will be edited and published using Associated Press Style.

Questions? Call 751-6739.

## LIGHTHORSE STREET (FORMERLY IMBODEN STREET)



By **FIELDING FREED**  
Basic Combat Training Museum

The tradition for soldiers to nickname one another was commonplace by the American Revolution. Depending on whether it comes from friend or foe, a nickname can vary greatly.

Fortunately for Patriot cavalry officer Henry Lee III (1756-1818), his moniker “Light Horse Harry” was one of admiration and came from the men he commanded.

Lee, a native of Virginia, spent much of the Revolutionary War on horseback. Some attribute his nickname to his skill as an equestrian, but it might be due to his first command as captain of the 5th Troops of Light Horse of the 1st Continental Light Dragoons formed in 1776. Lee developed hit-and-run tactics in deploying horse mounted infantry, known as dragoons, to attack the British which won him acclaim.

Within three years, Lee was promoted to major. He led a daring and successful nighttime capture of the British fort at Paulus Hook, New Jersey earning him a gold medal from the Continental Congress. Lee was one of only eight to receive this award for valor, which was the highest at the time, during the Revolutionary

War. His upward trajectory culminated in an offer from Gen. George Washington to join his staff as an aide-de-camp. Lee declined, preferring to remain in a combat role.



Portrait of Lee by Charles Willson Peale, c. 1782.

War. His upward trajectory culminated in an offer from Gen. George Washington to join his staff as an aide-de-camp. Lee declined, preferring to remain in a combat role.

Lee’s promotion to lieutenant colonel came with command of his own legion which was transferred to the Southern theater. His experience in guerilla warfare made him a good fit with Generals Fran-

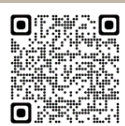
cis Marion and Nathaniel Greene, under whose command he now served.

Lee’s combat experience in the Carolinas was prolific. He fought in the Battle of Guilford Courthouse, the Siege of Ninety-Six, and the Battle of Eutaw Springs. Lee led a force that captured Fort Granby, located in present day Cayce, South Carolina, from the British in May 1781. Lt. Col. Lee was present at the surrender of the British at Yorktown and would survive the war.

Lee would marry Anne Hill Carter in 1793 and had six children including Confederate Gen. Robert E. Lee. He would be made a major general in the U.S. Army in 1798 and would famously eulogize President George Washington at his funeral on Dec. 26, 1799. He died in Dungeness, Georgia, March 25, 1818.

THE MAJOR DISPLAYED A REMARKABLE DEGREE OF PRUDENCE, ADDRESS AND BRAVERY UPON THIS OCCASION, WHICH DOES THE HIGHEST HONOR TO HIMSELF AND TO ALL THE OFFICERS AND MEN UNDER HIS COMMAND.

- Gen. George Washington



Scan to learn more about Light Horse Harry Lee.

## SECDEF calls for increased Gaza aid

By **C.TODD LOPEZ**  
DOD News

Secretary of Defense Lloyd J. Austin III spoke April 3 with Israeli Minister of Defense Yoav Gallant. The two discussed the ongoing conflict in Gaza, Israeli efforts to ensure the defeat of Hamas and the need to secure the release of all hostages, said Pentagon Press Secretary Air Force Maj. Gen. Pat Ryder during a briefing today.

Also part of the discussion was the need for an increase in humanitarian aid to Gaza, Ryder said.

“Secretary Austin again raised the need for a rapid increase of aid coming through all crossings in the coming days, particularly to communities in northern Gaza that are at risk of famine,” Ryder said.

The Gaza Strip, which is about 25 miles long, lies entirely inside Israel and shares a border to the south with Egypt.

There are three locations along its border where humanitarian supplies could move into Gaza from either Egypt or Israel.

Those locations include the Erez crossing in northern Gaza and the Kerem Shalom crossing in southern Gaza. Both of those crossings connect Gaza to Israel. The Rafah crossing is on the Gaza border with Egypt.

Right now, all three crossings are either closed or have limited availability.

The U.S. has continued to press the Israeli government to allow more aid to flow though all available land crossings.

Meanwhile, the U.S. is planning a maritime route from the Mediterranean Sea onto the shore of Gaza



# WELCOME

## Drill Sergeant Academy gets new commandant

by **ROBERT TIMMONS**  
Fort Jackson Public Affairs

“We’ve selected another proven leader for the 33rd commandant (of the U.S. Army Drill Sergeant Academy) a sergeant major whose reputation and experience precedes him,” said Maj. Gen. John D. Kline, Center for Initial Military Training commander during the change of commandant ceremony, April 5.

Command Sgt. Maj. Joshua R. Bittle, took responsibility for the Academy from Command Sgt. Maj. Rickey G. Jackson during a ceremony Kline hosted. Kline received the Academy colors from Jackson and passed them to Bittle to ceremoniously mark the transition of responsibility.

It was this experience and reputation that made it an obvious choice for Kline to select as the new commandant.

Kline said during the ceremony that Bittle has a wealth of both operational and institutional experience that some may “think was the perfect or optimal balance between knowing what the qualities are that we currently need within Forces Command and our Army Service Component Commands, coupled with his knowledge of how we build a Soldier to fit this need.”

Bittle, a former brigade senior enlisted leader, was the operations sergeant major for the 193rd Infantry Brigade, a former drill sergeant in Basic Combat Training, Advanced Individual Training and One Station Unit Training.

He comes to Fort Jackson from the National Training Center at Fort Irwin, California, where he was the operations group sergeant major.

“He knows better than most the challenges we will face in the current/future fight and the importance of building a strong foundation,” Kline said. “What was really compelling was to hear his thoughts



**Command Sgt. Maj. Joshua R. Bittle**

on today’s Soldiers.

“It was not just the challenges, but a deeper understanding of how we can make a lasting positive impression – that’s what set him apart.”

Bittle wasn’t the only sergeant major Kline was instantly impressed with; Jackson his predecessor caught the general’s eye years before.

“... When I interviewed Rickey Jackson, I could sense something different,” Kline said. “It was his energy, his passion ... it was palpable within the first five minutes. I knew he was going to be our next commandant.” Kline also outlined some of the changes Jackson instilled as commandant including treating drill sergeant candidates better.

“The (Drill Sergeant Academy) is setting a great example by prioritizing care and trust over fear,” Jackson said enthusiastically during the ceremony while thanking those who had helped make his tenure as commandant a success. “And it starts

with the treating of others with dignity and respect, which creates a strong foundation for building culture and care.”

He used the example of defender pickup that mirrors the pickup of Basic Combat Training called the first 100 yards.

“The event sets the tone for the day for day one of training,” he said. “All candidates are called drill sergeant day one, which may be a culture shock for many, but it is how we start with respect on day one ...”

The DSA cadre are executive-level instructors who ensure drill sergeants have what they need to succeed on the trail.

He concluded saying Bittle was the right choice for commandant.

“I’m confident that the Academy is in good hands with Joshua and his Family,” Jackson said. “They will continue to train the best drill sergeants for our Army, and I know they will carry on a legacy that I have worked so hard to establish.”

When Bittle took the podium to provide his first words as commandant he joked about the drill sergeant hat he put on before the ceremony.

“As I put this hat on recently to get it adjusted, reminded me of two things,” he said. “First, I took it off 17 years ago and had no idea I would put it on again. Here we are. Second, how good I look in it.”

On a more serious note he said “It is not lost on me the hard work and commitment of Command Sgt. Maj. Jackson, Sgt. Maj. (Melissa) Solomon, the entire Fort Jackson team, drill sergeants and the staff over here ... The transformation over the last two years was Herculean, to say the least. Well done and thank you.”

“I am incredibly honored and humbled to be the 33rd commandant, and fired up to be part of (Training and Doctrine Command), CIMT and Fort Jackson team,” he concluded.



**Command Sgt. Maj. Joshua R. Bittle, 33rd commandant of the U.S. Army Drill Sergeant Academy, receives the unit colors from Maj. Gen. John D. Kline, Center for Initial Military Training.**



**Maj. Gen. John D. Kline, CIMT commander, and Command Sgt. Maj. Joshua R. Bittle salute.**



**Drill sergeant leaders salute during the change of responsibility ceremony held at Victory Field.**

*Photo by NATHAN CLINEBELLE*

*Photo by ROBERT TIMMONS*





Photo by JASON NORRIS

Students in the academic track of the Future Soldier Preparatory Course work on improving their math skills during a class at Fort Jackson, South Carolina.

## Future Soldier Prep Course expands to Fort Moore, Ga.

By **JOHNATHAN DAHMS**  
Center for Initial Military Training

As part of its ongoing efforts to increase the quality of individuals entering basic training and provide additional opportunities to serve in our all-volunteer force, the Army expanded the Future Soldier Preparatory Course at Fort Moore, Georgia at the end of March 2024.

The FSPC was initially only held at Fort Jackson.

The Army has suspended the option for recruits with an ASVAB score between 31-49, or CAT IIIB, to volunteer to attend the FSPC, but Fort Moore will continue to train the current population of contracted CAT IIIBs while transitioning to training recruits with an ASVAB score between 21-30, or CAT IV.

Fort Moore will also immediately transition two additional companies to train CAT IV recruits.

There will be no change to the FSPC

structure at Fort Jackson, and all recruits going through the fitness track of the FSPC will continue to train at Fort Jackson.

TRADOC assesses that the Army's readiness depends on a quality, all-volunteer force. We will invest in America's young people so they can meet our standards, because the Army is unparalleled in its ability to unlock a person's full potential. Through the Future Soldier Preparatory Course, the Army will provide focused academic and fitness instruction for those who have the desire and ability to achieve Army standards.

With over 18,000 graduates, the FSPC continues to highlight innovative Army programs designed to ensure we have the quality recruits needed to fight and win our nation's wars. As the Army has stated in the past, we will not sacrifice quality over quantity, we will not lower our standards, we will invest in America's young people so they can meet our standards.

The FSPC pilot program stood up in August 2022 to help America's youth overcome

academic and physical fitness barriers to service and meet or exceed the Army's accession standards.

Both tracks of the course have a 95% graduation rate. Students in the academic track have increased their test score by an average of 17 points, and those in the fitness track lose an average of 1.4 percent body fat each week.

"We are incredibly proud of our cadre for helping our recruits meet or exceed the standards expected of every Soldier," said Lt. Col. Brian Canny, commander of 1st Battalion, 46th Infantry Regiment, 197th Infantry Brigade, the unit that oversees the academic portion of the FSPC at Fort Moore. "With these refinements, and given ongoing resources for this training, we will continue to help more young men and women qualify to serve in America's Army."

The Army will continue to assess and scale the FSPC based on the demand and resources needed to ensure we are successfully preparing and building quality recruits.

## Gaza

Continued from Page 5

using the Joint Logistics Over-the-Shore capability, also called JLOTS.

Using JLOTS, DOD will build a floating pier and then push it onto the shore of Gaza.

Once that capability is in place and is fully operational, it's expected as many as 2 million humanitarian aid meals per day could be delivered into Gaza.

The ships carrying the JLOTS equipment and the service members who will assemble it are now en route to the Mediterranean Sea.

"We expect to achieve ... full operations capability by the end of the month (or) early May," Ryder said. "Of course, we are working to move as quickly as we can on that front. Once operational, ... the capability that that will provide is the ability to send upwards of 2 million meals per day into Gaza."

Ryder said the department is "on track" for getting the JLOTS capability in place.

The department, he said, is also working with partners in the region to discuss how aid delivered via the JLOTS pier will be offloaded in Gaza and distributed.

Security is also a concern, he said.

"Israel has committed to providing security on the shore for that effort," he said. "When it comes to the receiving and then onward distribution of that aid, we're working with USAID (U.S. Agency for International Development) and others to finalize those details."

Since March 2, 2024, U.S. Central Command, sometimes in coordination with the Royal Jordanian Air Force, has conducted 23 humanitarian missions to airdrop aid into Gaza.

Since that time, more than 680,000 meals or meal equivalents have been provided.



## 'The Weigh It Is' with Pam Long

As we take steps to improve our overall health, there is one word we each continue to run across. That word is metabolism (or metabolic rate). So many of us blame our metabolism for our struggles with making that scale go down. Genetically speaking, to some degree, it's



Long

true. But to another degree, it's not true. That's good news we can all take comfort in. The fact is, there are remedies (or solutions) we can take advantage of to help our metabolism and gain victory in the weight-loss arena.

If you don't already know, I guess the first thing to do is tell you what metabolism is. Your metabolism is the number of calories your body uses to maintain itself. Your beating heart, to sleep or

just to sit and watch television requires energy. The amount of energy needed to do all these functions, and more, is called your metabolism. How fast or slow it goes varies from person to person and lifestyle to lifestyle. You probably suspect that your metabolism and weight loss are related; your suspensions are correct. Your metabolism is affected by the amount of muscle you have versus the amount of fat. That is because muscle is an active tissue. It gets hungry and needs to be fed. Its food of choice is your excess fat. Isn't that wonderful?

First things first, begin with improving your metabolism by making it healthier and more efficient to help with your weight and wellness goals. Everyone needs to know

how theirs works, so they can manipulate it to their advantage. What speeds it up? What slows it down? What keeps it revving? Knowing the answer to these questions is like weight-loss ammunition. Since weight loss is the goal, how do you get your metabolism hungry to feed on your excess fat? You must boost it. How do you boost it? Well ... you boost your metabolism by feeding it exercise. Using exercise to manipulate your metabolism opens the door to a boat load of benefits including:

- slowing down the aging process.
- increasing your strength, stamina, and immunity.
- reducing body fat and helping fight against cardiovascular disease, and more.

I encourage you to focus on what you can do and remember what you can do will make a difference. If you are new to exercise, you can do easy things like park your car as far away as possible

from the entrance of the mall, grocery store or wherever you happen to travel on any given day. This will make you walk more. You can take the stairs instead of the elevator; you could even do 10 minutes of exercise while watching the news. Everything you do throughout the day will increase your metabolism for that day. If you want to kick things into higher gear, make a point to add some strength training to your day. Remember, muscle is an active tissue, and it requires oxygen just to maintain its resting state; fat just sits there and waits to be fed again. Unlike fat, muscle is very active. A pound of muscle burns about 35 calories a day, while a pound of fat is just 2 calories a day.

A real reality is that our metabolism naturally slows with age. We must arm ourselves with regular strength training and exercise to combat this process. After age 30,

See **WEIGH:** Page 10

## Celebrating Service

Fort Jackson recognized the careers of Maj. Hector Garcia Rodriguez, from the Soldier Support Institute; Master Sgt. Ronald Bonilla, from the 369th Adjutant General Battalion; and Sgt. Monasia Young with the Noncommissioned Officers Academy, during the 1st Battalion, 34th Infantry Regiment Basic Combat Training graduation, April 4.

Photo by NATHAN CLINEBELLE



## SALUTING THIS CYCLE'S HONOREES

### 3rd Battalion, 13th Infantry Regiment

**DRILL SERGEANT  
OF THE CYCLE**  
Staff Sgt.  
Christina Sicari

**ALPHA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Spc. Britta Robinson

**SOLDIER OF THE CYCLE**  
Pvt. Teresa Resendiz

**BRAVO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Ashanti Rosario

**SOLDIER OF THE CYCLE**  
Pvt. Maxwell Brown

**CHARLIE COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Spc. Javed Schwapp

**SOLDIER OF THE CYCLE**  
Pfc. Keith Barron

**DELTA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Carlos Agudelo

**SOLDIER OF THE CYCLE**  
Pvt. Christian Kalamafoni

**ECHO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Nicholas Rios

**SOLDIER OF THE CYCLE**  
Pvt. Alivia Collins



Events

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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 provides tips on meal prepping, eating out, recipes, comparison shopping, meal planning, shopping lists, cooking tools, 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- Civilan 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 readiness of our Soldiers, spouses, veterans, Families, and civilians. 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/Charleston 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. Then we’ll have a chance to observe the lighthouse and get off on an uninhabited barrier island to do some beachcombing. After the tour, we will take you to downtown Charleston where you can shop and dine at the Historic Charleston City Market. The trip costs Adults: \$70, 3-12: \$50, under 3: \$20.

Weigh

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our bodies gradually begin to lose muscle. Without regular exercise and strength training, our metabolism slows down. For example, if your activity level stays the same (no regular exercise) and the number of calories you eat stays the same (no changes in your eating habits), you will potentially still gain weight because your metabolism has slowed down.

Nothing intense or extreme, but we must exercise and weight train on a regular basis, so the changes in our metabolism are more subtle and less noticeable. Another way to improve your metabolism is with quality sleep. When we lack sleep, we throw our hormones out of balance. This slows down our metabolism and increases our risk of weight gain. Next, add protein to your meals. Protein jump-starts our metabolism because it supports muscle building and retention. Eating proteins like eggs, chicken, and dairy helps keep our metabolism humming and leveled all day long.

These easy steps will get your metabolism moving in the right direction. Everything goes back to exercise and eating healthily. It may not be the fast track, but with consistency, it can get your metabolism on track.

**Pam’s thought for the week: “Exercise is a metabolism game changer.”**

**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





## Week raises transmittable infection awareness

By SARAH GAY

Moncrief Army Health Clinic

Sexually Transmitted Infection Awareness Week is the second full week in April. It provides an opportunity to promote awareness about STIs and how they impact our lives. This initiative aims to diminish the stigma, fear, and prejudice associated with STIs, while also equipping individuals with the necessary resources and information to engage in prevention, testing, and treatment.

There are more than 20 million new cases of STIs in the United States every year, and the rate is rising. Many of these diseases can be avoided.

Human immunodeficiency virus affects more than 1.2 million people in the United States.

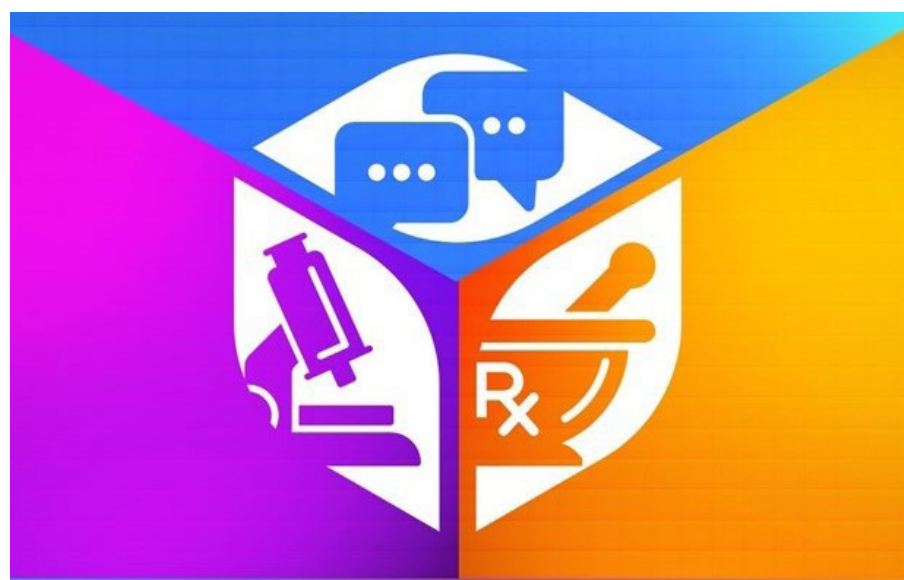
The risk of contracting STI is higher among adolescents, young adults, and males who have intercourse with men. HIV infection may also be more likely to affect those who have STIs.

STI prevention can be achieved by encouraging practices like condom use.

Strategies to prevent the spread of STI are:

- Abstinence: The most reliable way to avoid infection is to not have sex.
- Mutual Monogamy, agreeing to be sexually active with only one person.
- Reduce number of partners.
- Use condoms.

Get tested for STIs! Knowing your



talk | test | treat

**SEXUALLY TRANSMITTED INFECTION CASES ARE ON THE RISE ACROSS THE COUNTRY WITH 20 MILLION NEW CASES EACH YEAR. MANY CAN BE AVOIDED.**

status is a critical step to stopping STI

transmission. If you know or think you are infected, take steps to protect yourself and your partners. Ask your health-care provider to test you. This is the only way to know whether you are receiving the right test.

Remember talk to your partners, get tested, and get treated. To learn more about STI Awareness Week, visit <https://www.cdc.gov/std/saw/index.htm>

## Transform

Continued from Page 2

AFC is taking this knowledge and looking at ways to innovate the rounds and the propulsion systems. They are also looking to increase magazine depth to give Soldiers not just the capability but the capacity they need.

The last time frame is referred to as concept-driven transformation. This is where the Army is looking to sustain advantages, develop new capabilities and build endurance for future conflicts.

The service is working on merging offensive and defensive fire systems, adding robotics to contested logistics, bringing survivability and lethality to light infantry divisions, decreasing the weight of armored formations, and increasing its emphasis on war gaming.

This continuous transformation over all three periods is meant to make the Army more adaptable, flexible and lethal while giving Soldiers the capacity and capabilities to win now and in the future.

"Whatever we do as we transform, we have to preserve that people advantage we have," Rainey said. "They are our greatest asset."

## 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>**



# VICTORY... STARTS HERE



Staff Sgt. Ceon Simon, a drill sergeant leader with the U.S. Army Drill Sergeant Academy, renders honors during the change of responsibility ceremony between Command Sgt. Maj. Rickey Jackson and Command Sgt. Maj. Joshua Bittle, April 5 at Victory Field.

Photo by ROBERT TIMMONS