

THURSDAY, APRIL 18, 2024

# THE FORT JACKSON LEADER

EDUCATION

# IN MEMORIAM

193RD HQ DEDICATED TO 'LEADER OF COURAGE, RESILIENCE'



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# School kicks off military child month activities

By **LORRAINE EMORY**

Pierce Terrace Elementary School

This month, we honor the almost 2 million descendants of our military personnel and veterans, whose support and selflessness enhance the power of our armed forces and the safety of our country.

President Joe Biden designated April as the Month of the Military Child. These young Americans already have a strong understanding of serving, courageously and consistently taking on the unique challenges of military life.

The 2024 Month of the Military Child theme is: Military Youth and Children: Brave, Fearless and Resilient.

The month commemorates the distinct obstacles that military children encounter on a daily basis. Our military children encounter several obstacles and undergo distinctive experiences as a result of their parents' military duty. Due to frequent relocations, children from military families face challenges in establishing enduring friendships. Additionally, it is possible that they may have one or both of their parents being deployed or working extended periods of time.

Kris Albright, school physical therapist said, "This is a fun time of the year for me because we celebrate our children with many different activities throughout the month."

Staff member Erica Olson planned the students' school schedule while Albright aided with other arrangements.

On April 8, students, parents, and school staff participated in a celebration at Pierce Terrace Elementary School. Principal Robert Battey stated that the event was part of a



*Courtesy graphic*

**Month of the Military Child is observed each April to honor and celebrate military children and youth for their service, commitment, and sacrifice in support of the Army's mission. The observance reiterates the Army's commitment to provide quality care and positive youth development for a bright future.**

month-long commemoration to pay tribute to and recognize the sacrifices made by our youth.

Retired Chief Petty Officer James Harris brought a color guard from Dreher High School Navy Junior ROTC program to present the colors on the school's front lawn while Sgt. Jonathan Gifford led the 282nd Army Band from Fort Jackson in the National Anthem.

Students, staff, and families followed the 282nd Army Band around the school premises in a walk symbolizing the post's First

Month-of-Military-Child commemoration.

Upon finishing the little stroll, the youngsters savored popsicles supplied by the school's Parent Teacher Association gleefully chatted with their classmates. All students were dressed in purple attire as they walked around the school grounds.

The school also hosted an event April 15.

Students adorned in the colors of the American flag, specifically red, white, and blue, participated in various physical activities during the day. Activity Day is an undertaking by students that lies outside the

scope of the regular school curriculum. This is a time to break into their other areas of passion and interests, while aligning with the family's military service activities.

These activities encompassed an obstacle course, a bootcamp challenge, and a visit from a K-9 team. Students delighted in the inflatable obstacles and had the opportunity to have fun in the bounce house.

Values such as kindness, team spirit, patience, and collaboration aid in improving the students' wellbeing and physical health as part of the educational day.

## ON THE COVER

**Chaplain (Maj.) Scott Lovejoy, 193rd Infantry Brigade chaplain, salutes during the dedication of the Wornier Building, April 12, 2024.**



Photo by **ROBERT TIMMONS**

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## THE FORT JACKSON LEADER

"We Make American Soldiers"

**Fort Jackson, South Carolina 29207**

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## 193rd HQ dedicated to 'leader of courage, resilience'

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

"Today we stand on the threshold of a remarkable moment," said Maj. Gen. Jason E. Kelly, Fort Jackson commander, "in the storied history of Fort Jackson and the celebrated history of the 193rd Infantry Brigade."

Kelly spoke as Fort Jackson dedicated the 193rd's headquarters building, April 12, to the memory of one of its former commanders, Gen. Frederick F. Woerner, Jr.

Woerner, who Kelly called "a protector of our nation and a leader of courage and resilience" commanded the brigade from 1982 to 1986.

The 193rd, constituted June 24, 1922, replaced a battle group in the Panama Canal Zone on Aug. 8, 1962, where it would provide ground defense of the Panama Canal. The 193rd played a major part in the 1989 invasion of Panama to depose Manuel Noriega.

The United States controlled the canal until Dec. 31, 1999, when it was officially handed back over to the Panamanian government.

The building dedication "is a testament to his legacy," Kelly said. "A place where his leadership and dedication will continue to influence and inspire."

Woerner was commissioned a second lieutenant in the infantry in 1955 and held various leadership positions including commander, 3rd Basic Combat Training Brigade from 1977-1979, Sixth Army commander from



**Gennie Woerner, widow of Gen. Frederick F. Woerner Jr., touches the memorial plaque outside the 193rd Infantry Brigade headquarters building after it was dedicated in his memory.**

**TODAY WE STAND ON THE  
THRESHOLD OF A REMARK-  
ABLE MOMENT ...**

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

1986-1987; and commander of U.S. Southern Command from 1987-1989. He also served multiple tours in Vietnam. He passed away at 89 years old March 29, 2023.

Kelly and Woerner's family, including his wife Gennie, unveiled a plaque attached to the building façade near its main entrance. Gennie touched the plaque gently after its unveiling.

Retired Col. Frederick Woerner, Gen. Woerner's son, spoke on behalf of his family after the unveiling.

"On behalf of my mother of four sons, eight grandson and two great grandsons, many of whom are here today, and on behalf of my dad's sister and most of her family that is here today, we thank you so much for this honor," he said.

"Thank you for embedding history into all activities you do on this installation," Frederick said. "History gives us a sense of purpose, sense of belonging and it guides us."



**Maj. Gen. Jason E. Kelly, Fort Jackson commander, speaks during Woerner Building dedication, April 12.**



# 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](https://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, May 23.

## COMMUNITY EVENTS

### TODAY

#### 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.

#### Postpartum Pleasantries

11 a.m. to 1 p.m., Army Community Service Building, 9810 Liberty Division 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.

### FRIDAY

### 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.

### SATURDAY

#### 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

8-11 a.m., 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 (803) 751-3484.

### MONDAY

#### Passover Seder

5:30-7:30 p.m., Main Post Chapel Fellowship Hall. All permanent party Soldiers, Family members, trainees and students are invited to join the Fort Jackson community Passover Seder. The Passover Seder is a ritual feast conducted at the beginning of the Jewish holiday of Passover. For more information, call (803) 414-1103.

### WEDNESDAY

#### 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.

### 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 5

#### An Evening of Worship

5 p.m., Solomon Center. King's Mountain Chapel presents an evening of worship.

## Fort Jackson

## Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### FRIDAY, APRIL 19

■ Imaginary (PG-13) 6 p.m.

### SATURDAY, APRIL 20

■ Bob Marley: One Love (PG-13) 2 p.m.

### WEDNESDAY, APRIL 24

■ Ghostbusters: Frozen Empire (PG-13) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

The concert features praise and worship music from various artists.

### 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 provides tips on meal prepping, eating out, recipes, comparison shopping, meal planning, shopping lists, cooking tools, and ways to save money.

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.



## CHAMPION HILL STREET (FORMERLY HILL STREET)



By **FIELDING FREED**  
Basic Combat Training Museum

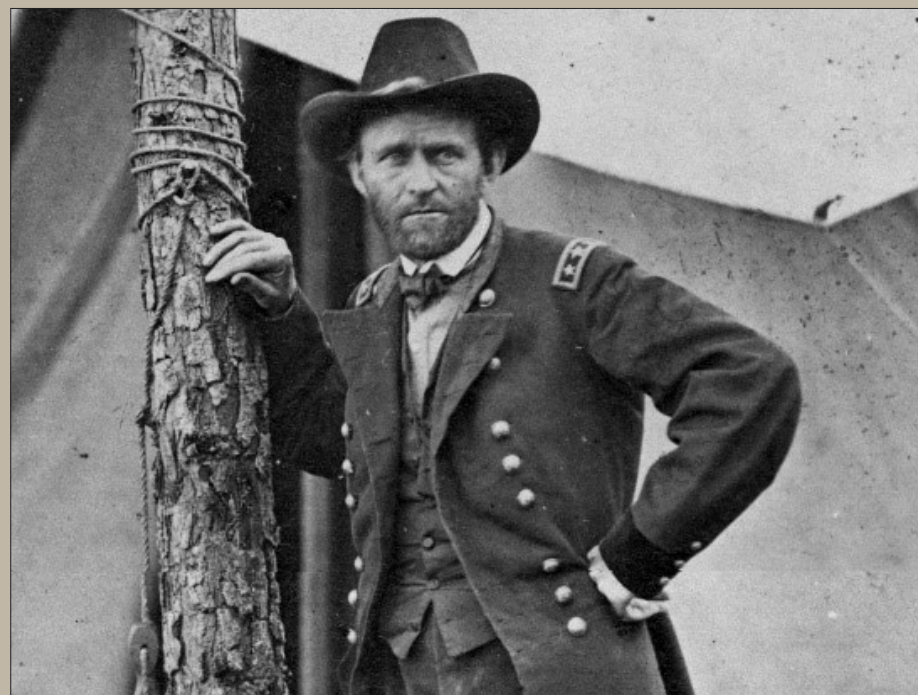
The Battle of Champion Hill, fought May 16, 1863, was a critical Union Army victory in its efforts to capture the Confederate held city of Vicksburg, Mississippi. Taking its name from land owned by Sid and Matilda Champion, the hill was described as a “Bald crest ... which dominated a strategic crossroads that would be vital to the final assault on Vicksburg.” As is sometimes the case in war, a random crossroads would provide the setting for a pivotal battle.

During the Civil War, the Mississippi River was a highway that both sides fought to control. Under the command of Confederate Lt. Gen. John C. Pemberton, artillery batteries on the 250-foot-high bluffs overlooking the river at Vicksburg prevented use of the river by the U.S. Navy.

If the Union could take Vicksburg, they would effectively cut the Confederacy in half, east to west, and open the river up for use by Federal troops.

In the spring of 1863 Army units under command of Gen. Ulysses S. Grant restarted the campaign to capture Vicksburg. After defeating a large Confederate force 40 miles east in the state capital Jackson,

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 that featured names commemorating the Confederacy. But do you know the significance of the new names?



Library of Congress

### Gen. Ulysses S. Grant commanded the Union forces at Champion Hill

Grant's troops turned west. Roughly half the distance to Vicksburg, Confederates led by Lt. Gen. Stephen D. Lee hastily emplaced artillery and infantry on Champion Hill taking advantage of its fields of fire in an attempt to stem the Union advance.

Grant ordered the divisions of Brig. Gen. Alvin Hovey and Maj. Gen. John A. Logan to attack Lee's hilltop position. The battle began at 11:30 a.m. and raged for an

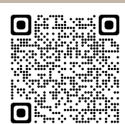
hour and a half. Attacks and counterattacks between the 32,000 Union and 20,000 Confederate soldiers ended in a Federal victory but at a high cost. There were an estimated 2,457 Union casualties (410 killed, 1,844 wounded, and 187 missing), with Confederate losses an estimated 3,840 (381 killed, 1,018 wounded, and 2,441 missing/captured). Even seasoned veterans like Brig. Gen. Hovey were shocked by the carnage left on Champion Hill after the battle.

Defeated, the Confederates retreated in disarray to Vicksburg. In the final assault on the city, Fort Jackson's 1st Battalion, 13th Infantry Regiment was the only regiment to raise its flag on the Confederate positions. This action earned its special designation FIRST AT VICKSBURG. The Union Army captured the city and its fortifications on July 4, 1863.

IT WAS, AFTER THE CONFLICT, LITERALLY THE HILL OF DEATH ...

- Brig. Gen. Alvin P. Hovey

Commander, 12th Division, XIII Corps  
Army of the Tennessee, U.S. Army



Scan to learn more about the Battle of Champion Hill.

## Kabul airport attack review released

By **MATTHEW OLAY**  
DOD News

A supplemental review of the original investigation into the 2021 suicide bombing attack that killed 13 U.S. service members and roughly 170 Afghan civilians at Hamid Karzai International Airport's Abbey Gate has reaffirmed the military's findings of the initial investigation and identifies the attacker.

Ordered by U.S. Army Central Command in September 2023, the results of the two-year supplemental review found that no new information disclosed in public testimony since March 2023 had any material impact on the original investigation's findings. It also confirmed that a lone ISIS-K suicide bomber had carried out the attack, and that the attack could not have been preventable at the tactical level, members of the supplemental review team explained during a recent briefing.

“With access to analysis from across the intelligence community, we were able to identify the Abbey Gate person-borne IED bomber as Abdul Rahman al-Logari, an (ISIS-K) member since 2016,” said one Army official on the 12-person, joint supplemental review team.

Al-Logari was one of thousands of ISIS-K members the Taliban released from a pair of detention centers in mid-August 2021, according to another Army team official.

The same official also pointed out that the supplemental review team determined ISIS-K would have still been able to conduct the attack regardless of whether al-Logari had been released, because the terror organization already had multiple

See **KABUL:** Page 8





(Above) Command Sgt. Maj. Craig A. Rodland, 13th Regimental Command Sergeant Major, looks at Command Sgt. Maj. Dennis N. Dodge after receiving the regimental colors from Chief of the Finance Corps Col. Michelle Williams.

(Top right) Command Sgt. Maj. Craig A. Rodland smiles during the ceremony.

(Far right) Col. Michelle Williams welcomes Command Sgt. Maj. Craig Rodland.

(Right) Retired Command Sgt. Maj. Annie L. Walker, holds a spontoon holding the names of the command sergeants major of the Finance Corps and the Finance & Comptroller School as Command Sgt. Maj. Dennis Dodge, adds his streamer to it.



# THE 13TH

*Rodland becomes Finance Corps regimental sergeant major*

**Stroy, photos by  
ROBERT TIMMONS**  
Fort Jackson Public Affairs

Command Sgt. Maj. Craig Rodland became the 13th Regimental Command Sergeant Major and took responsibility for the Finance Corps and the Finance & Comptroller School from Command Sgt. Maj. Dennis Dodge during a ceremony April 12.

Rodland “brings with him a wealth of experience, wisdom and a steadfast commitment to excellence that will undoubtedly enrich our community,” said Col. Michelle Williams, chief of the Finance Corps and commandant of the Finance & Comptroller School, during the ceremony where she ceremoniously passed the Finance Corps colors from Dodge to Rodland.

The role of a command sergeant major is as the senior enlisted leader to the commander on all enlisted issues in the command. They carry out policies and enforce standards of performance, training, appearance and conduct of enlisted Soldiers.

“Throughout his distinguished career, Command Sgt. Maj. Rodland exemplified the finest qualities of leadership, professionalism, and dedication,” she added. “As we welcome Rodland into the Finance & Comptroller School family, we recognize the impact he will have on our students and faculty.”

He will be a “beacon of inspiration, guiding us as we strive for excellence and innovation in all that we do,” Williams said as she welcomed him to the team. “We look forward to working alongside you, as we continue to uphold the highest standards of education, training and professional development. Your expertise, guidance and unwav-



**Command Sgt. Maj. Craig A. Rodland, prepares to lead the official party into the Soldier Support Institute Auditorium.**

ering commitment to our mission will undoubtedly propel us to new heights of success.”

Rodland, no stranger to Fort Jackson, said he never thought that 23 years after he was at Jackson for Basic Combat Training and Advanced Individual Training, he would be taking responsibility for the command.

“I never imagined this day,” he said. “I’m excited to be here and I look forward to working with each and every one of you.”

He has served as a battalion senior enlisted advisor, senior financial management advisor, chief financial operations, dispersing agent finance operations non-commissioned officer in charge, as well as military pay NCOIC. His assignments include the 82nd Airborne Division, 1st Special Force Operational Detachment – Delta and 1st Special Forces Command all at Fort Liberty, North Carolina (for-

merly known as Fort Bragg).

Before Dodge passed the colors to Williams, he placed a streamer emblazoned with his name on the Finance Corps spontoon with the other regimental command sergeants major. A spontoon is a spear-like weapon once used for warfare, but now is ceremoniously used to hold streamers.

Williams bid Dodge farewell during the ceremony acknowledging his “astute leadership, mentorship and dedication to mission” were instrumental in shaping the future of the Finance Corps.

“As a trusted confidant and advisor, you have provided invaluable guidance and support to our team, helping us navigate challenges, seize opportunities, and achieve our collective goals,” she said.

Dodge, who is set to start the next phase of his career in retirement, said one the most important privileges he has was being an advocate for the students in their classroom – each of which has their own story to why they joined.

The Army has always provided financial services through trained finance personnel since June 16, 1775 when the Second Continental Congress introduced a resolution to appoint a paymaster general of the Army.

In the classroom, “you have a kid like me who was kicked off his mom’s couch, sitting next to an airline pilot, or physician, or single mother hoping to set an example for her kids – all right next to each other,” he said. “The beauty of the classroom is they’re all peers regardless of which part of the world, or economics or social status they came.”

Dodge passed that responsibility on to Rodland charging him to, “represent the interests of those Soldiers and (non-commissioned officers) in rooms they are not privileged to go into just yet, but one day they will.”





Photo by MASTER SGT. ALEXANDER BURNETT

**An Afghan man hands his child to a British paratrooper, while a member of 1st Brigade Combat Team, 82nd Airborne Division conducts security at Hamid Karzai International Airport in Kabul, Afghanistan, Aug. 26, 2021.**

## Kabul

Continued from Page 5

suicide bombers available.

“This supports the conclusion that the attack at Abbey Gate was not preventable at the tactical level,” the official said.

During the supplemental review, the team sought to address five separate topics deemed worthy of either initial or follow-on assessment since the original release of the 2022 report on the attack.

Two of those five topics included the circumstances surrounding the alleged confirmation of the description of the alleged attacker; as well as the circumstances related to the request for the authority to engage that individual.

Regarding identification of the alleged attacker and the request to engage that

perceived threat, the supplemental review found that the chain of command’s proper use of the rules of engagement allowed the Marines on the ground to avoid making any potentially lethal mistakes amid all of the confusion brought on by having to deal with throngs of Afghan evacuees, according to one Marine supplemental review team official.

“Leaders constantly engaged service members and Marines on the ground throughout the evacuation to ensure they understood the use of force to deal with the unruly crowds, the Taliban and the constant threat before them,” the official said.

One topic of some contention the review team sought to address was if, on the morning of the attack, Marine snipers had or had not positively identified a particular individual who appeared to stand out from the rest of the evacuees — a so-called “bald man in black” — as a threat worthy of en-

gaging.

The review found that the battalion commander on scene properly evaluated the request to engage the individual by applying the set rules of engagement.

“The battalion commander exercised sound military judgement to conclude that the ‘bald man in black’ was not a lawful military target ... Any portrayal of these events showing the battalion commander did not understand these events (is) just not supported by the evidence,” the official said.

“It is clear (the battalion commander) did not approve the snipers to engage the ‘bald man in black,’ and it was clear that this decision was understood.”

As to the actual attacker, the review team determined that there was very little chance of identifying al-Logari prior to him detonating his body-worn IED.

“Positive identification of the bomber prior to the attack would have been improbable, given the timeline and the density of the crowd,” another Army review team member said, before going on to state that service members were “vigilant in their duties” the day of the attack, despite the fact that intelligence available at the time lacked data that could have been used to identify al-Logari as the assailant.

The same official also said the intelligence community has used facial recognition technology to compare a photo of al-Logari to one of the “bald man in black,” and that the result yielded the “strongest negative possible rating” determining that the separate photos were not of the same individual.

Additional examples of service member vigilance and professionalism came to light during the supplemental review.

One topic assessed in the review — which was not included in the original report on the bombing — was a question as to whether ISIS-K or the Taliban had conducted a perceived “IED test run” on Aug. 21. That day, Marine snipers who were posted at the airport observed three individuals with accompanying bags that they deemed to be suspicious.

Though the supplemental review team ultimately couldn’t conclude whether an IED test run had actually taken place, the team praised the level of skilled professionalism the Marines exhibited while investigating the situation.

“The Marines remained disciplined, and

they were relentless in how they treated these bags,” said one Army team official, adding that the Marines were sure to execute the appropriate tactics, techniques and procedures.

“They did the right thing, despite the uncertainty of the environment,” the official said. “They remained disciplined, and they performed their duties admirably; and that was to preserve the force and also to protect civilians and others.”

Another of the topics the review team assessed, and subsequently praised, was the Marines’ decision to consolidate their perimeter at the airport on the day prior to the bombing. This was due to increased exposure to unvetted evacuees and the threat of an IED attack, among other hazards.

“Based on our assessment, consolidating the perimeter was a sound tactical decision,” a Marine official from the review team said. “Additionally, after discussing that decision during the supplemental review with several service members who were critical of it previously, they all agreed that it was a sound tactical decision.”

Though it wasn’t one of the core five topics addressed, the supplemental review team saw it as germane to mention the robust presence of military leadership in the vicinity of Abbey Gate during the day of the bombing.

“It is important to note that multiple Marines emphasized that leaders were present and engaged throughout operations at Abbey Gate, (and) our supplemental review found the same,” one of the Army officials stated, while adding that 22 leaders at the rank of E-4 or above were wounded or killed during the attack.

“We found that certain individuals, even two years after the blast, were unaware that the battalion commander had been wounded by ball bearings; and that — while still performing his duties — he had to be forcibly led away from the blast zone because senior enlisted Marines insisted that he needed to be treated for his wounds.”

Between the supplemental review and the initial Abbey Gate investigation, the team interviewed more than 190 people at 24 separate locations. The average interview consisted of roughly 64 questions, resulting in 16 pages of typed transcription in the form of a signed memorandum for record, according to an Army review team official.



## 'The Weigh It Is' with Pam Long

If you are a person committed to exercise or a person new to exercise the goal is the same... to get results. One technique you should become familiar with is to learn how to target your heart rate. Doing your exercises in your target heart rate zone allows you to boost your weight loss objectives by learning how to work at a steady pace for a specific amount of time to yield maximum weight training and weight loss results.



Long

Target heart rate training is a technique we can use to begin to work our bodies more efficiently and effectively. When you hear the term "more efficient" it means that something does not have to work as hard to achieve results. The process typically used to make our hearts more efficient is through exercising the heart at a precise pace, rate, and range. This term is called targeting the heart rate. Learning how to target your heart rate is a technique and tool we can use in our efforts to better condition, strengthen and, of course, lose weight.

Heart rate training in exercise may sound advanced or complicated but really it is not. Heart rate training is exercising at the right intensity to burn body-fat as fuel. Heart rate training is a type of intensity training used to ultimately strengthen the cardiovascular system to make it healthier and more efficient. When the cardiovascular system becomes more efficient; it allows you to take in oxygen at a higher more superior rate. When exercising, your heart rate is the indicator that will tell you when you are at the right intensity for your specific goal; in this case, the goal

is weight loss. Once you learn how to target your heart rate you can use the technique for other goals such as increasing your endurance and stamina or building tighter and leaner muscles.

This is why you want to know your specific target heart rate number. Training in your heart rate zone is the way you get the most bang out of your workout time by maximizing your intensity and remaining within that threshold for a certain amount of time to yield results.

When you target your heart rate you are practicing specific training to burn calories, build muscle, or increase endurance. It is often a combination of improvements we are looking for and we can gain using heart rate training. This is because your target heart rate reflects the rate at which your body is using oxygen, as well as the rate at which it is burning calories (speeding metabolism).

The more oxygen you are using, the more calories you are burning. Your goal is to maintain your oxygen usage for a set amount of time to take you to that threshold where you are burning calories that will result in weight loss or whatever your specific goals are. For example, if your target heart rate is 148 and you are trying to lose weight you want to maintain that 148 level of oxygen usage for at least 25 minutes to hit your weight loss zone. This tells us that oxygen usage is a key player in weight loss. A person can exercise at 70% of their heart rate zone or as high as 80%. By playing between the two you will learn which end of your zone you need to maintain yourself in for

maximum results.

There are many ways to begin targeting your heart rate for exercise goals. You could invest in a heart rate monitor that you would strap to your chest with a wrist-watch receiver. This method is the most recommended as it reads your oxygen usage most accurately. You can also do a perceived breathing exertion test where you rate your breathing on a scale of 1 to 10 or 1 to 5 to see how hard you might be exercising.

This cheap method can be quite effective if you zero in on how hard you are exercising and for how long. Finally, you can check your pulse. This can be hard because you have must stop exercising and pause to take your pulse (which might be hard to find). The perceived breathing exertion test is more recommended than the pulse test. If you go to the gym and use a treadmill or elliptical or a bike; they come with built-in sensor plates that activate when you wrap your palms around them, they will tell you your heart rate which allows you to just focus on the exercise and not stopping to count pulse beats or guessing how hard you are working.

To take advantage of your target heart rate training you need to know what your target heart rate is. Finding your target heart rate is easy. This number changes with age so what your target was at 25 years of age will be different at 35 years of age.

The formula used to discover your target heart rate is called the Karvonen Formula. Yes, you can discover your target heart rate with today's technology, but knowing the math formula can be a useful tool if your device stops functioning or you misplace it.

Below is the Karvonen Formula

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Photos by VERAN HILL

## Celebrating Service

Fort Jackson recognized the careers of Command Sgt. Maj. John T. Kortz, Columbia Recruiting Battalion with wife Jenny and daughter Ava; and Sgt 1st Class James E. Blaylock II, Headquarters and Headquarters Company, 369th Adjutant General Battalion.



Events

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**MAY 8**  
**Spouse Table Talk**  
10-11 a.m., 9810 Liberty Division 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. The counselor, who comes with a wealth of personal finance knowledge and experience listens and provides insight, tips and resources.

**Moncrief Open House**

Do you have questions about your TRICARE health insurance? Are you confused about the MHS Genesis Portal and how to request an appointment? Do you know how to use our QR code for prescription fills or refills? Do you know what immunizations your child needs before the next school year? If you have questions, we can help. Join us for one of these informational sessions (noon or 4 p.m.) and we can help answer all your questions or concerns. For more information, call (803) 751-2291.

**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 p.m., MS Teams. This seminar will provide the tools to help you recognize and manage your anger effectively. 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 from aboard a boat as we cruise the six miles out to Morris Island. Then we’ll have a chance to observe a lighthouse and get off on an uninhabited barrier island to do some beachcombing. After the tour, we will take you to downtown Charleston. For more information, call (803) 751-3484.

Weigh

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example for a woman aged 35.

1. Calculate Maximum Heart Rate by taking 226 – age (35) = 185 the (MHR)
2. Calculate Maximum Heart Rate for 70%: 185 (MHR) x 70% = 130 this is the low end of the targeted heart rate zone
3. Calculate Maximum Heart Rate for 80%: 185 (MHR) x 80% = 148 this is the high end of the targeted heart rate zone

The targeted heart rate zone is from 130 to 148. You would want to effectively work in this range for a minimum of 25 minutes for results.

If better results from weight loss to muscle conditioning is your goal, heart rate training and healthy eating are your best bet.

Target heart rate training is a safe and effective way to yield great results with exercise. Of course, healthier eating compliments your efforts so make both a part of your daily life.

**Pam’s thought for the week: “Healthy isn’t a goal. It’s a way of living.”**

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. For more information, call 751-3700.

**DID YOU KNOW:** Items within a facility are required to be a minimum of 18” from light fixtures and/or sprinklers when stored. For more information, contact your unit safety officer.

WORSHIP SCHEDULE

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



# Soldier athletes chase Olympic dreams

By SHANNON COLLINS  
Army News Service

As spectators around the world get ready for the Olympics and Paralympics in Paris, one Army program prepares Soldier athletes to compete in the games.

The Army's World Class Athlete Program, or WCAP, allows top-ranked elite Soldier athletes to perform at the international level while serving in the military.

Since 1948, 446 Soldiers have represented the United States at the Olympics, earning 111 medals in a variety of sports.

WCAP sports include boxing, wrestling, track and field, modern pentathlon, archery, shooting, taekwondo, winter sports and rugby. Its Paralympic sports include archery, shooting and swimming.

WCAP Soldiers come from the active duty, reserve and National Guard components and are selected for their ability to perform at the highest level of their sports, said Willie Wilson, WCAP program director.

Many of the Soldiers had a strong showing in college in their respective sports, earned scholarships, and wanted to give back to the U.S. so they joined the Army.

"I wanted to learn a skill, serve this country and continue running," said Staff Sgt. Leonard Korir, a track and field athlete from Kenya. "God made me motivated to be a Soldier."

Korir earned a college scholarship to Iona University, New York. He is a two-time NCAA champion, winning the men's indoor 5,000-meter title and outdoor 10,000-meter title in 2011. He took third in the 2014 Boston half marathon, won the 2015 New York half marathon. After becoming a U.S. citizen, he placed in the top three in the Olympic trials in 2016. He finished third in the 2024 Olympic Marathon Trials in Orlando, Florida, potentially earning him a spot on the Paris team.

Sgt. Colett Rampf, a track and field competitor from Germany, agreed with Korir on the importance of WCAP.

"It's important to have opportunities like these to help advance your career both as a Soldier and as an elite athlete," she said. "My goal is to make it to the Olympic trials and then to make it to the Olympics. I want to represent the Army the best way I can. It would mean a lot to me."

Rampf grew up in Germany and also became a U.S. citizen. She earned a scholarship at Saint Leo University, Florida and took NCAA All-American seven times. She took third in the women's Army Ten-Miler division.

Sgt. Lisa Greer, from Chicago, earned first place in the USA Boxing Olympic Trials in Lafayette, Louisiana, last year.

"This program helps Soldiers accomplish their dreams and goals in the sport they choose," she said. "It's a platform to help showcase the programs we have available."

She went to a local gym, found a coach and began train-



Photo by E.J. Hersom

**Army Sgt. Lisa Greer, a boxer with the Army World Class Athlete Program, sits for a portrait in the program's ring at Fort Carson, Colo., March 11, 2024.**

ing. She qualified at a national golden gloves tournament and applied. Since then, she took first in the USA Boxing Women's Championships tournament and second place in the Colorado State Golden Gloves Championships.

"I always wanted to join the Army," she said. "My mom didn't want me to join. I left my jobs and went straight to a recruiting station. I signed the contract right then and there, and then I went home and told everybody. They were a little upset at first but then they got over it."

"It's an honor to represent the Army and the U.S. as a team," she said with a smile. "I get to represent my brothers and sisters in arms. It's bigger than me."

The Soldier athletes visit high schools throughout the country to promote the WCAP and Army.

"I get to show the students that there's a positive way out, that there's more than one aspect of life," Greer said. "The Army will lead you on the right path. Research what the Army provides you with educational needs. You are more than your environment. The military guided me in the right direction. If you're looking for a way out, the Army is definitely here to help you with that. I'm a Soldier for life, especially after the 2028 Olympics."

Staff Sgt. Samuel Kosgei, track and field coach, qualified for the Olympic trials in 2020 and used to run professionally. A combat medic since 2017, he said he joined the Army for stability.

"I have a Family, and I wanted to get my master's degree, which I did through the Army," he said. "I am so honored

to be part of WCAP and to serve in the Army. In my life, this was the best decision I've ever made, to join the Army."

Kosgei won the 2014 and 2016 Marine Corps Marathons. He hopes to serve in the Army until retirement. His sister serves as a nurse in the Army.

Many of the athletes served in the Army in their respective career fields, earned national titles, applied for the program and then transferred into the program. Once they no longer compete, they can become coaches and mentors or go back into their career field.

"We've also had a number of them go on to become leaders in various national governing bodies," Wilson said. "The previous CEO of USA Bobsled was part of the Army's World Class Athlete Program. The Soldiers who participate in this program do a very good job of representing and promoting the Army."

Just like it takes a team to make an Army mission happen, a Soldier athlete needs a high-performance team to make the Olympics a reality. The World Class Athlete Program high performance team consists of experts in strength and conditioning, athletic training, nutrition and massage therapy.

The team works closely with the athletes to provide medical care and support to ensure the athletes stay healthy and injury-free, design customized training programs to optimize a Soldier's strength and endurance, develop customized nutrition plans and provide massage therapy to prevent injuries and aid in recovery.



# VICTORY... STARTS HERE



The U.S. flag flies at half staff over Fort Jackson, April 15, in honor of retired Maj. Gen. Richard Stephen 'Steve' Siegfried, who passed March 22, 2024. Siegfried commanded Fort Jackson and was enshrined into its hall of fame.

Photo by ROBERT TIMMONS