

THURSDAY, APRIL 25, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

THE LONG ROAD...

TO COVETED EXPERT SKILLS BADGES



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Earth Day highlights DOD environmental aims

By **DAVID VERGUN**
DOD News

The Defense Department strives to support readiness, resilience, people and the environment in everything it does, said the assistant secretary of defense for energy, installations and environment, spoke about environmental issues in advance of Earth Day observance, April 22.

J. Kevin Hiers, research conservation program manager, said DOD's Strategic Environmental Research and Development Program and the Environmental Security Technology Certification Program support the department's environmental, resilience, installation energy and water research programs. They do this by harnessing the latest science and technology to improve DOD's environmental performance, reduce costs and enhance mission capabilities, Hiers said.

In addition, the Readiness and Environmental Protection Integration Program enhances DOD mission readiness by engaging in long-term, cooperative agreements with state and local governments and conservation organizations that improve installation resilience, promote compatible land use, and preserve important habitats and natural resources, said Jaime Simon, the program's director for external affairs and communications.

The Natural Resources Program provides policy, guidance and oversight for management of natural resources on nearly 27 million acres of military land, air and water resources owned or operated by DOD, according to representatives at the exhibit.

Moreover, the Army Corps of Engineers



has performs a wide range of activities in support of its environmental missions, said Jenn Miller, a public affairs officer with USACE. These activities include:

- Delivering clean and renewable energy sources and reducing carbon emissions and waste.

- Designing and building projects to last and perform under reasonable future condi-

tions.

- Cleaning up sites degraded by historic activities and minimizing the environmental impacts of future activities.

- Planning ecosystem restoration projects and sustainably managing public and private land and water.

Miller noted that more than 10% of USACE's workforce specializes in environmen-

tal disciplines, working alongside the rest of its diverse team to shape a sustainable future for present and upcoming generations. Over 760 million tons of civilian and military cargo each year move on inland waterways maintained by USACE. USACE also maintains 4,800 recreation sites; 7,800 miles of trails; and 92,000 campsites. Currently, USACE is modernizing over 50 Army barracks.

ON THE COVER

A Soldier navigates to his next point during land navigation testing during the 2024 E3B competition, April 22, 2024. Soldiers have trained for weeks leading up to the testing. See Pages 6-7

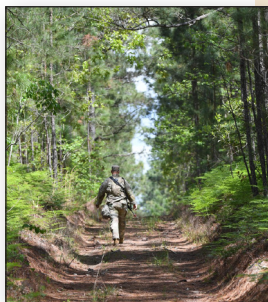


Photo by **NATHAN CLINEBELLE**

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Commanding General Maj. Gen. Jason E. Kelly
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Website: home.army.mil/jackson/FortJacksonNews

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Fair teaches families wellness opportunities

Story, photos by
NATHAN CLINEBELLE
Fort Jackson Public Affairs

When you hear the term “Wellness” what is the first thing that comes to mind?

For many it might be a doctor’s office, the gym, or a yoga class. Others might think about nutrition, diets, and weight control.

The Family Wellness Fair hosted by Fort Jackson Army Community Service Family Advocacy Program held at the Solomon Center, April 18, sought to expand people’s understanding of how and where they can go to improve wellness both on and off Fort Jackson.

“Wellness comes from different things,” said Kamala Henley, a Family Advocacy Program Specialist with Fort Jackson Army Community Services. “You can go hiking in a national park, or you can go to the library and read a book ... you know you can go to the (Armed Forces) Wellness Center, but it comes from different places for different people, different families have different needs.”

The Family Advocacy Program’s mission is to help Soldiers and Families recognize and meet the unique challenges of military lifestyles. While part of their mission is to assist those who have experienced or are experiencing domestic violence, Henley works with Family Advocacy Program prevention, helping to educate and raise awareness to build resilient Army families so that situations don’t escalate.

Henley organized the Family Wellness Fair to connect members of the Fort Jackson community with agencies on and off the installation that have resources beneficial to individuals and families. “I asked a lot of different agencies to bring their resources and let people know that they are there and the resources that families can take advantage of,” she said.

If you missed the fair, you can still find out about the myriad of resources available by contacting the Fort Jackson Army Community Service Family Advocacy Program at (803) 751-5256. Visit their website <https://jackson.armymwr.com/programs/acs/family-advocacy> for more information.



(Above) Smiles abound as a child shows off a pinwheel at the Family Wellness Fair held April 18 in the Solomon Center. The event sought to expand people’s understanding of how and where they can go to improve their wellness on post.

(Left) Fred Henley, school liaison officer, speaks to Family members at the fair. Henley, who was representing Child and Youth Services, as one of many organizations were on hand to help the post community learn about wellness.

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.



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

Pickleball Tournament

5 p.m., Perez Fitness Center. Two people per teams. For more information, call (803) 751-6258/6272.

FRIDAY

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.

SATURDAY

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.

TUESDAY

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. 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.

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 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. Roughly 30 educational institutions and 30 employers will be in attendance. Edu-

Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FRIDAY, APRIL 26

■ Ghostbusters: Frozen Empire (PG-13) 6 p.m.

SATURDAY, APRIL 27

■ Kung Fu Panda 4 (PG) 2 p.m.

WEDNESDAY, MAY 1

■ Madame Web (PG-13) 2 p.m.

- Ticket sales open 30 minutes before each movie.
- Movie times and schedule are subject to change without notice.

cational institutions will be given the opportunity to present their post-secondary programs and the Employers will be able to recruit for open positions within their company. 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.

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.



Photo by CHRISTOPHER KAUFMANN

A live fire demonstration of the Army's newest and most modernized combat vehicle, the M10 Booker, marks the conclusion of the M10 Booker Dedication Ceremony at Aberdeen Proving Ground, in Aberdeen, Md., April 18.

Army receives first new combat vehicle

By **ASHLEY JOHN**
Army News Service

The Army christened its newest combat vehicle, the M10 Booker, on April 18, 2024, during a ceremony at Aberdeen Proving Ground. The M10 Booker represents a new, modernized capability for the Army, allowing light maneuver forces to overmatch adversaries.

In June 2023, the Army announced the vehicle platform was named to honor two enlisted Army Soldiers who served our nation selflessly during times of great conflict — Medal of Honor recipient Pvt. Robert D. Booker, who perished in World War II; and Distinguished Service Cross recipient Staff Sgt. Stevon A. Booker, who died from injuries sustained in Operation Iraqi Freedom.

In late February, the Army took delivery of the first M10 Booker vehicle at Anniston Army Depot. To date, three production M10 Booker vehicles have been delivered to the Army. The Booker provides infantry brigades overwhelming precision

firepower, allowing it to maintain momentum and freedom of action against enemy forces.

The M10 Booker Combat Vehicle without a doubt brings a new level of lethality and protection to our infantry forces and will allow our infantry Soldiers to gain and maintain the speed and momentum that is critical on the modern battlefield.

"The Army is undertaking its most significant transformation in several decades to dominate in large-scale combat operations in a multidomain environment, and the M10 Booker is a crucial part of that transformation," said Doug Bush, the assistant secretary of the Army for acquisition, logistics and technology.

Over the next two years, the Army will put the M10 Booker through a battery of testing to ensure it meets the rigorous standards required to provide Soldiers with world class capability. This testing will include firing thousands of rounds of ammunition and driving thousands of miles to understand the reliability and maintainability for the program.

See **VEHICLE:** Page 8

DOD officials: Missile defense is critical

By **JOSEPH CLARK**
DOD News

Senior Pentagon officials recently underscored the imperative for continued investments in missile defense and deterrence capabilities as U.S. adversaries increasingly seek to extend their offensive reach and threaten to upend global peace and stability.

Heidi Shyu, undersecretary of defense for research and engineering, said the threats posed by intermediate and long-range missile technologies in the hands of adversaries are accelerating at a concerning pace.

"Short, intermediate and long-range missile threats are rapidly rising worldwide," Shyu said in remarks during the National Defense Industrial Association's 2024 Missile Defense Conference in Washington.

"We are clearly living in dangerous times," she said. "Our adversaries are increasingly investing in missile technologies to project power both regionally as well as strategically, providing nations with the ability to launch attacks from considerable distance (and) enhancing their military posture and influence on the global stage."

Shyu noted frequent and ongoing missile tests by North Korea and China in describing the evolving threat. She also cited the Russia's airborne attacks against civilian infrastructure in Ukraine and the rise of missile and drone attacks by Iran and its proxies in the Middle East.

Shyu spoke just days after Iran launched more than 300 airborne weapons at targets in Israel. Those

See **MISSILE:** Page 8

THE LONG ROAD ...

to coveted expert skills badges

Leader Staff Reports

On April 22, Soldiers began the final stretch of the long road to earning expert skills badges. They had spent months of preparation and weeks of intense training to earn Expert Infantryman Badges, Expert Field Medical Badges and Expert Soldier Badges – otherwise known as E3B.

The events were combined into one event to streamline the testing process making it easier for units to conduct testing.

Soldiers needed to be in peak conditioning and have top-level knowledge of their tasks and battle drills to be considered experts.

The first event for each competition was the Expert Physical Fitness Assessment. The EPFA is a combat-focused physical assessment and is conducted in the Army Combat Uniform, boots, “slick” body armor with plates and helmet.

Participants will start with a one-mile

run, then complete dead-stop push-ups (a modified version of the hand-release push up), a 100-meter sprint, lift 16 sandbags onto a 66” tall platform, 50-meter farmers carry with two 40-pound water cans, a 25-meter-high crawl, a 25 meter three-five second rush, and another one-mile run. The seven events that make up the EPFA must be completed within 27:30 minutes for EIB or 30 minutes for ESB and EFMB.

Soldiers going through testing would receive either a go or no go, but if the Soldier received any no go’s they were unable to continue in the competition.

Soldiers could first earn the EIB in 1944, the EFMB in 1965, and the ESB most recently in 2019.

Soldiers who earn the badges will receive them during an award presentation held April 26 at Hilton Field on post.

(Editor’s note: Information in this article was taken from a Training and Doctrine Command release.)



Photos by NATHAN CLINEBELLE



Missile

Continued from Page 5

weapons, which were launched from locations in Syria and Yemen in addition to Iran, included more than 110 medium-range ballistic missiles, dozens of land-attack cruise missiles, and over 150 aerial vehicles.

U.S., Israeli and partner forces destroyed the vast majority of the airborne weapons before they reached their targets.

U.S. Central Command forces, supported by two U.S. Navy destroyers, destroyed more than 80 one-way attack unmanned aerial vehicles and at least six ballistic missiles.

John F. Plumb, assistant secretary of defense for space policy, said during the April 16 press conference that Iran's attack highlighted the multifaceted threats the U.S. and allies must contend with.

That threat is characterized by evolving tactics that have introduced a wide range of aerial platforms, distances and attack vectors by adversaries. Those evolving tactics and technologies allow adversaries to more easily conceal weapons and evade detection once launched.

"In the attacks on Israel this weekend, we saw this dynamic threat picture on full display," he said.

He said the effective response to the onslaught of Iranian missiles by the U.S. and its allies "demonstrated the truly remarkable achievements of our missile defense technology (and) tactics," as well as the "truly remarkable power of cooperating with allies and partners."

Both Shyu and Plumb warned that the U.S. must not stop investing in and improving upon its missile defense capabilities as the threats continue to evolve.

Plumb cautioned that the U.S. cannot rely solely on high-cost interceptor systems to defeat airborne attacks as adversaries increasingly field low-cost drone technology.

At the same time, he warned that advances in missile technologies by near-peer adversaries require continued investments in long-range, over-the-horizon radar and cloud-based command systems to effectively detect and respond to potential threats.

Plumb said space-based detection systems will be critical for detecting and defending against hypersonic weapons and other advanced threats.



Photo by NATHAN CLINEBELLE

Top Family, volunteers honored

On April 18, the Fort Jackson community, in a ceremony hosted by Fort Jackson Army Community Service, recognized several individuals and families that go above and beyond in volunteering their time and skills on and off the installation. These Soldiers, Civilians, and Family members embody selfless service, and we cannot thank them enough for their efforts to make the lives of those around them better.

While everyone nominated is extremely deserving of our recognition and gratitude, the winners of Volunteer

and Family of the year are:

Active Duty Volunteer of the Year - Sgt. Cody Gibbons, 165th Infantry Brigade

Civilian Volunteer of the Year - Sharon Brown Draper-Pierre, USA-IRL

Family Member Volunteer of the Year - Molly Parish, 1st Battalion, 13th Infantry Regiment

Family of the Year - The Messengers, 1st Battalion, 13th Infantry Regiment (pictured)

Vehicle

Continued from Page 5

"We will also put the vehicle through production qualification and testing in desert, arctic, temperate and tropical conditions, challenging it with obstacles like gaps and walls to scale, and engaging it with real word threats to ensure its survivability," said Maj. Gen. Glenn Dean, program executive officer for Ground Combat Systems. During the next several months, the M10 Booker will be involved

in an operational test with the 82nd Airborne Division, all culminating in fielding the first operational company of M10 Booker Combat Vehicles to the 82nd Airborne in the summer of 2025.

M10 Booker supports the infantry formation by providing organic overwhelming firepower and situational awareness capabilities that allow them to defeat hard targets and maintain momentum and freedom of action.

It features cutting edge, mature technologies to bring the best proven capabilities available to light infantry formations.

"The M10 Booker delivered precisely as requested by the Army, completing a competitive and accelerated rapid prototyping effort with direct involvement from Soldiers," said Brig. Gen. Geoffrey Norman, director of the next generation combat vehicles cross functional team.

The vehicle was developed under the Army's Middle Tier Acquisition Pathway used to rapidly develop fieldable prototypes within an acquisition program to demonstrate new capabilities and rapidly field systems with proven technologies that require minimal development.

'The Weigh It Is' with Pam Long

When we hit the gym, we always make sure certain body parts are taken care of. Abdominal crunches (endlessly), treadmill, squats, and biceps curls (I can relate). However, it is not until we are ready to wear a halter top (or go sleeveless) that we wish we had spent some time on our backs.

A developed back is quite pleasing to the eyes. Even more, a developed back offers many essential qualities that we are often oblivious to. Before your next workout, make sure it includes back exercises. Take a moment and learn more about what you truly gain when you exercise your back.

Power is a big reward we gain from having a strong back. The ability to push and pull comes from our back muscles. The stronger it is, the more we can do daily tasks with ease. Getting your back in shape is essential to good posture, muscular balance, and core strength. Yep, core strength. Our back muscles assist us in so many ways. Reaching, pulling, pushing, sitting, standing; this list goes on and on. With a healthy back and conditioned muscles (in the back), so many of the aches and



Long

pains we experience from performing daily tasks can be greatly minimized.

There are three major muscle groups in our backs. The Trapezius muscles are in the upper back; in workout settings, people refer to these as their traps. The Latissimus Dorsi muscles are in the middle

of the back. In workout settings, people refer to these as their lats. Finally, the Erector Spinae muscles are in the lower back. In workout settings, people refer to this area as lower back pain. There are smaller muscles as well in the back, which are directly exercised when we work the three major back muscle groups.

The Trapezius (traps) are the muscles in the upper back that give the shoulder area a rounded appearance. Keeping these muscles in shape allows you to reach over your head with ease, draw your shoulder blades together and drop your shoulders down. Exercises used to condition the Trapezius also bring definition to shoulders, making them rounder and more defined as well. Exercises such as upright rows, shoulder shrugs, and bent over lateral raises really develop the traps and shoulders.

The Latissimus Dorsi (lats) are the muscles in the middle of the back. When you exercise these muscles, they give you that beautiful 'V' shape on your back which can also make the waist look smaller (always a plus). Exercises used to condition your lats also work at developing the waistline.

The 'V' that you achieve draws the muscles tightly together towards the waist, forming a 'V'. Exercises like seated rows, overhead lat pull downs, and if you are strong enough, pull ups, are all great for achieving that beautiful 'V' in the back.

Last, but not least, is the Erector Spinae, which are muscles in the lower back. Erector Spinae muscles run along the spine. When exercised, these tiny muscles are strengthened and continue to draw the back closer together, which strengthens the spine and works directly with your core.

Erector Spinae exercises are great at building your core strength and flattening the abdominal area. To strengthen the Erector Spinae, perform exercises that hyper-extend the back and spine. Many of these exercises are done face down (prone) or in a pulley fashion towards the middle of your back. Exercises such as face down chest flyes, bent over rows, and the Up-dog Yoga pose are great for developing the muscles along the spine while strengthening them as well.

A well-defined back is great when it comes to wearing certain clothing items, but a bigger benefit is that your back is healthy and free from low back pain, which is the most common medical complaint of both men and women. Just from strengthening these muscles, in many cases, you could receive noticeable relief from chronic back pain. This is how we use exercise as a preventative medicine instead of prescription drugs.

If you have not tried Yoga, I highly recommend it as a part of your back stretching strengthening and health care routine. Working back muscles with weights is a great way to develop the back, but your muscles still require stretching and Yoga is a great way to get your stretches in and relax your body.

The internet and late-night television are full of abdominal exercises and gadgets yet barely ever talk about the opposite muscles that are equally important... your back. Make sure you give it the attention that it deserves and reap the benefits of looking great from behind.

Pam's thought for the week: "Being healthy is a success many people forget to celebrate."

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

SALUTING THIS CYCLE'S HONOREES

3rd Battalion,
34th Infantry
Regiment

**DRILL SERGEANT
OF THE CYCLE**
Sgt. 1st Class
Alex Carter

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Isaiah Jones

SOLDIER OF THE CYCLE
Spc. Landon McClune

BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Aliana Acosta

SOLDIER OF THE CYCLE
Spc. Devon Wilcox

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Mitchell Pitney

SOLDIER OF THE CYCLE
Spc. Alan Lamar

DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Daniel Avila

SOLDIER OF THE CYCLE
Pvt. Kevin Walls

ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Brett Mackay

SOLDIER OF THE CYCLE
Pvt. Jacob Smith

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>

Events

Continued from Page 4

MAY 11
Dolphin ECO Tour/Charleston visit
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. For more information and to register, call (803) 751-3484.

MAY 14
Love & Money Matters
10 a.m. to noon, Chaplain Family Life Center. The USAG Civilian Workforce Development Program, Army Community Service Financial Readiness Program and Religious Support Office are partnering to offer the Leader/Workforce Development Series "Love and Money Matters"

workshop. The 2-hour "Love and Money Matters" workshop will teach effective communication strategies and address common money issues in relationships. Learn to set SMART goals as a couple that can lead to wealth

MAY 17
Spring Paint & Sip
5:30-7:30 p.m., Solomon Center. Come join us for a great time and learn some basic painting skills. Have fun by yourself or enjoy with friends and family. Cost is \$30 per person. Ages 14 and up welcome. Pre-register by May 15. For more information and to sign up, call (803) 751-4056/4168.

MAY20
Coupon Craze
11:30 a.m. to 12:30 p.m., 9810 Liberty Div. Road, Rm. 119. The USAG Civilian Workforce Development Program and the Army Community Services Financial Readiness Program are partnering to offer a Coupon Craze Workshop. The 60-minute "Coupon Craze" workshop is instructor-led. Come learn the art of doubling, tripling and stacking coupons, price matching and more. Get tips on how to

prepare for grocery store trips. This is a great opportunity to learn new strategies, meet other coupon users, and share your own ideas.

MAY 21
Stress Management Lunch and Learn
Noon to 1 p.m., Armed Forces Wellness Center. Join us for a Stress Management Lunch and Learn There is limited seating so please register by May 3. Techniques that will be explored are deep breathing; progressive muscle relaxation; meditation and mindfulness; and guided imagery. Stress management helps improve quality of life, reduce body far, improve sleep; and optimizes performance. For more information call (520) 671-8644.

Meals in Minutes & Your Budget
9-10 a.m., MS Teams. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Meals in Minutes & Your Budget" class. This session will teach how to save calories while also optimizing your budget. The class provides tips on meal prepping, eating out, recipes,

comparison shopping, meal planning, shopping lists, cooking tools, and ways to save money.

MAY 30
Wine & Yoga
5:30-8:30 p.m., Weston Lake Community House. Cost is \$15 advance or \$20 at the door. Join us for Wine & Yoga; an event that pairs sipping wine while practicing basic yoga poses to promote deeper relaxation, flexibility and fun. To register or for more information, call (803) 751-3700.

JUNE 4
Meals in Minutes & Your Budget
1:30-2:30 p.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 "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.

DID YOU KNOW: Non-tactical government vehicles require a current dispatch and daily preventative maintenance checks and services sign-off in the vehicle binder. Remember to always wear seatbelts.

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

GO FISH!

Youth reel in iconic catch

Story, photos by **NATHAN CLINEBELLE**
Fort Jackson Public Affairs

There are few activities more timeless and iconic than kids going fishing with their parents or grandparents. Fort Jackson Outdoor Recreation tapped into that tradition with their annual Youth Fishing Derby on April 20.

The weather could not have been better for more than 115 children accompanied by relatives who attended the event held at Heise Pond. The lake was stocked with 1,800 lbs. of catfish, making it likely that everyone could experience the thrill of reeling in a catch. Youth from ages five to 15 were able to participate for free in this event with prizes given for most combined weight of five fish, and for largest fish overall.

Alec Stoess, Outdoor recreation specialist with the Directorate of Family and Morale, Welfare and Recreation, organized the event so that members of the Fort Jackson community could come out and have a family-friendly, high-quality event for little to no cost.

If you missed this event, make plans to enjoy Weston Lake Beach Opening Day on May 18, and check out Fort Jackson FMWR Outdoor Recreation online at <https://jackson.armymwr.com/categories/outdoor-recreation> or stop by Marion St. Station to learn more about their upcoming events.



VICTORY STARTS HERE



A candidate for the Expert Field Medical Badge carries a notional casualty during E3B testing, April 23. Soldiers started testing for the Expert Infantryman Badge, Expert Field Medical Badge and Expert Soldier Badge - known now as E3B, April 22.

Photo by NATHAN CLINEBELLE