

THURSDAY, M
THE FORT
LEADER
AMC'S #1 D

A 'RUTHLESS DEMAND FOR EXCELLENCE'



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Jackson focuses on mental health awareness in May

By **BRANDI PALMER**

Army Community Service

In the United States, roughly one in five adults have a mental health condition and more than 50% of individuals will be diagnosed with a mental health condition during some point in their lifetime.

Mental health conditions are among the most common health conditions in the United States.

When thinking about mental health, it is not uncommon for an individual to think about someone only having a mental disorder such as major depression, bipolar, schizophrenia, anxiety and so forth.

Anxiety disorders are some of the most commonly diagnosed mental health conditions in the U.S., affecting 42.5 million adults.

There are roughly 21 million adults in the U.S. living with depression, while 3.7 million people ages 12 to 17 experience major depression. In children, attention-deficit/hyperactivity disorder, anxiety problems, behavior problems, and depression are the most commonly diagnosed mental disorders.

However, mental health includes more than a diagnosis. Mental health encompasses a holistic view of one's health and wellness which includes our emotional, psychological, and social wellness. Mental health can impact various aspects of an individual's life to include your thinking patterns, how you feel and behave, ways you cope with stress, and social communication with others.

The Army Community Service Exceptional Family Member Program aims at highlighting the importance of mental health awareness in the community and promoting mental health treatment and behavioral health. ACS EFMP is hosting informational and interactive classes and activities for the entire Fort Jackson community to attend every Wednesday during the month of May.

The schedule consists of the following classes and activities:

See **AWARENESS:** Page 10



ON THE COVER

A Soldier has an Expert Infantryman Badge pinned on his uniform during an awards ceremony honoring those who earned expert badges, April 26.



Photo by **NATHAN CLINEBELLE**

See Pages 6-7

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Horsing around

CYS hosts Family Fun Fair

Story, photos by
NATHAN CLINEBELLE
Fort Jackson Public Affairs

Fort Jackson Child and Youth Services held a special event for our youngest heroes to celebrate the Month of the Military Child – the Family Fun Fair, April 26.

The fair is an annual event that provides a family-friendly event for the Fort Jackson community

to celebrate the resilience of military children.

There were games, food, prizes and more including a visit from a group of famous Clydesdale horses.

To learn about more events held on post, follow Jackson CYs, at <https://www.facebook.com/JacksonCyss>; Fort Jackson Directorate of Family and Morale, Welfare and Recreation at <https://www.facebook.com/FortJacksonFMWR>; and www.facebook.com/fortjackson.



The Child and Youth Services Family Fun Fair, held April 26, had many activities for children and their parents to enjoy such as bubbles, crafts (left) and bean bag toss (below). The event was put on to have a dramatic and fun end to the Month of the Military Child.



(Top) The Budweiser Clydesdales stand near Patriots Park at Fort Jackson, April 26. They were taking part in the post's Family Fun Fair.

(Above) A youth paints at the event. There were a variety of stations and games available to children and their parents.



Community Updates

ANNOUNCEMENTS

Road Name Changes

Fort Jackson has renamed numerous roads and streets on post that were 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-re-naming.



COMMUNITY EVENTS

SUNDAY

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.

TUESDAY

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 prep-ping, 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."

WEDNESDAY

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 TRI-CARE 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, Spous-

es, Veterans, Families, and Civilians. Roughly 30 educational institutions and 30 employers will be in attendance. Educational 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.

MAY 11

Dolphin ECO Tour/Charleston visit

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 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

Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FRIDAY, MAY 3

■ Star Wars Episode 1: Phantom Menace (PG) 6 p.m.

SATURDAY, MAY 4

■ Star Wars Episode 1: Phantom Menace (PG) (PG) 2 p.m.

WEDNESDAY, MAY 8

■ Godzilla X Kong (PG-13) 2 p.m.

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

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

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.



Renee Morrisette, wife of retired Command Sgt. Maj. Paul Morrisette, pins a lapel pin on her husband's coat during his induction into the Finance Corps Hall of Fame, April 26.

'Godfather' of Finance Corps enters hall of fame

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

"The Godfather" of the Finance Corps will be a permanent fixture with the Finance and Comptroller School at Fort Jackson.

Retired Command Sgt. Maj. Paul Morrisette, the third command sergeant major of the Finance Corps and School, was inducted into the corps' Hall of Fame in a ceremony held in the Soldier Support Institute's auditorium, April 26.

The hall was created to "recognize individuals that have made a positive and lasting contribution to the Finance Corps," said Col. Michelle Williams, corps chief and school commandant. "In a world where outstanding work often goes unrecognized, it is with great pride that we gather to celebrate the induction of our own ..."

"May your induction into the Finance

Corps Hall of Fame serve as a lasting tribute to your extraordinary service and legacy you leave behind," Williams said to Morrisette.

His wife, Renee, pinned a lapel pin on him signifying his induction.

Each hall of fame member receives a lapel pin depicting the Finance Regiment Coat of Arms, which represents the Finance Corps' mission and the year of their induction.

Robert Speer, former Acting Secretary of the Army, and former chief of the Finance Corps when Morrisette was the senior enlisted leader, lauded him saying he was a humble leader who cared about the corps.

"He's about the legacy of you," Speer said during the ceremony. "He is about the legacy of the Soldiers. He is about the legacy of the Finance Corps."

Morrisette was also the 10th honorary sergeant major of the corps.

The Finance Corps of today has is a remarkable difference from the first Paymaster General Office, founded June 16, 1775. It is larger, more sophisticated and provides higher quality service in a number of ways.

Morrisette started his active-duty service in 1972 and spent more than 30 years in the Finance Corps. The school established the Paul L. Morrisette Leadership Award in July 2016 to recognize outstanding enlisted graduates who demonstrate exemplary leadership, professionalism, and selfless service.

"I am honored you all took time out of your busy schedule to be here with us this afternoon," Morrisette said his new lapel pin gleaming in the light.

He thanked the officers and noncommissioned officers he served with during his career before the official induction ended and the unveiling of his photo in the school house.

Ranger's legacy lives on

**By SGT. 1ST CLASS
JORDAN WEIR**
Army News Service

One-hundred and forty-six servicemembers earned the Medal of Honor for their actions during the Korean War. On April 8, 2024, the last living recipient, retired Col. Ralph Puckett, Jr., who once upon a time led a company of elite Army Rangers in a fierce battle against a numerically superior enemy force in Korea, passed away peacefully at his home in Columbus, Georgia.

During the battle in Korea, Puckett led the 8th Army Ranger Company in securing the strategically important Hill 205 near Unsan. It was there that Puckett repeatedly and intentionally sprinted across the open area to draw enemy fire so that his Rangers could find and destroy hidden enemy machine-guns. Though outnumbered nine to one, Puckett's Rangers successfully fought back multiple waves of determined Chinese soldiers before eventually being overrun. At one point, two mortar rounds landed in Puckett's foxhole, ravaging his feet, backside and left arm. With no regard for his own health and out of concern for the safety of his Rangers, Puckett ordered his men to leave him behind. They refused, instead fighting to his side and carrying him off Hill 205 to safety.

He was initially awarded the Distinguished Service Cross, the nation's second highest honor, for his actions and leadership. Seven decades later, on May 21, 2021, it was upgraded to the Medal of Honor.

See **LEGACY:** Page 8

A 'RUTHLESS DEMAND FOR EXCELLENCE'



Soldiers move out under the cover of darkness to perform the final task of the E3B - the daunting ruckmarch.

Soldiers finish vaunted expert skills competition

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Ninety-eight Soldiers stood at Hilton Field, April 26, to be recognized as experts in their fields after undergoing two weeks of rigorous training and five days of relentless testing.

“These experts proved they are masters of the warfighting craft,” said Post Command Sgt. Maj. Erick Ochs. “In simple words, they are who they say they are.”

They are the newest Soldiers to receive Expert Infantryman Badges, Expert Field Medical Badges and the Expert Soldier

Badges. For years the three fields held separate testing, until recently when the contests were merged into one – called E3B.

The E3B “builds a community dedicated to training to these standards and proving you are the master of your trade. These badges are more than just accolades, they are a symbol of the best ...” Ochs said.

Ochs said the competition is more than giving badges to those mastering basic Soldier tasks.

“To those who say, ‘Why give a badge to someone for skill-level one tasks?’ I

say, ‘Where’s your badge. Prove yourself’ and show a “ruthless demand for excellence” like those who earned them.

The testing was ruthless as less than 50% of those who entered testing being hailed as experts.

Thirty of the 61 EIB candidates who started testing received badges, while 26 of 65 earned the EFMB, and 42 of 87 receiving the ESB.

The experts didn’t just come from Fort Jackson, but 15 candidates and support personnel came from other posts as far away as Fort Drum, New York and Puerto Rico.

The EIB was first formed in 1943 when Army Chief of Staff Gen. George C. Marshall spearheaded a plan to honor infantrymen with a badge that builds esprit de corps within infantry units.

In 1965 the Army explored the concept of training and earning a badge for those who qualify as expert Soldier/medics.

The ESB was created in 2019 to improve Soldier lethality as well as individual, unit and Army readiness.

In 2022, Fort Jackson became the first Training and Doctrine Command installation to plan, prepare and execute the E3B.



A drill sergeant pins the Expert Infantry Badge on the chest of an officer as his friend records it.

Photos by NATHAN CLINEBELLE



Thirty earned the Expert Infantryman Badge ...



while 26 earned the Expert Field Medical badge ...



and 42 earning the Expert Soldier Badge.



Families enjoy lunch together at C.C. Pinckney Elementary School's Lunch on the Lawn event, April 26.

Simple act brings families together

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

Families and students crowded the lawns behind C.C. Pinckney Elementary School to celebrate the Month of the Military Child, April 26.

The event called, Lunch on the Lawn, is one of the school's events held to honor MOMC.

"We understand the challenge that parents have with the workload they have and the commitment they've made to support us and protect us," said Dr. Tammy Shadd, school principal. "Their schedules are so hectic that we just wanted to give them some dedicated time to spend with their children in a special way."

According to MilitaryOneSource, the month pays tribute to the military parents and children for their unique and invaluable role they play in the defense of the nation. The needs of military children are often overlooked as they are uprooted from friends and schools as they change duty stations with their parents.

"Students want to feel special, and they have so many transitions in life, they have so many things that are just loads on them because of the role their parents play in protecting the United States of America," Shadd said.

The school wanted to provide activities throughout the month to for the parents to connect with their children.

"This is just one of those activities," Shadd said. "Just simply eating lunch together in a dedicated time together ..."

Legacy

Continued from Page 5

To only link the memory of Puckett to this single moment in time, however, would be a massive disservice.

"His story best starts with the heroism that he displayed during the Korean War, where he earned the Medal of Honor," said Col. J.D. Keirse, commander of the 75th Ranger Regiment. "And, if that wasn't enough, he spent his entire life (afterward) fully invested in making Soldiers, leaders, infantrymen and Rangers the best that they could possibly be."

Aside from his combat accolades in Korea, he also fought in Vietnam; planned, supervised and established a Ranger School in Colombia; was among the first to be inducted into the Ranger Hall of Fame; and served as the honorary colonel of the 75th Ranger Regiment from 1996-2006.

Well into his 90s it was common to see Puckett in and around Fort Moore, Georgia., either out in the rain at Ranger School, rooting for the students to get their "GO's" on patrol, attending Ranger Selection and Training Program graduations, or cheering competitors on at the Best Ranger Competition.

He wanted to be involved, and more than that, he wanted the best for everyone he met.

"If you knew Col. Puckett, you knew that he had this special knack for instantly seeing what you were made of," said Gen. James J. Mingus, the vice chief of staff of the Army. "And what you could achieve with just a bit of encouragement and a whole lot of faith."

Puckett held a deep and powerful belief that, with guts and brains, anyone could rise to the top. He challenged everyone he met to rise above the ordinary.

This included Sgt. 1st Class Caleb Togami, a Ranger assigned to the 3rd Ranger Battalion, 75th Ranger Regiment.

"I wasn't even in the Army the first time I met Col. Puckett," said Togami. "He was doing a book signing at my brother's Ranger School graduation. I went up to him to get his book signed and he asked me if I was in the military. I told him, 'No, I am not.'"

Togami continued, "That's when he stopped writing, looked me dead in the eye, and asked, 'Why not?'"

Togami credits that moment — that sincere, matter-of-fact question, delivered by this legendary Ranger who clearly believed that Togami could make it if he tried — with playing a large role in his decision to join the Army and assess for selection

into the 75th Ranger Regiment.

That day Puckett signed Togami's book with the message: "To Caleb, Best wishes for great success."

Years later, Togami met Puckett again, and presented him that same book, which Puckett signed a second time: "To SSG Togami (6 years later a U.S. Army Ranger), I'm proud of you!"

The Ranger Regiment is filled with stories like this. Small moments in time where Puckett, with his remarkable ability to make human connections with everyone he met, would impact the lives of those around him.

"Puckett poured his heart and soul into the Ranger community, his entire life," said Mingus.

Puckett lived the Ranger Creed and regarded all Soldiers, leaders and Rangers as his comrades. To the best of his ability, he tried always to be there for them.

Whether that meant seeking out new lieutenants at the 75th Ranger Regiment to offer his advice or walking the grueling field training exercise lanes to dole out much-needed encouragement to the tired and hungry Ranger School students, he made it a point to always be where he was needed.

And in the Global War on Terror era, that often meant going back into dangerous lands.

"I remember seeing him in Afghanistan," said Keirse, "This is a man well-past the age limit we place on servicemembers, but you could recognize him at night, under nods, because he was so frequently amongst us. He was there, never failing us when we needed him. Never failing his comrades."

And although he was widely regarded as a compassionate and caring man, he was also the first to share hard truths, especially with leaders within the Ranger Regiment.

"He would visit our training events," said Keirse, "And he would tell us all the great things that Rangers were doing, and then he'd follow it up with a long list of all the things we could be doing better."

He had a keen understanding that improvement was a lifelong endeavor and that no one, not even Rangers, will ever write the final word on soldiering.

His constant message to Rangers was, "You're the best. You're the best to ever do it. But you can always be better."

"That's his legacy," said Keirse, "His legacy is one that tells us we can be better. It takes hard work. Puckett lived that. He showed us how to do it, and we're glad and very fortunate to have had him as part of our lives and part of our unit."

Ralph Puckett, by all accounts, was proud of every Ranger and servicemember he ever met. He was very generous with expressing his pride.

'The Weigh It Is' with Pam Long

People want to live healthier lives and that not only includes their exercise program and diet, but it includes their skin. Healthy, vibrant skin begins with basic, yet effective skin care. There are a ton of products on the shelves (some good, some not so good). One product worth a second glance is a supplement called CoQ10.

I want to begin by admitting that I don't know a lot about CoQ10, but it is a main ingredient in my lotion, and I am beyond pleased with the results. If you have been reading any of my articles, you know I love informing people about how fitness products and programs work, which tips and techniques in the wellness arena seem most effective, and more. That is why I want to encourage all readers to consider possibly trying CoQ10 for themselves.



Long

In a nutshell, CoQ10 has at least two important roles in the body. First, it is one of the essential wheels in the biochemical machinery that produces biological energy (ATP) inside our cells. Second, CoQ10 is an antioxidant. It helps neutralize harmful free radicals, which are one of the causes of aging skin. Naturally, CoQ10 is found in our cells and on our skin surface lipids. It is a type of energy that our cells and skin receive for basic repair and regeneration of skin cells.

Under perfect conditions, the body can produce as much CoQ10 as it needs. However,

various factors, such as aging, stress and some medications interrupt the process and can lower the levels of CoQ10 in the body. Our cells cannot handle the constant stress from these factors (and more), so regeneration declines. So, what does all of this have to do with your skin? A lot. CoQ10's many benefits are a real game changer in healthy skin care.

CoQ10 is an enzyme that is essential for good skin health. It has antioxidant properties that promote skin moisture, helps even out skin tones, and minimizes UV sun damage. It even helps diminish fine lines and wrinkles. Each of these benefits promote a more youthful, vibrant skin.

As the skin ages it gets dull, dry and lacks a certain youthful luster. Even if you are a faithful water drinker (which I am), you will more than likely still notice that your skin isn't as youthful as

it once was (beyond the fact that we are aging). You might purchase expensive lotions and creams to help make your skin look better. I would have to say that it will probably work, but creams containing CoQ10 don't just make your skin look better (which it does); it makes it feel better! It heals and restores your skin. It's like your skin gets a real drink of water, and your skin hydration is instantly noticeable to others (and you too)! Research of this enzyme shows great results in its use in topical skin care products.

I won't give all the credit to CoQ10, however, CoQ10 is an enzyme first, not a product and the benefits of this enzyme (used in lotions and creams) are what I wanted to share.

More and more today, people are choosing a natural approach for a better lifestyle by exercising daily, eating a healthy diet con-

See **WEIGH:** Page 11

Celebrating Service

Fort Jackson recognized the careers of Chaplain (Capt.) Carl Kihato, with the Army Institute for Religious Leadership; and Jacqueline Ortiz, with the Initial Military Training Leadership School, during graduation for the 3rd Battalion, 34th Infantry Regiment, April 25 at Hilton Field.

Photo by NATHAN CLINEBELLE



SALUTING THIS CYCLE'S HONOREES

2nd Battalion,
60th Infantry
Regiment

**DRILL SERGEANT
OF THE CYCLE**
Staff Sgt.
Trakeil Marine

**ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Christopher Crabtree

SOLDIER OF THE CYCLE
Pvt. Dilan Freeman

**BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Mark Liberato

SOLDIER OF THE CYCLE
Pfc. Logan Bright

**CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Nicolas Sanchez

SOLDIER OF THE CYCLE
Pvt. Martin Daniel

**DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Keira Portillo-Rivera

SOLDIER OF THE CYCLE
Spc. Eric Dodson

**ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Benjamin Salgat

SOLDIER OF THE CYCLE
Pvt. Timemory Rechy

Events

Continued from Page 4

Division 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 fat, 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 23
Murph Challenge
5-8:30 a.m., Darby Field. Are you up for a physical challenge? Join Fort Jackson in honoring fallen warriors with the Murph Challenge. Those who are not attending should be aware that sections of Mekong Delta, Cowpens, Kings Mountain and Greene streets will be closed during the event.

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.

JUNE 6
Early Career Development Overview
9 a.m. to noon, MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center - Civilian discuss retirement benefits.

Awareness

Continued from Page 2

May 8: 11 a.m. to noon
- Army Community Service Family Advocacy Program – Healthy Sleeping Habits Army Community Service, 9810 Liberty Division Road.
May 15: 9:30-10:30 a.m. - Yoga at Twin Lakes Park, Twin Lakes Road, Fort Jackson.
May 22: 4:15- 5 p.m. - Disability Awareness Activities and Stress Management – CYS Middle School/Teen Program Solomon Center, 6510 Strom Thurmond Blvd., Fort Jackson.
May 29: 10-11 a.m. - Fort Jackson Armed Forces Wellness Center – Stress Management & Program Overview - MS Teams.
For more information or to RSVP to attend a class, call (803) 751-5256.

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

Educating excellence at Fort Jackson

by **AIRMAN 1ST CLASS DEVYN WAITS**
81st Training Wing Public Affairs

The majority of Airmen attend technical school at the 81st Training Group's home base at Keesler Air Force Base, Mississippi, but the courses of certain occupations take place in various locations around the country.

Airmen in Administration, under the 335th Training Squadron, obtain essential skills in Postal Operations at the Inter Service Postal Academy at U.S. Army Garrison Fort Jackson, South Carolina.

There, they learn basic and supervisory skills involved in the operations of a military postal facility through the Postal Operations course.

"It's a five-week course currently being taught to 540 students spanning 18 classes," said Master Sgt. Jeremy Epperson, 335th TRS/OL-A postal operations instructor. "They learn about different tasks that fall to postal clerks, including conducting money order business, maintaining stamp stock, processing mail, maintaining postal supplies, operating a postal service center and much more."

Airmen at Fort Jackson learn in a joint environment. The IPTA is the only postal school in the Department of Defense and trains personnel from all five branches and DOD agencies.

"The students interact with their sister services, observe how each one operates and how we are all part of each other's mission," said Epperson. "This allows the Airmen to broaden their methods to any challenges they could face in their careers as postal clerks once they leave. They are also able to network with the other services and reach out to any of the instructors after graduation."

Instructors ensure administration Airmen leave Fort Jackson ready for success because they're entering a position of great responsibility.

"Even with email and the digital age, highly essential products such as crypto keys for encryption, classified documents, secret materials or aircraft parts come through the post office to be delivered to the appropriate recipients, ensuring a constant flow of important resources," said Epperson. "From what I've seen here as an instructor, I know that this generation and future generations of postal clerks will continue driving the Air Force to excellence and mission success."



Photo by ROBERT TIMMONS

Leadership lecture

Fort Jackson officers and enlisted Soldiers including Col. Mark Huhtanen, deputy commanding officer, and Col. Timothy Hickman, garrison commander, listen intently as Lt. Gen. Maria Barrett, commander of Army Cyber Command speaks during the Lt. Gen. Timothy Maude Leadership Lecture Series held April 30 at Fort Jackson. The lecture series was created to honor Maude who as the highest-ranking Soldier killed during the Sept. 11, 2001 terrorist attacks on the Pentagon. The series, hosted by the Adjutant General School, also is meant to discuss 'leadership and being a good Soldier - being a Soldier first,' said Col. Chesley Thigpen, chief of the AG Corps and commandant of the AG School.

Weigh

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sistently, getting proper rest and, of course, drinking water. All these factors play a role in our wellness success and CoQ10 can complement healthier lifestyle living.

Since it is naturally occurring in ev-

ery cell of our body, I thought it would be good to know how we can boost CoQ10 levels by including certain foods in our diet. The highest concentrations can be found in oily fish such as salmon, and mackerel, as well as lamb, whole grains, peanuts, and spinach. All of which are healthy dietary choices.

As I have always mentioned, what we do and what we eat always plays an important role in how something will

work for our bodies.

Please remember to consult a physician or other qualified medical professional before beginning any type of supplementation.

Pam's thought for the week: "Glowing healthy skin is always in."

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. For more information, call (803) 751-3700.

VICTORY... STARTS HERE



A Soldier raises his rifle as he nears the finish line of the final event of the E3B testing, April 26 - the ruckmarch. Soldiers were at Fort Jackson testing for Expert Infantryman, Expert Field Medical and Expert Soldier badges.

Photo by NATHAN CLINEBELLE