

THURSDAY, MAY 16, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL

SOMETHING SPECIAL

JACKSON HOSTS 54TH SPECIAL OLYMPICS



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Army eliminates Distributed Leader Course


By **BILL OGLETREE**
Army News Service

The Army is eliminating the requirement for all enlisted Soldiers to complete the Distributed Leader Course (DLC I-VI) no later than Oct. 1, 2024. DLC (formerly known as Structured Self-Development) has been a prerequisite for attendance to resident NCO Professional Military Education since its fielding in 2010.

In October 2023, the Army Chief of Staff directed Training and Doctrine Command to "present options to eliminate and/or significantly reduce online training requirements prior to (resident) PME." This requirement initiated a comprehensive review of all distributed learning prerequisite requirements across the TRADOC enterprise. DL-P is defined as distributed learning required prior to acceptance and attendance of a PME Course.

The Army originally developed SSD (now DLC) in 2010 to bridge the operational and institutional domains and set conditions for continuous growth and lifelong learning. The current DLC courses were developed and updated in 2017 and fielded in 2019. The DLCs are prerequisites for resident PME courses and part of the Select, Train, Educate, and Promote policy within the NCO Professional Development System.

In 2010, TRADOC's Institute of NCO Professional Development launched Structured Self-Development Courses, levels 1-5. These courses were a result of two main decisions the Army made during the global war on terror. The first was to fill an educational gap due to the phasing out




ELIMINATION OF DISTRIBUTED LEARNING


NCOPDS (ACTIVE, GUARD, RESERVE)

Distributed Learning Courses I-VI (formerly Structured Self Development) are discontinued effective immediately


- Virtual Common Core training associated with ALC/SLC will remain unchanged
- Soldiers currently working on DLC do not have to complete the training
- Soldiers who have not started the training will not be required to start

 **CAPTAINS CAREER COURSE**

Distributed Learning Pre-Req is discontinued effective immediately

 **COMMAND AND GENERAL STAFF OFFICERS' COURSE**

"P920" discontinued effective immediately



U.S. ARMY

* The Director of the Army National Guard will provide guidance on all U.S. Army National Guard promotion policy.*
* The Chief of Army Reserve will establish and publish implementation instructions for the U.S. Army Reserve.*

The Army is eliminating the requirement for all enlisted Soldiers to complete the Distributed Leader Course (DLC I-VI) no later than Oct. 1, 2024.

of NCO Common Core curriculum from the proponents' Advanced Leaders Course and the Senior Leaders Course, which were backfilled with military occupation specialty specific technical and tactical tasks subjects in support of the GWOT. Secondly, in 2010, TRADOC published the Army Learning Concept for 2015, changing the focus of the Army's Learning Model to better meet the needs for the "Soldier of 2015-2020."

This new learning model would blur the lines between the operational Army and the generating force by meshing self-development, institutional instruction, and operational experience. It also laid out how SSD was going to be implemented for all NCOs and how it will meet the needs of the Army Force Generation cycle.

DLC I is currently a requirement prior

to attending the Basic Leader Course, DLC II prior to Advance Leader Course, DLC III prior to Senior Leader Course, DLC IV prior to the Master Leader Course, DLC V prior to Sergeants Major Course, and DLC VI prior to the Nominative Leader Course. The same topics in DLC are covered again, more in depth, in the follow on resident PME course. DLC was the theory in preparation for the application of the same topics once in resident NCO PME.

After careful consideration and a lot of analysis, the Army determined that there would be little to no negative impact to resident NCO PME learning outcomes if all six levels of the DLC were discontinued.

"We must drive change for our Army in contact and strive for efficiencies in order to continue building our Army of 2030-2040."

Retiree event begins today

TODAY

7:30 a.m. - Join us online at <https://www.facebook.com/USArmyGarrisonFortJackson> to hear the garrison commander's message to the retirees.

Continental Breakfast at the 1917 Club.

9 a.m. - Basic Training graduation ceremony and salute to retirees. Retired Lt. Col. Charlie Farrell is the guest speaker. Reserved seating under the covered bleachers. Enter Hilton Field VIP parking with pass at the 4th Division Road entrance. Arrive no later than 8:30 a.m., to be escorted to the reserved seating. To obtain VIP parking pass call (803) 751-5523.

FRIDAY

9 a.m. - 20th Annual Retiree Appreciation Day Golf Tournament: Register your team today or sign up as a single and the Fort Jackson Golf Course PGA Professional will pair you with a group. Register your team by calling the FJGC golf shop at (803) 562-4437.

SATURDAY

9 a.m. to noon - Retiree Health and Benefits Expo at the Solomon Center, 6510 Strom Thurmond Blvd, from 9 a.m. to noon. This year's keynote speaker is Shelia A. Jackson, Veteran's Affairs Regional Office director. Moncrief Army Health Clinic will provide health screenings and counseling booths.

See **RETIREE:** Page 10

ON THE COVER

Maj. Gen. Jason E. Kelly, Fort Jackson commander, and Special Olympians light the cauldron outside the Solomon Center on post, May 10, at the end of the 2024 Torch Run.



Photo by **ROBERT TIMMONS**

See **Page 6-7**

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Fair connects Jackson with employment, education

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

“All of us will have a divorce with the Army one day, and we want that divorce to go smoothly as they transition into another life,” said Col. Timothy Hickman, garrison commander, as he opened up the Education and Career Fair, May 9 in the 1917 Club.

Roughly 30 employers and 30 educational institutions were at the fair.

The fair, a collaboration between the Transition Assistance Office, Army Continuing Education Services and Army Community Service, helps those transitioning to be competitive in the civilian world.

“We really appreciate this opportunity for us to get together to be educated and employed, so that when we transition, we’re able to keep that same competitive edge ...” said Carolyn Andrews, transition services manager.

“We’ve got a great population of transitioning Soldiers,” said Dr. Aaron Hayes, Directorate of Human Relations interim director. “Some are retiring, some have already retired. We have some that are just getting out there and finishing up their terms of service. You’ve got veterans and, of course, we’ve got Family members.

“I think that is a population that will be well-suited to be excellent employees and potential students.”

“We have military spouses seeking employment,” Miranda Broadus, with ACS, said to employers in attendance. “This is a perfect opportunity for them to connect with your agency.”

Educational institutions representing a multitude of majors were in attendance as well as employers from a full spectrum of occupations such as law enforcement and technology.

First Lieutenant James Lemp, executive officer for Company A, 1st Battalion, 13th Infantry Regiment, was one Soldier preparing for the next phase of his career.

“I am leaving the Army in about a year and I’m seeking employment,” said Lemp, who is looking for job opportunities in engineering. He was impressed by the number of opportunities available in engineering and has “been offered three-ish jobs give or take.”

“It definitely eases the transition,” he said.



First Lieutenant James Lemp, Company A, 1st Battalion, 13th Infantry Regiment executive officer, speaks to one of the roughly 30 employers at the Education and Career Fair held May 9 at the 1917 Club.



Soldiers and civilians ask questions to employers about job openings. There were multiple career and businesses represented at the event including the VA and more.



Soldiers speak with perspective employers. There were roughly 30 employers and 30 educational institutions represented at the fair. The fair was put on by the Transition Assistance Office, Army Continuing Education Services, and Army Community Service.

Community Updates

ANNOUNCEMENTS

Notice

This notice serves as a death notice advisory for all those in possession of the property of Pfc. Veronica Lee Wynn, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Lydia Mrema, Summary Courts Martial Officer with questions or concerns at (864) 209-9875 or via email at lydia.k.mrema.mil@mail.mil.

249th Army Birthday Ball

Tickets are on sale for the 249th Army Birthday Ball. The event begins at 5 p.m., June 8 at the 1917 Club. 5700 Liberty Division Road, Fort Jackson, SC 29207. Tickets can be purchased by visiting: [Eventbrite website eventbrite.com/e/fort-jackson-palmetto-chapter-ausa-army-and-fort-jackson-ball-2024-tickets-880255105717](https://www.eventbrite.com/e/fort-jackson-palmetto-chapter-ausa-army-and-fort-jackson-ball-2024-tickets-880255105717).

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-renaming. See Page 5 to learn more about the road renaming process.



COMMUNITY EVENTS

TODAY TO SATURDAY

Retiree Appreciation Days

Fort Jackson is honoring military retirees with three days of events tailored for them. The event starts with a welcome video from Col. Timothy Hickman, garrison commander. There will also be a breakfast and Basic Combat Training graduation. On May 17, dust off your clubs and hit the links at the Fort Jackson Golf Club for a golf tournament. The event ends May 19 with a Retiree Health and Benefits Expo from 9 a.m. to noon at the Solomon Center. For more information, scan the QR code.



TOMORROW

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. For more information and to sign up, call (803) 751-4056/4168.

SATURDAY

Weston Lake Beach Opening Day

Noon to 5 p.m., Weston Lake. For more information, call Weston Lake at (803) 751-5253.

MONDAY

Coupon Craze

11:30 a.m. to 12:30 p.m., 9810 Liberty 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.

TUESDAY

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

Heroes for Harmony

8 a.m. to 5 p.m., 1917 Club. Heroes for Harmony is a collaborative effort to educate the Fort Jackson community about domestic violence and to bridge the gap between Fort Jackson and our community partners. The speakers include representatives from the City of Columbia Police Department, 5th Circuit Solicitor's Office, Staff Judge Advocate Office, Army Community Service and more. For more information, call (803) 751-5256.

MAY 30

Wine & Yoga

Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FRIDAY, MAY 17

■ Godzilla X Kong (PG-13) 2 p.m.

SATURDAY, MAY 18

■ The Fall Guy PG-13) 2 p.m.

WEDNESDAY, MAY 22

■ Kingdom of the Planet of the Apes (PG-13) 2 p.m.

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

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

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.

SIGHTSEEING DIVISION AVE. (FORMERLY SUMTER AVE.)



By **FIELDING FREED**
Basic Combat Training Museum

Of the nicknames given to Army divisions, the “Sightseeing Sixth” is perhaps the most tongue-in-cheek. Organized in 1917 for World War I, the 6th Division earned its moniker not from viewing scenic vistas as tourists, but as a result of the many miles they travelled by foot in France.

According to 6th Division historians, it “... developed its reputation for hiking when, prior to the Argonne Offensive, it engaged in extensive fake marches, often under enemy artillery and air bombardment, to deceive the (Germans) into thinking a major attack was to take place in the Vosges sector.” When they were finally moved to the front, the division quickly proved that they were as capable as any. Between June 1918 and the Armistice on Nov. 11, the 6th Division fought 43 days in combat suffering 38 killed and 348 wounded in action.

The division’s association with Fort Jackson dates from World War II. Reactivated at Fort Lewis on Oct. 12, 1939, the 6th Division moved to Camp Jackson less than a month later. Their transfer here for winter training in 1939-40 followed improvements to the older National Guard training facilities (present day Darby Field area). Much of the new work was done by the Works Progress Administration and

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?



National Archives

A line of Coast Guard landing barges, sweeping through the waters of Lingayen Gulf, carries the first wave of invaders to the beaches of Luzon, after a terrific naval bombardment of Japanese shore positions on Jan. 9, 1945.

included construction of new mess halls, latrines, and more roads east of Wildcat Boulevard.

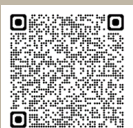
Commanded by Brig. Gen. C. A. Trott, the 6th Division’s 9,000 men trained here from November 1939 to March 1940, after which they were reassigned to Fort Benning (now Fort Moore). While their time here was relatively short, preparations for

the 6th Division proved to be an important catalyst for reactivating Camp Jackson in anticipation of the United States entering World War II.

During the war, the Sightseeing Sixth fought in the Pacific Theater of Operations where they endured a record 219 continuous days out of 306 total in combat. This was more than any other division in the PTO. Engagements included the Battle of Lone Tree Hill, Dutch New Guinea and the amphibious assault landing at Luzon, Philippines.

After World War II, the 6th Division went through a series of restructuring, deactivations, and reactivations throughout the Cold War. The most recent deactivation occurred in 1994.

WELL, HERE WE ARE AT CAMP JACKSON PRACTICALLY PITCHED
AND WONDERING WHEN MANEUVERS WILL BEGIN ...



Scan to learn more about the 6th Division.

- Cpl. Harwood

20th Infantry Regiment, 6th Division

Army launches campaign for Civilian careers

Army Enterprise Marketing Office

The Department of the Army introduced its first-ever marketing campaign focused on Army Civilian careers. For individuals who are looking for a career where they can have impact at scale, or those looking for a new challenge in their career, “Find Your Next Level” highlights the unique career paths available to Army Civilians and the vital skills and expertise they bring to make the Army successful.

“Today’s workforce seeks meaningful careers, but few see Army Civilian Careers as a source of those opportunities,” said Brig. Gen. Antoinette Gant, chief of the Army Enterprise Marketing Office. “Find Your Next Level” aims to bridge this gap by demonstrating how today’s professionals can apply real-world job skills to impactful projects and careers they can’t find anywhere else.”

Army Civilians play a critical role in the Army’s success, using their skills in over 500 career paths across many fields, including contracting, finance, cybersecurity, engineering and beyond. With more than 265,000 employees, the Army Civilian workforce is one of the largest groups of Civilian employees within the Department of Defense and dates back to the founding of our country in 1776.

“Army Civilians benefit from professional advancement and long-term stability through a wide range of careers,” said Peter Hosutt, acting director of the Army’s Civilian Human Resources Agency. “Civilians also receive comprehensive training opportunities that al-

See **CIVILIAN:** Page 8



Photo by ROBERT TIMMONS

A powerlifter and her coach embrace as they celebrate her successful bench press during the Summer Games, May 11.



Photo by NATHAN CLINEBELLE



Photo by ROBERT TIMMONS



Photo by ROBERT TIMMONS

(Above) A Special Olympian looks over her shoulder as she reaches the end of the backstroke race, May 11.

(Far left) A powerlifter shows determination as he performs a squat during the competition held in the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, May 11.

(Left) First Lt. Brittney Stallings, with 2nd Battalion, 60th Infantry Regiment, congratulates a swimmer on her efforts during a race during the Special Olympics of South Carolina's Summer Games. This was Stallings, the officer-in-charge of the swimming event at Knight Pool at Fort Jackson, S.C., third Summer Games.

SOMETHING SPECIAL

Jackson hosts 54th Summer Games

By ROBERT TIMMONS
Fort Jackson Public Affairs

It was the 54th time the post was home to the games, and it was blasted into the atmosphere the moment the first Special Olympians from Area 1 set foot inside the Solomon Center at Fort Jackson.

The floor shook and the air thumped with the heavy bass of hundreds of shouting and cheering trainees eager to give the 800 or so athletes from 16 different areas of the Palmetto State the loudest, most bombastic welcome possible.

Fort Jackson's commander, Maj. Gen. Jason E. Kelly welcomed the Special Olympics of South Carolina's Summer Games athletes whose "unwavering courage and boundless determination inspire us all."

The individual event venues were spread between Blythewood High School in Blythewood, South Carolina and Fort Jackson.

The mission of the Special Olympics of South Carolina is "to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community."

Soldiers tasked to provide support to the games gladly supported them and even worked the games as volunteers multiple times.

This wasn't the first rodeo for Capt. Raymond Stronach, the officer in charge of the powerlifting competition held at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center.

IT'S JUST AN AWESOME EXPERIENCE TO SEE THIS ...

- Sgt. 1st Class Nick Hawkey
2nd Battalion, 60th Infantry

"This is actually not the first time I've been involved with Special Olympics. I remember years, years ago as a cadet ... I volunteered" to help the track and field competition, said the company commander with 2nd Battalion, 60th Infantry Regiment.

The 2-60th provided support to the Games with lodging and coordination of the events on post.

Stronach was charged with coordination between the SOSC, a group of 18 civilian and military volunteers.

For 1st Lt. Brittney Stallings, in charge of the swimming events at Knight Pool, working the event was "amazing."

Stallings, who is on her third Special Olympic games, and Sgt. 1st Class Nick Hawkey, a senior drill sergeant with Company B, 2-60th, said the planning for the event took months to coordinate and involved ensuring the safety of contestants.

Once it was "go" time they were able to revel in the experience.

"It was awesome," Hawkey said. "I'm actually standing out here with the awardees and just seeing their faces no matter what place they get awards ... and they are all happy. It's just an awesome experience to see this."

Stallings watched as the swimmers finished their races and celebrated with them.

The first international Special Olympics Summer Games was held in 1968 at Soldier Field in Chicago and spread across the globe.

Austin visits SC State, Fort Jackson

By JOSEPH CLARK
DOD News

Secretary of Defense Lloyd J. Austin III stopped by Fort Jackson May 10 after calling on the South Carolina State University's Class of 2024 to give back to their communities and to the nation.

While in South Carolina, Austin emphasized the value of service during a visit to the Future Soldier Preparatory Course at Fort Jackson.

The course is designed to help potential Army recruits overcome academic and fitness barriers to enlistment. More than 20,000 future Soldiers have graduated from the course, adding to Army efforts to fill its ranks with high quality Soldiers without sacrificing standards.

Austin also visited with troops stationed at Fort Jackson and underscored his commitment to take care of those who have chosen to serve and gave the Oath of Enlistment to recruits at the Military Entrance Processing Station on the installation.

Austin compelled the graduates to use their unique talents to chart their own paths of service, underscoring the vital role young leaders will play in shaping the future for all Americans.

"Class of 2024, we need your service to the nation," he said, "So find ways to make change, to contribute, and to be a part of something bigger than yourself."

That service, Austin said, can take on a variety of forms — whether in uniform or as a civilian.

"You'll find your own path," he said. "But in times like these, civic engagement is not optional."

Since taking office, Austin has sustained a campaign to draw the nation's top talent toward public service.

Austin's visit to South Carolina State University, a historically Black university, further reflects his commitment to ensure that the nation's public workforce reflects the nation it serves.

In his address to the school's graduates, Austin drew from his personal experience of growing up in the segregated south with teachers, family and mentors who encouraged him. He used this example to illustrate the necessity of drawing on the full talents of all Americans.



Photo by ROBERT TIMMONS

Secretary of Defense Lloyd J. Austin III, administers the Oath of Enlistment to recruits headed to the National Guard, May 10 at the Fort Jackson Military Entrance Processing Station.

"You never know what we lose when we leave someone out," he said. "We don't have one American to spare. We don't have one citizen to squander. And that means that we need to keep working together to knock down barriers, to level the playing field, and to let everybody compete to win."

Austin credited teachers and mentors who inspired encouraged him as he charted his path forward, first to U.S. Military Academy, West Point and to eventually becoming the first Black secretary of defense.

Education, he said, is what will give the next generation "the power to make change, even when it's hard, and to help America live up to its full promise."

Graduates from historically Black colleges and universities have long led the way in breaking through barriers.

The nation's 107 HBCUs have helped produce 40% of America's Black engineers, 50% percent of Black lawyers, 70% of Black doctors and dentists and 80% of Black judges. Throughout South Carolina State's 128-year history, graduates have left a long legacy of public service.

The school's Army ROTC program has also produced more than 2,000 military officers since being established.

Austin spoke with a group of newly com-

missioned officers and cadets from South Carolina State's ROTC on the eve of his commencement address.

"This is a great program," he said. "And it has produced some tremendous leaders, many of whom I served with."

He said the newly minted officers should have no doubt about whether they have what it takes to lead soldiers and carry the torch in defense of the nation.

"You are the future of our military. ... It won't get easier as the days go by. It will only get more challenging. Because of that, we need leaders who are skilled leaders, who are courageous leaders, who are dedicated and professional. You get that from places like this."

Austin offered similar encouragement to the broader graduating class during his commencement address.

"Ladies and gentlemen, we don't get to choose our times," Austin said. "But we do get to shape our times. And in a democracy, that is especially relevant and a special responsibility for every citizen and for every member of this graduating class."

Austin also held a round table discussion with Fort Jackson noncommissioned officers and gave coins to a select group of Soldiers.

Civilian

Continued from Page 5

low them to grow existing professional skills and cultivate new ones, ensuring continuous growth on a path of their choosing while serving our nation."

"Find Your Next Level" features two campaign videos that share an inside look at two Army Civilian Careers that highlight the overall scale and impact of Civilian roles and the opportunities that await Civilians seeking careers with purpose:

"Boxes" captures an Army Civilian physical scientist and his team as they drill into the ice to take ice core samples, demonstrating the unique and global nature of a Civilian career.

"Sky" shows an Army Civilian satellite engineer working at an expansive satellite array with a team of people, transforming an intimate working moment into a high-scale project.

To guarantee the accurate portrayal of featured careers, both videos were inspired by the career experiences of real Army Civilians who served as subject matter experts on the campaign.

"Find Your Next Level" will be featured across national media, including television, print, digital billboards, streaming video, social platforms and audio channels, encouraging today's workforce to imagine what the future of their career might look like with the Department of the Army. "Boxes" will be distributed in Spanish to capture a wider audience and showcase the dynamic environment of the Department of the Army.

The launch of the campaign coincides with the debut of a new Army Civilian brand, which includes a new Army Civilian logo and supporting creative elements reflective of the overall Army brand launched in 2023.

For more information on how you can "Find Your Next Level" as an Army Civilian, visit ArmyCivilianCareers.com.

'The Weigh It Is' with Pam Long

Eating well does not have to be hard. As a matter of fact, it is incredibly easy and simple when we know how. A giant block to progress is all the conflicting advice available today. Nutritional information can be quite confusing. One moment fat is bad, the next moment it is good. We are told nuts are healthy, but wait, they are loaded with calories! How can you lose weight when you can eat the whole can of nuts thinking they are healthy and won't contribute to weight gain? Some diets tell you to eat whatever you want; others say different calories affect your body differently. These are just a sample of the confusion known as what to eat.

With all the new ideas, in-



Long

formation, and dietary research available today, it has changed how we look at healthier eating and dieting. People who want to improve their nutrition don't know where to begin. The dieting industry often looks at new and exciting ways to burn fat faster, or popular food trends from certain food groups. It is not looking at nutrition, but just parts that are popular today.

The good news is the best way to eat healthy is to take small, consistent steps that are easy and enjoyable to stick to and anyone can use.

First, we must understand how the body uses calories for energy. The body can burn a variety of food to turn it into usable energy. When we break food down (digest

it), it becomes glucose (a type of sugar) and that creates ATP Adenosine Triphosphate (energy) which is utilized by the energy centers in our cells (science talk).

Glucose is a type of sugar found in carbohydrates. Carbs are foods that are sweet or starchy. Both are forms of sugar. Pies, cakes, and candy are all carbs, but so is bread, pasta, and potatoes. All are a type of sugar. The amount of energy in carbohydrates is measured as calories. This also applies to fats and protein as well, but our topic in this article is focused on carbohydrates. The number of calories per gram in carbohydrates is 4 calories per gram.

As a beginner, counting calories is encouraged. It is useful to track the number of calories you burn daily and to learn how best to lose weight. The body stores excess calories as fats. If you are trying to lose weight, you want your body to burn your stored fat, which it will do if it does not get

enough (calories) in your regular diet.

Calorie counting can be a bit daunting for sure, but it really is an effective tool that is useful if weight loss, healthier eating, or weight gain are part of your wellness plan.

It begins with how much energy you use throughout your day to perform your daily task and your deliberate physical activity. For example, if you use 2,900 calories a day but eat 2,700 calories a day, that means your body will be forced to burn stored fat to give you the extra 200 calories of energy you need based on your energy (glucose and ATP) output. On the flip side, if you use 3,000 calories daily but eat 3,300 calories daily, you more than likely store 300 calories as excess (fat).

To find out the number of calories you need, we begin with your BMR (Basal Metabolic Rate). This

See **WEIGH:** Page 11



Celebrating Service

Fort Jackson recognized the career of Capt. Natasha McLean, with the 369th Adjutant General Battaion for her more than 20 years of service, during the Basic Combat Training graduation of 3rd Battalion, 39th Infantry Regiment, May 9 at Hilton Field.

Photo by NATHAN CLINEBELLE

SALUTING THIS CYCLE'S HONOREES

1st Battalion,
13th Infantry
Regiment

DRILL SERGEANT OF THE CYCLE

Staff Sgt.
Kyle Tygart

ALPHA COMPANY SOLDIER LEADER

OF THE CYCLE

Pvt. Kamesha Nash

SOLDIER OF THE CYCLE

Spc. Joseph Leary

BRAVO COMPANY SOLDIER LEADER

OF THE CYCLE

Spc. Jamie Baker

SOLDIER OF THE CYCLE

Spc. Kenneth Jones

CHARLIE COMPANY SOLDIER LEADER

OF THE CYCLE

Spc. Todd Anastasis

SOLDIER OF THE CYCLE

Pvt. Andarian Cortez

DELTA COMPANY SOLDIER LEADER

OF THE CYCLE

Spc. Noah Hocker

SOLDIER OF THE CYCLE

Spc. Darryl Morrow

ECHO COMPANY SOLDIER LEADER

OF THE CYCLE

Spc. Angel Garcia

SOLDIER OF THE CYCLE

Pvt. Williams Staley

Events

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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.

JUNE 6 Shred Day

9 a.m. to 2 p.m., 5671 Liberty Division Road. Come and drop off your papers to be shredded. No classified documents will be accepted.

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

JUNE 7 Relinquishment of Command

8 a.m., SSI Auditorium. Col. Michelle Williams will relinquish command of the

Finance & Comptroller School during a ceremony.

JUNE 11 Money & Mindsets

8:30-11:30 a.m., 9810 Liberty Division Road, Rm. 119. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program class will dive into an individual's mindset regarding managing money, effective self-talk, and goal setting. This is a great opportunity to learn about self-motivation, setting and achieving goals that will help you improve the management of your personal finances and achieving financial goals.

Healthy Retirement Packet

Noon to 3 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."

JUNE 14 Dads & Dollars (Fathers Day Edition)

10-11 a.m., 1917 Club. The USAG Civilian Workforce Development Program and the Army Community Service Financial Rea-

diness Program are partnering to offer the Leader/Workforce Development Series Training "Dads & Dollars (Fathers Day)" class. Join other military dads and an experienced financial counselor in a comfortable setting to converse about financial interests, concerns and/or the things that are important to dads in the military.

JUNE 18 Meals in Minutes & Your Budget

1:30-2:30 p.m., 9810 Liberty Division Road, Rm. 119. 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. T

JUNE 23 Strongman/Strongwoman

5 p.m. Vanguard Gym. Fort Jackson Sports and Fitness presents the Strongman/Woman Competition. Participants must register and weigh-in by June 11 at any gym to be eligible to compete. Call (803) 751-5839 for more information.

Retirees

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Agencies represented include: DENTAC, TRICARE, Army Emergency Relief, Armed Forced Wellness Center, GEHA, Dept of Veteran's Affairs Region Offices and Health Services, AAFES, Veteran's Fashion, AAFMAA, Humana and a host of others.

9 a.m. to noon - ID Card Services and MyPay pin resets in building 5450 Strom Thurmond Blvd, Strom Thurmond Bldg.

9:30 a.m. - AAFES in Store Sales at the Exchange.

9:30 a.m. - Commissary in Store Sales.

11 a.m. - Victory Bingo at the Fort Jackson Victory Bingo games.

DID YOU KNOW: All facilities located on Fort Jackson are required to be inspected "monthly" by a supervisor or qualified safety person. For more information, see 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

Weigh

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is the rate you burn calories on a day when you are not doing anything else. Your BMR is the calories you need to just breathe, digest, fight illness, live. You also have your AMR (Active Metabolic Rate). This number of calories is what you burn per day when you are engaging in your usual exercise and activities.

Knowing your AMR and BMR are powerful tools for your weight loss, maintenance, or weight gain journey.

Your BMR is a set number, but in your AMR you can work with that number because you can control your calorie output.

You can calculate the calories of some of the meals you currently eat and make those meals lower in calories at the same time, your AMR remains the same, or you increase it just a bit to burn more fuel (calories). Both your BMR and AMR calculators are available online on various websites; however, I love showing the manual version as a tool you can use. Below are the easy steps to follow to find your BMR

and AMR.

BMR calculations for females: $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years}) = \text{BMR (females)}$

BMR calculations for males: $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years}) = \text{BMR (males)}$

AMR calculations for female or male: multiply your BMR by one of the following = your AMR

1.2 if you are sedentary (little or no exercise)

1.375 if you are lightly active (exercise 1-3 times a week)

1.55 if you are moderately active (exercise or work about average)

1.725 if you are very active (train hard 6-7 days a week)

1.9 if you are highly active (physical laborer or professional athlete)

This is a giant step forward in your weight management journey. Use this first step (count your calories, then target your calorie output) to develop and begin your journey.

Nutrition is such a big discussion that we will focus on protein in my next article as it relates to weight management and wellness.

Pam's thought for the week: "The best project I will ever work on, is ME."



Photo by ROBERT TIMMONS

Celebrating Spouses

Marilynn Bailey, volunteer coordinator with Army Community Service, hands out slices of cake at the Fort Jackson's Commissary as part of the post's Military Spouse Appreciation Day celebration, May 10. ACS was at the Commissary celebrating the day that honors the roughly 1 million military spouses for their service to the nation.

Soldier Support Institute inspires Crayton Middle School students

By CAPT. JENNIFER SALMON
Army News Service

The Soldier Support Institute and Headquarters, Headquarters Battalion hosted 39 students and five dedicated teachers during Crayton Middle School's trip to Victory Tower May 9 as part of the "Adopt-a-School" partnership initiative.

The program aims to nurture positive relationships with the local community, students, and families while supporting academic, social, and physical growth.

SSI, along with Crayton Middle School, organized an incentive event for Crayton's after-school program to commend students on their hard work throughout the academic year

and build self-confidence.

The students faced their fears and rappelled down 40-foot tower with the support of HHBN cadre members. Motivated by the cadre, the students conquered physical challenges and learned invaluable life skills, such as using a compass, donning Army face paint, and operating communication devices like those used by Soldiers in the field during training.

The event empowered the students to face their fears while instilling each participant with confidence and resilience.

Col. Jason T. Edwards, SSI commander, said the Adopt-a-School program engages with the community in "a way to present the amazing

opportunities and people we have in the Army. We were lucky to watch these students' overcome fears and challenges. Amazing engagement."

The day proved to be a truly memorable experience, fostering a deep sense of accomplishment and camaraderie for the entire team. It was a testament to the power of unity and shared success, not just for the students, but for everyone involved.

"Although they had a great time and realize they can do things they didn't think they could do, I do not believe they really understand how much this will help their self-confidence in the future," said Austin Coleman, Crayton Middle School counselor. "This was simply something they will never forget."



Courtesy photo

Crayton Middle School students apply camouflage face paint during an 'Adopt-a-School' event held May 9. The Soldier Support Institute partnered with the school to nurture positive relationships with the community.

VICTORY... STARTS HERE



Special Olympians from Area 5 (Abbeville, Greenwood, Laurens, McCormick and Newberry, S.C.) enter the Solomon Center, May 10 to thunderous applause from trainees at Fort Jackson during opening ceremonies of the Special Olympics of South Carolina's Summer Games.

Photo by NATHAN CLINEBELLE