

THURSDAY, JUNE 27, 2024

# THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

FORT JACKSON SALUTES NEW ...

## 193RD COMMANDER



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# Post safety officials warn of increased fire hazards

Installation Safety Office

It is that time of year where wildfires can threaten personnel, equipment, training areas, and forest resources. Wildfires are often associated with just the flick of a cigarette as you drive down the road, a muzzle flash of a tracer round, or the use of pyrotechnics. Everyone must remain vigilant to the fire danger hazard levels associated with the temperature and the lack of rain (dry weather).

As the temperatures continue to rise and the ground becomes dry the chance for a wildfire goes up.

Fire danger refers to the combination of factors that affect the initiation, spread, and ease of controlling a wildfire. Wildfires spread rapidly, the wind can move embers and sparks great distances, catching on trees and buildings. Range Operations will notify units when a fire hazard exists or the Fire Danger Class changes.

The fire danger classes are as follows:

**Class I** – Low Danger - Low threat of fires starting or spreading.

**Class II** – Moderate Danger - Fires could start but should be easily controlled.

**Class III** – High Danger - Fires will start easily and may be difficult to contain.

**Class IV** – Very High Danger - Fires will start from a spark discharged by any means and spread rapidly. Fire Suppression will be difficult.

**Class V** – Extreme Danger - Extreme fire behavior expected. Fires will start from any flash or spark and fire suppression efforts may not be effective.

The restrictions and actions associated with very high and extreme classes:



Leader file photo

**Fort Jackson Forestry Branch personnel examine a prescribed burn, April 13, 2021. Installation safety officials are warning the public of increased chances of fires during a recent spate of extremely hot, dry weather.**

**Class IV** – no tracers, incendiary items unless specifically approved by Range Operations

**Class V** – no tracers, incendiary items unless approved by directorate of facility engineers and logistics, natural resources

**Class IV and V** – units appoint fire marshals. Units suppress fires with available resources and support DFEL firefighters.

All personnel need to understand that these Fire Danger Classes do not just pertain to Fort Jackson, but also to your off-duty activities. If you are barbecuing, you must also be vigilant in what the temperatures and winds are doing. Charcoal can cast off embers just like a tree can.

If using a gas grill do not put charcoal in the grill and use starter fluid to start the

coals burning with the propane turned on. While this seems farfetched it has happened, and the end result was not good.

Thunderstorms and the lightning associated with them bring increased chances for fires. Lightning strikes are the fourth leading cause of wildfires. We are currently in the thunderstorm cycle for the year.

On average 22,600 fires are caused by lightning strikes every year in the United States.

Lightning strikes can occur outside igniting trees, brush, grass, or other outside materials.

With the fourth of July upon us particular attention needs to be focused on the fireworks. A recent study showed that more than 19,000 fires are caused by fireworks every year.

Here are a few dos and don'ts when handling fireworks.

## Do:

Wear eye protection

Keep an extinguisher nearby

Place fireworks on a hard surface before lighting

## Don't:

Try to reignite a firework

ignite a firework when intoxicated

Allow children under 18 to ignite fireworks

Aim fireworks such as Roman candles at any person or property

Pick up expended fireworks. They may still have smoldering embers inside.

Bottom line: Be smart keep it simple and safe by never playing with fire and always have a fire extinguisher available for use in case of an emergency whether you're on duty or off duty.

## ON THE COVER

**Command Sgt. Maj. Jonathan Duncan, 193rd Infantry Brigade senior enlisted leader, salutes during a ceremony where Col. Timothy Meadors took charge of the unit.**



Photo by ROBERT TIMMONS

See Pages 6-7

## THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Sgt. Maj. of the Army Michael Weimer adjusts a troop's beret during a Soldier Induction Ceremony held June 20.



Sabine Alsup, Child and Youth Services coordinator, shows Sgt. Maj. of the Army Michael Weimer a Child Development Center on post.

## Top NCO visits Jackson

Photos by Nathan Clinebelle

Sgt. Maj. of the Army Michael Weimer made his first trip to Fort Jackson as the Army's top non-commissioned officer, June 19-20. He visited various places on post and witnessed Basic Combat Training and the Soldier induction ceremony.

While at Jackson, Weimer toured a Child Development Center, went out to the Forge, stopped by the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, and met face-to-face with Soldiers.



Sgt. Maj. of the Army Michael Weimer speaks to trainees at the Forge. Weimer offered advice on a number of topics to the troops. He gave them pointers on creating fighting positions and laying down fields of fire. He also watched them evaluate and evacuate a casualty among other things. He also met with unit leadership.



Sgt. Maj. of the Army Michael Weimer speaks to a group of Soldiers in the Soldier Support Institute Auditorium during his visit to Fort Jackson.



# Community Updates

## ANNOUNCEMENTS

### Road Name Changes

Fort Jackson has re-named 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](http://home.army.mil/jackson/about/fort-jackson-road-renaming).



### SPRC Yoga Hours

The Yoga class schedule for June has changed. Classes are now:

**Tuesdays:** Power Yoga: 8-8:30 a.m. (Power Yoga)

**Wednesdays:** 6-7 a.m. (Warrior Yoga) and 12:15-1 p.m. (Mindful Movement and Meditation)

**Thursdays:** 11:45 a.m. to 12:45 p.m. (Warrior Yoga)

The Friday class has been cancelled.

### Safety Classes

The Installation Safety Office presents various safety training classes. To register for the Army Traffic Safety Training or Local Hazards training classes, go to the website <https://imc.army.mil/airs/default.aspx>. To register for the Unit Safety Officer training, contact your Safety Specialist.

■ Basic Riders Course:

July 9-11 (two seats open); July 30-Aug. 1 (five seats open); Aug. 6-8 (six seats open)

■ Advanced Riders Course

July 16 (three seats open); July 23 (six seats open); Aug. 13 (six seats open);

Aug. 20 (six seats open)

■ Local Hazards Course: July 1, 8, 15, 22, 29 and Aug. 5, 12, 19 and 26.

■ Intermediate Drivers Course: July 18 (30 seats open); Aug. 15 (30 seats open)

■ Remedial Drivers Course: Aug. 21 (12 seats open)

■ Unit Safety Officer Course: July 9-10 (16 seats open); Aug. 6-7 (22 seats open)

### POV Sales Lot

The POV Sales Lot is operated by the Auto Craft Shop, located at the corner parking lot of the Strom Thurmond Building off Marion Ave. Here you can sell your vehicles, boats, trailers, recreational vehicles, and motorcycles. You must have a government ID or be the immediate family member of a government ID cardholder, proof of registration and insurance to park on the POV Sales Lot. The cost is \$25 per vehicle for 30 days and this includes being advertised on the Fort Jackson Auto Craft webpage. For more information, call (803) 751-5755.

### Victory Fresh

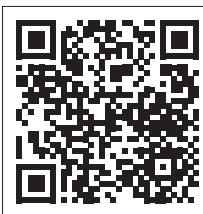
Victory Fresh offers Military Service Members, Department of the Army Civilians and their guests healthy alternatives to fast food. Located at the United States Army Drill Sergeant Academy Dining Facility 9572 Marion Ave. Victory Fresh offers Grab and Go entrees, a Build Your Own Power Bowl station, Hot BBQ bar, and brick oven pizzas during lunch hours of 11 a.m. to 2 p.m. Additionally, Grab and Go items are available during extended hours and breakfast is available from 7-9:30 a.m. Victory Fresh helps patrons manage fueling their bodies in a healthy way, within the time constraints of an on-the-go lifestyle.

### Needs assessment survey

Help our Education Center to better understand and meet your educational needs on Fort Jackson. Your participation and feedback is valuable and will be

utilized to help improve ACES education programs and services. You need to take the needs assessment survey. Scan the QR code to begin. The Fort Jackson Education

Center can be reached via email [atusarmy.jackson.93-sig-bde-mbx.dhr-jacksonedcenter@army.mil](mailto:atusarmy.jackson.93-sig-bde-mbx.dhr-jacksonedcenter@army.mil), or via phone at (520) 691-4472.



### School and sports physicals

Moncrief Army Health Clinic will conduct school and sports physicals Mondays and Wednesdays, July 8-31. Parents/guardians may bring children from 4:30-6:30 p.m. (You must be checked in by 6 p.m.) Required school immunizations can be done at this time. This is only open to MAHC enrolled children in grades K-12. Upon arrival check-in with the Integrated Health Medical Home on the ground floor of MAHC, Room #2318A. Please bring any external immunization records and required sports/school physical forms for your child's school program. To expedite the process, complete the patient information portion of each form prior to arrival. Patients will not be checked in until the patient portion of the forms are completed. For more information email For questions, please contact [tashiana.a.rodgers.civ@health.mil](mailto:tashiana.a.rodgers.civ@health.mil).

## COMMUNITY EVENTS

### TODAY

#### 1,000 lbs. Competition

5:30 p.m., Vanguard Gym. Test your strength in the back squat, bench press, and deadlift and earn a coveted t-shirt by lifting a total of 500 or 1,000 lbs. Registration can be done at any gym, or by calling (803) 751-3700.

### JULY 4

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 751-3615.

## Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### FRIDAY, JUNE 28

■ Back to Black (R) 6 p.m.

### SATURDAY, JUNE 29

■ Fly Me to the Moon (PG-13) 2 p.m.

### TUESDAY, JULY 2

■ A Quiet Place: Day 1 (PG-13) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

### Independence Day Celebration

4-9 p.m., Hilton Field. Come join Fort Jackson for the Fourth of July celebration and music festival. Gate open at 4 p.m.. There will be kiddie rides, food trucks, local vendors and entertainment for the whole family. The event is open to the public.

### JULY 5

#### First Friday Golf

Maj. Gen. Jason Kelly, Fort Jackson commander, invites you to join him for First Friday Golf the first Friday of every month! This is a Captain's Choice event and will begin at 11:30 a.m. at the Fort Jackson Golf Club. You may enter your

See **EVENTS:** Page 10

## THE FORT JACKSON LEADER

SEND ALL  
SUBMISSIONS TO

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



# Warrior Games 2024 kick off in Orlando

By **C. TODD LOPEZ**  
DOD News

The Department of Defense Warrior Games officially began June 21, and will run through June 30 at the ESPN Wide World of Sports Complex, Walt Disney World Resort near Orlando, Florida. U.S. Army Training and Doctrine Command is the host for this year's event that features hundreds of wounded, ill and injured active duty and veteran service members, competing in adaptive sports as part of their recovery journeys.

This year marks the 14th anniversary where athletes from the Army, Marine Corps, Navy, Air Force, and Coast Guard as well as the Australian Defence Force come to compete in the adaptive sports competition.

Participants of previous Warrior Games have returned to the event in a different capacity.

Brandi Evans, a staff operations and training specialist at the Fort Bliss, Texas Soldier Recovery Unit, is supporting this year's Warrior Games as a mentor to Army athletes.

"When I first served as a mentor, I believed that it was the next best thing to competing," explained Evans. "But over the past few years, I found that what I do for the athletes is far more rewarding than any medal."

"I have been very fortunate to have served as an athlete mentor the last few years," she said. "It is truly fulfilling to be able to give back to the program that was a crucial part of my recovery journey. Since I no longer compete, this is the



*Army News Service photo*

**1st Lt. Hannah Wright in archery competition at the 2024 Army Trials in March 2024.**

opportunity to stay connected to the Team Army Family and continue to provide support and guidance through mentorship to the athletes."

The Army Recovery Care Program promotes adaptive sports that provides opportunities for wounded, ill and injured Soldiers and veterans to start and continue their road to recover and overcome their life-challenges. Warrior Games are part of the process.

"The Warrior Games is a medium for recovery, wellness, and personal development," said Army Maj. Casey Turner, the adaptive reconditioning officer in charge at the Army Recovery Care Program. "The impact of Warrior Games is not confined to the 10 days of athletic competition. The journey these athletes endure starts from the moment they sustain their injuries and begin their rehabilitation processes."

Adaptive sports the athletes

are participating in during this year's Warrior Games are archery, cycling, sitting volleyball, swimming, track, field, wheelchair basketball, wheelchair rugby, shooting, indoor rowing and powerlifting.

They are called adaptive sports because the focus is on helping service members realize they can still participate in the same activities after their injury, wound or illness, with small adjustments that enable them to compete.

Events and equipment are modified to enable athletes to adjust to a specific classification that matches their injury, wound or illness.

It's not about making history it's about making a difference.

"This event and all the lead up events promote the pillars of Army Values and helps participants to achieve their personal best within their new normal," Turner said. "These athletes train and condition

their bodies for optimal athletic performance which not only improves their physical health but overflows into emotional, mental, social, and personal growth."

"The Fort Bliss SRU helped me on my road to recovery because all the activities offered at the SRU aided in my recovery," said Spc. Alexis Pantoja. "It's great that the SRU has helped me because I would not have been able to figure out things on my own. It was only after spending months and months in recovery would I look back and say that it's exactly what I needed." Pantoja does not see any limits to future progress.

"The SRU helped in so many different ways," said Capt. Hannah Wright, who spent her recovery time with the Brooke Army Medical Center SRU on Joint Base San Antonio in Texas. Wright said

See **WARRIOR:** Page 11

## DOD looks for top performers

DOD News

The Defense Department's chief information officer is making a departmentwide call for nominations for its annual DOD CIO Awards program. Now in its 24th year, the DOD CIO Awards program recognizes top talent, to include both teams and individuals, within the DOD information technology community.

DOD CIO Awards Program Manager Sam Kassem said the CIO would like to have as many nominees as possible to consider for awards this year.

"Within the DOD, the IT workforce does fantastic work, but they are also exceptionally busy," Kassem said. "The department can't recognize the best performers unless their names are nominated by their leadership. We ask for nominations to allow plenty of time for leaders to build award packages to get their top talent the recognition they have worked hard all year to earn."

The annual awards program recognizes individuals or teams for exceptional achievements in delivering capabilities and management practices that advance the department's strategic mission and objectives.

Capabilities and functional areas covered by the program include: cybersecurity; information enterprise; command, control and communications; and other. The "other" criteria encompasses new areas such as the user experience, international engagements and network optimization.

Eight people stand together on a stage. Six people are in military uniforms; the others are in civilian clothing.

The CIO expects to release the

See **DOD,** Page 11





# Team Meadors joins Team Jackson

## *193rd welcomes new commander*

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

“You are getting an accomplished and proven leader in Col. Tim Meadors,” said Maj. Gen. Jason E. Kelly to troops of the 193rd Infantry Brigade, June 21.

Meadors took command of the Bayonet Brigade that day from Col. Scott White in a ceremony at Victory Field on post. A change of command ceremony is part of a long-standing tradition first codified in Gen. Friedrich Wilhelm von Steuben.

Von Steuben was a Prussian military officer integral to the development of the Continental Army into a professional fighting force during the American Revolution.

“I have spent time with him,” Kelly added. “Rest as-

sured you’re getting another good one. Tim we’re all thrilled to welcome you and your Family to the community.”

The brigade dates back in 1922. It played an important role in the battle of the Ruhr pocket during World War II, and during the invasion of Panama in 1989. The unit started training on Fort Jackson in January 2007.

Meadors has a distinguished career after graduating from the U.S. Military Academy at West Point, New York in 2001. He has served in the 3rd Infantry Regiment (Old Guard), commanded 1st Battalion, 5th Cavalry Regiment, 1st Cavalry Division. He has deployed multiple times in support of Operations Iraqi and Enduring Freedom.

Meadors inherits a “remarkable group,” Kelly said.

“Together you will continue to achieve and push boundaries of innovation,” he said. “But let there be no confusion about ... the strength of our Army, the strength of this brigade. With our Soldiers and with our Families, and the unwavering support of the nation give the incentive to get it right every day and all the time.

“It’s always been and always will be all about the dedicated team that worked so hard to make things happen here.”

The team Meadors now leads is charged with turning civilians into Soldiers in 10 weeks.

They are an “amazing team, amazing Soldiers, and amazing Families,” White said after he passed the unit colors to Kelly. Kelly in turn past them to Meadors to signify his taking command of the unit.

The passing of the colors is a ceremonial symbol of the passing of command. In history the commander would be where the unit colors were.

“Team Meadors is now part of Team Jackson,” Meadors said ad-

ressing the unit and Fort Jackson leadership for the first time as commander. “We are extremely humbled to be members of this great team ...

“We are extremely honored to be a part of what happens here,” he added. “We notice the strategic impact of what you do. Although we operate on a tactical level teach rifle marksmanship, teaching land navigation, building competence in our (Chemical, Biological, Radiological and Nuclear) gear. We have a strategic impact. We are proud to be a part of it.”

White said to Meadors that “your vision will set the course for this brigade starting today and for the next few years. Set your hopes high and this brigade will impress you. I am confident that this team will excel under your leadership.”

WE ARE EXTREMELY  
EXCITED TO BE A PART OF  
WHAT HAPPENS HERE ...

- Col. Timothy Meadors  
193rd Infantry Brigade  
Commander

(Far left) Col. Timothy Meadors, 193rd Infantry Brigade commander, takes the unit colors from Maj. Gen. Jason E. Kelly, Army Training Center and Fort Jackson commander, in a ceremony held on Victory Field at Fort Jackson, June 21. Kelly said the post was ‘thrilled to welcome you and your Family to the community.’

(Middle top) A Soldier proudly displays the 193rd Infantry Brigade patch. Recent Army policy allows for the wear of non-subdued patches on the Army Combat Uniform during ceremonies.

(Middle center) The 193rd Infantry Brigade color guard stands at attention as Col. Scott White, former brigade commander, speaks during the change of command ceremony.

(Middle bottom) Maj. Layla K. Vulcain, 193rd Infantry Brigade executive officer, salutes Col. Timothy Meadors, 193rd commander, after he assumed command of the unit during a ceremony held on Victory Field at Fort Jackson.

(Left) The 193rd Infantry Brigade color guard stands at attention as Col. Scott White, former brigade commander, speaks during a change of command ceremony. White thanked God, his Family and others for helping make his tenure in command a success.





# Department of Defense raises public service awareness

By **MATTHEW OLAY**  
DOD News

The Defense Department is actively working to raise the public's awareness of opportunities to serve their country both in military and civilian capacities, according to DOD's top two leaders for personnel and readiness.

Ashish S. Vazirani, performing the duties of undersecretary of defense for personnel and readiness, and Shawn G. Skelly, who is performing the duties of deputy undersecretary for the same office, gave their thoughts on how DOD and the government as a whole can better publicize the abundance of opportunities to serve.

Vazirani and Skelly spoke Friday on separate panels at the Service for America Summit in Washington.

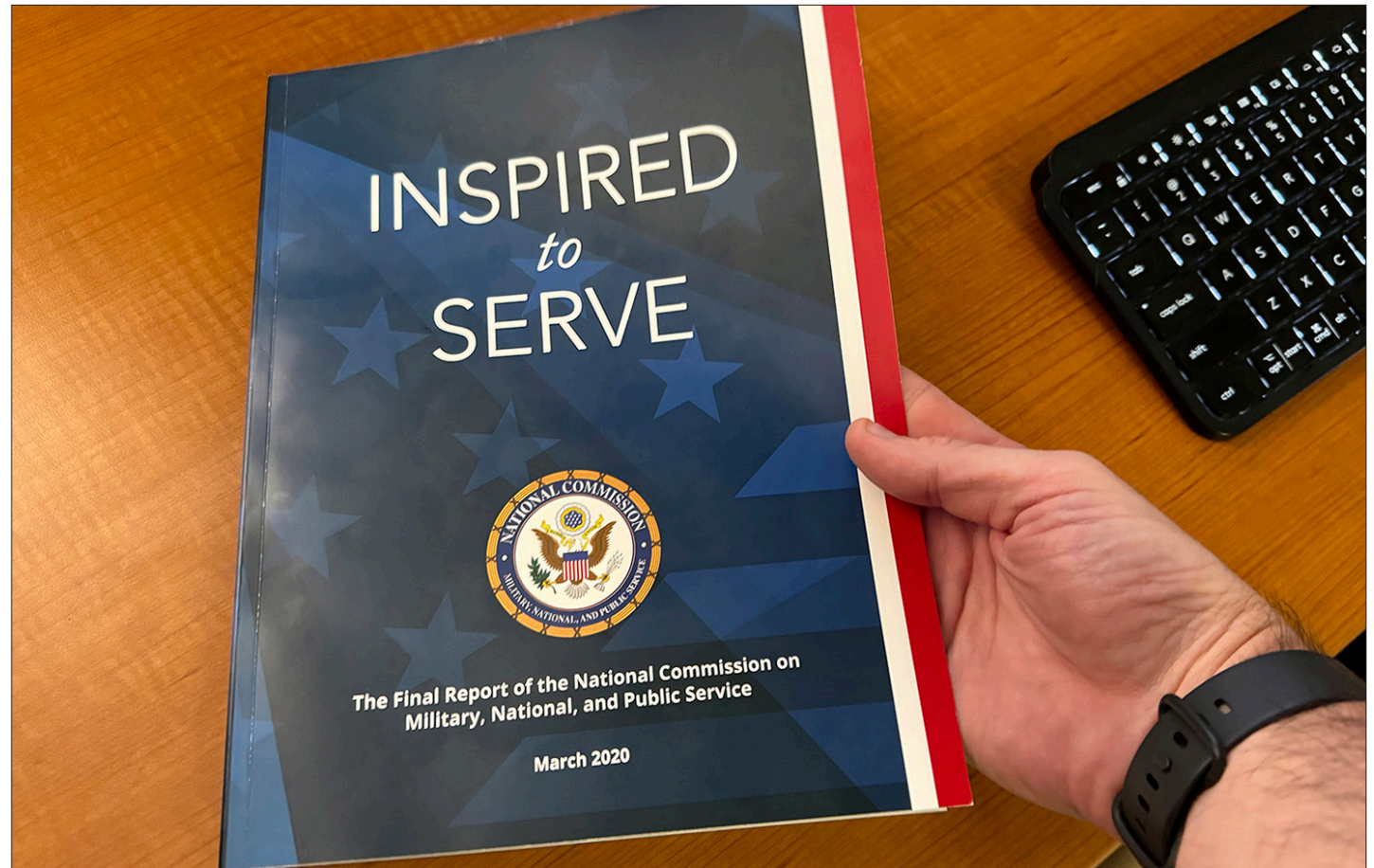
"Public service is more than being in the military, and there are plenty of opportunities and ways for people to serve their community," Vazirani said, adding that people typically aren't against the idea of serving, but they're often unaware of the public service options available.

"One of the things we have been focused on is (not only) helping young people to understand the options and opportunities that are available through service at DOD, but also raising that call to any type of service," he added. As one example of this, Vazirani said that when people find out they're not medically qualified to serve in uniform, the military now gives them information on other organizations where they might be qualified to serve, despite having a medical condition.

"We're pointing them to AmeriCorps and to Peace Corps and to civilian opportunities; so, it's a really important message that there are many different options," Vazirani said.

"If you are inspired to serve, we, the federal government — in cooperation with the state governments and all those agencies that would like to avail America of the talented people who want to give (service) a try — should be loath to let you walk away after you bounce off of one opportunity to try," Skelly said.

In addition to informing people of the multitude of service opportunities that are available to them, Vazirani said another crit-



*Department of Defense photo*

**The 2020 Final Report of the National Commission on Military, National, and Public Service. The Department of Defense is seeking to raise the public awareness of military and civilian jobs offered in the department.**

ical message to generate interest in public service is for people to go back to their families and communities and tell authentic stories of what it is like to give back to society.

To illustrate this, Vazirani pointed out that roughly 75% of currently serving military members have had a family member who also served in the armed forces.

"I think the most important thing that people can do is tell their story," Vazirani said. He added that sharing what service means to the individual, explaining why a person chose to serve in the manner he or she is currently serving and pointing out how that service has been a career boost essential to generating interest in public service among others.

With a stated goal of gathering leading thinkers from inside and outside the federal government to advance an agenda that promotes "awareness, aspiration and accessibil-

ity of military, national and public service," the Service for America Summit brought together four public service associated organizations: DOD, AmeriCorps, Peace Corps and the Selective Service System.

Additionally, the summit included members of the National Commission on Military, National and Public Service. In 2020, the temporary federal agency released a final report containing a review of the military Selective Service process and suggested methods to increase participation in military, national and public service to address national security and other public service needs, according to the National Defense Authorization Act for Fiscal Year 2017.

Titled "Inspired to Serve," NCMNPS' report to Congress is chock-full of recommendations for the government to boost the numbers of those serving in a military,

national or public capacity during this decade.

While roughly 24 million people were serving in one of those capacities as of 2020, the report envisions an additional 5 million people per year volunteering to serve by 2031.

Skelly was appointed by then-President Barack Obama in 2017 to serve as one of 11 NCMNPS commissioners.

During the summit, Skelly said she still hears people referencing the report regularly in the workplace.

"(Talk of the report) still finds its way into ... the Pentagon during the course of normal business because what we examined is enduring and foundational to how this country actually functions at the end of the day," she said.

"It's (about) people giving of themselves to the greater good for the benefit of others."



## 'The Weigh It Is' with Pam Long

Use it or lose it. That phrase is often tied to our physical appearance. Each of us are willing to do what it takes to keep our bodies fit and youthful.

Maybe it's time to apply that same attention to our mental fitness. As we age, we expect (and for the most part, accept) becoming more forgetful. It is a part of growing older.

What we fail to realize is that something bigger than just 'miss-placing' our keys is going on. We might be contributing to our decline in IQ known as our 'Fluid intelligence'.

Our ability to wrestle with an abstract concept and produce a useful answer is our mental ability.

Aging brings the risk of several neurological diseases, from Parkinson's to Alzheimer's to Dementia.

Start including mental fitness as a part of your new lifestyle changes.



Long

Choose age-related mental fitness practices created to slow and possibly prevent cognitive decline.

The best way to prevent your brain from declining is to use it more.

When you challenge your brain, you produce neurotransmitters (message carriers) that work to keep our

brains functioning.

Being able to concentrate and learn more comes from neurotransmitters. Even our breathing and heartbeat are connected to neurotransmitters.

This tells us that mental fitness is just as important as physical fitness (maybe in some cases even more).

Your mental fitness deserves your daily attention to help keep your mind sharp and just as healthy as your body for years to come. Taking care of both because they go together.

Use mental fitness exercises

to keep your brain and emotions working at their best. Some mental fitness exercises are designed to help us slow down and decompress.

This helps boost memory. Some memory exercises help increase fluid intelligence, the ability to reason and solve new problems.

A great combo exercise that targets this specific brain and body enhancement is meditation. Meditation helps calm the mind, which allows you to problem solve in a more relaxed way.

As we get older, one of the big challenges is that we begin to stop learning new things or steer clear of getting involved in new experiences.

This can lead to our brain becoming less open and tolerant.

If we don't use our neurotransmitter connections that force our brain to think and react to new things, our brain says we don't need those neurotransmitter connections...so you LOSE those connections. At the same time, the connections that you do use (regular routines, habits) grow stronger (more stubborn), making it harder

to learn new things.

We become less motivated and less interested in new things. This type of brain in-activity harms our mental fitness, cognitively speaking.

Keeping your brain active increases its vitality.

Do new things in new ways to help maintain brain cell neurotransmitter connections.

This means when we break out of our familiar routine, and are willing to try something new, we can help keep our brain healthy. Play games that test reasoning and other portions of your brain to keep your brain sharp.

Board games and crossword puzzles are effective, but so are fast-paced action-packed video games that boost our ability to learn new tasks.

Games that make you use logic, reasoning and trivia are most effective. Also, read more. It is great for your brain. Reading opens our imagination and sparks new sensations in many parts of the brain. There are endless types of reading

See **WEIGH:** Page 10

### SALUTING THIS CYCLE'S HONOREES

#### 1st Battalion, 34th Infantry Regiment

**DRILL SERGEANT  
OF THE CYCLE**  
Sgt. 1st Class  
Patrick Richard

**ALPHA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Tad Grooms

**SOLDIER OF THE CYCLE**  
Pvt. Lukas Harris

**BRAVO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Luke Meriwether

**SOLDIER OF THE CYCLE**  
Pvt. Dannie Washington

**CHARLIE COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Stormy Blankenship

**SOLDIER OF THE CYCLE**  
Spc. Brandan Nelson

**DELTA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Nishka Brown

**SOLDIER OF THE CYCLE**  
Pvt. Ana Hernandez-Escandon

**ECHO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Giovanni Robinson

**SOLDIER OF THE CYCLE**  
Pfc. Ankit Sharma



### Celebrating Service

Fort Jackson recognized the career of Chief Warrant Officer 4 Veena Copeland with the 81st Readiness Division, during the 4th Battalion, 39th Infantry Regiment's Basic Combat Training graduation held June 18 at Hilton Field.

Photo by  
NATHAN CLINEBELLE



# Events

Continued from Page 4

own team or sign up as a single and the FJGC PGA Professionals will pair you with a group. Entry fee is \$45 for FJGC members and \$55 for non-members. The entry fee includes applicable greens fee, user Fee, cart, prizes, and a boxed lunch. Register by calling the pro shop at (803) 562-4437, or stop by the clubhouse to sign up.

## JULY 9 Thrift Savings Plan

10-11:30 a.m., Training Support Center, 1565 Hall St. Do you want to gain a better understanding about the different funds and how they can impact your plan for retirement? Attend the seminar and learn the differences between Roth and traditional accounts, avoiding penalties, withdrawals, latest changes and more. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

## JULY 12 Second Friday Shoot

1-4 p.m., Aachen Range. Post Command Sgt. Maj. Erick Ochs invites you to join him for Second Friday shoot . The shoot alternates monthly between

skeet or trap shooting. The cost is \$10 per round if you bring your own weapon and ammo or \$25 per round to rent MWR shotgun and ammo. For more information, contact Chris Helie at [christopher.j.helie.naf@army.mil](mailto:christopher.j.helie.naf@army.mil) or call (803) 751-3484.

## JULY 15 Investing in the Digital Age Webinar

1:30-3 p.m., MS Teams. Army Community Service in partnership with the U.S. Security and Exchange Commission will provide valuable information on the basics of saving and investing, including steps to start to grow wealth and diversification. The webinar will also cover the red flags of fraud and crypto currency investment and risks. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

## JULY 16 Meals in Minutes & Your Budget Webinar

9-10 a.m., MS Teams. Learn how to save calories while also optimizing your budget. The program improves and/or maintains readiness of the military community. Registration is required. For more information or to register, call (803) 751-5256.

## JULY 19-22 Military Long Drive

Fort Jackson will be hosting the 2024 Military Long Drive Championship at the Fort Jackson Golf Club.

# Weigh

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material to choose from, so there are good chances that you will find something interesting to read.

### Move More

Exercise is a helper. The more you move the more, you challenge yourself to learn more motor skills. This helps the brain grow and strengthen.

### Nutrition

Nutrition is a key player if you hope to boost your brain power and keep it at its best as you age. Good nutrition fuels your brain with all the micro-nutrients it needs to perform optimally. It is also essential

to keep feeding your brain the best nutrients and avoid (or limit) excessive sugar intake, foods high in saturated fat, carbohydrates with no nutritional value, and alcohol. Each of these, especially in high levels, works against healthier brain functioning.

Let us keep our brains as mentally fit as we keep our bodies as physically fit. With each birthday we will be glad that we did.

**Pam's thought for the week: "Mindset is everything."**

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. Contact Pam Long at (803) 751-3700 for more information.

**DID YOU KNOW: Our Midlands area is known for frequent lightning strikes during thunderstorms. Follow the TRADOC and Fort Jackson lightning procedures as thunderstorms/lightning approach. Be safe.**

## 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



## Warrior

Continued from Page 5

she received help in ways she didn't even expect she needed help with.

Wright gave great credit to the occupational, physical, and recreational therapists that helped her and others to renew their mindset and realize they could retain their competitive edge, exploring new ways and sports to push the envelope. "Trying all these events is getting to challenge yourself in a new way and remind yourself you are still a warrior in your own right," she stated.

"The DOD Warrior Games is so important because it gives Amer-

ican warriors and international allies a professional platform to continue their lives as competitors in a like-minded team with a shared history and mission," Turner added.

Warrior Games is a competition between the services, but everyone understands they are all on the same team that fights and wins the nation's wars. They cheer one another across the finish line, no matter what branch of service they belong to, while grinding out a "win" they won before they came to the 'Magic Kingdom.'

"These athletes are part of my 'why' and they continue to inspire me," Evans said.

For more information on the DOD Warrior Games, visit the official website.

## ★★ FORT JACKSON PRESENTS ★★ INDEPENDENCE DAY CELEBRATION



SAVE THE  
*date*  
**FOURTH OF  
JULY**  
**FIREWORKS**  
**LIVE LOCAL MUSIC**  
**FOOD &  
BEER TRUCKS**  
**CARNIVAL RIDES**  
**THURSDAY, JULY 4TH HILTON FIELD**  
**DOORS OPEN AT 4 PM FORT JACKSON, SC**

## Commissary honors two with scholarships

### Leader Staff Reports

Two Fort Jackson community members were presented scholarships in a small ceremony at the Fort Jackson Commissary, June 25.

Edgar Gonzalez, commissary officer, and Garrison Command Sgt. Maj. Brie Kotula presented Harmonie J. Frederick and Keonjel McNair with the scholarship administered by the Fisher House.

The scholarships the two received were part of the Scholarship for Military Child programs initiated by the Defense Commissary Agency, Gonzalez said. The program helps complete the fabric of military scholarship for military children.

The Commissary benefit to military families is "made even more valuable by offering military children the chance to earn a \$2,000 scholarship," Gonzalez said.

The program is open to qualified sons and daughters of service members including those on active duty, retired, or in the Reserve or National Guard.

"The Commissary system has long supported promotions with a focus on education and scholarship, fellowship and military children's programs," Gonzalez added.



Edgar Gonzalez and Garrison Command Sgt. Maj. Brie Kotula present Harmonie J. Frederick, top, and Keonjel McNair with scholarships administered by the Fisher House.

## DOD

Continued from Page 5

2024 nominating guidance and instructions in early July. The DOD CIO is focused on rewarding, recognizing, identifying, resolving and optimizing the user's interaction with productivity tools.

Eligibility for the DOD CIO awards includes those supporting the military departments and services; combatant commands and joint staff; principal staff assistants; and defense agencies and field activities.

"The performance period for consideration is June 2023 through July 2024," Kassem said. Awards package submissions must be turned in by Aug. 6, and winners will be announced in November. The awards ceremony is scheduled for Dec. 3 at the Pen-

tagon.

Agencies interested in submitting nominees for the 2024 CIO Awards program can find information and submission instructions at the program's SharePoint site. Visitors to the site will need a common access card and must request permission to view content.

New this year, is the ability to allow online submissions through SharePoint as well as emailing the nominations.

Finalized submission packages can be submitted via the DOD CIO Awards Program SharePoint site, and questions can be addressed to the CIO Awards Program Office at [osd.mc-alex.dod-cio.mbx.dod-cio-awards@mail.mil](mailto:osd.mc-alex.dod-cio.mbx.dod-cio-awards@mail.mil).

"It's been a great program. To be able to sustain it throughout the years would be phenomenal," Barron said. "We're getting an awful lot of really good feedback from the military spouses who are involved."



# VICTORY... ST H



Blowie, the Lexington Blowfish mascot, welcomes Soldiers from the 369th Adjutant General Battalion and trainees from 1st Battalion, 34th Infantry Regiment to the team's Fort Jackson night, June 22.

Photo by NATHAN CLINEBELLE