

THURSDAY, AUG. 22, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION



POST WELCOMES

14 INTO NONCOMMISSIONED OFFICER CORPS



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DODEA launches Universal Pre-K at PTES

By **LORRAINE EMORY**
Pierce Terrace Elementary School

Pierce Terrace Elementary School was the first to participate in the Department of Defense Education Activity's official Universal Pre-K program for the 2024–2025 academic year, Aug. 19.

This was the start of a large-scale project to give children of military personnel stationed at bases worldwide free, first-rate Pre-K education.

PTES had been selected as the inaugural site for the Universal Pre-K program, setting the stage for a broader rollout in the coming years. This initiative will help all eligible children (those who turn four by Sept. 1) to receive free full-day Pre-K instruction.

This aligns with DODEA's mission to provide children with military ties with exceptional educational options wherever they may be stationed.

"Universal Pre-Kindergarten is an opportunity to offer an expanded educational experience to our families," said Robert Battey, the school's principal. "I am proud of the work our teachers, educational aids, and support staff have done in preparation for this school year and our expanded program. We are excited to welcome our new students into the school and watch them flourish in their learning over the year."

The program features a comprehensive curriculum encompassing language arts, mathematics, science, social studies, and social-emotional learning. The goal is to establish an inclusive, developmentally appropriate learning environment under the direction of early childhood educators with certification.

Jodina Tyson, Pre-K teacher, said, as a combat veteran's wife "I'm delighted to serve our military families."

The program's main features are the organized learning environment, helpful materials, and community involvement.

Lunch will be provided in the classroom, family-style, as part of the full-day PK program. Family-style eating is a meal service that lets kids help themselves by choosing what and how much to eat. Children can serve themselves when they are given little pitchers, fewer servings on service plates, and adult supervision. Family-style dining is recommended by the U.S. Department of Agriculture as a best practice.

The community has reacted enthusiastically to the introduction of the Universal Pre-K program. Many military families see it as an essential tool that provides continuity and stability during numerous relocations.

"I'm excited about the Universal Pre-K program; it's going to be an adventure," said Pre-K teacher Patricia Jolly.

The rollout of the Universal Pre-K program is only the start of DODEA's larger intention to eventually extend the program to additional military installations. DODEA representatives are keeping a close eye on PTES's development to guide the later stages of the implementation, which aims to provide Universal Pre-K to all families with a military connection.

With further growth, this program will undoubtedly be crucial in assisting young children from military families with their social and academic development, giving them the tools and self-assurance they need to excel in school and beyond.



Courtesy photo

Pierce Terrace Elementary School students eat a family-style lunch where they learn to serve themselves, Aug. 19. The lunch is part of the school's Universal Pre-K program for the 2024-2025 academic school year.

ON THE COVER

First Sgt. Shawn Cupp, 282nd Army Band first sergeant, lights a candle during the Fort Jackson non-commissioned officer induction ceremony held Aug. 16 at the 1917 Club. See Page 6-7



Photo by **ROBERT TIMMONS**

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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Photos by SGT. 1ST CLASS CRYSTAL HARLOW

Maj. Gen. Robert Harter, proposed Chief of the Army Reserve, presents a folded flag to Mrs. Emily Goldsmith during the funeral ceremony of retired Maj. Gen. George W. Goldsmith at the Fort Jackson National Cemetery, Aug. 14.

Army remembers Goldsmith

By TOMMY CROSBY
81st Readiness Division

Representatives from the U.S. Army Reserve Command and the 81st Readiness Division provided military honors and gave the final salute to retired Maj. Gen. George W. Goldsmith, Aug. 14.

Goldsmith passed away Aug. 6 at the age of 85.

From South Carolina, Goldsmith entered the Army in February 1963 and served two years on active duty. After leaving active duty, he joined the 108th Training Division and served in the division for 33 years, ultimately becoming their commanding general in 1995. He served as commanding general, U.S. Army Reserve Readiness Command at Fort Jackson and deputy commanding

general U.S. Army Reserve at Fort McPherson, Georgia from 1999 until 2001, when he retired.

Goldsmith spent much of his life, in and out of uniform, supporting service members, veterans and their families. In 1998, he was appointed chairman of the Greater Columbia Chamber of Commerce's Military Affairs Committee where he was instrumental in obtaining approval from the Veterans Administration for a National Cemetery at Fort Jackson.

Goldsmith also played a critical role in establishing the USO at the Columbia Metropolitan Airport.

Following his retirement, Goldsmith was selected as an ambassador for the Army Reserve for the State of South Carolina, serving for 14 years. Additionally, from 2008-2014, he

was the South Carolina and North Carolina program support manager for the Armed Forces Employer Partnership Program helping members of the Armed Forces find employment.

Goldsmith has numerous military and civilian awards. In 2016, he was presented the Order of the Palmetto, the highest award given by the state of South Carolina.

In 2014 he was chosen as one of the first inductees into the Fort Jackson Hall of Fame.

Family, friends, and dignitaries from across South Carolina gathered at the Fort Jackson National Cemetery to pay their final respects to this amazing man and Soldier. His service to our nation is truly appreciated and his advocacy for the military community will be missed.



The Honor Guard prepares to render honors during the funeral ceremony.



Staff Sgt. Adam Mosley folds a flag during the funeral ceremony of retired Maj. Gen. George W. Goldsmith.

Community Updates

ANNOUNCEMENTS

Change of Command

9 a.m., tomorrow, Hilton Field. Maj. Gen. Jason E. Kelly relinquishes command of Army Training Center and Fort Jackson to Maj. Gen. Daryl O. Hood.

Death Notice

This notice serves as a death notice advisory for all those in possession of the property of Lt. Col. Roderick Vinson, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact Capt. Lukas Jenkins, Summary Courts Martial Officer with questions or concerns at Lukas.j.jenkins.mil@army.mil or via phone at (803) 885-8931.

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.



Choir positions available

The Main Post Chapel Roman Catholic Mass has a contract position open for a Choir Director/Organist/Pianist. For information, email Chaplain (Maj.) Dave Mooneyham at ray.d.mooneyham.mil@army.mil.

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.

■ Local Hazards Course: Aug. 26

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, or via phone at (520) 691-4472.



100% Housing Inspections

Housing officials recently announced that congressionally-mandated 100% inspections of on-post housing units will take place in August. Residents are able to schedule those inspections using an on-line tool.

193rd Female Mentorship and Morale Program

The program is holding the following events:

- Today - Financial Freedom Event
- Sept. 10 - Suicide Awareness/ Prevention Seminar
- Oct. 4 - Breast Cancer Awareness Walk/Run
- Oct. 18 - Breast Cancer Awareness Event

ID Card appointment information

Patrons needs to bring two forms of identification (not including a current or an expired CAC) that must be shown upon arrival to the ID card section for their CAC renewal appointment. The ID card section cannot accept identification from an email nor a cellphone as verification. One form of ID must be a valid photo ID.

COMMUNITY EVENTS

SATURDAY

Army Ten-Miler

5 a.m., Hilton Field Sports Complex. Come out and run in Fort Jackson's version of the Army's prestigious race. This is a commander's cup event. For more information, call (803) 751-3700.

SEPT. 3

Meals in Minutes & Your Budget

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

SEPT. 5

Early Career Benefits Overview

2-6 p.m., MS Teams. Upon completion of the pre-retirement briefing, participants will know the requirements for retirement eligibility, consequences of making a deposit/redeposit, survivor annuity elections, eligibility for continuing FEHB/FEGLI into retirement, and the process for submitting a retirement application.

SEPT. 7

Run/Walk for the Fallen

8 a.m., Hilton Field. Join Fort Jackson in honoring those who lost their lives serving the country since 9-11. Registration begins at 7 a.m. and opening remarks

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, AUG. 24

■ Twisters (PG-13) 2 p.m.

WEDNESDAY, AUG. 28

■ Alien: Romulus (R) 2 p.m.

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

are scheduled to start at 7:45 a.m.

SEPT. 10

Love and Money Matters

10 a.m. to noon, Chaplain Family Life Center. The two-hour "Love and Money Matters" workshop will teach effective communication strategies and address common money issues in relationships. Learn to set SMART goals as a couple that can lead to wealth.

Shred Day

9 a.m. to 2 p.m., 5671 Liberty Division Avenue. No large metal clips. Open to Department of Defense ID cardholders. No classified documents. All types of paper accepted.

SEPT. 12

Financial Retirement Planning

1-2:30 p.m., MS Teams. Take time to learn about planning for retirement — so

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 751-3615.

Sibling Soldiers graduate together, earn coveted cords



Pvt. Michanti Jackson adjusts Pvt. Darrin Jackson's uniform following their Infantry One Station Unit Training graduation, Aug. 9, on Inouye Field at the National Infantry Museum in Columbus, Ga. The two were in the Future Soldier Preparatory Course on Fort Jackson at the same time.

**Story, photo by
CAPT. STEPHANIE SNYDER**
Maneuver Center of Excellence
Public Affairs

In a rare and heartwarming display of sibling camaraderie, 198th Infantry Brigade privates — Darrin Jackson, Alpha Company, 1st Battalion, 50th Infantry Regiment and Michanti Jackson, Delta Company, 2nd Battalion, 58th Infantry Regiment — graduated together from Infantry One Station Unit Training on Aug. 9, capping an unlikely journey that began when they unknowingly joined the U.S. Army at the same time.

The tale of the Jackson siblings' synchronistic military odyssey began at Fort Jackson's Future Soldier Prep Program in South Carolina. Unbeknownst to each other, they embarked on their Army careers simultaneously, beginning in their home states; Darin from Arizona and Michanti from Florida.

Recalling the serendipitous encounter that brought them together, Michanti shared; "During roll call, the drill sergeant called out 'Jackson!' and (Darin and I) both ran up, thinking there was only one person with that last name."

That's when Michanti first saw Darrin while in training, wondering why he looked so familiar.

"I took a closer look," she said, "and my eyes widened in shock. No way, this is my little brother standing in front of me. I have to be going crazy!"

Darrin, equally astonished by the reunion, added, "I had no idea she was joining the Army, let alone at the same time as me. When we ended up face to face, I was taken aback. I thought, 'Who is this person?' And then it hit me — it was my sister! It was a big shocker to me."

Their journey continued at Fort Moore, training in different companies at Infantry OSUT and was marked by a poignant moment of triumph as they stood

side by side on Inouye Field, to graduate on the same day in a ceremony brimming with pride and camaraderie.

During brief weekly encounters, such as Sunday church service, Darrin said he asked his sister about her experiences and well-being and offered words of encouragement reminding her they were nearing the end of their training. They created a countdown marking how many weeks they had left.

The sibling's bond grew stronger as they navigated the rigors of OSUT together, and they will continue their journey together, attending the Basic Airborne Course at Fort Moore and serving in Italy as their first permanent duty location.

"It will definitely bring us together more," Darrin said. "We could talk about more memories together, compare our different companies and battalions, our experiences in the Army."

See **SIBLINGS**, Page 11

DOD trains Latin America in human trafficking awareness

By DAVID VERGUN
DOD News

Officials from the Defense Department's Combating Trafficking in Persons Office hosted an information session Aug. 14 in the Pentagon regarding trafficking in persons for participants from Latin American nations who are part of the State Department's International Visitor Leadership Program. Participants have a range of occupations, from law enforcement and judicial duties to victim advocates and immigration officials.

Defense Department CTIP officials led discussions and answered questions about ways to identify and stop human trafficking and shared their training materials and resources in that endeavor.

Marcela Jimenez, program analyst with CTIP, said her office helps train DOD personnel and contractors learn to identify trafficking victims, report suspicious behavior and prevent human trafficking.

Jimenez noted that her office receives reports on TIP incidents involving not only DOD personnel but also contractors from its vast supply chain.

Special training is provided for acquisition personnel, investigative professionals DOD school staff, judge advocates, chaplains and healthcare professionals, who are often survivors' first point of contact of, she said.

The department believes that transparency and accountability is important, Jimenez said, mentioning that the CTIP website has accounts of trafficking survivors, some of whom have a DOD nexus, along with their photos, videos and biographies. That site is updated regularly.

See **DOD**: Page 11

Post welcomes 14 into the ...

NCO Corps

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

Fourteen Soldiers stepped across the threshold into the corps of noncommissioned officers during a ceremony held at the 1917 Club, Aug. 16.

The tradition of passing a Soldier into the NCO Corps can be traced to the Continental Army’s winter quarters at Valley Forge. The Army would emerge from Valley Forge as a professional fighting force with strong NCOs.

An NCO is such an important part of the Army that it is routinely called its “backbone.” The NCO is the middle manager or first line supervisor who leads Soldiers from the front and gives them purpose, motivation and direction to accomplishing the mission.

“The place you are going is sacred, for it symbolizes the past, present and future of noncommissioned officer,” said Command Sgt. Maj. William Clancy, senior enlisted leader for Headquarters and Headquarters Battalion. “From this place you will carry out the responsibilities of your position. Never forget where you came from or that you must lead by example and always take care of your Soldiers.”

The ceremony, hosted by HHBN, began with the ceremonial lighting of candles representing various parts of the NCO.

First Sgt. Brantley Butler, with Headquarters and Company A, lit a gold candles representing the stripes NCOs wear; while 1st Sgt. Joseph Kilgore, with Company B, lit a red candle symbolizing the past and blood shed by Soldiers in combat; 1st Sgt. Lisa Bishop with Headquarters Support Company lit a white candle representing present and purity; and 1st Sgt. Shawn Cupp from the 282nd Army Band lit a blue candle representing the future and loyalty to the country.

Retired Master Sgt. Cedric King, whom Clancy

described as “Army values in action,” spoke to the new NCOs about the significance of their positions.

King, a double amputee after surviving an improvised explosive device attack during a tour of Afghanistan, has completed 25 marathons and five of the six of the world’s major marathons.

He advised them to stay strong in their faith and to prepare for war when ever possible.

“You must take the opportunity every day to go to war,” he said. “Every morning, we all get the opportunity to go to war doing PT, every single morning ...”

He spoke of

the war within each person. “There’s an enemy on the inside of each one of us, and if you are not willing to win the war against the enemy in here, there’s no way you beat the enemy over there,” he added. “Get an opportunity to defeat the enemy in you and as a leader, set high standards.”

Soldiers may complain about the tough standards, but in the end, they will be proud of the hard work they put in, said.

“Push your Soldiers. They want to be pushed. There isn’t but one person that can do it and it’s you.”

The Soldiers inducted into the NCO Corps during the ceremony were:

- Sgt. Blake Anderson, 1st Battalion, 13th Infantry Regiment
- Sgt. Daniel Gatson, 2nd Battalion, 13th Infantry Regiment
- Sgt. Michalee Gatson, 3rd Battalion, 13th Infantry Regiment
- Sgt. Jamichael Williams, 2nd Battalion, 13th Infantry Regiment

- Cpl. Ian Kovanda, Headquarters and Headquarters, 193rd Infantry Brigade
- Sgt. Mykal Davis, 4th Battalion, 39th Infantry Regiment
- Sgt. Jalynn Knight, 3rd Battalion, 34th Infantry Regiment
- Sgt. Sean Lomax, 1st Battalion, 61st Infantry Regiment
- Cpl. Christian Haley, 4th Battalion, 39th Infantry Regiment
- Sgt. Allison Winter, 360th Civil Affairs Brigade
- Sgt. Terrence Bell, 17th Military Police Detachment
- Sgt. Nathaniel Ellis, Co. B, HHBN
- Sgt. Mia Holmes-McCalla, HSC, HHBN
- Cpl. Cashmere Silas, Headquarters and Headquarters Company, Moncrief Army Health Clinic



Sgt. Mia Holmes-McCalla, with Headquarters Support Company, steps through an arch and crossed sabers into the Noncommissioned Officer Corps, during a ceremony held at the 1917 Club, Aug. 16.



Retired Master Sgt. Cedric King, guest speaker at the event, advises the new noncommissioned officers to push their Soldiers. ‘Push your Soldiers,’ he said. ‘They want to be pushed. There isn’t but one person that can do it and it’s you.’



First Sgt. Lisa Bishop, senior enlisted leader with Headquarters Support Company, stands behind the a candle she lit during the ceremony. Candles were lit to represent the past, present and future of the NCO Corps.



Sgt. 1st Class Jacklyn Lopez stands ready to cross sabers with another noncommissioned officer during the ceremony.



A group of noncommissioned officers recite the NCO Creed during a ceremony inducting them into the ranks of those considered the ‘backbone of the Army.’ Fourteen NCOs were inducted into the NCO Corps in the ceremony.

Drill sergeants volunteer at Midlands school

By **STAFF SGT. MATTHEW JOHNSON**
3rd Battalion, 39th Infantry Regiment

Drill sergeants from Fort Jackson's 3rd Battalion, 39th Infantry Regiment, led by drill sergeant Staff Sgt. Ricky Paige, recently volunteered their time and expertise at Ridge View High School in Columbia, in order to make a significant impact on the students through their dedication to training and mentorship.

Paige, who spearheaded the initiative and personally contributed more than 500 volunteer hours at Ridge View, expressed his deep commitment to the development of future Soldiers.

"It's incredibly rewarding to be able to contribute to the growth and readiness of our next generation," Paige said. "The skills and values we instill in these students are foundational, not just for military service, but for life. When I was approached by my first sergeant at a military appreciation day at Westwood High School, where my wife, Yeani Paige, works as a counselor, it became clear that there was an opportunity to make a lasting impact. I'm proud to have played a role in preparing these young men and women for the challenges ahead."

Under Paige's leadership, the drill sergeants focused on introducing students to various aspects of military life, particularly

drill and ceremony and the Army Combat Fitness Test. The students achieved a rare feat of scoring a perfect 10/10 in their D&C competition.

Staff Sgt. Idelisse Irizarry, another 3rd Bn., 39th Inf. Regt. drill sergeant and key contributor, said, "seeing the kids eager to learn about marching and physical fitness was pretty rewarding. Their enthusiasm, dedication, and progress showed how much they valued the training. It was a proud moment for me knowing I helped them to develop their skills."

Staff Sgt. Terique Porchia said it was rewarding to work with the students.

"It was a different experience from training new recruits," Porchia said. "Here, I could 'take the hat off' a bit more and engage with the students in a way that allowed for better teaching. The students were highly engaged, asking many thoughtful questions."

The initiative also saw significant contributions from drill sergeants Sgt. 1st Class Will LaRose, Staff Sgt. Tanya Procter, Staff Sgt. Tony Hernandez, and Staff Sgt. Justin Knapp, who all played essential roles in the training sessions.

Additionally, Cpl. Deonni Abrego and Staff Sgt. Adrian Knight provided valuable support, rounding out the team of dedicated Soldiers who volunteered their time and expertise.



Drill sergeants from 3rd Battalion, 39th Infantry Regiment, lead Ridge View High School students in various stretching exercises.



Courtesy photos

Staff Sgt. Ricky Paige, a drill sergeant with 3rd Battalion, 39th Infantry Regiment, works on drill and ceremony with Ridge View High School students, in Columbia, S.C. Paige and other drill sergeants volunteered to help students at the school.

'The Weigh It Is' with Pam James-Long

Everyone is looking for a complete workout. That exercise session works every muscle, joint, and tendon in the body.

We want a workout that stretches, builds our endurance and stamina while making our hearts more efficient and conditioned. A type of exercise that delivers all that and more is spin.

Spin is a workout created to take pressure off your joints while delivering a decent workout performed while sitting down. Your heart receives a workout. However, the physical demands often encountered with cardiovascular exercise are not as present with spin exercise. That is because spin is effective, but not so taxing on the body. Your muscles work, but because the physical demand is less taxing, you can work harder. Spin's low impact, yet high intensity, makes it a popular workout session. Now, add some music, dim the lights, turn on the disco lights, and you have Soul Cycle.

Here at Fort Jackson, we offer Soul Cycle, a spin class that delivers an excellent workout for all levels of fitness.

The entire workout is done on a spin bike, so the impact is low, but the intensity level is high. This makes it a great aerobic conditioning exercise. The exercise brings an impressive, positive effect on the mind and body.



James-Long

The spin bike advertisements have brought spin back into the spotlight. From your first spin class (or Soul Cycle) encounter, you fall in love with this challenging, yet rewarding workout style that is a star in the group exercise arena. If that is not enough, spin is filled with health benefits that can help transform your fitness routine and wellness lifestyle.

Spin is great for heart health.

It involves intense cardiovascular activity which takes the heart rate up, forcing it to work harder.

This is how we make the heart more efficient.

Cardiovascular activity, like spin, builds endurance over time, helping your heart pump more blood with each heartbeat to help deliver nutrients and oxygen to our muscles.

The amount of blood pumped per minute increases, contributing to better cardiovascular fitness.

You can burn between 300 to 800 calories during a spin or Soul Cycle session making it great for your weight loss journey.

Spin class is great for strengthening leg muscles and improving the stability of your joints. Our leg muscles are designed to help joints stay

in place and aligned to help prevent excessive movement.

The more stable we are, we reduce the risk of injuries, especially to our hips and knees, especially as we age.

Spin strengthens our thigh muscles called quadriceps.

Stronger quadriceps help stabilize our kneecaps, so we walk upstairs or across the room with greater ease. Spin also works the back of the thighs, called hamstrings. The pedaling motion also stabilizes our joints so we can properly jump and extend our hips. This protects our joints when performing other physical exercises or activities.

Most high-impact exercises, like interval training or running, require vertical movements and jumping. Both can be stressful on the joints, (especially your knees and ankles). But in a spin class, the pedals move with your feet, so there is less pressure on your knees, back, feet, and ankles.

It is a great alternative if you have joint problems.

If you sit the entire time, the workout is not weight-bearing, you don't have to hold yourself up. That can be beneficial and help reduce the load on your knees, ankles, and hips.

As you become stronger, standing during spin offers a great weight-bearing workout

See **WEIGH:** Page 11

SALUTING THIS CYCLE'S HONOREES

3rd Battalion, 39th Infantry Regiment

DRILL SERGEANT OF THE CYCLE

Staff Sgt.

Lonnie Leatherwood

ALPHA COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Michael Funker

SOLDIER OF THE CYCLE

Pvt. Dante Rodgers

BRAVO COMPANY SOLDIER LEADER OF THE CYCLE

Pfc. Melodie Peck

SOLDIER OF THE CYCLE

Spc. Joshua Maginskky

CHARLIE COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Maliah Sommers

SOLDIER OF THE CYCLE

Spc. Katherine Eaton

DELTA COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Jason Randle

SOLDIER OF THE CYCLE

Pfc. Christopher Carmichael

ECHO COMPANY SOLDIER LEADER OF THE CYCLE

Pfc. Jakob White

SOLDIER OF THE CYCLE

Pfc. Nicholas Whigham



Celebrating Service

Fort Jackson recognized the career of Sgt. Maj. Erika P. Bravo, with the Equal Opportunity Training Proponent, and Frederick P. Johnson, with the Fort Jackson Police Department, during the 1st Battalion, 13th Infantry Regiment's Basic Combat Training graduation, Aug. 15.

Photo by VERAN HILL

Events

Continued from Page 4

you'll be prepared for today's needs and wants, while also paving the way to meet your future financial goals and enjoy the retirement you deserve. Join us as we discuss the strategies and resources that are available to help you fine-tune or establish your retirement plan.

SEPT. 13
Self Defense Class

10 a.m. to 1 p.m., Solomon Center. Army Community Service hosts a self defense class given by the Richland County Sheriff's Department. Increase your strength, focus, fitness, flexibility, and learn ways to defend against physical attacks. For more information, call (803) 751-5256.

SEPT. 14
Fort Eisenhower Horseback Trail Ride

8:30 a.m. to 3 p.m. Join Fort Jackson Outdoor Recreation for a horseback trail ride at the Fort Eisenhower Horse stables. All welcome-novice or pro. This

guided tour costs \$60 per person and will be great fun for those looking for an outdoor adventure. For more information or to register, call (803) 751-3484 or visit Marion Street Station.

SEPT. 16
Social Security Benefits

2-3:30 p.m., MS Teams. The 90-minute "Social Security Benefits" training workshop is an instructor-led training designed for individuals who want to take control of their financial future. The training will provide information on how Social Security affects your retirement income. Start today by attending a financial readiness seminar that will provide you with the tools for creating a better financial future.

SEPT. 17
Meals in Minutes & Your Budget

9-10 a.m., MS Teams. Learn how to save calories while also optimizing your budget. Armed Forces Wellness Center and Army Community Service provides programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information or to register, call (803) 751-5256.

SEPT. 18
Sleep Hygiene Management
Noon to 1 p.m., Army Substance Abuse Program Bldg. 4310 Century Division Ave. Bring your own lunch and learn about healthy sleep habits. Register for the event no later than Sept. 13. For more information and to register, call (803) 751-2915.

SEPT. 20
Community Baby Shower
10 a.m. to 1 p.m., 1917 Club. If you are currently expecting or have had a baby within the past year, New Parent Support Program wants to celebrate you. NPSP is hosting the Fort Jackson Community Baby Shower where information will be provided from multiple on and off post agencies. There will be games, food, and prizes. Spouses are welcome and childcare will be provided. To use the childcare, your child must be registered with Child, Youth Services. Registration for the event is required. For more information or to register, call (803) 751-5256.

SEPT. 24
Mid-Career Benefits Overview
9 a.m. to 1 p.m., MS Teams. Upon completion of the pre-retirement briefing, par-

ticipants will know the requirements for retirement eligibility, consequences of making a deposit/redeposit, survivor annuity elections, eligibility for continuing FEHB/FEGLI into retirement, and the process for submitting a retirement application.

Money & Mindsets Webinar
1:30-2:30 p.m., MS Teams. This webinar 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.

SEPT. 26
Building Wealth Webinar
1-2 p.m., MS Teams. There's more to financial fitness than building budgets and paying down debt. Getting financially fit means mastering the long game - financial freedom.

SEPT. 27
Oktoberfest
4-9 p.m., 1917 Club. Save the date for Fort Jackson's annual Oktoberfest.

DID YOU KNOW: Head protection (CVC or ACH) must be worn by all personnel operating or riding as a passenger in Army tactical vehicles on Fort Jackson.

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
JEWISH SHABBAT SERVICE	FRIDAY	7-8 P.M.	LIGHTNING 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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without weights. Your stability strengthens as you keep in alignment, which helps the joint hips, knees, and ankles.

It should come as no surprise; spin exercise is healthy for your mental wellness.

The workout increases endorphins, those 'feel good' neurotransmitters that deliver an immediate mood-boosting effect.

It is an amazing rush that keeps patrons coming back to Soul Cycle class.

It is one of the hardest, easiest workouts you will love. Regular exercise, such as spin, (or Soul Cycle), exposes the body to the sensation of stress in a non-threatening environment.

This helps increase your tolerance, helping you manage stress better in the long run.

With any workout, proper form, and technique are vital to prevent joint and muscle strain.

First, adjust your seat height and distance, keeping your chest lifted to keep your spine in alignment.

Keep your core engaged by keeping your hands on the handlebar as it naturally engages your core muscles.

Your seat height should be leveled with the top of your hip.

Your top knee should be at 3 o'clock and the other knee slightly bent at 6 o'clock. Most instructors will make sure you are properly positioned before beginning.

Here at Fort Jackson, we offer Soul Cycle Fridays at 4 p.m. at Vanguard Gym.

This low-impact, high-intensity workout can complement your activity routine regardless of your fitness level.

It's great for improving endurance, joint stability, cardiovascular endurance, and muscular strength.

It is also an amazing boost to your mental wellness. These are just a few benefits gained from Soul Cycle or spin classes.

If you are ready to sweat and ready to ride, find a spin class or join us for Soul Cycle.

Pam's thought for the week: "Spin ... enjoy the ride!"

Siblings

Continued from Page 5

Citing the benefits of having a built-in support system, the siblings encourage others to consider joining the military together; a pathway made possible by Army Recruiting Command's buddy enlistment option, not just coincidence.

"Join with someone you know; it's better," Michanti said, "... because you have moral support in here with you."

Whether coming together through coincidence, the enlistment buddy option, or as individuals; all Soldiers in the Army become members of cohesive teams, trained and ready to defend the nation. Just like the Jackson duo.



Photo by CAPT. STEPHANIE SNYDER
Pvt. Darrin Jackson and Pvt. Michanti Jackson, pose together after graduating Infantry One Station Unit Training Aug. 9, on Inouye Field at the National Infantry Museum in Columbus, Ga.

DOD

Continued from Page 5

Brenda Zurita, intergovernmental affairs specialist with CTIP, said her office collects TIP incident reports from defense criminal investigative organizations worldwide and reports case information to the Justice and State departments annually, as appropriate.

All federal agencies have a CTIP office. The department's office was created in 2007, and was the first federal agency to require CTIP training for its personnel, she mentioned.

Francisca del Rocio Becerra Arevalo, with IVLP, is a victim advocate in Ecuador. She said the session was helpful in learning about methods to identify victims and ways to improve community outreach. She noted that there's a lot of trafficking in Ecuador, particularly within the adolescent population.

Col. Anabel M. Cornielle Suero, a Dominican Republic National Police officer, said information from the session will be valuable for her department, particularly the awareness aspect. Currently, the only people in law enforcement who are directly involved with trafficking cases have that knowledge. She hopes to train the entire force, down to the cop walking the beat, on trafficking awareness.

Manuel Alejandro Rodriguez Altamira-



Photo by DAVID VERGUN
Marcela Jimenez, right, and Brenda Zurita, both with the Defense Department's Combating Trafficking in Persons Office, speak about trafficking in persons to participants of the International Visitor Leadership Program.

no is a prosecutor from Tamaulipas State, Mexico. He said a lot of trafficked people are transited through his state. He hopes to use the information gleaned to better educate the courts and law enforcement.

The IVLP participants visited the State and Justice departments Tuesday and the Department of Homeland Security yesterday. For the remainder of the month, the group will travel to several cities through-

out the U.S. to meet with law enforcement, non-governmental organizations and others involved in the fight to stop human trafficking.

This is the fifth IVLP group focused on combating trafficking in persons that DOD hosted this year. Over 80 participants from around the world have learned about the extensive work DOD is doing to fight human trafficking.



VICTORY... STARTS HERE

THIS WE'LL



Retired Master Sgt. Cedric King speaks to 14 noncommissioned officers as they await induction into the NCO Corps during a ceremony held at the 1917 Club at Fort Jackson, Aug. 16.

Photo by ROBERT TIMMONS