

THURSDAY, AUG. 29, 2024

THE FORT JACKSON
LEADERS
AMC'S #1

**'IT'S ABOUT SOMETHING GREATER THAN ME ...'
POST WELCOMES HOOD**



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New photo lab hours become effective Sept. 1

Fort Jackson Public Affairs

There are changes ahead for the photo lab operations that will affect patrons who visit the facility after Sept. 1.

“On Sept. 1, we will switch our designated days, which means Tuesdays only will be devoted to DA photos and Wednesdays and Thursdays will become the days to have command photos taken,” Reginal Rogers explained.

Rogers, who serves as Fort Jackson Public Affairs community relations officer, also doubles as the installation’s photo lab chief technician. It’s a position that was directed to fill since January, when the former photo lab technician retired.

Rogers said the change was necessary because of the installation’s training mission and its requests for more command photos than DA photos.

For community members who require photos, log on to <https://vios.army.mil> and select the East region. From there you should see Fort Jackson among the list of installations. Select Fort Jackson and make your appointment.

“The Fort Jackson Photo lab does not take walk-ins,” that’s the first thing Rogers wants lab patrons to know.

According to Rogers, the photo lab is currently open from 9 a.m. until 3 p.m. Tuesday through Thursday, with Wednesday being fully devoted to Soldiers and civilians who are required to take head and shoulders, or command photos.

“Tuesdays and Thursdays are the days that we take Department of the Army photos, which means three-quarter length pho-



Photo by ROBERT TIMMONS

Lt. Col. Katrice Butler, Chief of Operations, G-1, for the 81st Readiness Division, poses for a head and shoulders photo from Reginald Rogers at the Fort Jackson Photo Lab, Aug. 28. The post recently announced updated operating hours for the lab.

tos in the Army dress blues, or the current Army Green Service Uniform, which are known throughout the ranks as ‘pinks and greens,” he explained. “Wednesdays are dedicated to unit or command photos for our military members and awards photos for our civilian population. Basically, these

are the photos that would find on the walls upon entering various units or organizations on post.”

Rogers said units should refrain from sending their Soldiers to the photo lab expecting to make walk-in appointments.

“We can no longer process walk-in ap-

pointments, so if you fail to make an appointment before your designated time, you will have to reschedule it for a later date,” he said. “Also, all DA photos will be uploaded to the DAPMIS website to go into your official records, so make sure your uniform is in compliance.”

ON THE COVER

Maj. Gen. Daryl O. Hood, Fort Jackson commander, receives the colors from from Lt. Gen. David J. Francis, during a change of command ceremony at Fort Jackson, Aug. 23.



Photo by NATHAN CLINEBELLE

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THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

This electronic newspaper, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is distributed online. To submit articles, story ideas or announcements, write the Fort Jackson Leader, 3330 Century Division Ave., Fort Jackson, S.C. 29207, or call (803) 751-6739 or e-mail usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

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Jackson honors women's accomplishments

Leader Staff Reports

"We wanted to take some time to recognize and honor a very important time of the year, Women's Equality Day," said Command Sgt. Maj. Jon Otero, the Leader Training Brigade's senior enlisted leader in a recorded message released, Aug. 26.

He was joined by Col. Kenneth Dwyer, LTB commander, and Command Sgt. Maj. Joshua Bittle, commandant of the U.S. Army Drill Sergeant Academy in "united front" to recognize the day.

On this day "we want to honor the accomplishments of women across the world, both past and present," Bittle said. The day wouldn't have been possible if it hadn't been for the generation who fought "to achieve equality for all women."

Women's Equality Day is celebrated every Aug. 26 to celebrate the 19th Amendment of the Constitution, which gave women the right to vote. That fight continued until the Voting Rights Act of 1965 when protections for historically excluded groups were codified.

The day was established by Congress in 1973.

President Joe Biden wrote on Women's Equality Day, "we recognize the courage of generations of visionaries who fought tirelessly for the sacred cause of women's suffrage and all those who continue to work toward a more equitable future for women and girls in America."

Some Soldiers in the LTB shared what the day means to them.

"As a woman in the military it's important to see other women achieving and accomplishing things within our ranks to keep us motivated," said Staff Sgt. Jazmine Yussef. "I think one of those I admire is Master Sgt. (Janina) Simmons that is the first biracial female who has accomplished Ranger School. She's also headed to the Sergeants Major Academy only being in 13 years in the Army. I think she can be the first female Sergeant Major of the Army."

For Staff Sgt. Chelsea Samatra, the day

IT ALSO REMINDS US THAT THERE IS STILL WORK TO BE DONE IN ORDER TO IMPROVE WOMEN'S EQUALITY ...

- Staff Sgt. Chelsea Samatra
Leader Training Brigade

"simply means celebrating all women across the globe for their achievements, the hurdles they had to overcome ... it also showcases the progress that we've had for the past years when it comes to women's discrimination.

"But it also reminds us that there is still work to be done in order to improve women's equality."

The Department of Defense, the Army and Fort Jackson are focused on advancing women's equality.

"The United States military continues to offer opportunities for all Americans to not only advance their own lives but to the defense of our country and the preservation of freed around the world," Dwyer said.



Leader file photo

Staff Sgt. Ashley Buhl, 2023 Drill Sergeant of the Year, low crawls during the competition. The nation honored the accomplishments of women Aug. 26 as part of a celebration marking the ratification of the 19th Amendment.



Screenshot

Staff Sgt. Jazmine Yussef, with the Leader Training Brigade appears in a video honoring Women's Equality Day.

Community Updates

ANNOUNCEMENTS

Road Name Changes

Fort Jackson has renamed numerous roads and streets on post that were named after Confederate leaders, battles and units. This is part of efforts to rename Department of Defense installations, streets, buildings and ships that featured names commemorating the Confederacy. These name changes, effective Jan. 1, have already been made by the U.S. Postal Service. To learn which road names have changed, scan the QR code or visit home.army.mil/jackson/about/fort-jackson-road-renaming.



Resiliency Stand-To

Fort Jackson conducts a Resiliency Stand-To Oct. 3-4. The Stand-To starts with a small group circuit at the Soldier Performance Readiness Center and an opportunity to visit with on and off post service providers focusing on physical, sleep, and nutritional readiness. That afternoon there will be a speaker panel at 1917 Club and an opportunity to visit with on and off post service providers focusing on mental and spiritual readiness. Building resiliency classes will be held at the Training Support Center, Oct. 4. Registration for the speaker panel and resiliency building classes is required due to limited seating. RSVP no later than Oct. 1. Please RSVP via email at usarmy.jackson.army-tng-ctr.mbx.fj-resiliency-lead-planners@army.mil, or call at (803) 751-2915 or (803) 751-6334.

193rd Female Mentorship and Morale Program

The program is holding the following events:

- Sept. 10 - Suicide Awareness/ Pre-vention Seminar

- Oct. 4 - Breast Cancer Awareness Walk/Run

- Oct. 18 - Breast Cancer Awareness Event

COMMUNITY EVENTS

TUESDAY

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.

Intramural Soccer League sign-up

Deadline for sign up is Sept. 5 for the league which plays games at the Hilton Field Sports Complex on Saturdays from Sept. 14 to Nov. 2. Sign up at any gym or call (803) 751-3096/237-0184

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 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 Road. No large metal clips. Open to Department of Defense ID cardholders. All types of paper accepted, but no classified documents.

SEPT. 12

Financial Retirement Planning

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

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, AUG. 31

- The Forge (PG) 2 p.m.

WEDNESDAY, SEPT. 4

- Deadpool & Wolverine (R) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

"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 Webinar

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.

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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.

PARKER'S FERRY ROAD (FORMERLY ROBERT LEE ROAD)



By **FIELDING FREED**
Basic Combat Training Museum

As the sun began to set on Aug. 30, 1781, the swarms of mosquitos rising off nearby swamps must have been maddening for the four hundred of Brig. Gen. Francis Marion's soldiers lying in wait. Their aim was to ambush a British force of about six hundred men, commanded by Lt. Col. Ernst Leopold von Borck, who would soon be passing in front of them.

The result of a deadly game of cat and mouse, the ambush was weeks in the making. Von Borck's troops consisted of Loyalist militia, British regulars, and his own Fusilier Regiment von Dittfurth from Hesse-Kassel. After British capture of Charleston the prior December, von Borck's orders were to locate and destroy Patriot soldiers in the surrounding countryside.

The Patriots commanded by Marion, in turn, were ordered to harass and engage the British to keep as many of their soldiers as possible occupied and away from Continental forces fighting further north. Marion's troops included militia led by Col. William Harden and Horry's Light Dragoons commanded by Lt. Col. Peter Horry.

Patrols from each side scoured the countryside looking for one another in an effort to gain an advantage for an attack. Marion succeeded first.

Rather than engage the British in an open field, Marion laid out an ambushade (18th-century term for ambush) under cover along a country road leading to a

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?

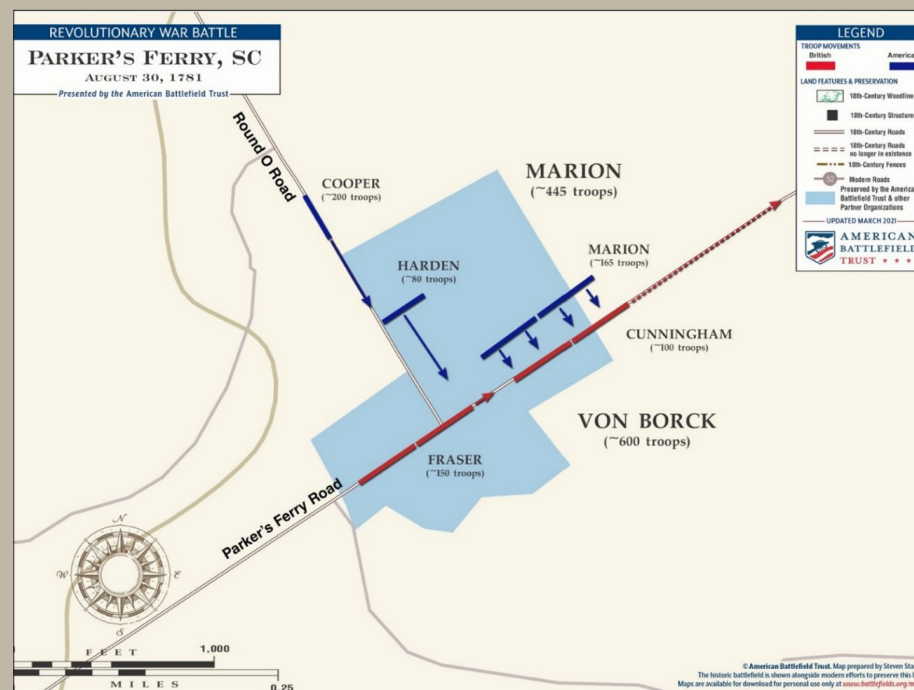


Photo courtesy of the American Battlefield Trust, Battlefields.org. Used by permission.
Brig. Gen. Francis Marion deployed his main body of troops in a textbook, linear ambush parallel to the road while keeping a reserve under Harden's command back 100 yards.

strategic ferry crossing. His exploitation of the terrain forced the British into a bottleneck created by swamps and the road to Parker's Ferry across the Pon Pon (known today as the Edisto) River in Colleton County.

Marion's intent to completely surprise the British failed when some of his men were discovered by von Borck's in the waning light. After a brief exchange of fire between those two elements, von Borck ordered Loyalist Maj. Thomas Frazer to press the attack.

At Frazer's command, horseback

mounted troops commanded by Loyalist Lt. Stephen Jarvis thundered into the fray down the road. Marion ordered his own dragoons forward towards Jarvis, who seeing he was outnumbered, ordered a retreat.

Without knowing the strength of Marion's force, Frazer led more of his cavalry forward to reinforce Jarvis. Their charging gallop landed his men on the far side, but still in the sights, of the ambush. Marion gave the order to fire.

A fusillade of buck and ball shot from a distance of 40 yards, tore through Frazer's men and their horses. The British returned fire but were outgunned and exposed. Unable to flank Marion's men or escape through the swamp and rather than continue ahead into even more uncertainty,

Climate change affects entire planet: DOD

By **C. TODD LOPEZ**
DOD News

Climate change affects the entire planet, said Deputy Defense Secretary Kathleen Hicks, and no one nation can solve the problem on its own — not even the United States.

During the "Climate and Defense Summit of the Americas," held Aug. 22-23 at the U.S. Naval Academy in Annapolis, Maryland, civilian and military leaders, scientists, and emergency response experts from South America and North America — including Central America and the Caribbean — met to address the defense and security challenges that climate change poses and to enhance regional cooperation.

The summit, co-hosted by the Office of Arctic and Global Resilience and the Office of Western Hemisphere Affairs within the Office of the Undersecretary of Defense for Policy, brought together leaders from more than 26 nations to discuss the challenge of climate change.

"Climate change is a global security issue. It knows no borders, nor boundaries. It respects no sovereignty, and it can't be reasoned with," Hicks said during the summit, adding that the United States has co-hosted several events in the past several months, including in Barbados, Peru and Honduras, to discuss how to integrate resilience into defense strategies and to conduct security cooperation efforts that focus on developing climate resilience.

"One thing is clear," she said. "None of us can tackle the climate challenge alone. We have a better chance (of) tackling the threat when we find ways to confront it together."

HERE I WANTED UNTIL SUNSET WHEN PART OF THE TOREYS FROM THE FERRY CAME ...

- Maj. Gen. Francis Marion

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Photo by NATHAN CLINEBELLE

‘It’s about something greater than me, and me being a part of it’ Post welcomes Hood as new CG

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Fort Jackson and the Army welcomed Maj. Gen. Daryl Hood and honored the leadership of Maj. Gen. Jason Kelly during a change of command ceremony on Hilton Field, Aug. 23.

Hood took command of the Army Training Center and Fort Jackson from Kelly during the ceremony.

Lt. Gen. David J. Francis, Training and Doctrine Command deputy commander, and Center for Initial Military Training commander, who presided over the ceremony called the Soldiers on the field “the absolute engine of what makes American Soldiers.”

What Fort Jackson does is inspiring, he said, in part do to the efforts of Kelly in the past and Hood in the coming years.

“Yesterday on this very field, over 1,200 young Americans became American Soldiers in front of about 10,000 parents, grandparents, relatives and friends,” Francis said. The 3rd Battalion, 39th Infantry Regiment graduated Basic Combat Training, Aug. 22. “The pride of every one of those 10,000 was palpable and truly inspiring.”

That is no accident, he said. It was because of Kelly’s leadership over the past few years. These efforts of Fort Jackson leaders ensure “that the U.S. Army remains ready to fight and win now.”

“Jason, your ability to form meaningful connections with community leaders, peers and subordinates resonate through your tenure here.”

That tenure included the Future Soldier Preparatory Course as an answer to the nation’s recruiting challenge; the successful graduation of more than 60,000 trained Soldiers; the creation of Forge 2.5; and the introduction of foundational skills in the BCT program of instruction.

Hood is “ready and honored” to take the reins of Fort Jackson, Francis said.

“Lead us to new heights and I’m confident you’ll bring the same level of passion, vision and leadership,” he said. “The future of our Army starts right here with you.”

Hood in turn said it isn’t about him, but the leaders and Soldiers standing on the field behind him.

“So, to all the Soldiers and leaders standing on the field, to include the band, that’s the team out there that gets the job done, along with drill sergeants and support staff that makes each day a success,” he said during the ceremony.

“It’s not about me. It’s not about Daryl Hood,” he added. When you put your left hand on the U.S. Army on your uniform it is about authority and the tape on the right side is each of us individually identifying who we are. “It’s not about Hood ... It’s about this nation and submitting to what the Army needs us to do.”

“I’m just being thankful and honored and privileged that I can be a part of that and let the audio and video match.”

After the ceremony Hood spoke a few moments about what the assignment means to him.

He comes to Fort Jackson from the Aberdeen Proving Grounds, Maryland where he commanded the 20th Chemical, Biological, Radiological, Nuclear, Explosives

Command.

“Hey, it’s not about me. It’s about something greater than me and me being a part of it,” he said. “So, I’m excited to know that at my age, I still have the opportunity to spend time around inspired men and women, sons and daughters of our American people.”

He graduated from the University of Georgia in 1991 with a Bachelor’s Degree in Agriculture Technology Management, while also receiving his commission through the Army ROTC Program. He also holds a Master’s Degree in Human Resources from Webster University and one in Strategic Studies from the Air University. Hood has served in a variety of command and staff assignments located in the United States, Europe, South Korea, Middle East, and Central Asia.

“I really want this to be more about our Soldiers, the community and how best I can continue to be an advocate as a general officer, provide the resources, or at least do my part to ensure that resources come our way so we can be successful at our mission,” said the father of four children and grandfather to three grandchildren.

“I’ll tell you that as I stand here in my uniform ... it’s the heart of the American citizen deciding, understanding it’s not really about my name tag or me because freedom is not free,” Hood said. “It takes those individuals that decide I want to do something, that oh by the way, may mean the ultimate sacrifice and I may not return.”

He also said he was going to bring his energy, his charisma, humility and thankfulness to “engage not only service members but the community as well.”



Photo by ROBERT TIMMONS



Photo by ROBERT TIMMONS



Photo by ROBERT TIMMONS



Photo by NATHAN CLINEBELLE

(Top left) Maj. Gen. Daryl O. Hood, Fort Jackson commander, salutes the commander of troops during his change of command ceremony held on Hilton Field, Aug. 23.

(Far left) Sgt. 1st Class Precious Wells, a drill sergeant leader at the U.S. Army Drill Sergeant Academy, adjusts the ascot of Staff Sgt. Destiny Baneulos before the start of the Army Training Center and Fort Jackson change of command held on Hilton Field, Aug. 23. Baneulos, also a drill sergeant leader, and Wells were part of the color guard during the ceremony.

(Second from left) Maj. Gen. Daryl O. Hood, Fort Jackson commander, holds the Army Training Center and Fort Jackson colors after receiving them from Lt. Gen. David J. Francis, Center for Initial Military Training commander.

(Third from left) Lt. Gen. David J. Francis, Training and Doctrine Command deputy commanding general, and Center for Initial Military Training commander, and Maj. Gen. Daryl O. Hood, Fort Jackson commander, salute during a ceremony where Hood assumed command of the post from Maj. Gen. Jason E. Kelly.

(Left) The Fort Jackson Salute Battery fires a volley to honor Maj. Gen. Jason E. Kelly during a ceremony where he relinquished command of the installation to Maj. Gen. Daryl O. Hood.



Leader file photo

Trainees at Fort Jackson, S.C., stack sandbags to be used throughout the hurricane season on Sept. 5, 2019.

DOD

Continued from Page 5

Within the defense community, Hicks said, a top concern for officials has been securing national interests in the face of climate change effects such as heat waves, flooding and storms.

“The U.S. national security community has been clear-eyed about these challenges for decades,” she said. “Earlier this year, the U.S. intelligence community released its annual assessment on the effects of climate change for our world, highlighting how it exacerbates risks in global health, deepens economic challenges, and could lead to global unrest. We have a responsibility to act on this knowledge, adapting with common purpose to the threat that climate change poses.”

At the Defense Department, she said, the readiness of America’s military is of primary concern.

“We’ve taken climate change into account in everything we do at every level,” she said, pointing to the Department of Defense Climate Risk Analysis, published in 2021, as an example of the department’s efforts to assess the strategic risks of climate change.

“It describes how we will integrate climate considerations into our key processes, including strategy, planning and budget, and engagements with our allies and partners,” she said.

With partners from across the Americas in attendance, Hicks said continued forums provide an opportunity to address Pan-American environmental problems and to develop Pan-American solutions.

“Through these regional convenings, we’ve confirmed that among the shared problems that our nations face, climate change is an existential threat for all of us,” she said. “I know that each of you is concerned about climate resiliency, about building resilient forces, infrastructure and operations. You’re concerned about disaster response and preparedness, and so are we. And we’re committed to collaborating and finding common ground to address these issues with you.”

As part of the summit, Rebecca Zimmerman, the acting assistant secretary of defense for homeland defense and hemispheric affairs, and Deanne Criswell, Federal Emergency Management Agency administrator, discussed how the two federal agencies work together when the nation is affected by disasters related to climate change.

Pierce Terrace embraces positive behavior program

By LORRAINE EMORY

Pierce Terrace Elementary School

Pierce Terrace Elementary School has taken a big step toward creating a supportive and upbeat learning environment by implementing the Positive Behavior Interventions and Supports program.

The school-wide kick-off program officially began Aug. 21 in the gymnasium. Its goal is to create a positive and consistent school culture that will encourage good behavior and improve students’ overall learning experiences.

PBIS is a framework used to improve students’ social, emotional, and academic outcomes. The program focuses on teaching students’ positive behavior expectations and rewarding them for following guidelines. By emphasizing positive reinforcement, it seeks to create a more conducive learning environment.

Danita Roey, PBIS chair for the current school year, said the program “has the potential to reduce discipline referrals, attendance concerns, and teacher burnout.”

“We have tailored the PBIS program to our school to support students to follow four expected behaviors: respectful, on task, always safe, and responsible,” Roey added. “We believe that with the PBIS program and support from parents, staff, and students, that this will be a successful school year.”

Students who exhibit expected or desirable behaviors throughout the year will be rewarded with Dragon Dollars.

Students will receive prizes and acknowledgment whenever they reach a predetermined number of Dragon Dollars.

The PTES Parent Teacher Association provides funding and management for the Dragon store.

The entire amount of Dragon Dollars that the students have earned for the month will be



Courtesy photos

Danita Roey, the Positive Behavior Interventions Support Program lead, speaks about the program during the kick off ceremony Aug. 21.

saved by them.

Students will bring their Dragon Dollars to the PBIS cart and use them or save money for a desired item or spend it on prizes determined by how much they earned. Students will also receive an invitation to the quarterly celebration (dance party, etc.) if they meet the expected amount by the conclusion of each quarter.

PBIS meets the unique needs of its diverse student body. The program’s main objective is to offer students a solid and encouraging educational environment, especially as they adjust to the demands of military life.

Physical therapist Kris Albrecht said the program “give(s) the students tools to help them be successful both in school and in life.”

'The Weigh It Is' with Pam James-Long

Many people know there are ways to get healthier without gym workout sessions. We have learned that every step counts and so does every movement. Daily regular movement has a place in wellness.

It's called N.E.A.T.

This is not to compare it to a planned workout session where you get your heart rate up, exercise your muscles and break a sweat. Instead, when it comes to your wellness lifestyle, you learn that all movement counts. Consider a 10-minute walk to get your favorite coffee, instead of driving. Consider walking into the fast-food restaurant instead of using the drive-thru. Consider taking the stairs for the health of it.

These little shortcuts, added up, become a N.E.A.T big deal.

Non-exercise activity thermogenesis is what I am talking about.

N.E.A.T focuses on the all the calories you use daily for regular movement activity. It does not factor in deliberate, planned exercise sessions.

Things you probably never thought of as calorie burners like washing dishes, pushing your cart at the grocery store, folding laundry, even cooking dinner.

All these tasks take energy, according to Dr. James Levine, an endocrinologist who pi-



James-Long

oneered research on N.E.A.T during his time at the Mayo Clinic.

N.E.A.T uses our remaining energy, which can be used to benefit overall wellness and healthier living. By making small behavior changes deliberately, you can amp up your daily energy expenditure. Many of us do the same tasks daily, so our movement in those areas is fixed and somewhat limited. We do not put as much effort into daily task that

we do over and over. This limits the amount of energy we put forth in our daily tasks.

First, we have calories needed just to live (known as your basal metabolic rate); this area of energy you can't modify. You need those calories for living. We also need about 10% of our energy to digest our foods.

What is left is where N.E.A.T comes in and generates things that can possibly change your basal metabolic rate suddenly.

If you already exercise regularly, N.E.A.T is even greater at burning calories because you exercise regularly.

However, if you want to become more active, N.E.A.T can be another tool people can use, especially if you exercise very little or not at all. Doing small movement behaviors can accumu-

late and end up creating a lot of energy (calorie) expenditure.

We can all use N.E.A.T in our lifestyle.

Many of these small behaviors we already practice, so we can put more effort into these daily behaviors and reap bigger health benefits.

At work or home, maybe stand more and sit less. You can even use a stability ball when sitting to force your body to work harder to stabilize on the uneven surface.

According to the National Academy of Sports Medicine, a 145-lb. person can expect to burn roughly 102 calories per hour while sitting at work. If the person stood up instead, they could burn 174 calories.

Initially, that number may seem small, but added to other small movement behaviors, and it can really add up.

While waiting in line or possibly stuck in traffic, think of some ways you can add movement while you wait.

Get into the habit of making a conscious effort to move more. It really does add up.

Everyday exercises like house cleaning, vacuuming, and washing dishes, use energy (calories) just like regular exercise.

N.E.A.T can account for about 17% of your total energy output. If regular exercise and healthier eating remain challenging, N.E.A.T is a great tool to use on your wellness journey.

Pam's thought for the week: "Health is our greatest possession."

Road

Continued from Page 5

Frazer decided to retreat back through the kill zone.

This time he and his men road the full gauntlet of the ambush. The Patriot musket fire devastated the fleeing British. His own horse shot out from under him, Fraser was almost trampled to death in the melee.

The skirmish was a resounding Patriot victory. Estimates of the battle's casualties go as high as 125 British killed and 80 wounded. Marion wrote that 20 British under Fraser's command were killed outright. Marion counted 40 horses dead on the battlefield later. Patriot casualties were light with an estimated one killed with three wounded.

After the battle, the British withdrew taking their wounded. Marion's men remained for several hours until the British returned with a large cannon and more infantry. Marion ordered more volleys fired which inflicted further British casualties. Assessing the situation, Marion ordered his forces who were now low on ammunition to disperse after which they melted back into the countryside to fight again another day.

Marion's ambush was successful in showing irregular formations could lead to heavy enemy casualties. Long term, it also contributed to denying the British difficult to replace men and horses that they would need in the future.



Celebrating Service

Fort Jackson recognized the career of Staff Sgt. Brandon L. Steinberger, from 3rd Battalion, 60th Infantry Regiment during the Basic Combat Training graduation, Aug. 22. Steinberger retires after 20 years of service.

Photo by NATHAN CLINEBELLE

Events

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SEPT. 18
Sleep Hygiene Workshop
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. 19
1,000 lbs. Club
5:30-7 p.m., Vanguard Gym. Register now and test your strength to earn the coveted 500/1,000 pounds shirt. Register at any gym or call (803) 751-4526.

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 (option 3).

SEPT. 23
Understanding Alzheimer's/Dementia
10-11 a.m. The Fort Jackson Exceptional Family Member Program is hosting a webinar presented by the Alzheimer's Association Volunteer Community Educator. The credentials for the meeting are: Meeting ID: 993 250 268 Passcode: FqcWt4. Dial in by Phone: (571) 616-7941 Phone conference ID: 236 610 694# To sign up visit alz.org/sc or call (800) 272-3900.

SEPT. 24
Mid-Career Benefits Overview
9 a.m. to 1 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.

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. Join us to learn more about the financial strategies for wealth building.

SEPT. 27
Oktoberfest
4-9 p.m., 1917 Club. Check in starts at 4 p.m., and the block party is free and open to the public. The fest kicks off with a one-mile Volksmarch Walk at 4:30 p.m. The \$25 registration fee includes beer stein, beer tastings, snack stops and T-shirt. There will be vendors, games, live music, and a German beer-Blegarten. For additional information and to register for walk, call (803) 751-3933

OCT. 1
Maude Lecture Series
1 p.m., Solomon Center. Sgt. Maj. of the Army Michael Weimer will be the keynote speaker at the Lt. Gen. Timothy J. Maude Memorial Lecture Series. The lecture series was established to provide an ongoing forum for reflections on leadership by prominent senior leaders of the Army in memory of Maude, the senior ranking officer killed in the terrorist attacks on the Pentagon, Sept. 11, 2001.

National Night Out
6 p.m., Patriots Park. The Fort Jackson Police Department hosts the annual National Night Out to highlight the partnership between law enforcement and the community. Law enforcement officers from the S.C. Highway Patrol, Richland County Sheriff's Department, Columbia Police Department, Army Criminal Investigation Division, military police and the U.S. Marshall's Service will be in attendance.

OCT. 5
Do It in Pink Aerobathon and 5K
8 a.m. to noon, Hilton Field Sports Complex. The Do It in Pink delivers a free two-part event for breast cancer prevention and early detection awareness. All participants must wear pink.

DID YOU KNOW: All portable heaters must be inspected, authorized, and permitted annually to use within a government facility. Stay tuned for more information on how to request space heater use.

| 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 |

What Soldiers need to know about election season

By **SGT. AMANDA MCLEAN**

Army News Service

For Soldiers, navigating between personal political views and their duty to be apolitical can be a delicate balancing act.

With campaign season here and political polarization increasing, service members need to be aware of political activities in which they may and may not engage.

“Maintaining the hard-earned trust and confidence of the American people requires Soldiers to avoid any action that could imply endorsement of a political party, political candidate or campaign by any element of the Army,” said Donald Lobeda, associate deputy general counsel, Army Office of the General Counsel.

The Department of Defense Directive 1344.10 serves as the guiding principle for active-duty military personnel on how to maintain the armed forces as an apolitical force.

Soldiers are permitted to participate in political activities, such as exercising their right to vote and attending political events as spectators — as long as they are not in uniform. However, Soldiers are subject to restrictions involving political activities.



Courtesy photo

The Department of Defense Directive 1344.10 serves as the guiding principle for active-duty military personnel on how to maintain the armed forces as an apolitical force.

For instance, active-duty Soldiers may not campaign or speak for a partisan political candidate.

- Active-duty Soldiers should also keep these three things in mind when en-

gaging in political activities:

- Don't engage in political fundraising. Soldiers may not solicit, accept or receive political contributions at any place or at any time.

- Soldiers may not be a nominee or candidate for any civil office unless the Secretary of the Army grants permission.

- Army resources may not be used for political activities or to conduct political activities in the workplace.

“Bottom line is that all Soldiers should avoid conduct that might cause a person to think that their political activities imply, or appear to imply, Army sponsorship, approval, or endorsement of a political candidate, party, campaign, or cause,” Lobeda said.

Soldiers should use discretion and carefully consider the potential consequences of their actions pertaining to politics, whether they are on-duty or off-duty, whether they are engaged in conduct on-line or in the real world.

For DOD civilians, participation in political activity is regulated by a number of sources: the Hatch Act (5 U.S.C. §§ 7321 - 7326), implementing regulations (5 C.F.R. § 733 and 5 C.F.R. § 734), as well as DOD policy. For purposes of the Hatch Act, political activity is defined as “an activity directed toward the success or failure of a political party, candidate for partisan political office or partisan political group.”

U.S. stands ready to defend Israel, protect U.S. forces

By **JIM GARAMONE**

DOD News

U.S. forces continue to stand ready in the Middle East, should Iran or its proxies attempt to attack Israel, Pentagon Press Secretary Air Force Maj. Gen. Pat Ryder said Aug. 27.

U.S. Central Command continues to monitor the situation in the Middle East and U.S. naval and air forces are “postured to support the defense of Israel and protect U.S. troops and assets in the region,” Ryder said.

Secretary of Defense Lloyd J. Austin III has made two calls this week to Israeli Defense Minister Yoav Gallant to reiterate America’s “ironclad” resolve to defend the country, the general said.

There are now two U.S. carrier strike groups in the region centered around the USS Theodore Roosevelt and the USS Abraham Lincoln. There is also a squadron of F-22 Raptors deployed and the missile submarine USS Georgia is also sailing to the region.

These forces will remain in the region as long as they are needed. “We remain intently focused on de-escalating

tensions in the Middle East, while also remaining focused on securing a cease-fire as part of a hostage deal to bring all of the hostages home and to end the war in Gaza,” Ryder said.

In the Red Sea the Greek-flagged oil tanker MV Delta Sounion carrying a million barrels of crude oil was attacked by Iranian-backed Houthi terrorists.

The ship was sailing from Iraq to Greece with a crew of two Russian and 23 Filipino sailors when it was attacked and caught fire. The crew has evacuated, with the assistance of a partner nation vessel.

“The MV Delta Sounion now sits immobilized in the Red Sea, where it is currently on fire and appears to be leaking oil, presenting both a navigational hazard and a potential environmental catastrophe,” the general said. “The Houthis have claimed that they are conducting these attacks in support of the Palestinian people. Their actions prove to the contrary. In fact, these are simply reckless acts of terrorism which continue to destabilize global and regional commerce, put the lives of innocent civilian mariners at risk and imperil the vibrant maritime ecosystem

in the Red Sea and Gulf of Aden — their own backyard.”

CENTCOM is working with allies and partners to determine how best to assist the vessel and mitigate the potential environmental impact, he said.

“We are aware of a third party that attempted to send two tugs to the vessel to help salvage (it), but they were warned away by the Houthis and threatened with being attacked, which again demonstrates (the Houthi’s) blatant disregard for not only human life, but also for the potential environmental catastrophe that this presents,” he said.

Ryder said the deployment of U.S. military capabilities to the region has sent a clear message of deterrence with the idea of preventing a wider regional conflict.

“Right now, we still assess that the conflict between Israel and Hamas is contained to Gaza,” he said. “You have seen the cross-border strikes between Israel and Lebanese Hezbollah since Oct. 8. What you saw over the weekend, of course, was (on) a much larger scale than what we’ve seen previously, but it is, in our view, not a wider regional conflict at this stage, and so we’re going to continue to stay very focused on de-escalation of tensions in the region.”



VICTORY...

SPORTS

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Members of the Fort Jackson color guard render honors during the Army Training Center and Fort Jackson change of command ceremony held on Hilton Field at Fort Jackson, Aug. 23. Maj. Gen. Daryl O. Hood assumed command of the post during the ceremony.

Photo by ROBERTTIMMONS