

THURSDAY, NOV. 7, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

UNICORNS, MONSTERS

TRICK OR TREAT ON FORT JACKSON



www.facebook.com/fortjackson



GARRISON: www.facebook.com/USArmyGarrisonFortJackson



@FortJackson



@fortjackson

Army prepares for financial readiness

By MIA HOLLIMAN
Army News Service

Discussing matters related to finances is crucial for the future well-being of service members. That is why the Army offers comprehensive support and resources to enhance financial readiness for both Soldiers and their Families.

The Army is promoting responsible spending, implementing effective budgeting strategies and addressing the challenge of food insecurity.

The Army's Financial Readiness Program provides financial education and no-cost, unbiased counseling services to help Soldiers and their Families boost their financial well-being and secure their financial future.

Robyn Alama Mroszczyk, Deputy Chief of Staff, G-9, Financial Education Program manager, said, "When individuals experience challenges to their financial well-being, those challenges, or financial stressors, may appear in several ways, and financial stress may lead to stress-related physiological or psychological factors."

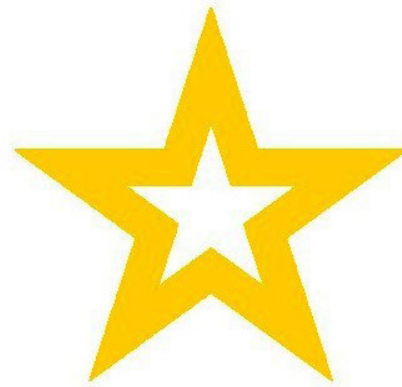
One common financial stressor in the Army community is food insecurity, which can negatively impact the physical and mental health of Soldiers and their Families.

The Army established an Army Food Program Board of Directors to bring the Army Food Program processes and capabilities into the 21st century.

The BOD's current focus is the overarching strategy and food service modernization efforts on installations. Teams are conducting installation assessments to understand food services across all Army bases.

The Army ultimately wants to provide easy food access for all service members and enhance their overall quality of life.

Mroszczyk said, "The Army is committed to taking care of our Soldiers, civilians and their Family members. The Army is committed to ensuring food security for our people — our greatest asset."



U.S. ARMY

SECURING THE FINANCIAL FRONTLINE

The Financial Readiness Program also offers education on essential topics such as indebtedness, consumer advocacy and protection, spending and budgeting, money management, credit and debt management and retirement planning.

Resources are available to Soldiers and Family members through online tools, classroom training and free individual sessions with credentialed personal financial counselors.

The Department of Defense also created the Financial Well-Being Assessment, which helps service members gauge their economic well-being and access resources to build their knowledge.

Mroszczyk said she believes that financial literacy provides the pathway for sustaining financial well-being and resilience.

Soldiers can use FRP resources to craft a spending plan to map their current income and expenses, from bills and debt payments to retirement contributions. A huge aspect

of that is healthy spending and using the SMART method — specific, measurable, attainable, realistic and time-bound — to achieve short- and long-term goals.

Mroszczyk said, "An example of a SMART goal is saying, 'Six months from today, I want to have an extra \$1,000 in my account to put toward my outstanding auto loan. I will save \$42 per week by taking my lunch to work and making my own coffee in the morning. This small action will help me pay off my loan more quickly.'"

To learn how to become financially ready, read the Financial Readiness Toolkit.

For more information, including current initiatives and counseling resources, visit the DPRR Financial Readiness page at <https://www.armyresilience.army.mil/Financial-Readiness/index.html>.

Army Community Service also provides multiple resources to help the community be ready financially. For more information, visit <https://jackson.armymwr.com/programs/acs/financial-readiness> or call (803) 751-5256.

ON THE COVER

Two unicorns walk through on-post housing Oct. 31 while going door-to-door trick or treating. Unicorns, monsters and superheroes were seeking treats from housing residents.

See Page 6-7



Photo by NATHAN CLINEBELLE

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) 751-3615 or e-mail usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

Commanding General Maj. Gen. Daryl O. Hood
Garrison Commander Col. Timothy Hickman
Public Affairs Officer Tom Byrd
Command Information Officer Robert Timmons
Social Media Manager Nathan Clinebelle

Website: home.army.mil/jackson/FortJacksonNews

Facebook: www.facebook.com/fortjackson

www.facebook.com/USArmyGarrisonFortJackson

Twitter: www.twitter.com/fortjackson

Instagram: www.instagram.com/fortjackson

Workforce development touted at all hands

By **ROBERT TIMMONS**

Fort Jackson Public Affairs

“There’s a lot of good things going on,” said Col. Timothy Hickman, garrison commander, to a group of Department of the Army Civilian employees during an all-hands meeting, Oct. 31. “We are behind the scenes operation, right? We do behind the scenes work. We fly below the radar. We do a lot of stuff that people take for granted.

“That’s not easy work, and I appreciate the work that you do.”

Hickman was addressing garrison employees during one of two meetings held Oct. 31 and Nov. 1.

The meetings were basically workforce development with a sprinkle of updates from leaders of various garrison directorates.

One such update was from Tracey Brown, workforce development program manager, who spoke about ways employees can improve their careers.

Brown heads up a program that helps arrange career broadening assignments for Civilian employees that has helped her in the past.

“I started here in 2005 as a GS-5,” Brown said. “I started at range control. I went from range control to post scheduling, post scheduling to (the Directorate of Plans, Training, Mobilization and Security) admin. I had the opportunity to work at headquarters admin and then went from headquarters admin to resource management. RM budget analyst to a senior budget analyst, and then I’m at workforce development. So, it is possible to go from a GS-5 to a GS-13.”

She did this by taking career broadening assignments and job shadowing along the way to help her prepare for her future career.

Brown is in charge of the Local Developmental Assignment Program, job shadowing program, and employee evaluation program among others. Her office routinely hosts classes and webinars aimed at increasing employees’ effectiveness in their positions.

“If you want to go out and learn new skills reach out to me,” she added.



Photos by **NATHAN CLINEBELLE**

Col. Timothy Hickman, garrison commander, signs a leadership pledge during an all-hands meeting Oct. 31. He said the pledge acknowledges garrison leaders’ commitment to improving the installation as well as the garrison itself.

Todd Shepherd, acting DPTMS director, said “Ron Cooper, our (Training and Support Center) officer applied and was selected to be the DPTMS director at (the U.S. Military Academy at) West Point. So, like Tracey said, there’s some great opportunities out there if you want ... to participate and take the chance.”

There are positions open across Fort Jackson including at the Directorate of Public Works.

“I’m glad Tracey talked a little about job shadowing,” said Matt Shealey, DPW director. “We really like to have folks come work with us. We have some cool jobs that you can do. Over in master planning, in particular, there’s a lot of field work involved, so you’re not just sitting in the office behind the computer and it’s a great experience.”

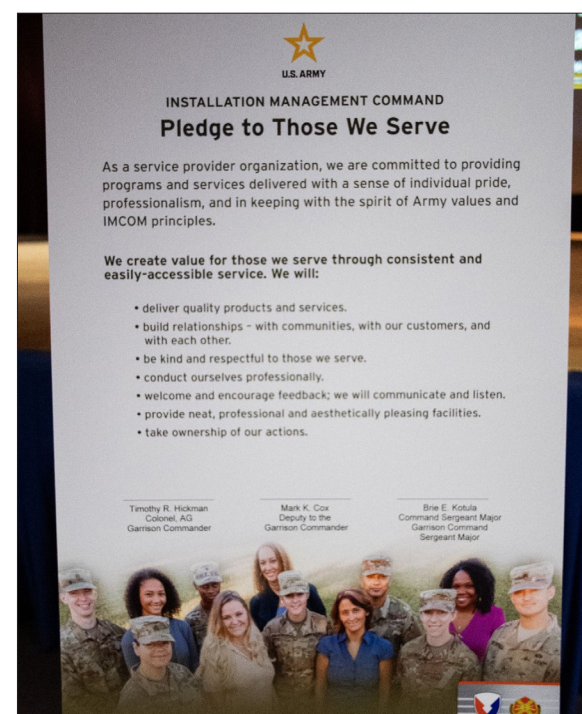
Garrison leadership also signed a pledge during the meetings to show their commitment to improving the installa-

tion.

The pledge was a commitment to the organization that acknowledged they provide services to the post and that leaders are committed to “taking care of ourselves as well,” Hickman said.

“That’s workforce development, broadening opportunities, taking care of our facilities, our footprints, giving people different challenges,” he said moments before he was joined by Mark Cox, deputy garrison commander, and Garrison Command Sgt. Maj. Brie Kotula to sign the pledges. “That’s all part of what these ... represent.”

For more information about career broadening assignments, call (803) 751-7535.



Community Updates

ANNOUNCEMENTS

Pickens Street Paving

Paving of Pickens and Scouts Out streets began Nov. 4. During construction, the streets will be limited to one way traffic managed by flaggers.

DHR Holiday Hours

The Directorate of Human Resources will be closed on these holidays:

Veterans Day:	Monday
Thanksgiving Day:	Nov. 28
Thanksgiving Training Holiday:	Nov. 29
Christmas Eve Training Holiday:	Dec. 24
Christmas Day:	Dec. 25
New Year's Day:	Jan. 1

Safety Training 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: Nov. 26-28 (five seats open)
- Advanced Riders Course: Tuesday (four seats open); Nov. 14 (six seats open); Nov. 19 (6 seats open)
- Local Hazards Course: Nov. 18, 25
- Intermediate Drivers Course: Nov. 21 (26 seats open)
- Remedial Drivers Course: Nov. 20 (11 seats open)
- Unit Safety Officer Course: Dec. 3-4 (20 seats open); Feb. 4-5 (24 seats open)

First Friday Golf

Maj. Gen. Daryl O. Hood, 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

own team or sign up as a single and be paired with a group. Entry fee is \$45 for Fort Jackson Golf Club 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.

Second Friday Shoot

1-4 p.m., Aachen Range. Post Command Sgt. Maj. Erick Ochs invites you to join him for Second Fridays shoot at Aachen Range the second Friday of every month. Shade and fans will be provided. The cost is \$10 per round if you bring your own weapon and ammo or \$25 per round to rent a shotgun and ammo. For more information, call (803) 751-3484.

POV Sales Lot

The Privately Owned Vehicle Sales Lot, is operated by Auto Craft Shop, located at the corner parking lot of the Strom Thurmond Building off Marion Avenue. 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.

COMMUNITY EVENTS

TODAY Wine & Yoga

5:30-7:30 p.m., Weston Lake Community Center. Join us for Wine & Yoga: Sipping on wine while practicing Yoga helps create for each participant less anxiety, or more relaxed body and of course ... fun. It is well known that wine

relaxes the body and mind. Our event pairs sipping wine with practicing yoga ananas to bring you a deeper state of relaxation and of course to just have fun. To register or for more information, call (803) 751-3700.

NOV. 15

Virtual Job Fair Success Webinar

2-3 p.m., MS Teams. Get tips on putting your best self forward in preparation for the upcoming career fair. For more information, call (803) 751-5256.

NOV. 16

Wild lights @ the Riverbanks Zoo

4:30-9 p.m., Riverbanks Zoo. Stroll through the zoo and discover more than 60 handcrafted lanterns inspired by nature, seasonal favorites include nightly snowfall and visits from Santa. Reserve your spot by calling Marion Street Station at (803) 751-3484. Seats are limited. Trip costs \$25.

Historic Charleston Tour

7 a.m. to 6 p.m. Army Community Service invites all foreign-born spouses, their sponsors, and military families of service members or Department of the Army Civilians either deployed or on an unaccompanied tour to take a historical tour of Boone Hall Plantation and Gardens. Enjoy a tractor ride while touring the grounds and experience a "live" Gullah performance. We will also visit the City Market in beautiful downtown Charleston. For more information or to register, call (803) 751-5256, option 3.

NOV. 19

Fall Career Fair

9 a.m. to 1 p.m., 1917 Club. The fair allows employers the opportunity to provide employment openings to the Fort Jackson community. The career fair is free to the post community. More than 60 prospective employers are invited to represent their agency and to offer va-

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, NOV. 9

- Red One (PG-13) 2 p.m.

WEDNESDAY, NOV. 13

- Venom: Last Dance (PG-13) 2 p.m.

- Ticket sales open 30 minutes before each movie.

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

rious job opportunities to the community. For more information, call (803) 751-5256.

Shred Day

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

NOV. 21

Active Shooter Drill

1 p.m., Strom Thurmond Building. Patrons are advised the Installation Antiterrorism Office will hold an active shooter drill. Directorate of Human Resources office will remain open during the drill. For more information, call (803) 751-7980/2132.

NOV. 23

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.

DOD leaders say barracks WiFi is 'mission essential'

By **C. TODD LOPEZ**
DOD News

In September, the Department of Defense released a set of initiatives aimed at improving the welfare and well-being of service members and their families.

The initiatives included, among other things, establishment of health care flexible spending accounts for service members, policy changes to lower the cost of permanent change of station moves, and efforts to improve the quality of life for service members at remote and isolated duty locations.

Also among the initiatives is an effort to provide free wireless internet connectivity, or free Wi-Fi, to service members residing in military barracks. The department directed the military services to carry out a series of pilot projects to advance the effort.

Providing that connectivity is about more than just allowing service members to watch movies or play games, however. Free Wi-Fi for single service members is an operational issue, explained Brendan Owens, assistant secretary of defense for energy, installations and environment.

Owens said he spends time talking with service members and families.

"Every time we go and we visit barracks ... one of the questions that I ask our soldiers, our airmen, our Marines, our guardians, whoever, in those barracks is, if you could have 10 more square feet in your barracks room or free Wi-Fi, what would it be?" Owens said. "No one is going to be surprised that a 19-year-old wants free Wi-Fi. And I think that that's one piece of the puzzle, is that there's a clear demand signal and a need there."

While it's easy to assume young service members are interested only in the entertainment options that the internet provides, there is more to it than that, Owens said.

"The other thing that I think is important is that as we sort of peel back what our service members, particularly our enlisted service members living in unaccompanied housing were doing with their Wi-Fi. They were doing things like accessing mental health services," he said. "They were doing things like connecting with their families when they're in remote locations."



Leader filed photo

Soldiers with the 165th Infantry Brigade clean up around the Cpl. Freddie J. Stowers Single Soldier Complex. The Department of Defense officials recently indicated that Wi-Fi in the barracks is an essential part of quality of life initiatives.

Many service members, particularly those in combat arms and equipment maintenance fields, don't have regular access to a computer with an internet connection as part of their military job. If those service members want to engage in activities that require a computer, such as enrolling in online education, making adjustments to their military benefits, paying bills or making changes to their insurance, (or) participating in online counseling, they will need to do those things on their own time and on their own computers.

"From my perspective, and I think that this is certainly something that's supported down in other parts of the (Pentagon), certainly, (these are) mission essential requirements," Owens said. "We were able to get our legal teams aligned that (this) was actually a mission essential thing, and that's really kind of the jumping off point for how this is all coming together."

Access to wireless internet will allow junior service members access to personal email, banking and entertainment options, but will also help service members connect with mandatory online training requirements and other health and life related resources such as telehealth appointments,

Military OneSource, and military and family life counselors.

According to department documents, DOD has long-term plans to establish a "Wi-Fi-connected force." For service members in unaccompanied housing, there is not expected to be any cost to access the provided internet services.

"We got a lot more work to do on making sure that we are capable of providing the Wi-Fi services that are necessary to fully support what our service members need," Owens said. "But from an installations and an infrastructure perspective, it's landed with us because we're the people who are capable of creating the enhanced use leases and the deals that are necessary for ... us to be able to provide this to our service members in as expeditious a way as possible."

Free Wi-Fi for service members in military barracks is just one effort underway by the Defense Department to take care of service members and their families.

The September memorandum that announced both the Wi-Fi and six other initiatives is just the latest in a series of initiatives since 2021, to improve the lives of service members and their families.

Army advances man-machine integration

By **JOE LACDAN**
Army News Service

Robots integrated into Army formations can help protect Soldiers and revolutionize warfare in multiple domains.

Human-machine integration forces can take on dangerous battlefield operations, including overwatch, or movement of troops to a point of tactical advantage, and the suppression of the enemy, said Brig. Gen. Chad Chalfont, commandant of the Army Armor School at Fort Moore, Georgia.

Those capabilities could help achieve the Secretary of the Army's goal of "no blood for first contact," where human machine integrated formations make platoons and companies better at maneuvering, communicating and surviving on a transparent battlefield. HMIF could shoulder risk normally assumed by Soldiers.

Army Futures Command, headquartered in Austin, Texas, hosted the Human-Machine Integration Summit IV at Texas A&M University, College Station, Texas, on Nov. 6-7, to inform academic, industry and government partners on HMI development and explore cost-cutting solutions.

The Army has been working with prototypes and performing exercises with the new technology including robotic combat vehicles, or RCVs. On July 24, the Comanche Troop of 1st Squadron, 7th Cavalry Division, completed training exercises with the RCVs as part of Army Futures



Trick or Treat

Photos by Nathan Clinebelle

All sorts of characters could be seen roaming around the housing area in search of Halloween treats, Oct. 31. Parents and kids alike dressed up to enjoy the holiday. There were unicorns, monsters, superheroes and even soldiers.

Members of the Fort Jackson Police Department and Fort Jackson Fire Department were on hand to give away sweets and to make sure everyone was safe.



Before the board

Photos by Robert Timmons

Two noncommissioned officers stood before a board Oct. 24 to see if they had what it takes to join the Sgt. Audie Murphy Club. The prestigious club is for those non-commissioned officers whose leadership achievements merit special recognition.

Staff Sgts. Jeannetta Lee and Kyle Tygart met the board led by Post Command Sgt. Maj. Erick Ochs. They will formally be inducted into the SAMC in December.



(Clockwise from top) First Sgt. Jeannine Valencia examines Staff Sgt. Jeannetta Lee's uniform. Post Command Sgt. Maj. Erick Ochs prepares for the start of the board. Ochs welcomes Lee into the SAMC. A portrait of Audie Murphy is displayed as Valencia prepares for candidates to appear before the board.



'The Weigh It Is' with Pam James-Long

Fasting has become a go-to for many people, not only to lose weight, but to gain energy and improve mental focus. One of the more popular forms of fasting is intermittent fasting. It has been successful for many people because intermittent fasting forces your body to undergo several changes that are healthy and good for your body. Not like a crash diet that is often void of nutrients and lacks lasting results.

Intermittent fasting continues to be very popular with many people. Many people use this eating style to lose weight, improve overall health, increase energy, mental focus, and more.

So, what exactly is intermittent fasting?

This is a question we often hear as we search for the right diet to keep weight off. Intermittent fasting is more of a lifestyle way of eating that comes with many health benefits.

Intermittent fasting is not a diet in the conventional way, but rather an eating style that alternates between periods of eating and fasting. You alternate between times when you eat and times when you go without food, giving your body time to rest and digest to help tap into its ability to burn fat for fuel (energy).

During the fasting phase, your body empties



James-Long

its immediate stores of glucose (energy) and begins to burn fat for energy instead of calories from your last meal.

There are several types of intermittent fasting. The most common and popular type is:

Intermittent Fasting 16/8. You fast for 16 hours and eat during an eight-hour time-frame.

Other types include the following:

- Intermittent Fasting, 5:2. You eat regularly for 5 days a week and restrict calorie intake (about 500-600 calories). This is restrictive and may not be the best choice.

- Intermittent Fast for 24 hours once or twice a week. Again, not very realistic and restrictive.

- Intermittent Fasting on alternate days of regular eating and fasting. This version seemed restrictive as well.

I found the 16/8 style the most user-friendly. The fasting phase gives your body and digestive system a chance to regulate themselves. Digestive regulation is quite healthy for the body. If you battle with bloating, indigestion or other digestive issues, intermittent fasting might offer relief because you pause from eating and allow

your digestive system to rest and breakdown previous meals. This helps your efforts to lose weight.

There are several studies that show intermittent fasting can lead to impressive body fat reduction, especially when you add regular exercise and eat healthy foods during your eight-hour window phase.

Improved mental focus and clarity can happen with intermittent fasting.

Fasting can allow the body to rest from non-stop eating. This has now become an opportunity to do something other than eat. Reading, exercising, writing, and so many things improve when we are not as sluggish in our digestive system.

If you feel intermittent fasting is something you want to try, below are tips that can help get you started.

- Start slowly. Don't get too restrictive. Instead, maybe aim for eight hours of fasting to begin with.

- Stay hydrated. Don't gulp water down, instead sip it throughout your fasting phase. This can promote digestive movement and, of course, help develop a healthier water drinking habit.

- Eat whole, nutrient-dense foods

See **WEIGH:** Page 11

SALUTING THIS CYCLE'S HONOREES

1st Battalion,
13th Infantry
Regiment

**DRILL SERGEANT
OF THE CYCLE**
Staff Sgt.
Jamal Walker

**ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Jordan Jaden

SOLDIER OF THE CYCLE
Pvt. Roanna Pacheco

**BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Lagdoue Olecia

SOLDIER OF THE CYCLE
Pvt. Omar Santiago

**CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Aakrita Dhital

SOLDIER OF THE CYCLE
Pfc. Sarah Bratten

**DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Eric Blackwell

SOLDIER OF THE CYCLE
Spc. Daniel Spagone

**ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pvt. Daniel Sandoval

SOLDIER OF THE CYCLE
Pvt. Benjamin Fuselier



Into Retirement

Photo by NATHAN CLINEBELLE

Fort Jackson recognized the service of Sgt. Maj. Juan C. Vargas from the 165th Infantry Brigade, during the 3rd Battalion, 39th Infantry Regiment graduation, Oct. 31. Vargas retired after 30 years of service.

Events

Continued from Page 4

Sprint Duathlon

8 a.m., Hilton Field Sports Complex. Run three miles, bike 12 miles, run one and half miles. Race participants will run/bike/run with each portion of the event being timed. Must have your own bike and helmet. Best times are awarded. For more information, call (803) 751-3700.

Holiday Shopping Trip

8:30 a.m. to 5 p.m. Hate the hustle and bustle of the holiday season? Let Outdoor Recreation take care of that for you. Trip costs \$20 per person. Join them for a shopping trip to Concord Mills in N.C. Sit back, relax and enjoy the ride and shop 'til you drop. For more information, call (803) 751-3484.

NOV. 26 Dress for Success

10-11 a.m., Building 9819, Liberty Division Road. Join Army Community Service for a discussion on how you dress can affect you on your interview day. To register for the event,

visit: <https://forms.osi.apps.mil/r/JyvWfBNM4r>
For more information, call (803) 751-5256.

Walking Town Hall

6 p.m. Pierce Terrace Housing Area. Post officials will walk through housing areas to speak directly to residents about their concerns.

Army vs. Air Force Turkey Bowl

6:30 p.m., Hilton Field Sports Complex. Come support Fort Jackson's All-Star Flag Football team as they battle Shaw Air Force Base at this year's Turkey Bowl.

DEC. 4 Biltmore Trip and Virtual Tour

6 a.m. Recreation on a trip to visit the beautiful and historic Biltmore Estates while all decorated for the holiday season. You will be treated to an audio guided tour of the Biltmore Mansion along with the opportunity to visit the rest of the estate which includes winery, shopping, and horse stables. Trip costs \$100. Register at Marion Street Station. For more information, call (803) 751-3484.

DEC. 6 Annual Tree Lighting

5 p.m., Patriots Park. Save the date for the annual tree lighting.

ACS raises breast cancer awareness in October

By **DONNA OUTEN**
Exceptional Family Member Program

Breast Cancer Awareness Month, also referred to in the United States as National Breast Cancer Awareness Month, was observed in the month of October.

The National Breast Cancer Foundation, Inc., stated that in 2024, more than 360,000 people will be diagnosed with breast cancer. But there is hope. Advancements in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the five-year relative survival rate of breast cancer is 99%. The earlier we act, the bigger the impact.

The Army Community Service programs to include Exceptional Family Member Program, Family Advocacy Program, Financial Readiness/Army Emergency Relief, Plans and Operations, Soldier and Family Resource Readiness/Relocation/I&R, and Volunteer/SOS observed "Wear It Pink Day" on Oct. 18

Pink Day aimed to raise awareness about breast cancer, encourage early detection, and raise funds for breast cancer research and support services. It also allows our staff to celebrate our co-workers that are Breast Cancer Survivor's, remember those that fought long and hard, and to encourage other's that continue to battle this disease.

DID YOU KNOW: Personnel shall report Army mishaps, near misses, and hazards in their workplaces to their supervisor or leader within 24 hours.

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	6-7 P.M.	LIGHTNING 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
	ANGLICAN	SUNDAY	8-9 A.M.	SOLOMON CENTER
	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. to NOON	WASHINGTON ROAD CHAPEL
	HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL

Army

Continued from Page 5

Command's RCV Pilot-24 exercise.

During the July exercises, Soldiers performed reconnaissance and security missions with the platoon using two control vehicles to navigate four robots, Chalfont said.

Chalfont said they learned they needed a third control vehicle for that platoon to operate effectively and to operate across different nets. They also learned techniques to better communicate within their platoon while also reporting up and out to their company commander.

The 1-7 Cavalry Troop, based out of Fort Cavazos, Texas, performed the exercise during a National Training Center rotation in September, but restructured the unit to use three control vehicles to control four RCVs.

The robotic combat vehicles were designed to act as scouts and combat escorts with a Soldier controlling the vehicle remotely.

Those vehicles can also serve as decoys to protect Soldiers from enemy fire and assist the execution of multi-domain strikes. The Army originally had three RCV models in development but has since decided to focus on a single, lightweight variant.

Brig. Gen. Phillip Kiniery, Infantry School commandant at the Maneuver Center of Excellence at Fort Moore, said he wants to be able to take that infantry squad and maximize the cognitive and physical capabilities of that squad by putting the burden on the robot.

He wants to increase the depth and duration by which an infantry squad can maintain contact with the enemy so that infantry squad leader can bring everything they have to bear as a system and overwhelm the enemy.

Col. Kevin Bradley, director of the Next Generation Vehicle Cross Functional Team at Detroit Arsenal in Warren, Michigan, said the Army has reached a pivotal time in its history

where robotic technology could give U.S. forces a competitive advantage in maneuverability, like the period between World War I and World War II.

Bradley said just as the airplane, radio and tank were critical to unlocking maneuver in World War II, human-machine integration forces — the combination of robots, autonomy and their ability to reduce or offset risk — is the key to unlocking expanded maneuver in a transparent battlefield.

Chalfont cited the ongoing conflict in Ukraine as an example of the evolution of warfare, where Ukrainian forces have developed capabilities to fight against the Russian army.

He said a cycle of adaptation is occurring in that conflict. The next question is what will forces do with that information and where does the adaptation occur?

Bradley said the Army will need to test to see if RCVs and other robotics platforms can keep pace or fight with a brigade combat team or an infantry brigade combat team.

Col. Scott Shaw, director of Maneuver Capabilities Development Directorate at Fort Moore, said the service absolutely wants Soldiers controlling multiple robots in the air and on the ground using the same device.

Shaw said the Army in some cases has a "two Soldiers to one robot" ratio and is very much working toward one Soldier controlling many robotic platforms.

He said that robots used in combat must have true maneuverability, be able to traverse different environments and be able to withstand some damage from enemy fires.

Col. Ken Bernier, project manager for future battle platforms at Detroit Arsenal said the Army will continue experiments integrating HMIF into its formations, eventually conducting a full operational test.

Bradley said that after building the base platforms of the RCVs, the focus will shift toward technology and common control, including a focus on software.



Courtesy photo

Students and school faculty walk around Pierce Terrace Elementary School, Oct. 31 as part of the school's Storybook Character Day.

Storybook characters parade around school

By **LORRAINE EMORY**
Pierce Terrace Elementary School

Pierce Terrace Elementary School was filled with magic and color as students celebrated Storybook Character Day, Oct. 31.

The event brought characters from classic and modern tales to life as students dressed up as their favorite storybook characters and paraded outside, much to the delight of their parents and teachers.

The event highlighted the school's commitment to fostering a love for reading and literature.

This year's Storybook Character Day invited PTES families to join in the festivities, allowing parents to watch their children's creativity and excitement as they transformed into characters like mermaids, pirates, and

other characters. The students displayed a range of costumes based on their favorite novels, from superheroes to princesses from fairy tales.

As students marched outside the school in their costumes, parents captured the memorable moments with photos and cheered on each group. Teachers and staff also joined in, many of them sporting their own costumes to match storybook themes or specific characters, like Where's Waldo and The Paper Bag Princess.

Storybook Character Day at PTES brings together the school community in celebration of reading and imagination.

The event not only encouraged kids to read their favorite books, but it also allowed families to be a part of their child's school experience, resulting in memories that will be treasured by all.

Weigh

Continued from Page 9

during your eating phase. Avoid processed, sugary, fried foods.

■ Tune in to how your body is responding to fasting periods and adjust it to fit your lifestyle.

Intermittent fasting is an effective approach to improving health, managing weight, and possibly improving overall wellness.

By allowing your body to digest and rest,

you turn on natural processes that promote fat burning, enhance energy function, and support overall well-being.

While it may take time for your body to adjust, many people find that intermittent fasting leads to lasting health benefits and a greater sense of wellness.

Of course, intermittent fasting is not for everyone and if you want to learn more, always consult your health care provider to make sure intermittent fasting is right for your health needs.

Pam's thought for the week: "Fasting is digestive resting."

VICTORY... STARTS HERE



A trainee with 1st Battalion, 34th Infantry Regiment, high crawls through an obstacle at the Fit to Win obstacle course.

Photo courtesy of 1ST BATTALION, 34TH INFANTRY REGIMENT