THURSDAY, JULY 16, 2026

THE FORT JACKSON

LEADER

"VICTORY ... STARTS HERE."



JACKSON HOSTS ALL-ARMY TRYOUTS



Leader file photo

Fort Jackson photo lab to close Aug. 1

Fort Jackson Public Affairs

The Fort Jackson Photo Studio will permanently close its doors Aug. 1.

The studio, which has been a mainstay of Department of the Army photographic support across South Carolina and parts of Georgia and North Carolina, will close due to personnel issues and last year's sunsetting of the Department of the Army Photo Management Information System, or DAPMIS.

"Providing quality service to all customers has been my goal since taking over the photo lab, nearly three years ago," explained Reginald Rogers, Fort Jackson's community engagement officer. "I've enjoyed providing that service and building relationships with the officers, noncommissioned officers and DA civilians who visited the facility during that time. However, we no longer have the personnel that allows me to balance photo operations with my primary duties of managing the installation's numerous community engagements."

Garrison Commander Col. Dave Gaugush made the decision to close the studio after weighing all options available.

Users looking for photos can visit *https://aesmp.army.mil* to find nearby locations to get photos.

The Fort Jackson Photo Studio provided command photos for inclusion in unit level placement, and special achievement for all noncommissioned and commissioned officers of Fort Jackson and Reserve and Army National Guard units in the region that are assigned to or in close proximity to the post.

Nearby locations include Fort Bragg, North Carolina and Fort Stewart-Hunter Army Airfield, Georgia.

For more information, email: *fortjacksonphotostudio@army.mil.*

Army modernizes commissioning program

By LT. COL. WILLIAM D. LINCOLN
Army News Service

The Army has modernized how it brings talent into the force, and the Direct Commissioning Program is becoming a pathway to quickly access people with specialized skills — while still maintaining all required standards.

As part of the Human Resource Continuous Transformation initiative, this program helps the Army bring in experts faster, so units have the highly trained warfighters they need to deploy, fight and win in complex environments.

Through DCP, the Army can identify, assess and commission highly qualified civilian, prior-service and in-service professionals whose education and experience directly support mission needs. Although the program speeds up the process and modernizes how people enter the Army, all direct-commissioned officers must still meet the same medical, security, and professional standards as officers who come through traditional pathways.

The standards haven't changed — only the way the Army organizes the order and timing of required training and evaluates prior experience. This updated approach helps the Army bring advanced capabilities into the force faster, at the pace modern warfare demands.

"Ultimately, this is about supporting the warfighter and becoming more lethal," said Brig. Gen. Gregory Johnson, U.S. Army, Director of Military Personnel Management. "Operational units need capabilities that keep pace with emerging threats, and that requires talent with deep technical expertise. Direct commissioning helps us align the right people, with the right skills, to the right missions — faster and more deliberately."

The Army has long used direct commissioning for medical, legal and chaplain corps officers, whose civilian credentials are essential to readiness. The modernized program now applies this proven approach to high-demand fields such as cyber operations, data science, artificial intelligence, robotics, advanced logistics and information warfare — capabilities that directly strengthen operational effectiveness.

"These capabilities don't develop on traditional timelines," Johnson said. "Whether it's advanced AI, cyber defense, complex logistics or power gen-

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ON THE COVER



Photo by SPC. PRINCE JOSHUA IGBOKWE

1st Lt. Brittany Gardner throws a football during the All-Army Flag Football Selection Camp at Fort Jackson, July 09. The camp brought Soldiers together to compete for a spot on the All-Army team, **See Pages 6-7**

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Commanding General ..... Maj. Gen. Daryl O. Hood
Garrison Commander ..... Col. David G. Gaugush
Command Information Officer ..... Robert Timmons
Media Relations Officer ..... Nathan Clinebelle
Community Engagements Officer ..... Reginald Rogers

Website: *home.army.mil/jackson/FortJacksonNews*
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Safety office reminds community of 3Rs of UXO safety

Installation Safety Office

On June 20, 2026, a worker from Range Support Branch at the Grafenwoeher Training Area in Germany was mowing a range when he hit an unexploded munition. The unexploded munition detonated, sending shrapnel into the worker's leg and abdomen. The worker had to undergo surgery and is expected to be out of work for an extended period of time. The equipment was destroyed with a cost of $60,000.

Installation safety officials say the risk of encountering UXOs on Fort Jackson is probable because Fort Jackson has been a training base for more than 100 years. Also the need for mowing and brush removal in high hazard areas is necessary to reduce the risk of fire.

> EMPLOYEES MUST KNOW THE RISKS ASSOCIATED WITH THEIR AREAS OF RESPONSIBILITY ...
>
> - Roderick Combs, Safety officer

Roderick Combs, Fort Jackson safety officer, reminded the community to remember the 3Rs of unexploded ordnance: Recognize, Retreat and Report.

One must recognize when you may have encountered a munition and that munitions are dangerous. Retreat and do not approach, touch, move or disturb it, but carefully leave the area. Report the munition by calling 911 and advise the police of what you saw and where you saw it.

The rules of the 3Rs state that when you recognize a UXO, retreat away from it to a safe place and report it to the authorities.

We should "continue to train the 3Rs" he said, "and employees must know the risk associated within their areas of responsibilities and shall be annotated on their Job Hazard Analysis, or (JHA)."

Supervisors must know the risks and develop mitigation plans to protect personnel and Army equipment.

For more about the 3Rs Explosive Safety visit *https://www.denix.osd.mil/uxo/*.or contact your unit safety officer.



Photo by ROBERT HAYNES

A cache of unexploded ordnance is secured with protective sandbags before a controlled detonation at Maku in Hawaii. UXO clearance is a critical step in balancing military training responsibilities with environmental stewardship. Fort Jackson safety officials are reminding the public of the 3Rs of UXO safety: Recognize, Retreat, Report.

Community Updates

ANNOUNCEMENTS

Back to School / Sports Physicals
Believe it or not, it's time for physicals for all children over 4 years old - Kindergarten through 12th grade.
NOTE: Required immunizations can be completed during this visit.
Important to know
1. There are two ways you can be seen:
a. Walk-in - Only on Tuesdays and Wednesdays between July 14-29 from 4:30 - 6:30 PM at the Integrated Health Medical Home on the ground floor of the clinic. Please go to the Yellow Team check-in desk located in Room 2318A. (Must be checked in by 6 p.m.) or
b. By Appointment (in which you will call (803) 751-CARE/2273 or send a message via MHS Genesis to your child's primary care manager).
2. For walk-in patients:
Please know that a maximum of 30 patients will be serviced each Tuesday and Wednesday within the specified time.
Patients will be seen on a first-come, first-served basis.
Your child may be seen by a different PCM than normal.
3. These times are dedicated to physicals and cannot accommodate other services such as referral requests, acute issues, medical refill requests, etc. For those types of requests, please set an appointment with your child's PCM.
4. Please bring any external immunization records and required forms from your child's school or sports program. Complete the patient information portion of each form before arrival to expedite the check-in and appointment process.
5. Patient age 10 and over are required to have a valid military ID at the time of check in.

Central Issue Facility Update
The Central Issue Faculty is currently operating with reduced staffing, this reduction combined with peak permanent change of station season, and the summer surge is resulting in extended wait times for all services. Customers are encouraged to plan accordingly to avoid delays in relocation timelines. For more information, call (803) 751-7213.

Photo Studio Update
The Fort Jackson Photo Studio is only open on Wednesdays each week. To set up an appointment email: *fortjackson-photostudio@army.mil*. The photo studio will close permanently Aug. 1.

Training Support Center Closure
The Training Support Center, 1565 Hall Street will be closed Sept. 18. For more information, call (803) 751-4619.

Gate 5 Hours
Fort Jackson's Gate 5 off Leesburg Road is now open in the evening until 6 p.m. The new hours for Gate 5 are Monday through Friday 5-8 a.m. and 3-6 p.m.

Visitor Control Centers Update
The Visitor Control Centers are closed on weekends and federal holidays. The hours of operation for each are 8 a.m. to 4 p.m. Monday through Friday for VCC 2, and 6 a.m. to 2 p.m. for VCC 4. All visitors are strongly encouraged to preregister at: *https://pass.aie.army.mil/steps/branch_selection.*

ID Card Office Update
To protect the privacy and Personally Identifiable Information of our Soldiers and Families, no recording devices are allowed past the front desk at the Fort Jackson ID Card Office. This strictly prohibits the use of cell phone cameras, video recorders, and smart glasses (including Meta glasses) in the processing area. For the security of everyone's information, anyone caught recording will be asked to leave the facility immediately.

Virtual ArmyIgnitED 101
IMCOM Army Continuing Education System has launched a virtual ArmyIgnitED 101 to meet regulatory requirements for Soldiers new to Tuition Assistance. The updated ArmyIgnitED 101 video can be accessed at: *https://homeadmin.army.mil/imcom/index.php/customers/ACES.* The ArmyIgnitED 101 video is mandatory for all Soldiers new to Tuition Assistance and Credentialing Assistance.

Basic Skills Education Program
If your General Technical score is under 110, the Education Center's BSEP classes will help you improve your score. The instructor-led classes focus on basic math and reading skills, which make up your GT score. The classes are conducted during duty hours. Students must attend all scheduled classes for consideration. Spouses may enroll in the class at no cost on a space available basis. For a BSEP enrollment packet, stop by the Education Center, Bldg. 4600 or send an email to *usarmy.jackson.93-sig-bde.mbx.dhr-jacksoned-center@army.mil.*Seats are limited so register early.

Credentialing assistance and Tuition Assistance information
The fiscal year 2026 Credentialing Assistance (CA) and Tuition Assistance (TA) closeout deadlines are:
CA deadline is 8 p.m. Aug. 6
Army TA deadline is 8 p.m. Sept. 7,
All TA requests must be submitted and approved by the year-end deadline.
***Counselors are not authorized to create manual TA Requests. Soldiers may continue to create TA requests for courses beginning in fiscal year 2027, starting Oct. 1 and beyond. TA may be requested 60-7 days in advance of the term start date.

Safety Training
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 at *https://airs.safety.army.mil/default.aspx.* To register for the Unit Safety Officer training, contact your Safety Specialist.
Below lists the Safety Training updates:
Army Training Center and Fort Jackson Safety Office Training can be registered at *https://airs.safety.army.mil*
■ Local Hazards Course: Mondays at 10 a.m. (except holidays) at Strom Thurmond, Room 207
The Combat Readiness Center has just temporarily halted all motorcycle training

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Fort Jackson Movie Schedule

3319 Jackson Blvd.
Phone: 751-7488

SATURDAY
■ The Odyssey (R)

WEDNESDAY
■ No Showing

JULY 18
■ No Showing

● All shows start at 2 p.m.
● *Ticket sales open 30 minutes before each movie.*
● *Movie times and schedule are subject to change without notice.*

THE FORT JACKSON
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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 we 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 (803) 751-3615.



U.S. continues disaster relief efforts in Venezuela

Pentagon News

U.S. armed forces are continuing to provide disaster assistance to the people of Venezuela in the aftermath of two June 24 earthquakes that brought widespread destruction to the coastal state of La Guaira and the country's capital city of Caracas. They are operating under the direction of U.S. Southern Command in support of efforts led by the State Department.

The deployed military units are configured for rapid, short-term responses to stabilize crises, minimize immediate suffering and save lives. This presence is temporary, remaining active for as long as requested, ready to transition relief tasks to nongovernmental organizations, international aid groups and local authorities as soon as the immediate crisis is stabilize.

DOW to release COVID AAR

Department of War

As part of the Department of War's continuous effort to rebuild trust with service members discharged under the COVID-19 vaccine mandate, Secretary Pete Hegseth directed the National Academy of Public Administration to conduct an after-action review capturing lessons learned to improve future policy.

Additionally, due to President Trump's and Secretary Hegseth's commitment to accountability and transparency, the Department will publicly publish the review's findings.

To supplement NAPA, the Under Secretary of War for Personnel and Readiness will convene an internal panel of Department of War military and civilian employees.

The objective of this panel is to review the official decisions, coordination, planning, and execution of the COVID-19 vaccine mandate from January 2020 through January 2023.

"The Department is fully committed to restoring honor and rebuilding trust with the warfighters impacted by the COVID-19 vaccine mandate," said Under Secretary of War for Personnel and Readiness Anthony J. Tata. "Under the leadership of President Trump and Secretary Hegseth, we continue to prioritize reinstatement, deliver remedies, and establish permanent safeguards against future mandates."

Tata added that, "the actions detailed in these memorandums reflect our ongoing dedication to transparency and accountability. By having members of the affected community lead the internal after-action review and further analyze how the COVID-19 vaccine mandate influenced decision-making and readiness—and making the findings public—we will ensure that the Department learns from the past and does not repeat these mistakes in the future."

More information can be found at *https://www.war.gov/Spotlights/COVID-19-Reinstatement/*.

Jackson hosts All-Army tryouts

Fort Jackson hosts an inaugural camp for the 2026 All-Army Flag Football Team. It brought Soldiers from across the country together to compete for spots on the team who will compete in events across the country. Participants also held events for the Fort Jackson community.



Photo by STAFF SGT. NEIL MCLEAN



Photo by STAFF SGT. NEIL MCLEAN



Photo by SPC. PRINCE JOSHUA IGBOKWE



Photo by SPC. PRINCE JOSHUA IGBOKWE



Photo by SPC. ROYAL LATHAM

Clockwise from above: Soldiers enjoy a moment as a team during the All-Army Flag Football Selection Camp at Fort Jackson, South Carolina, July 10. The inaugural camp brought Soldiers from across the Army together to compete for a spot on the All-Army Flag Football Team, which will represent the Army in future national-level competitions.

1st Lt. Brittany Gardner throws a football during the All-Army Flag Football tryouts.

1st Lt. Brittany Gardner, steps back to throw football during the All-Army Flag Football Selection Camp at Fort Jackson, July 09. The inaugural camp brought Soldiers from across the Army together to compete for a spot on the All-Army Flag Football Team, which will represent the Army in future national-level competitions.

1st Lt. Raynika Williams prepares to run her route as the ball is snapped during the All-Army Flag Football Selection Camp July 12.

Staff Sgt. Rayanna Johnson, reads books to local children during a community outreach event at Fort Jackson, July 9.



Graphic courtesy Defense Health Agency

The Permanent Change of Station season can bring a variety of headaches from scheduling movers, finding a new home, and children starting at new school and meeting new friends. The Defense Health Agency provides some tips to reducing stress during a time of transitioning.

A guide to reducing the stress during the summer PCS surge

By DOUGLAS HOL
Defense Health Agency

The permanent change of station is a hallmark of military life. But even for seasoned service members, the combination of packing up a household, changing jobs, and uprooting a family can create a perfect storm of anxiety.

Army military psychologist Lt. Col. Isaac Lopez knows this firsthand. In his 18-year career, he has made seven PCS moves. His spouse, also a lieutenant colonel, has moved nine times in her 18 years of service.

"I am one of those that enjoys a PCS and am ready for a new job and location after two or three years," Lopez shared. "My spouse ... hates it."

That stark contrast within a single household highlights a critical truth about military moves: the experience is deeply personal, and the stressors extend far beyond lost household goods or delayed travel vouchers.

From Lopez's perspective as a psychologist, a PCS is fundamentally different from a civilian relocation due to the frequency, the competing demands of gaining and losing units, and the intense pressure placed on families to rebuild their lives rapidly.

The Unseen Toll: Battling Isolation

While logistics often dominates PCS conversations, Lopez points to a more insidious psychological challenge for families: isolation.

"Isolation is the biggest challenge," Lopez explained. "It is difficult for individuals to pick up and move their lives, essentially starting over. For spouses and children, they have to build a social and support network again."

For the spouse who has just arrived in a new, unfamiliar town, taking the first step can be overwhelming. However, Lopez emphasizes that being proactive in developing a network is essential for mental well-being. He recommends leaning into established military and community structures immediately.

"Engaging in programs like the Family Readiness Group is helpful," he said. "Additionally, it can be helpful to become involved in community networks such as churches, youth sports leagues and other children's activities. They can be a great place to meet others."

Financial Strain and the Power of Partnership

Beyond social isolation, financial strain remains one of the heaviest burdens for military families, particularly for junior enlisted personnel on a tight budget. While the military provides moving allowances, the unexpected expenses, from

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Surge

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stocking a new pantry to covering temporary lodging gaps, can quickly escalate into marital conflict.

To mitigate these arguments, Lopez advises couples to approach financial planning as a team and to establish rules of engagement before the tension peaks.

"A key is to make time to have deliberate conversations about the PCS," said Lopez. "It may be beneficial to set ground rules prior to the discussion, such as agreeing to take a break and circle back if conversations become tense. Conversations should be goal-oriented, and both individuals should treat the conversation as if they are partners."

Ideally, this financial preparation should begin a year in advance of the move cycle to build a safety net for those inevitable, out-of-pocket expenses.

Pre-planning to Mitigate Stress

Even for a psychologist who enjoys the PCS process, a smooth transition requires deliberate strategy. For Lopez and his family, managing the chaos comes down to aggressive pre-planning.

"The things that we do to prepare include research on our new location, to include both the base and surrounding area," he said. "If possible, we physically travel to the location and determine what area we want to live in, consider schools for our daughter, and look at the distance to base to calculate commute time."

This preparation extends to the workplace as well. By doing a "deep dive" on the specific units and commands to which they are assigned, service members can mitigate workplace surprises before day one.

"Pre-planning as much as we can allows us to manage the stressors," said Lopez.

A PCS will never be entirely stress-free, but by recognizing the psychological toll of isolation, communicating openly about finances, and utilizing available resources, military families can protect their mental health during the summer transition season.

PCS Resources and Support

You don't have to navigate a PCS alone. The Department of War provides extensive, free resources to help service members and their families manage the logistical and emotional challenges of moving.

Military OneSource - Plan My Move: This Department of War tool provided through Military OneSource allows you to create a customized checklist based on your unique move, whether it's CONUS, OCONUS, with dependents, etc.

Military and Family Support Centers: Your local installation center offers relocation assistance programs, financial counseling, and spouse employment support. Find yours on Military OneSource.

Non-medical Counseling: If PCS stress is impacting your marriage or mental health, Military OneSource offers free, confidential nonmedical counseling. Call 800-342-9647 or visit MilitaryOneSource.mil.

Spouse Education and Career Opportunities (SECO): Navigating a career change due to a PCS? SECO offers free career coaching and resume assistance for military spouses.

The Defense Health Agency is a Combat Support Agency, serving as a force multiplier for the joint services by optimizing lethality through warfighter medical readiness.

NOTE: The mention of any non-federal entity and/or its products is for informational purposes only, and is not to be construed or interpreted, in any manner, as federal endorsement of that non-federal entity or its products.

Army

Continued from Page 2

eration, the Army must be able to integrate expertise as those technologies mature. Programs like DCP help ensure our formations have the skills they need, when they need them."

The program is already showing results. A May/June selection board reviewed 60 candidates across high-demand branches and functional areas, including Cyber, Engineer, Logistics, Military Intelligence, Information Warfare and Artificial Intelligence. In the past, the Army direct commissioned about 50 officers per year through processes that could take years. Today, quarterly boards are increasing capacity and interest while reducing the time from application to commission to fewer than six months.

Looking ahead, Army planners see DCP as a deliberate way to bring specialized talent into operational formations, higher echelon commands and sustainment organizations in order to modernize.

Future cohorts may include data scientists in planning cells, AI engineers supporting targeting and decision-making, robotics specialists advancing autonomous systems, and supply-chain experts improving contested logistics — all of which directly enhance readiness and lethality.



Photo by NATHAN CLINEBELLE

July 9, 2026 Retirement

Fort Jackson honored the service of Staff Sgt. Christopher J. Tyler, from Headquarters and Headquarters Battalion, during the 1st Battalion, 34th Infantry Regiment Basic Combat Training graduation, July 9. Tyler retires after 22 years of service.

SALUTING THIS CYCLE'S HONOREES

3rd Battalion, 34th Infantry Regiment

DRILL SERGEANT OF THE CYCLE
Staff Sgt. Joshua Dodd

DISTINGUISHED HONOR GRADUATE
Pfc. Alana Heinrichs

ALPHA COMPANY
SOLDIER LEADER OF THE CYCLE
Pfc. Alexsa Garcia

SOLDIER OF THE CYCLE
Pvt. Eason Martin

BRAVO COMPANY
SOLDIER LEADER OF THE CYCLE
PSpc. Travis Parker

SOLDIER OF THE CYCLE
Pvt. Luckey Sanchez

CHARLIE COMPANY
SOLDIER LEADER OF THE CYCLE
Pvt. Daniel Zawacki

SOLDIER OF THE CYCLE
Pvt. Gabriel Bundt

DELTA COMPANY
SOLDIER LEADER OF THE CYCLE
Spc. Matthew Rodriguez

SOLDIER OF THE CYCLE
Spc. Trevor Whitter

ECHO COMPANY
SOLDIER LEADER OF THE CYCLE
Pfc. Alana Heinrichs

SOLDIER OF THE CYCLE
Spc. Adam Johnson

Events

Continued from Page 4

for the Army effective tomorrow due to lack of approved Army Traffic Safety Training Program (ATSTP) funding, please notify all MSPC within your organization. Contact your designated Safety Officer to register.

- Unit Safety Officer Course: Fort Jackson Safety Office, Aug. 4-5 (21 seats open): Oct. 6-7 (27 seats open)

Unit Level Safety Training: contact your designated Brigade/Battalion Safety Officer to register:

- Heat Illness Prevention Training: Unit-level, conduct newcomers' Heat Injury Prevention Training, maintain training documentation. Note: The Fort Jackson Risk Management Guide for Leaders is available in the ATC Safety Office
- Intermediate Drivers Course: Unit-level, see link below.
- Training for the Intermediate Driver Course (IDC) is now at the unit level and more information can be found at *https://safety.army.mil/OFF-DUTY/Automobiles/Training-Unit-Safety*
- Remedial Drivers Course: Unit-level, On-line course, sign-up at registration link, email will be sent with instructions to complete the training.
- Remedial Drivers Training (RDT) will now be an online course. Registering for the RDT can be completed by going to https://airs.safety.army.mil **(CAC Enabled)**.

COMMUNITY EVENTS

WEDNESDAY

Summer Career and Education Fair

9 a.m. to 1 p.m., 1917 Club. You are invited to join The Transition Assistance Program, Army Community Service and the Army Continuing Education System for the Summer 2026 Career and Education Fair. More than 60 prospective employers and education institutions will be represented. For more information, call (803) 751-4109/5256 or 5341.

Wellness Wednesday

10-11 a.m., MS Teams. The Fort Jackson Exceptional Family Member Program and the Alzheimer's Associaton of South Carolina hold an Understanding Alzheimer's and Dementia seminar. Attendees will learn more about Alzheimer's and Dementia symptoms, treatments and Alzheimer's Association resources.

JULY 22-23

AI Classes

USC Palmetto College will host free artificial intelligence classes at the USC Fort Jackson Innovation Lab Participants will learn practical ways to use AI tools to improve productivity, creativity, and everyday tasks. Classes are open to the Fort Jackson community. Registration is encouraged as space is limited. For more information or to register, call (803) 521-0966 or email *mdbolton@email.sc.edu*.

JULY 25

Canvas Painting

1-3 p.m., Thomas Lee Hill (Post) Library. All ages are invited to create a masterpiece by painting with acrylics or tempera. Sign-up is required for all events & will be available two weeks before each event. This is part of our Summer Reading Program. For more information, call (803) 751-5589.

JULY 27

Puzzles and Pastries

2-4 p.m., Thomas Lee Hill (Post) Library. Have tasty fun at the library. Sign-up is required for all events is available two weeks before the event. This is part of our Summer Reading Program. For more information, call (803) 751-5589.

AUG. 1

Back to School Color Run

9-11 a.m., Youth Sports Complex. Fort Jackson celebrates the beginning of a new school year with a color run and field day. The event is free. For more information, call (803) 751-6990.

AUG. 8

Private Weapons Day

10 a.m. to 2 p.m., Aachen Range off Golden Arrow Road. Shooters can shoot at targets between 25m and 200m. Paper targets, spotting scopes, tables and chairs are provided. Patrons can shoot rifle or pistol at a day rate or an hourly rate. Pre-register at MWR Central: $25 per person for all day (4 hours), $10 per person per hour (pre-register), $15 per person per hour (day onsite/cash only). Ensure all weapons are registered on post. No automatic weapons or .50 cal. allowed. Age 12 and up. 17 and younger must be accompanied by an adult. Open to all authorized ID card holders. For more information, call (803) 751-3484.

AUG. 11

Shred Day

9 a.m. to 2 p.m., Recycle Center. Come shred documents with sensitive information. All types of paper with sensitive information will be accepted, but no classified documents. Shredding papers with your personal information provides a level of insurance against identity theft and misuse. For more information, call (803) 751-4208.

SEPT. 26

The Flea Market

8 a.m. to noon. MWR Central Parking Lot. Come join the Directorate of Family and Morale, Welfare and Recreation for a Flea Market. Stalls are on sale now. There will be household goods, tools, clothes, furniture, art, jewelry, music, books, and crafts for sale.. Food and beverage sales are prohibited. For more information, call (803) 751-3484.

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	9:30-10:30 A.M.	MAIN POST CHAPEL
CATHOLIC MASS	MONDAY-FRIDAY	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

INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
193RD BRIGADE PROTESTANT SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
165TH BRIGADE PROTESTANT SERVICE	SUNDAY	11 A.M. to NOON	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	9-10 A.M.	CENTURY DIVISION CHAPEL
JEWISH SERVICE	FRIDAY	6-7 P.M.	CENTURY DIVISION CHAPEL
ANGLICAN	SUNDAY	9:30-10 A.M.	LIGHTNING CHAPEL
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	LIGHTNING CHAPEL
JEWISH SERVICE	SUNDAY	10:30-11:30 A.M.	120TH AG BN (for trainees in 120th only)
THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS	SUNDAY	10:30 A.M. to NOON	CENTURY DIVISION CHAPEL

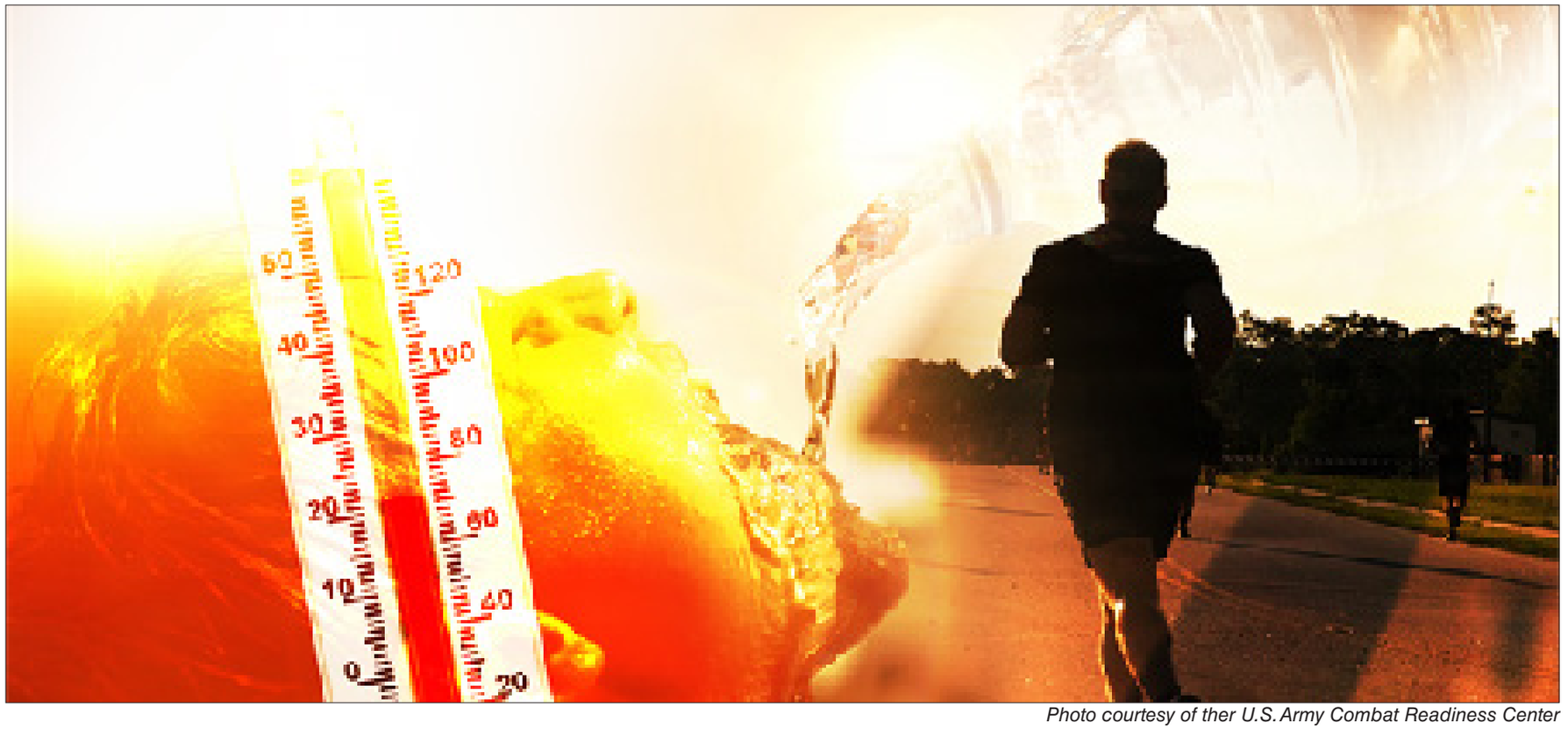


Photo courtesy of ther U.S. Army Combat Readiness Center

Preparation key to running in hot, humid weather

By SGT. 1ST CLASS ETHAN CASTLE
U.S. Army Combat Readiness Center

As an avid runner for the past 20 years, there's one thing I've learned: summer in most of our training areas isn't messing around. We're talking about scorching heat, relentless sun and humidity that makes it feel like you're running in water, not just leaking it from your pores.

As someone who still maintains a solid running schedule, I've had my share of close calls with heat exhaustion. With summer officially here, I want to share some hard-earned wisdom on tackling those long runs safely.

We push ourselves hard in the Army, and that's a good thing. But pushing too hard without proper preparation and situational awareness can quickly lead to a preventable heat illness. Nobody wants to be sidelined, especially not when mission readiness is on the line. A long run in July or August isn't going to feel like a breezy spring morning. It's going to be tough, but it can be done safely, and that process starts well before you lace up your running shoes.

Preparation is Key

We focus a lot on building mileage, which is important. But summer running requires a completely different kind of preparation. Think of it like prepping for a deployment. You don't just focus on the tactical aspects; you also prep your body and mind for the environment.

Acclimatization: This is critical. Don't jump straight into long runs at peak heat. Gradually expose yourself to warmer temperatures over two to three weeks. Start with shorter runs during the hottest part of the day and slowly increase duration and intensity so your body can adjust to sweating efficiently.

Hydration: Start hydrating days before a long run, not just the morning of. Carry water using a hydration pack, and don't wait until you're thirsty to drink — sip consistently. Use electrolyte drinks for longer efforts to replenish lost salt.

Fuel up right: Focus on complex carbohydrates and avoid heavy, fatty foods before a run. Eat a light, digestible snack about an hour or two beforehand. During the run, consume about 100 calories of simple carbs for every hour of effort. Don't wait until you hit the wall!

Gear up appropriately: Wear light-colored, moisture-wicking clothing. Avoid cotton, which holds sweat and traps heat. Wear a hat or visor, sunglasses and always apply sunscreen.

Listen to Your Body

This is the phase where things can go south quickly if you're not paying attention to the warning signs.

Pace yourself: Slow down! Your pace will naturally be slower in the heat. Don't try to force your usual speed. Focus on your effort level instead.

Know the signs: Learn to recognize heat cramps, heat exhaustion and heatstroke. Watch for muscle cramps, heavy sweating (or suddenly stopping sweating), dizziness, headache, nausea, confusion and a rapid pulse.

Buddy up: Never run alone in extreme heat. A buddy allows you to monitor each other for signs of heat illness. We look out for each other in the Army, and that applies to physical training, too.

Seek shade and cool down: Run in shaded areas when possible. Take short breaks in the shade if needed. If you feel overheated, pour water over your head, neck and wrists, or use a wet bandana to lower your core temperature.

Recovery is Just as Important

Don't think the work is done the second you cross the finish line. Proper recovery sets you up for the next training day.

Cool down: Don't stop abruptly. Walk for a few minutes to allow your heart rate to gradually return to normal.

Rehydrate: Continue to drink fluids after your run to replenish exactly what you sweated out.

Refuel: Eat a snack or meal containing a good mix of carbohydrates and protein to jumpstart muscle recovery.

Summer struggles pay big dividends with fall gains. By preparing properly, listening to your body and taking the necessary precautions, you can stay safe and maintain your fitness throughout the hottest months of the year.

VICTORY... STARTS HERE



Staff Sgt. Eva Lampert participates in an arts and crafts activity with local children during the All-Army Flag Football Selection Camp at Fort Jackson, July 9. Members of the All-Army Flag Football Team took part in the community outreach event to build relationships with local families and inspire youth through mentorship and engagement.

Photo by STAFF SGT. NEIL MCLEAN