

THURSDAY FEB. 15, 2024

THE FORT JACKSON
LEADER
"VICTORY"

SEEING STARS

KELLY PROMOTED TO MAJOR GENERAL



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School receives Read Across America grant

Leader Staff Reports

C.C. Pinckney Elementary School recently received a grant from the National Education Association's Read Across America for the seventh time.

The faculty and staff at C. C. Pinckney Elementary School said the school plans to use the grant to make the first week of March the best Read Across America week ever.

The school was awarded \$500 to sponsor reading events focusing on "Celebrating a Nation of Diverse Readers."

Pinckney has a Read Across America committee, which meets monthly to brainstorm and develop events that will be the focus of this "highly anticipated" week in March. The committee, also responsible for writing and submitting the grant, is made up of faculty members from across the school.

The Read Across America committee members are Charlene Lenker, occupational therapist; Amy Watford, special education teacher; Richard Horah, school librarian; Lori Sleight, English as a second language teacher; Cathleen Roberts, third grade teacher; Natasha Kepler, fourth grade teacher; Contessa Awe, fourth grade teacher; and Kerrie Ammons, Speech Language Pathologist.



Photo by ROBERT TIMMONS

C.C. Pinckney Elementary School's Read Across America Committee holds up books in the school's library. Members of the committee are: Charlene Lenker, occupational therapist; Amy Watford, special education teacher; Richard Horah, school librarian; Lori Sleight, English as a second language teacher; Cathleen Roberts, third grade teacher; Natasha Kepler, fourth grade teacher; Contessa Awe, fourth grade teacher; and Kerrie Ammons, Speech Language Pathologist.

The committee is planning on holding a diverse set of reading-themed events.

Fort Jackson students will cele-

brate diversity through participating in a Facebook Live "Goodnight School" bedtime story, presented by Fort Jackson teachers. Faculty

and staff will read aloud books that reflect diversity and different cultures to students and families, each night of the Read Across Amer-

ica Week. Families are asked to "tune-in" to the school's Face-

See **GRANT:** Page 5

ON THE COVER

Maj. Gen. Jason E. Kelly, Fort Jackson commander, unfurls his two star flag moments after being promoted during a ceremony held Feb. 14 in the post headquarters building.



Photo by ROBERT TIMMONS

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THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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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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Corps, school welcome new enlisted leader

Story, photos by ROBERT TIMMONS
Fort Jackson Public Affairs

The Adjutant General Corps welcomed Command Sgt. Maj. Jasmine N. Young as its senior enlisted leader during a ceremony held at the Soldier Support Institute – Army Sustainment University – Adams Campus auditorium, Feb. 9.

Young took responsibility for the AG Corps and the AG School from Command Sgt. Maj. Tamika L. DeVeaux at the ceremony. She is also the 13th regimental command sergeant major of the AG Corps.

“This ceremony is a tradition,” said Col. Chesley Thigpen, commandant of the AG School and chief of the AG Corps. It is important to “recognize these two command sergeants major ... not to just say farewell, but to bring in the legacy that we continue on, to carry the torch and that’s what it’s really about.”

A change of responsibility ceremony, like a change of command ceremony, is the symbolic transfer of responsibility for the unit from one senior noncommissioned officer to another. The ceremony may include a passing of the guidon but could include a passing of a sword or a spontoon. Young became the senior enlisted leader after she received the colors from Thigpen.

“From one individual to another we pass the colors. It’s a simple event, but full of history and, most importantly, two words faith and trust,” Thigpen added. “It is the faith not only in our Army mission, but it’s also a faith in our Soldiers. It’s the trust that we put in individual people to be leaders that accomplish that mission.”

We “need to have in the Army process- es because we selected another great command sergeant major to come in and fill these boots and become the next regimental command sergeant major,” he said about Young. “... We welcome you and your Family. We are excited to have you on board and look forward to your leadership of the Corps going forward. There is no doubt you have the right experience; you have a fresh prospective and you have a drive to lead our great Corps.”

Young, no stranger to Fort Jackson, enlisted in the Army in January 2001 and



The Adjutant General Corps welcomed Command Sgt. Maj. Jasmine N. Young as its senior enlisted leader during a ceremony held at the Soldier Support Institute – Army Sustainment University – Adams Campus auditorium, Feb. 9.

completed Initial Entry Training as a Human Resources Specialist at the post. She would later serve in Company D, 2nd Battalion, 60th Infantry Regiment.

The Fayetteville, North Carolina native thanked DeVeaux for “a thoughtful and meaningful transition of the AG School. I wish you so much continued success ...”

Young also said she was appreciative of being selected for the position.

“I am truly humble and grateful for the opportunity to serve as the AG School and regimental command sergeant major,” she added.

Thigpen characterized DeVeaux as a true professional, who among other traits is caring, compassionate, dedicated, empathetic, full of energy, and inspiring.

“Thank you for paying that cost forward and caring for our Corps and every Soldier, civilian and Family member,” he said.



Command Sgt. Maj. Jasmine N. Young, the 13th regimental command sergeant major of the Adjutant General Corps and school, speaks during a change of responsibility ceremony, Feb. 9.

Community Updates

ANNOUNCEMENTS

2024 Active Spouses Survey

The Active-Duty Spouses Survey is out. It assesses the impact of military life on spouses and their families. Unlike many surveys about military family life, this survey is a representative sample and is authorized by the Department of Defense. This is our opportunity to share what is working and what is not working in this military life we all live. It will take about 10 minutes.

How do I take the 2024 survey:

1. Visit <https://www.dodsurveys.mil/>
2. Click the "Don't have a ticket" button.
3. Put your 10-digit beneficiary DOD ID number found on the back of your military ID Card. This ensures only military spouses are the ones completing the survey and they are completing it only one time. It is an anonymous survey.
4. Put in your day of birth and click the "get my ticket number" button.
5. Click Start Survey

Road Name Changes

Fort Jackson has renamed numerous roads and streets on post 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 <https://home.army.mil/jackson/about/fort-jackson-road-renaming>.



Voter Assistance

Looking for help in with voting in the primaries? Visit <https://www.fvap.gov/portal/login/auth.html> for election information.

mation.

Acute Care Clinic Closure

The Acute Care Clinic permanently closed Feb. 11. Patients may schedule an appointment with Integrated Health Medical Home, by calling (803) 751-CARE (2273) or may request an appointment through MHS Genesis. If you need urgent care, please see the QR code for a list of all urgent care clinics in the area.



COMMUNITY EVENTS

TUESDAY

Shred Day

9 a.m. to 2 p.m., Fort Jackson Recycling Center. All types of paper with sensitive information will be accepted, but NO classified documents. Shredding paper with your personal information provides a level of insurance against identity theft and misuse. If you need more information on what you can or can't shred, call 751-4208.

Meals in Minutes & Your Budget

9-10 a.m., MS Teams. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Meals in Minutes & Your Budget" class. 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.

FEB. 22

Twilight 5K Run

5:45 p.m., Alpine Lodge. Come out and

get a little run in before indulging in hot cocoa and s'mores. For more information, call 751-3700.

FEB. 27

Fort Jackson Goes Red

9 a.m. to 3 p.m., Solomon Center. Join the Fort Jackson Department of Health for a family-friendly, hearth healthy event. There will be line dancing, yoga and aerobic classe, educational presentations, information tables, free smoothies and more. For more information, call the Fort Jackson Department of Public Health at 751-5251.

MARCH 1

Garrison Change of Responsibility

10 a.m., Victory Field. Command Sgt. Maj. Cesar Duran relinquishes responsibility for U.S. Army Garrison Fort Jackson to Command Sgt. Maj. Brie Katula.

MARCH 2

Hilton Head Offshore Fishing Trip

5 a.m., Marion Street Station. Join Outdoor Recreation for an offshore fishing trip to Hilton Head. The trip costs \$90 per person and includes transportation, bait and tackle. Pre-registration is required. For more information or to register, visit Marion Street Station or call 751-3484.

MARCH 5

Early Career Pre-Retirement Overview

2-5 p.m., MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center - Civilian are partnering to offer the Leader/Workforce Development Training "Early Career Retirement Pre-Retirement Briefing." Join ABC-C as they discuss the benefits and retirement process for those early in their career.

Meals in Minutes & Your Budget

1:30-2:30 p.m., Bldg. 9810, Rm. 119. The

See **EVENTS:** Page 10



Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FEB. 16

- Land of Bad (R) 6 p.m.

FEB. 17

- Land of Bad (R) 2 p.m.

FEB. 21

- Land of Bad (R) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

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 751-6739.

BAR NOTHING STREET



By **FIELDING FREED**
Basic Combat Training Museum

Unit nicknames are used within the Army to encourage esprit de corps. Often confused with mottos; nicknames are known as special designations when formally approved by the Army's Center of Military History. Fort Jackson's unit nicknames provided the Street Renaming Committee an opportunity to highlight the deeds and personalities of past regiments and divisions.

Over 80 years after he was killed in action in France, Col. Harry A. Flint's slogan Anything, Anytime, Anywhere, Bar Nothing! (abbreviated to AAA-O) continues to serve as the official special designation of the 39th Infantry Regiment. Flint, nicknamed "Paddy" by his contemporaries, was considered by Gen. Omar Bradley to be just the right sort of colorful character who could reenergize the struggling 39th in July 1943.

Soon after assuming command, Flint assembled his battalion commanders telling them, "From now on we're all going to work and stick together as a gang and help each other. I have a motto, you might not like it, but it is my motto, and it will be your motto, too."

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 with names commemorating the Confederacy. But do you know the significance of the new names?



U.S. Army Signal Corps photo

Col. Harry A. 'Paddy' Flint at the 39th Infantry Regiment headquarters in 1944.

The slogan caught on with his men immediately and inspired the desired effect. Against regulations, Flint had the abbreviation AAA-O painted onto his helmet which his men quickly copied. Before long AAA-O began appearing everywhere in the regiment.

Originally formed during World War I, the 39th Infantry Regiment also served with distinction in World War II and Vietnam.

Campaign streamers on the regimental flag include St. Mihiel, Normandy, and the Tet Counteroffensive.

Where is it?



WHAT WE NEED IN THE 39TH IS A CHARACTER, EDDY (MAJ. GEN. MANTON EDDY) SAID. I SENT HIM PADDY FLINT."

- Lt. Gen. Omar Bradley
II Corps Commander



Scan to learn more about special designations.

Grant

Continued from Page 2

book page at 7 p.m.

There is nothing quite like school author visits to get kids reading, writing, and understanding the creative process. The school will use funds to showcase a local author in events where students will learn the "inside stories" and "ideas" behind books. The aim is to help students identify with the struggles and joys of the writing and publication process directly from the author.

"An essential part of reading is for children to feel represented in literature and allow students to understand the power of their own diverse story," Horah said.

Kepler added that "C. C. Pinckney Elementary School constantly seeks out effective, and successful ways to educate students and help them grow as readers, writers, and culturally aware citizens."

Pinckney will also celebrate the school's diverse student population by showcasing student writings during an "Author's Tea" event. Families and community members will be invited to the "Author's Tea," event in which student writing will be shared aloud. The event will take place in classrooms and will include light refreshments.

Finally, the school will celebrate readers and families who read together through their annual Reading Prize Patrol event. The event is one of two held each year by the school. The other event is a Math Prize Patrol held each fall.

Pinckney is part of the Fort Jackson schools in the DODEA Americas Southeast District. The school serves military-connected students in second to sixth grades.

For more information at the school visit: <https://pinckneyes.dodea.edu/> at <https://www.facebook.com/DoDEAPinckneyES>

Seeing stars: *Kelly promoted to major general*

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Fort Jackson will be seeing more stars in the future as its commanding general pinned on a new shiny set of stars, Feb. 14.

Guests and onlookers filled the foyer, lined the stairs going up to the second floor and craned to see Maj. Gen. Jason E. Kelly promoted during a ceremony held in the post headquarters foyer. His parents and others also watched the ceremony live online.

Gen. Gary M. Brito, commanding general of the Army Training and Doctrine Command, and Kelly's wife Stephanie, replaced the single stars on his shoulders with two.

The ceremony was the culmination of a life lived to motivate others to succeed.

Brito has known Kelly for some time, even before he took command of TRADOC in September 2020.

Kelly is disciplined and displayed professionalism, Brito said, and "an expert at his job, not just being an engineer."

Kelly was commissioned as an Army Engineer upon his graduation from the U.S. Military Academy at West Point, New York in 1994. He was commanding general of U.S. Army Corps of Engineers, South Atlantic Division prior to becoming the Army Training Center and Fort Jackson commander.

He is "an expert at his job and doing what's right for the U.S. Army," Brito added.

Brito commended Kelly for his service during the ceremony.

"Thank you for all you have giv-

en the Army all the way up to your current position and in this current position. I am personally very fortunate to be blessed right know to be the commander of TRADOC because of leaders like yourself, and those you infuse to do the right things for our Army."

He also praised Kelly for the difference he is making for the Army not only for what he has done "for the Future Soldier Prep Course, but

what this training center does for the U.S. Army."

"I think you have a bright future," Brito said.

Kelly also took the commissioning oath unfurled his

new two-star flag and spoke briefly. Every general officer in the U.S. military has a flag with their rank used to signify the officer's presence in a building or at an event.

"In my home, and on my block, I was taught to share, to inspire and grow and encouraged to serve," Kelly said after being promoted to two-star general and unfurling the flag that goes along with that rank.

He said he was taught "spiritual disciplines, fearlessness, thirst for action and a desire to move to the front."

"Having two stars adorn my uniform is yet a manifestation of that teaching," Kelly said. The belief he could make a positive difference charged his "desire to do more than my share in my quest to live a values-based life of service."

Kelly kept his remarks brief as "almost 1,000 new American Soldiers" were waiting for him and Brito to get to Hilton Field for their Basic Combat Training graduation.

I THINK YOU HAVE A BRIGHT FUTURE ...

- Gen. Gary M. Brito
Commanding General
Army Training and Doctrine
Command



Gen. Gary M. Brito, commanding general, Army Training and Doctrine Command, and Stephanie Kelly, pin two stars onto the shoulders of her husband, Maj. Gen. Jason E. Kelly, Fort Jackson commander, during his promotion ceremony, Feb. 14 in the post headquarters.



Gen. Gary M. Brito, commanding general, Army Training and Doctrine Command, speaks to then Brig. Gen. Jason E. Kelly, Fort Jackson commander, moments before promoting Kelly to major general. The ceremony was held Feb. 14 in the post headquarters.



Gen. Gary M. Brito, commanding general, Army Training and Doctrine Command, administers the commissioning oath to Maj. Gen. Jason E. Kelly, Fort Jackson commander, moments after pinning two-star rank on him. The ceremony was streamed live.

Jackson academy play key role in H2F

By JONATHAN DAHMS

Center for Initial Military Training

As the Army continues to implement Holistic Health and Fitness across the force, the Army identified a need to provide resources at the company-level versed in all five domains of the H2F system.

To meet this need, in September 2023 the Army rebranded the U.S. Army Physical Fitness School as the U.S. Army Holistic Health and Fitness Academy (H2F Academy) and revamped the Master Fitness Trainer course to the H2F Integrator course that provides students a baseline in all physical and non-physical domains of H2F.

"I think the biggest thing that the Academy does in terms of supporting the implementation of Holistic Health and Fitness across the Army is creating a group of subject matter experts in H2F that can force multiply after they leave the schoolhouse and return to their units to help improve or enhance the programs that those units are doing," said Lt. Col. Benjamin Bower, the H2F Academy Director. "Holistic Health and Fitness is becoming embedded in our culture, and so we're able to provide subject matter experts back to the Army to help enhance H2F at the unit level, wherever they are in the process of fully implementing the H2F system."

Historically, Master Fitness Trainers have been trained to assist commanders in developing physical readiness training (PRT) programs to improve their unit's operational readiness and minimize injuries. While H2F Integrators being trained at the Academy will still learn how to effectively conduct and build PRT plans for their units, they will also receive training in the non-physical domains of H2F.

"One of the most important things the Academy does in helping the Army implement H2F is educating Soldiers that fitness is not just physical fitness and not just your PT score. That narrow focus can be counterproductive," said Emily Broda, Deputy Director for the H2F Academy. "Fitness is so much more than that and H2F requires that we look at the readiness and interconnectness of all five domains—physical, mental, nutritional, spiritual and sleep."

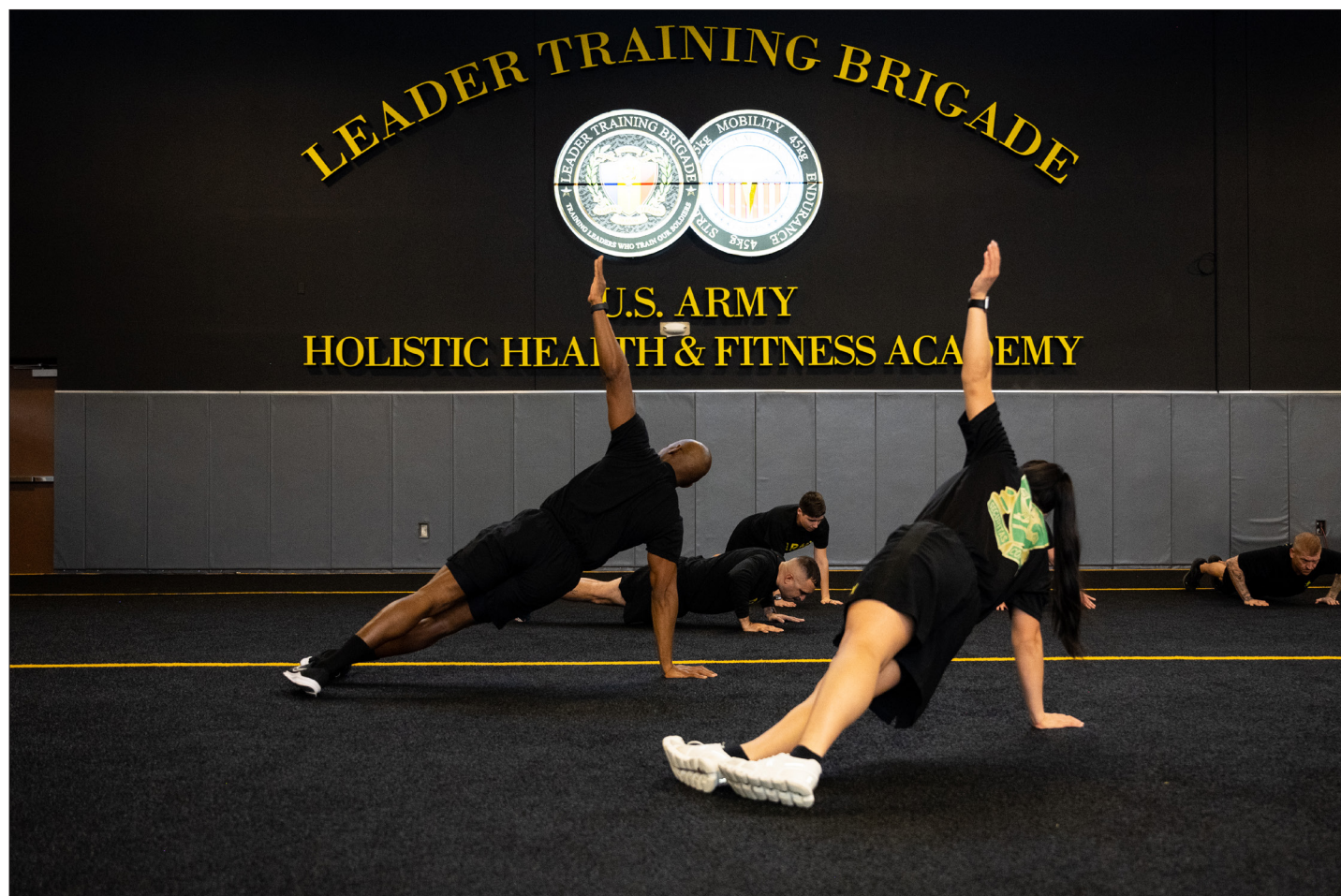


Photo by AMBRE STEWART

Students attending the Army's Holistic Health and Fitness Academy undergo a holistic assessment on the first day of training to become H2F Integrators back at their units. They will serve as subject matter experts to help enhance H2F at the unit level to help fully implement the Army's H2F system.

H2F Integrators will be able assist personnel at the unit level across all H2F domains and direct them to resources as needed based on individual assessments.

"I think the H2F program has changed the culture in a sense that we recognize that soldiers are people and that we can't just operate as robots, so it takes into consideration things like nutrition, sleep and mental readiness, things that we may not have paid so much attention to in the past," said Staff Sgt. Orellana Porfirio, who attended the H2F Integrator course in January and is assigned to the Landstuhl Regional Medical Center in Germany. "My role will be to run the H2F program at our unit and help soldiers that do struggle with overall fitness or nutrition

to get back into AR 600-9 standards."

As part of the training at the Academy, cadre show the connection between the exercises students are learning and how they translate to common warrior tasks and battle drills.

"I'd say it's very necessary to make that connection. Obviously, each unit is going to have different needs for fitness and what warrior tasks and battle drills they might be expected to perform," said Sgt. Ryan Kirk-Connell, a member of the 282nd Army Band at Fort Jackson who also went through the H2F Integrator course in January. "As we understand our exercises and how they might relate to different warrior tasks and battle drills, that will help us to program

once we get back to our units and keep everything relevant and focused, and really understanding the 'why' behind what we're asking our Soldiers to do."

While the Army is resourcing units with H2F Performance Teams that have civilian and contracted human performance expertise, H2F Integrators help fill the gaps with units that do not have a performance team or to be the company-level leader to coordinate with other resources.

"H2F Integrators know how to complement physical programming with foundational mental, spiritual, nutritional, and sleep domain content," Bower said. "For

SALUTING THIS BCT CYCLE'S HONOREES 1st Battalion, 13th Infantry Regiment

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Sloane Kanat

SOLDIER OF THE CYCLE
Pvt. Delaney Klamrowski

BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Scott Mayott

SOLDIER OF THE CYCLE
Pvt. Melody Benton

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Dalycs Farr

SOLDIER OF THE CYCLE
Spc. Emory Freeman Jr.

DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Kevin Andrani

SOLDIER OF THE CYCLE
Pfc. Destiny Brooks

ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Jamavius Curry

SOLDIER OF THE CYCLE
Pvt. Mekhi Stewart



STAFF SGT. RHADLIE JAMES

**DRILL SERGEANT
OF THE CYCLE**



Photo by NATHAN CLINEBELLE

Full Circle

Retired Sgt. 1st Class Jessica Zurenko, who retired Feb. 1, poses with her sister Pfc. Janie Patterson, who graduated the same day of Zurenko's retirement. Patterson was at Zurenko's basic training graduation 20 years earlier.

'The Weigh It Is' with Pam Long

Everyone knows they need to drink more water but augh ... it's water. People struggle with that tasteless liquid no matter how important it is. Your doctor tells you to drink more water. Your health coach encourages you to drink more water, but the value of water does not make it more appealing or tasty. The bottom line is people struggle with drinking more water because of the taste ... or lack thereof. I remember once I was babysitting my grandson and he asked me a question that I will never forget; "Why does water have no flavor?" All I could do initially was laugh; it was so cute and funny, but at the end of the day ... it was a legitimate question. One approach to dealing with better water intake for some has been to add lemon, lime, or fresh fruit to change the taste. Trying to do whatever it takes to change the taste of water.

But there are many benefits from drinking plain old water. How can you find a way to drink something you know you should drink? Maybe it is time for you to build a relationship with water. Since it is flavorless, it won't be easy, but after learning a bit



Long

in many ways. Drinking water supports our cells and internal organs. It is the single most important nutrient and is involved in every function of our bodies. Water is alive with energy and does so much more than just support weight loss.

Have you ever felt tired or fatigued and then had a drink of water and instantly felt revived? It is refreshing and quenches your thirst like nothing else. Think of water as a precious mineral that fuels and sustains our lives. Some manufacturers try to manipu-

late water. They change it and add sugar and other additives so you will buy it and drink it; but it is no longer healthy; it's just a liquid that tastes good. Along with taste, comes unwanted calories and less energy (unless you continue to drink this liquid candy). Many people drink sodas, juice and other sugary beverages and their thirst is never quenched. That is because nothing can take the place of water. The list below offers a few reasons why you might want to develop the habit and drink more water.

If you are trying to live a healthier life-style, not getting enough water limits your progress

late water. They change it and add sugar and other additives so you will buy it and drink it; but it is no longer healthy; it's just a liquid that tastes good. Along with taste, comes unwanted calories and less energy (unless you continue to drink this liquid candy). Many people drink sodas, juice and other sugary beverages and their thirst is never quenched. That is because nothing can take the place of water. The list below offers a few reasons why you might want to develop the habit and drink more water.

Drinking water helps the body function.

Males are made up of about 65% water and females about 55%. Daily we lose roughly two quarts (eight glasses) of water through things like perspiration, urination and just breathing. So, if we are not drinking enough water, our vital organs cannot function to their fullest potential. This means that the water designated to keep those vital organs operating should not be compromised due to lack of water loss daily from typical body functions. We must add additional water daily because our body's

functioning depends on it. Without water, we internally begin to shut down.

Water is a fountain of youth.

Yep, that is right, good old water is an anti-aging serum. Drinking water makes your skin smoother, more radiant, clearer, and cleaner. All these things make the skin look younger. We all know what aging skin looks like; dull, spotty, no glow at all. Save some of the money you spend on countless facial products and invest in drinking more water. Water replenishes the skin and when our bodies are watered regularly it glows.

Water is a precious mineral.

Water is the lubricant our brain, heart, lungs, liver, and kidneys all depend on for optimal function; water, not soda pop or coffee ... water. Joint pain symptoms and arthritis both refer to worn out cartilage, which is made up of 80% water. When you do not water yourself, your joints pay the price. Creaking, cracking, and popping can be somewhat remedied by simply drinking more water daily. Water is even in the disks

Events

Continued from Page 4

USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training “Meals in Minutes & Your Budget” class. 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.

MARCH 7 Social Intelligence

9:30-10:30 a.m., MS Teams. The USAG Workforce Development Program and the Employee Assistance Program are partnering to offer the Leader/Workforce Development Training “Social Intelligence.” The training will help us navigate better experiences in our social environment. Whether we’re at home or at work, knowing how to be more aware of ourselves and our surroundings can help us make the best out of any social situation.

MARCH 14

Community Information Exchange
11:30 to 1 p.m., 1917 Club. Join Maj. Gen. Jason E. Kelly, Fort Jackson commander, and Col. Timothy Hickman, garrison commander, for a community information exchange where you will hear about Fort Jackson events.

Financial Retirement Planning

9-10 a.m., MS Teams. The USAG Civilian Workforce and Fort Moore Workforce Development Program are partnering to offer “Financial Retirement Planning.” 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. We’ll discuss strategies and resources to help you fine-tune or establish your retirement plan.understand, control and stay on top of your credit and debt.money - create a spending plan that lets you pay your living expenses now while saving for tomorrow.

Voter Assistance Officer Workshop

9-11 a.m., Soldier Support Institute Auditorium. This training is mandatory for all levels of Senior Voting Assistance Officers and Unit Voting Assistance Officers.

Weigh

Continued from Page 9

in our spine. Lots of aches and pains can ease up from just drinking a little H2O.

How water works with weight loss

Try drinking water before your regular meals and see how it helps you cut down on the amount of food you eat. It really works as an effective appetite suppressant. Water carries oxygen and nutrients to our body parts and offers a portal for removal of toxins and waste. This enhances weight loss.

Other beverages such as tea, coffee, sodas, and juices should not be considered as a substitute for water. Sodas and juices are too sweet and when you drink them the body must dilute them first, which produces dehydration. Coffee and tea have caffeine in them, causing a stimulant in the body.

Granted, many people drink coffee and tea; so, let me go on record that I am not here to criticize other beverages ... I

am here to talk about water.

Finally, how much water?

Eight glasses of water are recommended daily. The goal is to replenish the eight glasses we lose daily; just to maintain proper body temperature and function. Drink more water and increase your body’s productivity. We have all noticed people carrying around water and doing their due diligence to get it down.

If you struggle with getting those eight glasses daily, allow your food choices to help you as well. Increase your vegetables and fruit intake. These items are typically high in water content. Follow these tips and insights and before you know it you have developed the taste for water.

Pam’s thought for the week: “Water ... to your health.”

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. Our program is only \$15 monthly membership for access to our in-person and on-line platforms.

DID YOU KNOW: Every flight of stairs having four or more steps/risers shall be equipped with standard railings or guards to aid with support. Contact your unit safety officer for more information.

WORSHIP SCHEDULE

FAITH GROUP
CATHOLIC MASS
CATHOLIC MASS
GOSPEL SERVICE
GENERAL PROTESTANT
REVIVE SERVICE
HEATHEN/PAGAN

DAY
SUNDAY
MON-FRI
SUNDAY
SUNDAY
SUNDAY
EVERY 2ND AND 4TH SATURDAY

TIME
9:30-10:30 A.M.
NOON
10:30 A.M.
11 A.M. TO NOON
5 P.M.
NOON TO 2 P.M.

PLACE
MAIN POST CHAPEL
MAIN POST CHAPEL
KINGS MOUNTAIN CHAPEL
MAIN POST CHAPEL
MAIN POST CHAPEL
CENTURY DIVISION CHAPEL

INITIAL ENTRY TRAINING
CATHOLIC MASS
PROTESTANT CONSOLIDATED SERVICE
CHURCH OF CHRIST
HISPANIC PROTESTANT SERVICE
ISLAMIC SERVICE
JEWISH SERVICE
THE CHURCH OF JESUS CHRIST OF
LATTER DAY SAINTS
HEATHEN/PAGAN

DAY
SUNDAY
SUNDAY
SUNDAY
SUNDAY
SUNDAY
SUNDAY
SUNDAY
SUNDAY

TIME
8-9 A.M.
9:30-10:30 A.M.
10:30-11:30 A.M.
8:30-10 A.M.
8-9 A.M.
10:15-11:30 A.M.
10:30 A.M. - NOON
8:30-9:30 A.M.

PLACE
SOLOMON CENTER
SOLOMON CENTER
CENTURY DIVISION CHAPEL
POST THEATER
KINGS MOUNTAIN CHAPEL
LIGHTNING CHAPEL
WASHINGTON ROAD CHAPEL
CENTURY DIVISION CHAPEL

Commentary: Drill sergeant exchange highlights shared experiences

By **LT. COL. JONATHAN S. BAKER**
4th Battalion, 39th Infantry Regiment

Marine Corps Drill Instructors from Parris Island Marine Corps Recruit Depot observed Structured and Disciplined Pick-up at Fort Jackson, Jan. 22

During the day's training, the drill instructors observed companies A, B and D, 4th Battalion, 39th Infantry Regiment.

The events served as the backdrop for dialogue between Company-level leaders on both sides, who took advantage of the opportunity to better understand Initial Entry Training through the eyes of a sister service.

The contingent of Marines, led by Marine Capt. Dylan Krueger, provided insights into the challenges that the cadre face at Parris Island.

Unsurprisingly, many of the challenges that Army drill sergeants face with new recruits are like those shared by their Marine Corps peers. Although the Marines pride themselves on recruiting, they expressed similar concerns regarding the increasingly sedentary lifestyle of young Americans. Recruits have a steep adjustment to rigorous military life at Parris Island, and there is not a Future Soldier Prep Course-like opportunity for those who need more help. Instead, the Marines believe the actual recruit training program of instruction evolved. The initial physical fitness test changed to just an assessment, with the first for-record fitness test occurring more than a month into training. Conversely, the FSPC enabled the Army to remain unwavering in its training protocol — much to the appreciation of the Army drill sergeants.

A second and related concern expressed by the Marine DIs was the amount of training time that recruits lose when requiring



Courtesy photo

Sgt. 1st Class Michael Musgrove, senior drill sergeant with Company A, 4th Battalion, 39th Infantry Regiment, provides instruction as Marine Corps drill instructors watch.

medical care.

Marine Recruits who visit sick call are typically out of training for most of the day. Additionally, medical support is provided by the Navy and relies heavily on contracted providers. Communication and tracking of recruits in the medical system can be a challenge.

With the reliance on off-post providers, Fort Jackson drills sergeants understand the challenge. The battalion headquarters makes significant effort to track trainees as they visit sick call or are evacuated from field training — either scenario can result in a trainee going to an Columbia, South Carolina medical facility. Communications with Moncrief Army Health Clinic are essential and can provide a model for other services who similarly rely on outside medical sup-

port.

Regarding the training itself—the Marines were impressed with the intensity of the SDP event.

Krueger noted how the organized and well-rehearsed event provided a challenging, stressful, yet controlled event for the trainees. The battle drill-like division of labor among the drill sergeants during a SDP provides a consistent event—relying on teamwork for establishing a stressful atmosphere and not any one cadre-to-trainee personal interaction.

Krueger and the drill instructors imagined how a similar event at Parris Island could serve as an effective welcome to recruit training. The less-organized nature of the recruit's first experience can lead to drill instructors focusing on groups of trainees

who garner attention, varying the difficulty of the event between recruits.

Army Capt. Caroline Lorenzini, Company A commander, shared her company's Concept of the Operation for the SDP with the Marines, and discussed their rehearsal procedures, logistical requirements, and other lessons learned.

The visit also provided an opportunity for Army Leaders to share insights on training that is focused on the cadre.

Krueger said he was interested to learn about the Army Training and Doctrine Command and Fort Jackson Company Commander/First Sergeant Courses. He was particularly interested in lessons on the harmful behaviors stand-to exercise, misconduct management, and the role of the command team in Initial Military Training.

Lorenzini provided her Marine counterpart the course map and a selection of the PowerPoint materials for the courses.

The Marines also expressed interest in the measures their Army counterparts use to support cadre behavioral health. Battalion-level emphasis on Suicide Prevention and Resiliency are part of prepare-to-train weeks prior to SDP. These opportunities serve as an effective pause when enabled by subject matter experts from the Army Wellness Center and Behavioral Health. This is more challenging to program for the Marines, who perform class pick-up at the company level.

Ultimately, both the drill sergeants and the drill instructors were left with an appreciation for the similar challenges that each face. The discussions were a bit reassuring to the young leaders — showing that their struggles are shared by others in similar circumstances. The similarities also present opportunities, as the Fort Jackson would be well-served by continuing to dialogue.

H2F

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H2F non-resourced units, they will serve as the liaison between the unit and physical and non-physical domain resources found on the installation or in the community for personnel at remote locations. For instance, they can work with chaplains to bolster spiritual domain content, or

coordinate with the Armed Forces Wellness Center, Military and Family Morale, Welfare, and Recreation teams, Army Community Services, Military Treatment Facility Registered Dietitians, and Occupational Therapists to enhance programming in the nutritional, mental, and sleep domains.”

Having NCOs serving as H2F-Integrators in their unit's footprint allows commanders to start moving out without waiting for their contractors or civilians to arrive. To match the demand signal from operational units, the H2F Acade-

my is reinvigorating their Mobile Training Teams to go out to units, train, and certify them with the new ASI. If units are embedded with H2F Performance Teams, the Mobile Training Team will also certify their Performance Teams and credential them to also begin training and certifying Soldiers to earn their H2F Integrator ASI.

Bower said the Academy is currently looking to create an H2F SQI that would train H2F Advisors at the battalion and brigade level to coordinate H2F efforts at echelon for both H2F resourced and H2F non-resourced units.

VICTORY... STARTS



A shooter fires on a target during the Post Command Sergeant Major 2nd Friday Trap Shoot held at Aachen Range, Feb. 9. The event is held the second friday of each month.

Photo by ROBERT TIMMONS