

THURSDAY, MAY 23, 2024

THE FORT JACKSON LEADER

WEEKLY PUBLICATION

POST HOLDS THREE-DAY CELEBRATION

'FORE' RETIREES



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Army service pays off for new Soldiers

By JONATHAN AUSTIN
Army News Service

A recent high school graduate may ask, "If I enlist in the Army, what's in it for me?"

The answers are wide-ranging yet simple: you get good pay and benefits, professional advanced training, the chance to travel, an opportunity to build strength and character, and be part of something greater than you might have thought possible.

A single, 18-year-old enlisted service member at the starting pay grade E-1 with less than four months of service — receives, on average, a starting annual regular military compensation package of roughly \$43,500 in basic pay, allowance for housing, allowance for subsistence and federal tax advantages, and more, according to analysis by senior officials who specialize in Army compensation and entitlements.

Over the course of the first three years, that Soldier's annual regular compensation (pay grade E-4 with three years of service) will grow by over \$13,000 to \$56,700, said Dr. Robert Steinrauf, head of Plans and Resource Directorate, Deputy Chief of Staff for Personnel, or G-1.

When the Soldier reaches the rank of sergeant (pay grade E-5 with four years of service) and assumes leadership responsibilities, compensation increases to over \$66,100 per year, Steinrauf said.

Service in the Army also gives a young person the opportunity to fulfill their passion, to become mentally stronger than they've likely ever been, and to have experiences unlike those available with most employers in the civilian world.

For recent high school graduates, the Army compensation is often much greater than is available in the private sector, says James D. Riley, chief of the Army Compensation and Entitlements Division.

The benefits for Soldiers are wide-ranging, to include career guidance, health care, paid time off, retirement benefits, Thrift Savings Plan, education assistance, subsidized



Photo by NATHAN CLINEBELLE

A Soldier receives her Army patch during the Soldier Induction Ceremony, May 16 at Hilton Field. The many benefits to enlisting in the Army include pay, savings, education and health care.

child care, tax deductions, parental leave and maternity care, family planning, VA home loans, hotel and lodging, travel assistance, and TSA PreCheck.

"Enlisting in the Army gives you immediate income and training, and a military career helps you build a solid financial foundation," Steinrauf said.

ON THE COVER

A golfer hits a short putt on Hole 1 of the Wildcat Course at the Fort Jackson Golf Club, May 17, 2024 during the Retiree Appreciation Day Golf Tournament.



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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Joining the ... ***Backbone of the Army***

By Nathan Clinebelle

Fort Jackson inducted six Soldiers into the Noncommissioned Officer Corps, May 17.

As they recited the NCO Creed, these newest additions to the 'backbone of the Army,' committed themselves to being leaders of integrity who prioritize accomplishment of their mission and the welfare of their Soldiers.



Community Updates

ANNOUNCEMENTS

249th Army Birthday Ball

Tickets are on sale for the 249th Army Birthday Ball. The event begins at 5 p.m., June 8 at the 1917 Club. 5700 Liberty Division Road, Fort Jackson, S.C. 29207. Tickets can be purchased by visiting: [Eventbrite website eventbrite.com/e/fort-jackson-palmetto-chapter-249th-army-and-fort-jackson-ball-2024-tickets-880255105717](https://www.eventbrite.com/e/fort-jackson-palmetto-chapter-249th-army-and-fort-jackson-ball-2024-tickets-880255105717).

Road Name Changes

Fort Jackson has renamed numerous roads and streets on post that were named after Confederate leaders, battles and units. This is part of efforts to rename Department of Defense installations, streets, buildings and ships that featured names commemorating the Confederacy. These name changes, effective Jan. 1, have already been made by the U.S. Postal Service. To learn which road names have changed, scan the QR code or visit home.army.mil/jackson/about/fort-jackson-road-renaming. See Page 5 to learn more about the road renaming process.



COMMUNITY EVENTS

TODAY

Memorial Day Murph Challenge

6-8 a.m., Darby Field. The Army Training Center and Fort Jackson holds a Memorial Day Physical Fitness Event (Murph Challenge) to reflect upon and honor those who served. The event consists of a one-mile run, 100 pull-ups, 200 push ups, 300 squats and another one-mile run. Drivers are cautioned to be aware of road closures and detours.

Heroes for Harmony

8 a.m. to 5 p.m., 1917 Club. Heroes for Harmony is a collaborative effort to educate the Fort Jackson community about domestic violence and to bridge the gap between Fort Jackson and our community partners. The speakers include representatives from the City of Columbia Police Department, 5th Circuit Solicitor's Office, Staff Judge Advocate Office, Army Community Service and more. For more information, call (803) 751-5256.

MAY 25

Palmetto Falls Opening Day

11 a.m. to 6 p.m., Palmetto Falls. The Palmetto Falls Water Park opens for the season.

MAY 30

Wine & Yoga

5:30-8:30 p.m., Weston Lake Community House. Cost is \$15 advance or \$20 at the door. Join us for Wine & Yoga; an event that pairs sipping wine while practicing basic yoga poses to promote deeper relaxation, flexibility and fun. To register or for more information, call (803) 751-3700.

Powerlifting Clinic

6-7 p.m., Vanguard Gym. Learn proper powerlifting technique for the bench press, deadlift, and squat from certified instructors. For more information, contact Vanguard Gym at (803) 751-4526.

MAY 31

Salsa Night

7-9 p.m., Down Range Bar. Come enjoy a fun night of salsa dancing at the Down Range Bar located behind the 1917 Club.

JUNE 1

Weston Lake Beach Opening Day

Noon to 5 p.m., Weston Lake. The Directorate of Family and Morale, Welfare and Recreation celebrates the beach opening event. The free event will have

live music, paddle boats, paddle boards bounce houses, free hot dogs and drinks (while supplies last), game and beach access. For more information, contact Weston Lake at (803) 751-5253.

JUNE 4

Meals in Minutes & Your Budget

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

JUNE 4

Shred Day

9 a.m. to 2 p.m., 5671 Liberty Division Road. Come and drop off your papers to be shredded. No classified documents will be accepted.

JUNE 6

Early Career Development Overview

9 a.m. to noon, MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center - Civilian discuss retirement benefits

JUNE 7

Relinquishment of Command

8 a.m., SSI Auditorium. Col. Michelle Williams will relinquish command of the Finance & Comptroller School during a ceremony.

JUNE 11

Money & Mindsets

8:30-11:30 a.m., 9810 Liberty Division Road, Rm. 119. The USAG Civilian Workforce Development Program and

Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FRIDAY, MAY 24

■ The Garfield Movie (PG) 6 p.m.

SATURDAY, MAY 25

■ The Garfield Movie (PG) 2 p.m.

WEDNESDAY, MAY 29

■ The Garfield Movie (PG) 2 p.m.

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

the Army Community Service Financial Readiness Program class will dive into an individual's mindset regarding managing money, effective self-talk, and goal setting. This is a great opportunity to learn about self-motivation, setting and achieving goals that will help you improve the management of your personal finances and achieving financial goals.

Healthy Retirement Packet

Noon to 3 p.m., MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center - Civilian are partnering to offer the Leader/Workforce Development Training "Healthy Retirement Briefing."

JUNE 14

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 751-6739.

COWPENS STREET (FORMERLY DANIEL CIRCLE)



By **FIELDING FREED**
Basic Combat Training Museum

The majority of battles and skirmishes during the Revolutionary War were fought in three states: New York, New Jersey, and South Carolina. More than 200 separate clashes occurred in each. One of the goals of the street Renaming Committee was to increase the number of roads named after Revolutionary War battles fought in South Carolina in recognition of the state's important role in gaining our nation's independence.

The Battle of Cowpens, fought on Jan. 11, 1781, was a resounding Patriot victory. The battle site, near the town of Chesnee in Cherokee County, takes its name from the historic use of the area as pastureland and pens for cattle. The grazing cattle left the fields clear of undergrowth and trees making it ideal for cavalry troops to maneuver which would prove a decisive terrain feature.

The battle pitted Patriot forces under the command of Continental Army Brig. Gen. Daniel Morgan against the British led by Lt. Col. Banastre Tarleton. Morgan was a seasoned veteran of the French and Indian War, during which he served as a wagoner transporting supplies and later in a company of rangers. Among his many adventures, Morgan survived a ghastly wound during

Fort Jackson has renamed numerous roads and streets on post that were named after Confederate leaders, battles and units. This effort is part of the efforts to rename Department of Defense installations, streets, buildings and ships that featured names commemorating the Confederacy. But do you know the significance of the new names?



Photo courtesy South Carolina State House

The dramatic conclusion to the Battle of Cowpens was a saber duel on horseback between Tarleton (center) and Lt. Col. William Washington (second from right), here painted by American artist William Ranney in 1845. Washington's life was saved by the pistol shot of one of his aides (left) whose identity remains unknown.

an ambush by the French when he was shot by a musket ball that entered the back of his neck and exited through his left jaw taking half of his teeth with it.

Despite his relative youth of 26 years, by the time of the battle Tarleton had earned a reputation as an aggressive commander with several victories to his credit. The previous May at the Battle of Waxhaws, Tarleton reportedly lost control of his troops who then allegedly killed Patriot soldiers attempting to surrender. While the truth of the claim is still debated, the immediate result in 1780 was to instill a desire for re-

venge and the rallying cry "Remember the Waxhaws!"

The opportunity for that revenge presented itself when Morgan capitalized on both terrain and Tarleton's temperament. Morgan's experienced eye knew that the wide-open space of the cow pens was ideal to make his stand. His plan of defense centered squarely on Tarleton's personality. In hot pursuit of Morgan's forces, Tarleton pressed an attack without consideration of terrain and the exhaustion of his own men.

According to the American Battlefield Trust, "Utilizing knowledge of his enemy's aggressive and impulsive behavior, Morgan lured Tarleton into a trap with a fake retreat. Tarleton charged, only to be surprised when Morgan's infantry turned to fire and a hidden cavalry force joined the conflict." What followed was the only known case of

BOYS, SQUINNEY (SQUINT) WELL, AND DON'T TOUCH A TRIGGER UNTIL YOU SEE THE WHITES OF THEIR EYES. ...

- Brig. Gen. Daniel Morgan
Continental Army



Scan to learn more about the Battle of Cowpens

See **COWPENS:** Page 10

Report: Sexual assault declines across services

By **JOSEPH CLARK**
DOD News

The prevalence of sexual assault in the active-duty force declined compared with levels last measured in 2021, marking the first decrease in nearly a decade.

The figures, released May 16 as part of the Fiscal Year 2023 Annual Report on Sexual Assault in the Military, reflect significant progress on reducing unwanted sexual contact amid a series of Defense Department reforms aimed at tackling the issue.

Rates of unwanted sexual contact affecting active-component women decreased from 8.4% to 6.8% between 2021 and 2023. Rates of unwanted sexual contact affecting active-component men appeared to also decrease from 1.5% to 1.3% but the change was not statistically significant.

In total, nearly 7,000 fewer service members experienced sexual assault in 2023 than in 2021, according to DOD estimates.

"That is 7,000 people that will not have to deal with the scourge of this crime," said Beth Foster, executive director of the Office of Force Resiliency for the Undersecretary of Defense for Personnel and Readiness.

Foster credited Secretary of Defense Lloyd J. Austin III with the departmentwide focus on preventing sexual assault under which she said is beginning to move the trend in the right direction.

"The department's leadership has made this a top priority issue and has been deeply committed to this work," she said. "And that work is starting to bend the curve."

See **ASSAULT:** Page 11



Photo by ROBERT TIMMONS

Joe Lowder tees off on Hole 1 of the Wildcat Course at the Fort Jackson Golf Club during the Retiree Appreciation Golf Tournament, May 17, 2024.



Photo by NATHAN CLINEBELLE

A dentist examines the teeth of a retiree during the Retiree Appreciation Days Health Exposition, May 18. Retirees were able to meet with health and finance related groups as part of Fort Jackson's celebration of their service.



Photo by ROBERT TIMMONS

Col. Timothy R. Hickman, garrison commander, answers questions from retirees during a breakfast held at the 1917 Club. Hickman thanked the retirees for their 'commitment as ambassadors to the Fort Jackson community.'

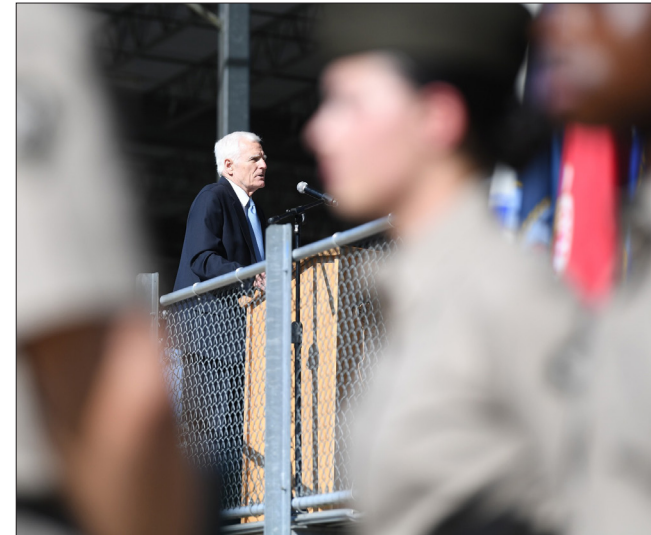


Photo by NATHAN CLINEBELLE

Retired Marine Lt. Col. Charlie Farrel, keynote speaker at the 1st Battalion, 13th Infantry Regiment graduation ceremony, speaks about how retirees affect the services. He said they have been to places 'that you and I would not put on our vacation bucket list.'

Post holds three-day celebration ...

'Fore' retirees

By ROBERT TIMMONS
Fort Jackson Public Affairs

It was a pretty rad three days. No, not 1980s radical, but rather RAD as in the post's Retiree Appreciation Days, May 16-18.

Fort Jackson pulled out all the stops for retirees as it welcomed them for three days of events aimed at recognizing their service and continued support of the post.

"Your service to our nation forged a path and laid a foundation that enables us in uniform to serve with pride as we work to maintain our country's freedom," said Col. Timothy R. Hickman, garrison commander, in a video on the garrison's social media page. "We thank you for your continued commitment as ambassadors to the Fort Jackson community. Our team has worked diligently so that you, our retirees, are heard and your needs are met."

Appreciating retirees also helps Army recruitment by maintaining ambassadors for military service.

"I want this side of the access control point to be accessible by you all," said Maj. Gen. Jason E. Kelly, Fort Jackson commander, during the retiree continental breakfast held at the 1917 Club, May 16. "We need not be a secret – we are still your Army. As a commander here, it's important that we have a relationship with our retirees."

The breakfast was the first stop on the RAD itinerary. Retirees were welcomed to the 1st Battalion, 13th Infantry Regiment's Basic Combat Training graduation later that day and a golf tournament was held in their honor, May 17. On May 18, retirees were invited to a Health and Benefits Expo in the Solomon Center where they could get answers to questions from a plethora of subject matter experts from

THEY ANSWERED THE CALL
AGAIN AND AGAIN ...

- Charlie Farrel
Retired Marine Lt. Col.

the VA to TRICARE. The final day also saw sales at the Exchange and Commissary, as well as bingo and ID card services.

"I want you to be impressed by what you see at graduation," Kelly added. "More importantly, I want you to be impressed by what we're doing here on the fort. This is an impactful place for our Army. We put a division's worth of Soldiers in the Army

this year that otherwise wouldn't be able to serve."

"I think that you all are important in making sure the great American public knows what is offered in" the military services, he said.

The retirees don't just help with what the public knows, but in most cases have been to places most people wouldn't think of.

"Retirees have been places many times that you and I would not put on our vacation bucket lists," said retired Marine Lt. Col. Charlie Farrel during the graduation keynote speech, "but they answered the call again and again."

On May 17, the golf course was flooded by participants in the golf tournament. The turn out for the tourney caused the Fort Jackson Golf Club to use both courses – a first for the RAD.

Shelia A. Jackson, director of the Veteran's Affairs Regional Office spoke at the expo where many retirees like Maxima and Darnell Holmes came to learn about what was offered to them.

They exhorted retirees to attend the next exposition.

"Come and check it out," said Darnell, a retired first sergeant. "Even if you don't have any questions come out and see what is available."

For more information about what is offered on Fort Jackson, visit: home.army.mil/jackson.

Assault

Continued from Page 5

Since taking office, Austin has taken a series of steps to reduce the prevalence of sexual assault throughout the ranks.

In 2021, Austin launched the Independent Review Commission on Sexual Assault in the Military to study the issue and provide recommendations to department leaders on how to reduce instances of unwanted sexual contact.

That same year, the commission made 82 recommendations directed to the department focused on accountability, prevention, climate and culture, and victim care and support. Austin approved those recommendations and directed the department to complete implementation by fiscal year 2030.

This year's report is the department's first assessment of sexual assault prevalence since the implementation of those recommendations began in earnest.

Under Austin's leadership, the department has also undertaken the most significant changes to the Uniformed Code of Military Justice since its creation in 1950, standing up the Offices of Special Trial Counsel within the services to independently prosecute sexual assault and other specified crimes.

The change shifts prosecutorial discretion for 13 serious criminal offenses from unit commanders to independent, specially trained military attorneys. Austin has also driven significant resource investments in eliminating sexual assault, nearly doubling, with Congress' support, the funding for sexual assault prevention efforts in fiscal years 2023 and 2024.

"This investment not only ensures that we're taking care of our service members, but this investment in building healthy climates helps the department recruit and maintain a more ready and resilient force," Foster said.

The decrease in prevalence of sexual assault affecting active-duty women outlined in this year's report is driven by statistically significant decreases in both penetrative and attempted-penetrative unwanted sexual contact.

However, the downward trend in the prevalence of unwanted sexual contact af-



Department of Defense photo

A service member signs a pledge to help end sexual assault and harassment in the services. A recent Department of Defense report indicates the prevalence of sexual assaults has declined across the services.

fecting women was not consistent across all services, according to the report.

The figures show statistically significant decreases in unwanted sexual contact for active-duty women in the Navy and Air Force, as well as those in the National Guard.

There were no statistically significant changes by service for men.

The report also notes statistically significant decreases in unhealthy command climate indicators, which are highly correlated with the decrease in unwanted sexual contact.

The figures show statistically significant decreases in women experiencing sexual harassment, climates tolerant of sexual harassment, gender discrimination and low levels of unit support for intervention between 2021 and 2023.

Men also reported declines in experiences of sexual harassment, a climate of sexual harassment and low levels of unit support for intervention.

Trust in military leadership among both women and men also increased between 2021 and 2023, though trust remains lower among women than men.

The department also released figures on reports of sexual assault at the military service academies, indicating that the total number of reports of sexual harassment and sexual assault decreased during the 2022-2023 academic program year.

While reported incidents at the academies decreased, the figures do not include estimated prevalence survey data, which will be released next year in accordance with the standard timeline mandated by Congress.

Defense leaders said that while they are encouraged by the report, there is still more work to do to eliminate sexual assault across the department.

"Last week, I convened the deputy secretary, the chairman of the Joint Chiefs of Staff, the service secretaries, and the service chiefs to discuss this report's findings," Austin said in a statement accompanying the release of the report. "I made clear that we're making significant progress, but we must double down on our efforts to end sexual assault and sexual harassment. This remains a key readiness issue across the joint force."

"The only acceptable number of instances of sexual assault or sexual harassment in the U.S. military is zero," he said. "We owe it to all our service members to get this right."

'The Weigh It Is' with Pam Long

No one denies the power, of protein especially when it comes to weight loss. Protein forward diets are popular and will probably always be popular, but without realizing competition was on the scene, plants as a source of protein continue to rise in popularity.

More and more people are eating more protein from plant sources these days. That is partly due to discovering and learning that plants are just as good a source of protein, and that protein also comes with many health benefits.

Protein from animals or plants breaks down the same way and turns into amino acids (nutrients which is what we truly need from protein), so it does not re-



Long

ally matter where the protein comes from. Your daily intake of protein is the same regardless of whether it's from plants or animals. The main difference is that plant-based proteins are connected to increased long life and a decrease in morbidity because of the nutrients that are associated with plant-based foods.

Protein is a major part of our overall healthy diet. Protein is connected to almost every bodily function, including hormone production, muscle building, blood clotting, and cell repair. No question about it, we need protein. It is important and vital to our bodies' ability to operate properly.

As we learned in last week's article, knowing how many calories

you need to live or how many you need to burn for weight loss, applies to protein as well. You need to know how much you truly need. It's not necessary to over-eat protein, but people do it all the time. That does not mean you reach your goal any faster. Eating the right amount of protein for your goals is key to lasting results. You are in search of a balance between all three macronutrients along with physical activity. Once you find your numbers, you can truly lose weight and keep it off. Multiply your weight into pounds by 0.36 to determine how many grams of protein you need daily based on your current weight. You can use this as a guideline or benchmark. Based on your wellness goals, you can increase or decrease your calorie requirements for effective results.

I found it amazing and thrilling to learn that grams of protein from plants are just as good as animal protein. Eating a healthy,

balanced diet is key. You can achieve that with plants because plants also provide amino acids. Animal protein is a complete protein because it has all the essential amino acids in a complete package. But, if you are not a fan of animal protein, you can get the same results by eating a variety of plant proteins, and it is healthier for you because that wide variety is packed with important nutrients, vitamins and minerals needed for your healthiest body.

When considering plant proteins, remember to include foods like:

- Grains
- Lentils
- Nuts and seeds.
- Beans
- Soy

Health wise, plant-based protein decreases the risk of chronic diseases. By eating fewer animal

See **WEIGH:** Page 11

Celebrating Service

Fort Jackson recognized the career of 1st Sgt. Tito Vazquez, with the Directorate of Plans, Training, Mobilization and Security, and Sgt. 1st Class Neechelle Robinson, 369th Adjutant General Battalion, during the 1st Battalion, 13th Infantry Regiment's Basic Combat Training graduation held May 16 at Hilton Field.

Photo by NATHAN CLINEBELLE



SALUTING THE CIVILIANS OF THE QUARTER

The Army Training Center and Fort Jackson civilians as the second quarter of Fiscal Year 2024 are:



MICHAEL CAMACHO
GS-9 AND ABOVE



MARK SIECINSKI
GS-8 AND BELOW



SELMA WEBBER
WG-06

Events

Continued from Page 4

Dads & Dollars (Fathers Day Edition)
10-11 a.m., 1917 Club. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training “Dads & Dollars (Fathers Day)” class. Join other military dads and an experienced financial counselor in a comfortable setting to converse about financial interests, concerns and/or the things that are important to dads in the military.

JUNE 18
Meals in Minutes & Your Budget
1:30-2:30 p.m., 9810 Liberty Division Road, Rm. 119. The USAG Civilian Workforce Development Program, Army Community Service Financial Readiness Program and Army Wellness Center are partnering to offer the Leader/Workforce Development Series Training “Meals in Minutes & Your Budget” class. This session will teach how to save ca-

lories while also optimizing your budget.

JUNE 22
Offshore Fishing Trip
5 a.m. to 5 p.m., Marion Street Station. Travel to Hilton Head, S.C. with your Outdoor Recreation team and fish three to five miles offshore for black sea bass, mackerel, black drum, red fish, bluefish and maybe even a shark. The boat offers shaded and seated fishing areas, restrooms, and even has snacks and drinks for sale on board. Outdoor Recreation will provide the transportation and coolers for you to transport your catch back home. Cost covers transportation, license, bait, tackle, and trip. Pre-registration required at Marion Street Station. Trip costs \$90 per person. For more information, call (803) 751-3484.

Juneteenth 5K and one-miler
8-10 a.m., Palmetto Falls Water Park. The entire Fort Jackson community is invited to attend and participate in this event. Pre-registration is available at (803) 751-3700 until June 20. T-shirts are available and on sale the day of the event. After the run/walk, participants are provided light refreshments and

food trucks will be onsite. For more information, call (803) 751-3700.

JUNE 23
Strongman/Strongwoman
5 p.m. Vanguard Gym. Fort Jackson Sports and Fitness presents the Strongman/Woman Competition. Participants must register and weigh-in by June 11 at any gym to be eligible to compete. Call (803) 751-5839 for more information.

JUNE 27
1,000 lbs. Competition
5:30 p.m., Vanguard Gym. Test your strength in the back squat, bench press, and deadlift and earn a coveted t-shirt by lifting a total of 500 or 1,000 lbs. Registration can be done at any gym, or by calling (803) 751-3700.

JULY 4
Independence Day Celebration
4-9 p.m., Hilton Field. Come join Fort Jackson for the Fourth of July celebration and music festival. Gate open at 4 p.m.. There will be kiddie rides, food trucks, local vendors and entertainment for the whole family. The event is open to the public.

Roads

Continued from Page 5

a double-envelopment, or pincer movement, where both flanks were successfully attacked by Patriot forces during the war.

The result for the British was nothing short of catastrophic. Of the 1,150 British soldiers force, 110 were killed, 229 wounded, and 529 missing or captured. For the Patriot force of 1,065 men, only 25 were killed, 124 wounded, and none missing or captured.

Both Morgan and Tarleton would live to fight another day, but the Patriots’ win of this battle on an otherwise insignificant cattle grazing field in South Carolina proved to be a turning point in the Southern Campaign that helped lead to the eventual defeat of the British at Yorktown.

DID YOU KNOW: Bicycle helmets are required for riding bicycles at Fort Jackson. For more information about safety on post, contact your unit safety officer.

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
HEATHEN/PAGAN	EVERY 2ND AND 4TH SATURDAY	NOON TO 2 P.M.	CENTURY DIVISION CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	CENTURY DIVISION CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	KINGS MOUNTAIN CHAPEL
JEWISH SERVICE	SUNDAY	10:15-11:30 A.M.	LIGHTNING CHAPEL
THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS	SUNDAY	10:30 A.M. - NOON	WASHINGTON ROAD CHAPEL
HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL

Staying safe on Memorial Day

By **KIWANA DAVIS**
Installation Safety Office

Memorial Day is a day of Reflection and Celebration. It is also the official 'kick-off' day of summer. With that comes travel plans, grilling, swimming, and other outdoor activities. Here are some safety tips to keep in mind as you prepare for your long weekend.



Traveling

There will be many people traveling during Memorial Day weekend, so for those of you who will be traveling, ensure you are incorporating safety measures into your long weekend plans. You can do this by pre-planning your route, getting proper rest before driving long stretches, and making sure your vehicle is properly serviced. It's Although Travel Risk Planning System (TRiPS) is no longer a regulatory requirement, it serves as a valuable tool for travel planning. Visit: <https://trips.safety.army.mil/army/>

Grilling

Food is a great way of bringing people together, and while grilling and smoking can produce delicious meals, they have a potential for being dangerous. It's important to remember to only use grills outside, and to never leave your grill unattended. You want to ensure flames are in control and there are no children or animals within proximity of your grill or smoker to prevent burns. Make sure you keep it on a flat and leveled surface, and away from trees, shrubbery, and your home to prevent tipping and potential fire hazards. It would also be helpful to keep a spray bottle filled with water,

or a small fire extinguisher nearby.

Outdoor water activities/Swimming

While water activities are popular for families and a fun way to remain cool during the summer season, we must keep in mind the dangers of water. The 'Stop Drowning Now' estimates that on average in the US, 3,500 to 4,000 people drown each year.

That's an average of 10 drowning per day. And it is the leading cause of unintentional injury-related deaths for children ages 1-4. Visit: <https://www.stopdrowningnow.org/drowning-statistics/>

Here are some tips to help you stay safe participating in water activities:

- Swim in designated swimming areas
- Never swim alone
- No alcohol
- Wear approved Coast Guard life vest if you're boating, kayaking, canoeing or an inexperienced swimmer
- Keep a watchful eye over children near water

Sun Safety

Outdoor activities are a great way to get active and soak up some Vitamin D while enjoying nature. Being out in the sun is an enjoyable experience, but with that comes an increased risk of developing skin cancer. While you're out, be sure to stay hydrated and wear sunscreen. Try to limit direct sun exposure, particularly when the sun is at its peak, to protect your skin from the sun. For more information visit: https://www.cdc.gov/cancer/skin/ba-sic_info/sun-safety.htm



Photo by ROBERT TIMMONS

'STEAM' powered

Tamika Shadd, C.C. Pinckney Elementary School principal, watches as 6th grade students, Liam Andah, left, and Eyring Ava, middle, get help from a student's mother to create a solar-powered oven for their STEAM project.

The school held a week-long event

to showcase what Science, Technology, Engineering, Arts and Math skills they learned throughout the year.

Sixth grade students built the solar ovens out of pizza boxes, aluminum foil and plastic wrap. They would test the ovens by cooking s'mores.

Weigh

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tein decreases the risk of chronic diseases. By eating fewer animal proteins, you decrease the risk of chronic diseases such as high blood pressure, obesity, high cholesterol, and diabetes type 2.

Plant-based protein provides good gut bacteria. That is a big plus to plant-based protein because it provides fiber. Fiber is great for balancing hunger, keeping blood sugar leveled. Fiber even aids in how the body uses sugar and helps food move through the digestive system with regularity.

This article is not a push for plant-based protein, but it is an opportunity to show that if you want to get protein, but not necessarily from meat, it can be obtained through plant-based foods.

I wanted to share the benefits and ability to get the same quality protein from plants as you can from animal protein.

If going all plant-based is not for you, you don't have to give up meat all the way.

Although both animal and plant proteins break down amino acids (nutrients) in the same way, the benefits of things like fiber, high water-content foods, nutrients, and good fats are some of the added bonuses you gain from plant-based protein.

Protein is an important component of our overall diet. It is refreshing to know that we can choose plant-based or animal and still achieve the same protein requirement for our wellness goals.

Pam's thought for the week: "All things are difficult before they are easy."

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. For more information, call (803) 751-3700.

VICTORY... STARTS HERE



Col. Timothy R. Hickman, garrison commander, answers questions about the cost of housing during a retiree breakfast, May 16 at the 1917 Club. The breakfast was one of multiple events honoring retirees during the post's Retiree Appreciation Days held May 16-18.

Photo by ROBERT TIMMONS