

FRIDAY, JUNE 21, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

THERE'S A LOT HAPPENING ON ...

FORT JACKSON



www.facebook.com/fortjackson



GARRISON: www.facebook.com/USArmyGarrisonFortJackson



[@FortJackson](https://twitter.com/FortJackson)



[@fortjackson](https://www.instagram.com/fortjackson)

Army expands military spouse licensing, fellowship

Story, photo by
SHANNON COLLINS
Army News Service

The Army recently expanded the reimbursement policy and fellowship program for military spouses to promote career continuity, financial stability, professional fulfillment, talent retention and support overall military readiness.

The Army enhanced the reimbursement program for business costs and relicensing fees due to relocation for spouses and increased awareness of its paid fellowship program for the Army spouses.

"The Army is doing everything possible to remove barriers impeding employment for military families," said Steve Yearwood, program analyst with the Army's Directorate of Prevention, Resilience and Readiness, based in the Pentagon. "By providing opportunities for career development, portable career pathways through licensure recognition among states and increased awareness of programs supporting military families, these initiatives can improve unemployment rates among military spouses and their overall economic stability and well-being."

The new directive permits reimbursement of up to \$1,000 for business-related expenses, in addition to the already authorized \$1,000 for relicensing fees result-



Erin Wiegers, Army Military Pay Office military pay technician, works on tasks related to Army pay. A recent U.S. Army Financial Management Command initiative ensures employees who relocate with their service member spouses during permanent changes of station will maintain their positions within the command.

ing from a relocation.

"Army spouses face unique challenges, especially during a relocation," said Lt. Gen. Kevin Vereen, Army deputy chief of staff for Installations, Energy and Environment. "We owe it to them to provide any opportunity to not just have a job but build a fulfilling

career."

Qualified relicensing costs include costs for exams, continuing education courses, certifications, business licenses, permits and registration fees. Qualified business costs include moving services for equipment, equipment removal, new equipment purchase, infor-

mation technology expenses and inspection fees.

Occupational licenses include fields such as education, dentist, lawyer, healthcare, pharmacist, veterinarian, cosmetology, real estate and more. Spouses can visit CareerOneStop to learn more about which state has reciprocity

that allows the transferability of their license(s).

"Military spouses often face challenges in maintaining consistent employment due to frequent relocations. By streamlining the licensure process, military spouses can be reimbursed for the expense that enables recognition of their professional credentials across states," said Yearwood.

In the past, military spouses would sometimes have to find what jobs were available at each assignment, working at the base exchange, child development center or other on-base facilities. These steps help spouses continue working in their chosen profession without delays or requalification hurdles to ensure a steady source of income, he said.

The policy also applies to those who transfer from the active component to the Reserve component who are authorized a final move or those who are placed on the temporary disability retired list resulting from a relocation where the movement of the Soldier's dependents is authorized.

The Military Spouse Career Accelerator Pilot is a competitive, 12-week, paid fellowship with more than 250 public and private employers. In its first year, the focus was on career-ready military spouses, those who had education

See **LICENSES:** Page 11

ON THE COVER

Maj. Gen. Jason E. Kelly, Army Training Center and Fort Jackson commander, speaks to a resident of Howie Village during a Walking Town Hall, June 18.



See Page 3

Photo by **NATHAN CLINEBELLE**

THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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

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

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

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

Website: home.army.mil/jackson/FortJacksonNews

Facebook: www.facebook.com/fortjackson

www.facebook.com/USArmyGarrisonFortJackson

Twitter: www.twitter.com/fortjackson

Instagram: www.instagram.com/fortjackson

Jackson leaders walk through Howie Village

By ROBERT TIMMONS
Fort Jackson Public Affairs

“Is there anything we can do to make it better?” was just one of the questions the group was asking residents in the Howie Village during a Walking Town Hall, June 18.

The town hall wasn’t just a leisurely stroll through the housing areas.

It was a concerted effort for Fort Jackson leadership to come face-to-face with housing area residents to hear their concerns and let them know they are not alone.

That group led by Maj. Gen. Jason E. Kelly, Fort Jackson commander and Col. Timothy Hickman, garrison commander included representatives from the Garrison Housing Office and Fort Jackson Family Homes.

Fort Jackson Family Homes was previously known as Balfour Beatty Communities.

The Housing Town Hall provides a forum for housing community members to identify issues or concerns of on-post housing in support of the Total Army Family. This forum also assists commanders in taking care of Army Families.

Some of the concerns brought up to leadership was how work orders weren’t being completed at one time.

One resident said, when multiples work orders have been put in, but a worker arrives to fix one thing, but the worker say they aren’t here for the other thing.

In circumstances like this, James Harper, project manager with FJFH, called on residents to “call back to the office.” There the work orders can get consolidated into one.

The GHO and FJFH work together to ensure residents are taken care of.



Photo by NATHAN CLINEBELLE

Maj. Gen. Jason E. Kelly, Fort Jackson commander, and Col. Timothy Hickman, garrison commander, lead a walk through Howie Village during a Walking Town Hall, June 18. The town hall is a concerted effort for leadership to come face-to-face with residents.

“I don’t think a lot of people understand the importance of the Army housing partnership that we have,” Kelly said.

The housing office reaches out to every resident before they sign a lease.

“Before they sign a lease with BBC, we are getting with service members and giving them information about who we are, what we do for them and what are some resources” available to them, said Ricky Hernandez, GHO housing management specialist.

“We are all in this together,”

Kelly added.

Information about on-post housing can also be found in the quarterly Community Information Exchanges and town halls.

To find out when the next town hall or CIE is taking place tune into the U.S. Army Garrison Fort Jackson Facebook page and the Fort Jackson Leader.

The garrison page can be found at: <https://www.facebook.com/USArmyGarrisonFortJackson> and the Leader can be found online at: <https://home.army.mil/jackson/FortJacksonNews>.



Photo by NATHAN CLINEBELLE

Maj. Gen. Jason E. Kelly, Fort Jackson commander, speaks with residents during the walking town hall.

Community Updates

ANNOUNCEMENTS

Road Name Changes

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



SPRC Yoga Hours

The Yoga class schedule for June has been changed. Classes are now:

Tuesdays: Power Yoga: 8-8:30 a.m. (Power Yoga)

Wednesdays: 6-7 a.m. (Warrior Yoga) and 12:15-1 p.m. (Mindful Movement and Meditation)

Thursdays: 11:45 a.m. to 12:45 p.m. (Warrior Yoga)

The Friday class has been cancelled.

Safety Classes

The Installation Safety Office presents various safety training classes. To register for the Army Traffic Safety Training or Local Hazards training classes, go to the website <https://imc.army.mil/airs/default.aspx>. To register for the Unit Safety Officer training, contact your Safety Specialist.

■ **Basic Riders Course:**

June 25-27 (six seats open)

■ **Local Hazards Course:** June 24

POV Sales Lot

The POV Sales Lot, is operated by Auto

Craft Shop, located at the corner parking lot of the Strom Thurmond Building off Marion Ave. Here you can sell your vehicles, boats, trailers, recreational vehicles, and motorcycles. You must have a government ID or be the immediate family member of a government ID Cardholder, proof of registration and insurance to park on the POV Sales Lot. The cost is \$25 per vehicle for 30 days and this includes being advertised on the Fort Jackson Auto Craft webpage. 803-751-5755.

Victory Fresh

Victory Fresh offers Military Service Members, Department of the Army Civilians and their guests healthy alternatives to fast food. Located at the United States Army Drill Sergeant Academy Dining Facility 9572 Marion Ave. Victory Fresh offers Grab and Go entrees, a Build Your Own Power Bowl station, Hot BBQ bar, and brick oven pizzas during lunch hours of 11 a.m. to 2 p.m. Additionally, Grab and Go items are available during extended hours and breakfast is available from 7-9:30 a.m. Victory Fresh helps patrons manage fueling their bodies in a healthy way, within the time constraints of an on-the-go lifestyle.

COMMUNITY EVENTS

TODAY

193rd Change of Command

9 a.m., Victory Field. Col. Scott White relinquishes command of the 193rd Infantry Brigade during a change of command ceremony.

SATURDAY

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. Support volunteers are provided using the FJ program. After the run/walk, participants are provided light refreshments and food trucks will be onsite. For more information, call (803) 751-3700.

TUESDAY

Navigating Conflict Management

1-2 p.m., MS Teams. Learn negotiation skills to manage and resolve conflict. Learn how to get past the "No" and get to the "Yes," and know when to walk away.

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

Fort Jackson

Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FRIDAY, JUNE 21

■ Bad Boys: Ride or Die (R) 6 p.m.

SATURDAY, JUNE 22

■ Horizon: An American Saga - Chapter 1 (R) 2 p.m.

WEDNESDAY, JUNE 26

■ The Watchers (PG-13) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

for the whole family. The event is open to the public.

JULY 5

First Friday Golf

Maj. Gen. Jason Kelly, Fort Jackson commander, invites you to join him for First Friday Golf the first Friday of every month! This is a Captain's Choice event and will begin at 11:30 a.m. at the Fort Jackson Golf Club. You may enter your own team or sign up as a single and the FJGC PGA Professionals will pair you with a group. Entry fee is \$45 for FJGC members and \$55 for non-members. The entry fee includes applicable greens fee, user Fee, cart, prizes, and a boxed lunch. Register by calling the pro shop or stop by the clubhouse to sign up. (803) 562-4437.

See **EVENTS:** Page 10

THE FORT JACKSON LEADER

SEND ALL
SUBMISSIONS TO

usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil

Deadline for events to be included in the Community Updates is one week before publication. Include the time, date and place the event will occur, as well as other necessary information.

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following

Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible.

With any photo you submit, include IDs — rank, unit, and first and last names. All submissions will be edited and published using Associated Press Style.

Questions? Call 751-3615.

CHERBOURG STREET (FORMERLY BENNING ROAD)



By **FIELDING FREED**
Basic Combat Training Museum

Capitalizing on the success of the Allied D-Day landings into France depended on forward momentum. Forward momentum in turn depended on a steady supply of men and supplies flowing into the Cherbourg, or Cotentin, Peninsula where the landings took place. The ingenious deployment of two artificial harbors, known as Mulberries, by the British Admiralty enabled a rapid delivery of supplies from England, but they were meant to be a temporary measure.

The stockpiled mountains of equipment and ammunition in Great Britain would eventually run out. Planners knew that the long-term solution required seizing the deep-water port of Cherbourg because it could handle large ships directly from the United States. While the airborne landings of the 82nd and 101st Airborne Divisions successfully secured vital bridges and crossroads that would open routes to Cherbourg, the port itself was heavily defended by the Germans.

The task to take Cherbourg was given to Maj. Gen. J. Lawton "Lightning Joe" Collins, commander of VII Corps, which included the 4th, 9th, 79th, and 90th Infantry Divisions. Protecting it from the sea and land, the 19th century Fort du Roule was reinforced by Nazi Germany

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?



National Archives

The ruins of Fort du Roule in the foreground with a portion of Cherbourg's severely damaged docks in the background. It would take weeks to clear and make the port operational.

with concrete pillboxes and heavy artillery. Taking it would be a difficult.

After weeks of fighting to the outskirts of Cherbourg, on June 25th the 79th Division's 314th Infantry Regiment made the final assault to take Fort du Roule. Through the tenacity of the American GIs

who took ground often one pillbox at a time, the fort and then the city of Cherbourg would fall to U.S. Army hands two days later.

The Allied bombardments and subsequent German sabotage rendered the harbor almost useless when captured. The cleanup and salvage of the docks would take many weeks before they were operational. Undaunted, divers from both the U.S. and British Royal Navies accomplished much of the dangerous work. By August 1944, the port was partially open and would eventually allow for a steady importation of men and materiel.

81st RD honored for environmental compliance

By **THOMAS MILLIGAN**
Army Environmental Command

The U.S. Army Reserve's 81st Readiness Division covers a lot of ground – from western Louisiana to eastern Puerto Rico and from northern Kentucky to the southern tip of Florida. The RD has installation-like responsibilities for all the community-based Army Reserve facilities in the region. Its environmental challenges reflect the broad and varied landscapes and ecosystems in which it operates.

To create a continuous improvement ethos and enhance unit performance, the 81st RD has developed a predictive data analytics system used across the unit. The system creates the basis for better analysis of environmental conditions and improved decision-making on how and where to use resources to effectively manage environmental conditions at the more than 250 geographically distributed Army Reserve facilities and 110 maintenance shops in its footprint.

"Our objective is compliance with environmental regulations and continual improvement in both compliance and management," Dan Thomas, 81st RD environmental chief said. "The 81st RD predictive data analytics system provides an emotion-free examination of the data to highlight issues so that critical problems are identified and brought to the attention of leadership early, before they become urgent."

For this work, the 81st RD was awarded the 2024 Secretary of the Army Environmental Awards Program award for Environmental Quality in the non-industrial instal-

AMATEURS TALK STRATEGY. PROFESSIONALS TALK LOGISTICS

- Lt. Gen. Omar Bradley
First Army commander



Scan to learn more about the Battle of Cherbourg

See **81ST**, Page 11

There's a lot happening on ... Fort Jackson

Story, photo by ROBERT TIMMONS
Fort Jackson Public Affairs

Fort Jackson held its quarterly Community Information Exchange, June 13 to update the post community on events going on around post.

“There is a lot happening on Fort Jackson,” said Col. Timothy Hickman, garrison commander, at the exchange. “A lot of good things and we want to make sure people have that information to find those good things.”

To quote Col. (Scott) White, 193rd (Infantry Brigade) commander ..., ‘You just assume that people know the information, they may not.’ So, this forum is just another means for us to put information out.”

The post provides updates to the community on a routine basis through social media, the Fort Jackson website and the Leader on-line newspaper.

Hickman provided updates on past on-post happenings and highlighted the events on the horizon before passing the microphone off to representatives from directorates and Partners in Excellence.

“Our major event coming up in July is the Fourth of July celebration ...,” he added. “It is the show in town for fireworks that night. We are going to have multiple entertainers come; the troops training here will get to participate, and we will have lots of vendors there.”

The event is headlined by the Reggie Sullivan Band, while local artists Hijacked and Jazzy Trinity also perform.

“It will be hot, but it will be fun,” Hickman added.

The directorates and PiEs who briefed at the exchange included the Commissary, Fort Jackson Schools, the Directorate of Family and Morale, Welfare and Recreation; the Garrison Housing Office; Fort Jackson Family Homes and Moncrief Army Health Clinic.

“I am going to start where I am going to end with a sincere ‘thank you,’” said Col. Chris Pase, the admitted new guy. Pase, MAHC commander, spoke at the event one day after taking command of the unit. “Many of the partners in this room and agencies I have already been using and personally used.”

“Partnerships like these are so, so valuable,” Pase said. “I am here with ... Command Sgt. Maj. Kimberly Nieves and our goal is what I call a 10-point relationship with our community partners. We are

hand-in-hand.”

Pase reiterated the clinic’s goals of providing safe and quality health care.

Hickman and the representatives also fielded questions from the audience and those watching on-line. The CIE was livestreamed on the Fort Jackson Garrison Facebook page.

The questions included inquiries into the status of old building in housing; cost to swim at Legion Pool; and extending the hours for Gate 5 heading on to Leesburg Road.

Legion Pool

Gary Fulham, Family and MWR director, said it costs \$6 to use Legion Pool because the Class B facility “has to generate some level of revenue. It doesn’t generate enough to be self-sustaining.”

Government funding helps pay labor costs and maintenance, but its not enough to cover equipment and upkeep so “it has to be covered by user fees,” he said.

Abandoned homes

Hickman addressed questions about safety and energy concerns of abandoned homes in on-post housing areas.

“A lot of those home are included in the demolition plan for new homes,” he said referring to areas that representatives of Fort Jackson Family Homes briefed on previously. Nineteen homes are scheduled to be demolished and replaced by 19 new ones.

“There are fences up to keep little ones out,” he said. “If you see lights on in abandoned buildings, please let us and housing know. Sometimes we are making the conscious decision to keep the power on.”

Gate hours

Hickman said he was glad the gate hours question came up.

“I think the larger question is why did they change, will they change again and what was the rationale for the change,” he said.

The Army resources Fort Jackson to operate two access control points: gates 2 and 4.

“There is a cost to running the post,” he said. “They resource the 24



Col. Timothy Hickman, Fort Jackson’s garrison commander, addresses attendees to the Community Information Exchange held June 13 at the 1917 Club. The exchange is held quarterly to allow post leaders and Partners in Excellence to update the community on upcoming events.

hour gate ... and a gate to facilitate large transportation trucks type of delivery ... That is what the Army says should be sufficient for all of Fort Jackson.”

“If (post) wants more gates to operate, they have to fund it,” he added.

Gates 1 and 5 are operated at the expense or the convenience of the installation, and its up to the post to figure out how it is resourced. Those gates “we are manning out of hide more or less,” he said.

Gate guards scan identification cards for every passenger over 18 in a car in an effort to prove to the Army there are more people entering the post.

The entire CIE livestream can be viewed at <https://www.facebook.com/USArmyGarrisonFortJackson/videos/864971515670206>



Nathan Clinebelle, Fort Jackson social media manager, ensures the broadcast is as clear and seamless as possible.



Cameras record Gary Fulham, Directorate of Family and Morale, Welfare and Recreation director, briefs about upcoming events.



1st Lt. Don Suh, with 2nd Battalion, 60th Infantry Regiment, looks up from taking notes during the Community Information Exchange held at the 1917 Club, June 13, 2024. The quarterly event is aimed at updated the Fort Jackson community about on-post happenings and to garner feedback, too.



Photo by MAJ. ROBERT FELLINGHAM

A Stinger missile launches from the new Maneuver Short Range Air Defense system on Oct. 7, 2021. This was the first an Army unit fired M-SHORAD at the tactical unit level and the first-ever to live-fire the system in Europe. The week-long training took place at a Bundeswehr range on the Baltic Sea coast of Germany.

Army renames system after MOH recipient

By **CHRISTOPHER HURD**
Army News Service

The Army renamed the Maneuver-Short Range Air Defense system for Medal of Honor recipient Sgt. Mitchell W. Stout during an Army birthday festival at Fort Belvoir, Virginia.

Stout, an artilleryman with the 1st Battalion, 44th Air Defense Artillery Regiment, was killed during the Vietnam War protecting fellow Soldiers. He grabbed a grenade thrown into their bunker and ran for the exit. As he reached the door the grenade exploded, but by holding it close to his body, he was able to shield the other Soldiers from the blast.

"Naming this game-changing air defense capability after Sgt. Stout was appropriate and well-deserved, given his heroic

efforts to protect fellow Soldiers from danger," said Doug Bush, assistant secretary of the Army for acquisition, logistics, and technology. "The M-SHORAD was designed to do the same against a variety of airborne threats.

"The system uses a mix of guns, missiles, and onboard sensors attached to a Stryker Infantry Carrier Vehicle to defend against unmanned air-



Courtesy photo

Sgt. Mitchell W. Stout an artilleryman with the 1st Battalion, 44th Air Defense Artillery Regiment, was killed during the Vietnam War protecting fellow Soldiers.

craft systems, rotary wing, and fixed-wing aircraft.

Soldiers with the 5th Battalion, 4th Air Defense Regiment were the first to receive and test four of the increment one defense systems. They successfully conducted live-fire tests at the Putlos Bundeswehr range on the Baltic Sea coast of Germany in 2021 and became fully equipped with the systems in 2023.

The Army plans to field 144 air defense systems to four battalions by fiscal year 2025 with an additional 18 systems for training, operational spares and testing.

Incremental upgrades to the system will feature enhanced effects including directed energy, and improved missiles and ammunition. The Rapid Capabilities and Critical Technologies Office completed the delivery of four directed energy systems to the 4th Battalion, 60th Air Defense Artillery Regiment last fall.

"The M-SHORAD family of systems adds commensurate mobility or survivability to maneuvering forces and joint maneuvering forces through protection against enemy air threats," Bush added. "Its flexibility and versatility provide a best value for the nation and increases Soldier capabilities through performance and training capabilities."

The M-SHORAD will now be named the SGT STOUT.

Vietnam War Hero

Sgt. Mitchell W. Stout, from Loudon, Tennessee, joined the Army in August 1967 at 17 years old after dropping out of high school. He completed paratrooper school before the Army realized he was too young when he joined and discharged him.

By that time, he already turned 18. He went to a recruiter's office the very next day and signed up again, this time as an artilleryman.

"He wanted to be where he was needed," said his sister, Susan Tyler. "That's the way we grew up. If your country needs you, you do what you can and volunteer."

Stout completed a tour in Vietnam and returned home in 1969. After speaking with friends and family, he volunteered to return to Vietnam to help the young Soldiers still fighting.

"I think he had a calling, I really do," Tyler said. "I think he knew somehow in his heart that if he went back, he could help someone in some way."

A few weeks after returning to Vietnam, on March 12, 1970, a North Vietnamese company attacked his unit's firing position at the Khe Gio Bridge. Stout and a crew of Soldiers went into a bunker as they came under heavy mortar fire.

When the firing stopped, the enemy threw a grenade into the bunker, prompting Stout to act and save the lives of his fellow Soldiers.

'The Weigh It Is' with Pam Long

Why should fast-food send the busy individual to the local drive-in for a quick burger and fries, all you can eat Chinese buffet or a fried chicken box snack?

I am challenging people to view the grocery store as a convenient spot to get their fast food on a healthier level.

The time spent ordering your food and waiting for it (if the line is not too long), could be about the same time or less to drive to the nearby grocery store and conveniently pop in.

I believe we need to think beyond the standards of what society has labeled as fast-food. We have evolved so far from just a salad, but the fast-food industry caters more to perfecting the burger...not healthier food, not even healthier burgers.

Many plant-based burgers today are loaded with fillers and



Long

additives to make them tastier ... not necessarily healthier. Why not view the grocery store as a viable alternative?

Okay, it's lunchtime. What choices do you have with only an hour to spare? How about that grocery store that's right next to your local 'burger world'?

You can go inside, grab some fresh lean lower sodium deli meat and low-fat cheese, a whole grain bread or whole grain crackers, a couple pieces of fruit, bottled water and voila, you have healthy fast food.

Your possibilities in a grocery store are endless.

You can gather your items and dine in your car with your favorite music playing, or in the park (weather permitting) with earphones on.

You choose the ambience and setting that's right for you. You can feel better about your lunch

choice and probably have healthy items left over that you can bring tomorrow and save even more time to spend enjoying your lunch break! All this for about the same price you would have spent at burger world.

There are so many choices available at grocery stores. Remember, grocery stores are fighting to get your lunch money too. They are stocked with a variety of fruits, veggies, sources of protein and healthy grains. Use this opportunity to dine differently at lunchtime and possibly try healthy items you have never had before.

This keeps food interesting. Just remember you are there for lunch, not to shop for dinner. Make the most of your lunchtime and remember...this is your time to catch your breath and enjoy yourself, (at least for a little while).

We live in a time when healthy eating is finally not only important, but popular too. Don't wait for the restaurants to add healthier, fresher products to their menus. Take advantage and make

the most of your time and money while keeping your waist under control. So often we hear that fast food is budget-friendly, especially with all the combo specials to choose from. Yes, fast food is convenient, but health wise, it is not affordable.

When we think of being healthier, we immediately think about all the prep work that goes into eating healthily. That is true, especially when preparing dinner, but this article focuses on lunchtime, where lots of slicing and dicing are not required. You are gathering items that are ready to eat, but healthier.

Another benefit of lunch at the grocery store is the variety of whole foods to choose from and the more familiar you get with the layout of the store, the less time you spend shopping. This frees up even more time to enjoy your break.

Fast food specializes in highly processed food. Highly processed foods have a long shelf life and can transport across the

See **WEIGH:** Page 10

SALUTING THIS CYCLE'S HONOREES

4th Battalion, 39th Infantry Regiment

DRILL SERGEANT OF THE CYCLE

Sgt.
Jasmine Lewis

ALPHA COMPANY SOLDIER OF THE CYCLE

Pfc. Joshua Emmanuel

BRAVO COMPANY SOLDIER OF THE CYCLE

Pvt. Chase Turner

CHARLIE COMPANY SOLDIER OF THE CYCLE

Pvt. George Burnette

DELTA COMPANY SOLDIER OF THE CYCLE

Spc. Colby Lum

#BeatTheHeat



**Stay in the shade or indoors
during extreme heat!**



Celebrating Service

Fort Jackson recognized the career of Sgt. Tiera Thompson, 1st Battalion, 61st Infantry Regiment during the 2nd Battalion, 13th Infantry Regiment's Basic Combat Training graduation held June 13 at Hilton Field.

Photo by
NATHAN CLINEBELLE

Events

Continued from Page 4

JULY 9
Thrift Savings Plan

10-11:30 a.m., Training Support Center, 1565 Hall St. Do you want to gain a better understanding about the different funds and how they can impact your plan for retirement? Attend the seminar and learn the differences between Roth and Traditional accounts, avoiding penalties, withdrawals, latest changes and more. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

JULY 12
Second Friday Shoot

1-4 p.m., Aachen Range. Post Command Sgt. Maj. ErickOchs invites you to join him for Second Fridays shoot . The shoot alternates monthly between skeet or trap shooting. The cost is \$10 per round if you bring your own weapon and ammo or \$25 per round to rent MWR shotgun and ammo. For more information, contact Chris Helie at *christopher.j.helie.naf@army.mil* or call (803) 751-3484.

JULY 15

Investing in the Digital Age Webinar

1:30-3 p.m., MS Teams. Army Community Service in partnership with the U.S. Security and Exchange Commission will provide valuable information on the basics of saving and investing, including steps to start to grow wealth and diversification. The webinar will also cover the red flags of fraud and crypto currency investment and risks. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

JULY 16
Meals in Minutes & Your Budget Webinar

9-10 a.m., MS Teams. Learn how to save calories while also optimizing your budget. Armed Forces Wellness Center and Army Community Service provides programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information or to register, call (803) 751-5256.

JULY 23
Scams & Identity Theft

10-11 a.m., 9810 Liberty Division Rd., Rm. 119. Army Community Service in partnership with South Carolina Department of Consumer Affairs, shares tips to help you protect your identity and finances in support of 2023 National Consumer Protection Week. Registration is required.

Weigh

Continued from Page 9

country without spoiling. This limits what the fast-food restaurant has to offer, so their mission is to make fast-food as tasty as possible. Your health is not really factored into the process.

Most of their menu items are high in sodium, sugar, and fat. Grocery stores are filled with colorful fruits, vegetables, a large variety of whole grains that are not just packed with flavor, but health benefits beyond burgers, fries, and Chinese food.

Grocery stores offer a healthy option and should really be considered if you

are trying to get your health under control. Some suggestions for success include shopping around the perimeter of the store for most of your items.

This is where most of the freshest items are kept, so you can take comfort in knowing that you are getting fresh foods. Invest in a cooler to keep in your car and stock it with fresh items to replenish every 3 days.

I am not knocking fast-food, instead I am showing hopefully an alternative that could really work for you at lunchtime. This is not about weight loss; it is about healthier living, and it begins with food.

Pam's thought for the week: "Fruit is fast-food."

DID YOU KNOW: Iced sheet application for suspected heat illness victims is a required protocol along with calling 911 for Emergency Medical Services support. Remember to change iced sheets every three minutes or until EMS takes control of the patient.

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

81st

Continued from Page 5

lation category. This category includes large Army installations.

Thomas said the data analytics system developed allows the team to standardize, quantify and display the raw environmental data collected in the field and provides high-level analytics opportunities that are critically important to staying on top of the varied challenges the team deals with.

The geographic dispersion, large number of facilities, the number of tenants and the different levels of control the unit has at different facilities have made for a difficult data environment.

“Without the new data system, it is an extreme challenge to understand the depth of compliance issues across multiple programs. While they might hear of an issue here or there, without some predictive analysis, it has been impossible – with the number of programs and the volume of people involved in each – to recognize a systemic or acute concern,” Thomas said.

Decades of personnel turnover and the changing organizational structures within the Army Reserve have only magnified the need and challenge of collecting vital data.

“In each transition over the years, some information critical to environmental compliance did not survive, resulting in fragmented knowledge and documentation for facilities for which the 81st RD is responsible,” said Jason Clutter, an environmental protection specialist at the 81st RD.

Clutter said the centralized collection of specific, critical data now gives the RD a real-time picture of the environmental situation which significantly aides in the day-to-day decision-making as well as long-term planning – a necessary step in managing such a complex assignment. “This truly allows us

to be more proactive than reactive,” Clutter said.

The predictive data analytics system, considering this complex operational environment, provides a central location for information on facilities under 81st RD, helping mitigate both compliance risk and creating a repository to prevent loss of historical organizational knowledge.

In addition, by creating a system, the team identified gaps in the data previously collected, plans to close the data gaps, and a method to create decision-point information built on data.

“When the 81st RD started collecting the data and deciding which pieces of data were the most important for evaluating environmental compliance risk, data gaps were identified. In addition, the various federal, state, city, and county regulations and requirements also varied which made things even more difficult and sometimes confusing,” Thomas said. “Data gaps were filled, and regulatory requirements were identified and documented. As a result, the data for all 81st RD sites are organized in a central location as dashboards for several environmental media areas: air quality, cultural resources, drinking water, Environmental Performance Assessment System, natural resources, tanks, stormwater, and wastewater.”

Thomas believes the knowledge the team has gained, along with the operational efficiencies a predictive data analytics system provides, could be useful to other agencies with broad geographical footprints, including other Department of Defense organizations.

“What we have worked hard to do is create a system that gives us access to the decision criteria and data we need to create efficient, effective implementation plans,” Thomas said. “Organizations can benefit from this as they seek to tailor their environmental program to fit their unique environment.”



Will Sexton and other volunteers sort clothing items donated during a clothing and nonperishables drive held June 18 at the Fort Jackson Fire Department.

Drive takes new, gently-used clothing, food

Story, photo by **ROBERT TIMMONS**
Fort Jackson Public Affairs

A group of Fort Jackson volunteers held a food and clothing drive to benefit the local community, June 18.

“Because in Columbia and in the greater Midlands community so much is given to the military community, it’s a great opportunity to give back,” said Will Sexton, retired Fort Jackson firefighter and 2021 Volunteer of the Year.

He spoke while separating some of the donations already received.

“While we are still in the process of breaking up and sorting, we have received a great amount

of clothing, new and gently used, that is going to various local charitable organizations through the Midlands.”

They were accepting not only new and gently used apparel, but also canned food items as well.

The drive was supported by the Fort Jackson Fire Department that allows for the use of the station to collect the donations.

“It is very important” to donate and volunteer, said Shirley Ladd, a volunteer at the event. “Things happen a lot in the community like fires and such. I think it’s important to help our neighbors. We can help them by donating things we don’t need. We can donate them to somebody that might be in need.”

Licenses

Continued from Page 2

and experience and were ready to enter the workforce, said Yearwood.

In its second year, the Defense Department expanded the fellowship to include skills-based fellowships designed as entry level. As the program progresses, the DOD continues refining it based on

feedback from the spouses and employers participating in the program.

More than 100 Army spouses are currently in the program. Most of the participants receive offers for permanent jobs, said Patricia Barron, deputy undersecretary of defense for Military Community and Family Policy. Salaries for the jobs average about \$60,000.

Lawmakers on the House Armed Services Committee’s military Quality-of-Life Panel have recommended that the program be made permanent.

VICTORY... STARTS HERE



Volunteers sort new and gently used clothing items at the Fort Jackson Fire Department, June 18. The volunteers received donations of clothing and nonperishable foods during a collection drive.

Photo by ROBERT TIMMONS