

THURSDAY AUG. 10, 2023

THE FORT JACKSON LEADER

"VICTORY ... STARTS HERE"

BACK TO SCHOOL

STUDENTS WELCOMED BACK FOR NEW YEAR



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Army leaders introduce themselves to the force

By **GEN. RANDY GEORGE**
Army Vice Chief of Staff

Army Teammates,

I am honored to assume duties as the Acting Chief of Staff of the Army and proud to continue to serve on this professional and formidable team.

Our all-volunteer Army has challenges ahead. We face headwinds that permeate recruiting and erode our Army culture. And we face a global strategic environment that is complex and rapidly evolving.

At the same time, these challenges are not unprecedented. I am confident that we are—and will remain—strong and ready to prevail. Our Soldiers, (Department of the Army) Civilians, and Total Army team are united by our willingness to serve and our commitment to the mission.

Our Army's motto is "This we'll defend." Those words make clear what we owe the American people. We will keep that commitment, as our Army has always done. And we will lead with courage at every echelon. Courageous leadership inspires trust, and trust is the foundation of our Army.

We must focus on warfighting: the purpose of our Army, and the reason we serve. Each of us, and the formations we lead, must be ready when our Nation calls. We must master our craft, train hard, and build cohesive and lethal teams.

As a critical element of warfighting, we must be able to deliver and sustain ready combat power. This means ensuring that



George

we have the right infrastructure, industrial base, sustainment framework, and Soldier and Family support to project the force and ensure that it is resilient.

We must also continuously transform our Army—how we fight, how we equip, how we organize—to stay ahead of our potential adversaries and ensure that we can fight and win whenever called in the future. We will learn and evolve so that we can build a force that is leaner, more mobile, and more lethal across every domain.

Finally, we must strengthen the Army profession by reinvigorating standards and discipline, cultivating the Army Values, and stoking the Warrior Ethos within our formations.

Our Army is a lethal and dedicated team with a profoundly important purpose. We are going to do hard things, and do them well. And we are going to do them as a team.

I'm proud of what you do every day for our Army—our Soldiers, our Civilians, our Families—and for our Nation. I will do my part and I look forward to seeing you in your battlespace.

This we'll defend.

By **SGT. MAJ. OF THE ARMY**
MICHAEL WEIMER

Army Teammates,

I am humbled and honored to serve as your Sergeant Major.

I appreciate the opportunity to earn your respect, as well as earn the respect and confidence of Army senior leaders.

We serve in the greatest Army in the world. Our Army earned this reputation on the shoulders of generations of professional noncommissioned officers. Our NCO corps is unique and envied around the world. Sustaining this reputation requires dedication and commitment. I join every NCO in our Army in living up to the expectations associated with modeling what right looks like every day. I will not forget, nor will I allow my fellow NCOs to forget, that we are professional warfighters.

Remaining true to our NCO creed and Army Values, my two basic responsibilities remain to accomplish my mission and take care of my Soldiers. Taking care of Soldiers requires personal discipline ... knowing the standards, adhering to the standards, and being honest with ourselves when we fall short. Personal discipline requires personal courage. Personal courage is a choice ... and personal discipline is necessary to achieve organizational discipline that results in ready lethal units.

Taking care of Soldiers also requires training them to perform their responsibilities necessary to fight, survive, and win. In every case, brilliance at the basics sets the foundation to tackle complex prob-



Weimer

lems. Effective training meets published standards, pushes capabilities, challenges decision-making skills, builds teams, and inspires confidence. Invest in your

own personal development and invest in developing your subordinates.

Our Army functions best when leading through command teams. NCOs are essential to any successful command team ... Absent an NCO, it's not a command team. Leading through command teams allows NCOs at every echelon to be critical thinking problem-solvers who inspire trust.

As we prepare to fight and win on any distant battlefield, the NCO long remains the steadfast cornerstone of our Army, and unquestionably remains the heart and soul of our formations. The NCO also remains our true source of competitive advantage against any adversary. Technology is a valuable enhancer to our profession, but it is and always will be our NCOs who lead, train, and inspire young Americans to embrace a warrior mindset shaped by the Army Values and the profession of arms... ensuring tomorrow's victory.

Lead, develop, and care for our Soldiers. This we'll defend.

ON THE COVER

Garrison Command
Sgt. Maj. Cesar Duran,
high-fives a student
returning to Pierce
Terrace Elementary
School, Aug. 7.



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, 5450 Strom Thurmond Blvd., Rm. 227, 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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Website: home.army.mil/jackson/index.php/FortJacksonNews

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Jackson students head back to school

Leader Staff Reports

"I'm delighted to welcome you, our students and families back for another great school year," said Tom Brady, director of the Department of Defense Education Activity, in a video, Aug. 4. "I hope you had a relaxing fun summer vacation. Our teachers, principals and district leaders have been working diligently to ensure" everything is in place.

Everything was in place and ready for students when they returned to school on post, Aug. 7.

When students at both C.C. Pinckney and Pierce Terrace elementary schools lined up to enter their respective schools they met musical fanfare, high fives from post leadership and (above all) the hugs and cheerful welcomes of teachers

and other school staff members.

The first day of school, "was a great day at C.C. Pinckney," said Tamika Shadd, school principal. "The day began with students and parents enjoying the 282nd Army Band playing during the morning drop off. During the school day, teachers and paraprofessionals discussed procedures, and began laying a foundation for the academic journey that all students will take this school year. We are looking forward to an extraordinary year for all students, parents, teachers, and paraprofessionals."

For more information about C.C. Pinckney Elementary School visit: <https://pinckneyes.dodea.edu/>. Information about Pierce Terrace Elementary School can be found at: <https://pierceterracees.dodea.edu/>.



Photo by NATHAN CLINEBELLE

Parents accompany their child as he enters Pierce Terrace Elementary School as class began, Aug. 7. Both on post schools welcomed back students that day.



Photo by ROBERT TIMMONS



Photo by NATHAN CLINEBELLE

(Above) Col. Timothy Hickman, Fort Jackson garrison commander, watches as students file into Pierce Terrace Elementary School, for the start of the new school year. (Left) C.C. Pinckney Elementary School students are greeted by Brig. Gen. Jason E. Kelly, Fort Jackson commander, Maj. John Ferrell, Directorate of Emergency Services director, and a serenade by the 282nd Army Band as they enter school. Department of Defense Education Activity schools opened its doors for the new school year, Aug. 7.

Community Updates

ANNOUNCEMENTS

ArmyIgnitED 101

Are you new to Tuition Assistance or credentialing assistance. Maybe you are looking from some refresher training. The Fort Jackson Army Continuing Education System is holding ArmyIgnitED 101 briefs every second and fourth Mondays and Wednesdays of each month. The briefing are held virtually, starting at 10 a.m. Mondays, and in person at the Education Center (4600 Strom Thurmond Blvd.) beginning at 10 a.m. Wednesdays. To sign up email your attendance request to usarmy.jackson.93-sig-bed.mbx.dhr-jacksoned-center@army.mil. Walk-ins are welcome.

Equal Employment Opportunity

Looking for Equal Employment Opportunity information? Can't find the latest EEO newsletter? You can find the information you need at: home.army.mil/jackson/index.php/eeo.

Saving Your Marriage Before It Starts

Register with the Chaplain Family Life Center volunteer at 751-4966 to attend the "Saving Your Marriage Before It Starts" class given by Chaplain (Maj.) Daniel Claypoole, Aug. 18 to Dec. 15. (The class will not meet on training or federal holidays). Bring a brown bag lunch from 11:30 a.m. to 1:30 p.m. and begin to build a solid foundation for lifelong love. Each couple will get a kit that includes workbooks, a hard cover book and a DVD. There will be a get to know session followed by group and individual exercises, training and fun filled discussion provided in the workbooks and by our class. Seating is limited to the first 10 couples to sign up.

School Sports Physicals

Moncrief Army Health Clinic will hold school sports physicals every Monday and Wednesday from 4:30-6:30 p.m. until Aug. 9 in the Integrated Health Medical Home, Yellow Team, on MAHC's

ground floor. The exams are held for MAHC-enrolled students ages 4 and above in grades Pre-K through 12. The walk-in exams are for non-acute issues. Please schedule exams for acute issues with your primary care manager. (Note: students may not be scheduled with the child's PCM). Immunization records and required sports and physical forms must be brought to the examinations.

COMMUNITY EVENTS

SATURDAY

Dog Days of Summer

11 a.m. to 2 p.m., Palmetto Falls Water Park. Treat man's best friend to a day at the water park. Palmetto Falls Water park is going to the dogs. Season pass holders may bring one dog free. Those without a season pass and additional dogs: \$10. All dog parents must show proof of vaccines and are responsible for their dogs. All well behaved dogs are welcome. For more information, call 751-4796/3475.

8th Annual Back to School Color Run

9-11 a.m., Youth Sports Complex. CYS Youth Sports and Fitness program brings you the 8th Annual Back to School Color Run and Field Day. The event includes a one-mile run, raffles, bounce houses, races, face painting, obstacle courses and more. The first 100 youths registered will receive free t-shirts. For more information, call 751-7451.

Scavenger Hunt Bike Ride

8 a.m., Marion Street Station. This is a Scavenger Health Hunt Event. Join us for this family-friendly, 10-mile bike ride or 5k walk on a hunt for health clues. Find and follow the clues to win great wellness prizes. For more information or to register, call 751-3700.

AUG. 15

Maude Lecture Series

2 p.m., Solomon Center. The Adjutant General School is hosting the Lt. Gen. Timothy J. Maude Leadership Lecture Series. The lecture series, named after the highest-ranking service member killed in the Sept. 11, 2001 attack on the Pentagon, is dedicated to development of Army leaders. Maj. Gen. Thomas Drew, commander of Army Human Resources Command, will be the guest speaker.

Meals in Minutes & Your Budget

9-10 a.m. Army Community Service Financial Readiness Program, in partnership with the Fort Jackson Army Wellness Center will host a Meals in Minutes webinar on Microsoft Teams. Learn how to save calories while also optimizing your budget. AWC and ACS provide programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information or to register, call 751-5256/6749.

AUG. 16

Identifying Character Strengths

9:30-11 a.m., MS Teams. The USAG Civilian Workforce Development Program and the Army Community Services are partnering to offer the Leader/Workforce Development Training "Identifying Character Strengths to Set You Apart from the Crowd" training class. The training will provide information on how to identify your top character strengths and those of others and identify ways to use your character strengths to increase your effectiveness and strengthen your relationships. For more information, call 751-7535/6736.

AUG. 17

Sportsman Club Meeting

6 p.m., Alpine Lodge. The Fort Jackson Sportsman Club hosts its monthly meeting. This meeting will feature a presentation by South Carolina Department of Natural Resources biologist Charles Ruth,



Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

AUG. 12

■ Elemental (PG) 2 p.m.

AUG. 16

■ Mission Impossible: Dead Reckoning (PG-13) 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.

See **EVENTS:** Page 10

Course marks 1-year anniversary, provides path to service

By JOHN DAHMS

Training and Doctrine
Command

The Army is celebrating the one-year anniversary of the Future Soldier Preparatory Course, a pilot program intended to help America's youth overcome academic and physical fitness barriers to service and meet or exceed the Army's accession standards.

The Army launched this innovative new program in response to the most challenging recruiting environment since the start of the all-volunteer force in 1973, brought on by a shrinking pool of qualified American youth and impacts from the COVID-19 pandemic.

"The results from the Future Soldier Preparatory Course have been very encouraging, providing more than 8,800 young men and women a path to serve in our all-volunteer force," said Gen. Gary M. Brito, the commanding general for U.S. Army Training and Doctrine Command. "The Army will continue to find innovative ways to invest in individuals who have the desire and passion to serve but may need help in meeting the Army's enlistment standards, which we have not and will not lower."

The course consists of two tracks — fitness and academic. The academic track focuses on improving word knowledge, reading comprehension, arithmetic reasoning and test-taking skills to help students improve their Armed Services Vocational Aptitude Battery, or ASVAB, scores. In the fitness track, students are educated on the five Holistic Health and Fitness readiness domains — physical, mental, nutrition, sleep and spiritual readiness — to help them meet the Army's enlistment body fat composition standards.

Recruits can participate in a



Photo by JEAN WILES

A cadre member from the Army's Future Soldier Preparatory Course addresses students at Fort Jackson. The pilot is helping America's youth overcome academic and physical fitness barriers to service and meet or exceed the Army's enlistment standards.

single track or both based on their personal needs.

Both tracks have a 95% graduation rate over the first year of the program, with students in the academic track increasing their ASVAB scores by an average of 18.5 points and students in the fitness track losing an average of 1.7% of body fat per week.

The pilot program was initially stood up at Fort Jackson, South Carolina and was expanded to Fort Moore, Georgia (formerly Fort Benning) in January 2023.

"We are incredibly proud of the instructors and cadre for preparing and building quality recruits, but ultimately the credit for this program's success goes to

the students," said Brig. Gen. Jason E. Kelly, the Fort Jackson commanding general. "The Future Soldier Prep Course is where desire meets investment, and everyday these young men and women show that when provided the right resources and training, they are able to perform and meet or exceed the standards expected of every Soldier."

While the numbers clearly show the program is delivering

**THE RESULTS FROM
THE FUTURE SOLDIER
PREPARATORY COURSE
HAVE BEEN VERY EN-
COURAGING ...**

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

for the Army, it is also helping many young Americans who may have struggled with meeting enlistment standards realize their dream of serving their nation as a professional Soldier.

"The course meant a lot to me," said Pvt. Elysette Ortiz, who increased her ASVAB score by 22 points while in the program and graduated from basic training in November. "I spent a lot of time trying to get into the Army. This program helped me make it to this point."

Friends and family have also seen firsthand how much this program has done for their loved ones in such a short amount of time.

"As someone who doesn't test well, it was hard seeing her come back time and again from taking the ASVAB test," said Carrie Speikers, Ortiz's aunt. "So when this program came about, it opened up a world of opportunity for her so she could reach her dreams and become a Soldier, which is all she's ever wanted to do."

Pvt. Tyra Winters was about 6% over the enlistment body fat

See **COURSE:** Page 10



(Far left) Garrison Command Sgt. Maj. Cesar Duran fires the starter pistol to begin the Commanders Relay Race, Aug. 5.

(Middle top) Runners pass the baton during the race held at the U.S. Army Drill Sergeant Academy. The relay race was the first of its kind on post.

(Middle bottom left) Runners listen as Pam Long, Fitness Programmer with the Directorate of Family and Morale, Welfare Recreation, states the rules of the race.

(Middle bottom right) A runner rounds the track.

(Left) A perfect handoff allows a team to keep up the chase for the top honors in the race that Sgt. 1st Class Paris Bledsoe said had 'great camaraderie amongst teams.'

(Bottom) A racer passes the finish line of the race. Pam Long said DFMWR will explore having other events like this.

Commander's relay a hit with Jackson units, community

Story by ROBERT TIMMONS and photos by NATHAN CLINEBELLE
Fort Jackson Public Affairs

Running on Fort Jackson is usually associated with drill sergeants calling cadence as a platoon of trainees run in step. Or even a quarterly 5K fun run/walk put on by the Directorate of Family and Morale, Welfare and Recreation.

But a relay race?

Yes, Fort Jackson held a relay race at the U.S. Army Drill Sergeant Academy, Aug. 5 as part of its commander's cup competition program.

The Commander's Relay Race "is such a fun and different event than what we typically offer here on Fort Jackson," said Pam Long, a fitness programmer with

Jackson's DFMWR. "With such a beautiful track over at the Drill Sergeant Academy, we were inspired to bring more track and field type events with the Commander's Relay Race being a great start."

The race was the first of its kind here at Fort Jackson, Long said. "It was sort of groundbreaking. No one had done it before, which made it a most exciting event because it was new."

"The relay race was a bit more head-to-head compared to other races on Fort Jackson," said Sgt. 1st Class Paris Bledsoe, with the Drill Sergeant Academy, after the race. "It provided a small enough window of performance to level the playing field, unlike the Army

IT WAS SORT OF GROUND-BREAKING. NO ONE HAD DONE IT BEFORE, WHICH MADE IT A MOST EXCITING EVENT ...

- Pam Long
Fitness Programmer
with Directorate of Family and Morale,
Welfare and Recreation

Ten-Miler or a 5k which bodes well for a more cardiovascular fit person."

The Fort Jackson commanders cup is a program where units compete against each other in a variety of event to be crowned the top unit on post. It builds friendly rivalries between units and esprit de corps.

The desire to compete for some was reminiscent of their days back in school.

"It all started with a bit of friendly competition banter," said Bledsoe about why his team joined the race. "A

couple of previous track runners vying to determine who still had glory from our high school days."

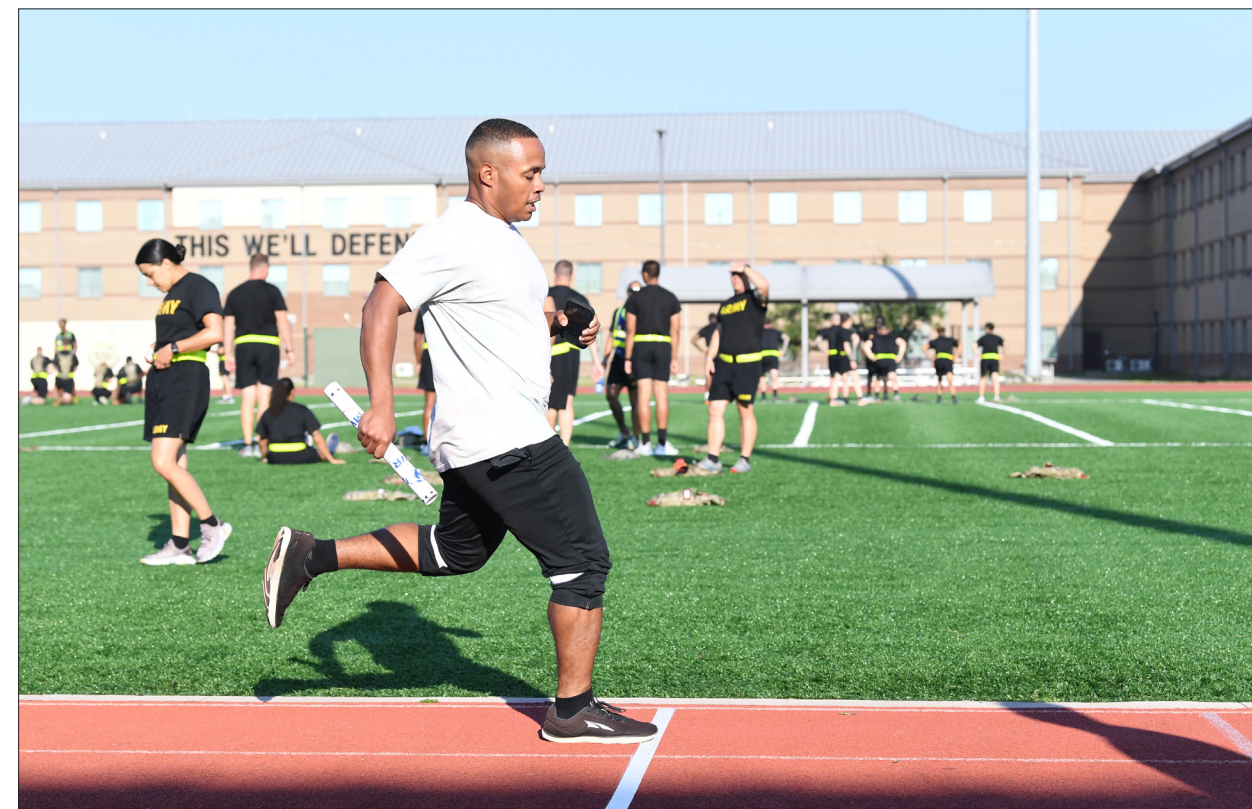
The race was a hit and will return next year.

"The best part was hands down the back-and-forth chatter amongst teams," Bledsoe said. "It was great camaraderie amongst teams, and it provided an opportunity for Drill Sergeant Academy cadre to engage in competitive banter with the drill sergeant candidates."

"We are exploring other track and field events such as racing, and huddles to offer new and hopefully exciting events for Soldiers, and our overall Fort Jackson Community," Long said.

Bledsoe said the MWR team deserved kudos for setting up the race.

"I applaud the MWR team for thinking outside the box with this relay race," he said.



WHY I SERVE

3RD BATTALION, 60TH INFANTRY REGIMENT

PFC. CARISSA BILDERBACK, 19

Gardnerville, Nevada

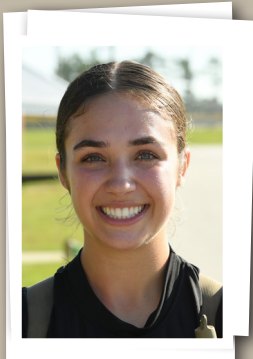
"I joined the Army because I wanted to contribute and be a part of something bigger than myself. I knew I would enjoy it and be able to thrive in that environment."

"I thought Basic Combat Training would be a ton of physical training with full gear on, but it wasn't. I thought I wasn't going to get this much sleep."

The most challenging part of BCT was "smelling bad in the field and having to deal with it."

A good word of advice is to "make sure you're in the right place at the right time, volunteer for as much as possible, and do what you're told."

"I am a 68W-Combat Medic Specialist. I chose this MOS because I want to go to medical school to become a trauma plastic surgeon and hopefully be able to do that for the Army."



PVT. ASHLEY PAYNE, 19

San Antonio

"My father convinced me to join the Army Reserves when I needed funds and motivation to finish college."

"I was under the impression that Basic Combat Training would be extreme, physically and mentally challenging."

"Originally, I wasn't expecting to be in good physical condition let alone be in a leadership position. When it came to the first ruck march we did, I had to endure the pain on my shoulders. I had to lead the platoon when all I thought about was falling out."

"No matter your mental and physical condition, BCT is easy to complete. What matters most is the ability to embrace the hardship it puts you through."

I am a "68W-Combat Medic Specialist. I chose 68W to help heal people. It will allow me to fulfill my need to aid people to health."



SPC. JACK BOUNDS, 29

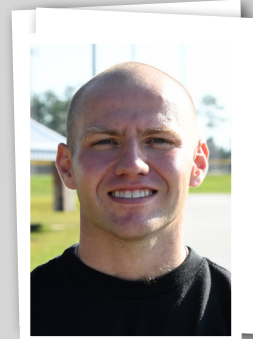
Hattiesburg, Mississippi

"I joined because I wanted to fulfill an opportunity that became my dream job: the West Point Hellcats (Drum and Fife Corps)."

I expected "there would be lots of exercise in Basic Combat Training. I felt mostly prepared physically. I expected to wake up early every day. I tried to mostly keep any expectation away so I could better adapt."

The most challenging part of BCT is "people patience. Even as a former teacher, it was challenging in regards to learning how to communicate with everyone as well as learning other's approach to communication."

My MOS is "42S-Special Band Musician. I chose this to be part of an elite ensemble that represents America and has the reciprocal effect on my music career. The West Point band is the oldest field band in the country."



PVT. PHILIP BENNER, 19

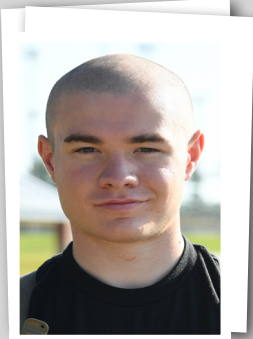
Austin, Texas

"One of the main influences for me to join the Army was that my father and brother both served in the Army. Another reason I chose the Army was the 'Street to Seat' program. I always had the dream of becoming a pilot."

"The only thing I was sure about before coming to Basic Combat Training was that there was going to be a lot of physical training; that I was going to the gas chamber; and that I was going to shoot a rifle."

"For me the most challenging part of BCT was being away from home, my Family and friends. Before I came to BCT I lived at home, so BCT was the first time that I moved out."

"My MOS is 09W-Warrant Officer Candidate. I chose this MOS because I always wanted to fly and this MOS allows me to do that."



PFC. TIFFANY ORDONEZ-MARTINEZ, 18

Las Vegas

"My best friend, Caitlin McKay, influenced me to join the Army. She showed me that I could be a better version of myself if I joined the Army."

"I imagined Basic Combat Training would consist of yelling and exercise. I didn't realize it took so much teamwork and motivation to get through BCT."

"The most challenging part of BCT was staying positive and motivated. I couldn't have done it without the support of my senior drill sergeant and my battle buddies."

"My MOS is 91B-Wheeled Vehicle Mechanic. I chose mechanic, because I love vehicles and being able to fix such tedious work, not only that but I want to show that females can do what men do."



PFC. LUKE DIXON, 20

Wichita, Kansas

I was influenced to join the Army "by my grandpa's service in Vietnam, and my wife taking care of my wife."

"I imagined Basic Combat Training to be more physically taxing and less mentally taxing than it was. Everything I have ever been told is to just follow instructions and do pushups."

"The most challenging part of BCT was missing my wife and Family. Going from seeing them everyday to never seeing them was the hardest part."

"Do not talk and be respectful to everybody is the best advice I can give."

"I am a 25U-Signal Support Specialist. I love learning and this is something I know nothing about. So, I wanted to learn, and the bonus is nice."

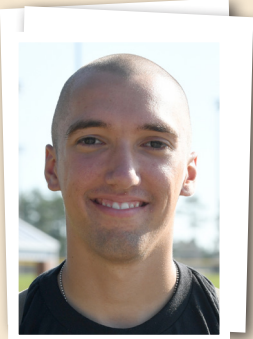




Photo by NATHAN CLINEBELLE

Col. Scott White, 193rd Infantry Brigade commander, presents 1st Lt. Gage Jarvis, unit safety officer for 1st Battalion, 13th Infantry Regiment, with the Fiscal Year 2022 Secretary of the Army/ Chief of Staff of the Army Individual Award of Excellence in Safety plaque.

Officer receives safety award

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Dedication to safety paid off for one first lieutenant.

First Lt. Gage Jarvis, unit safety officer for 1st Battalion, 13th Infantry Regiment, was recently named the winner of the Fiscal Year 2022 Secretary of the Army/Chief of Staff of the Army Individual Award of Excellence in Safety.

Col. Scott White, 193rd Infantry Brigade commander, presented Jarvis with his award Aug. 2.

“During the past year, I am particularly impressed with his ability to deep-dive into heat related illnesses, cadre mentorship of increased awareness of heat protocols and reduction of personnel injuries,” wrote Brig. Gen. Jason E. Kelly, Fort Jackson commander as part of his recommendation. “His contributions in safety reduced hazards, and he implemented controls where needed to reduce risks. His contributions directly assisted his unit in maintaining the ability to accomplish the primary mission of training and developing Soldiers for our Army.”

Jarvis went out of the way to help his unit, brigade and even an outside organization improve their safety procedures.

Lt. Col. Anthony Messenger, Jarvis’ battalion commander, spelled out how widespread his safety efforts in a letter recommending the officer for the award.

“Jarvis demonstrated significant improvements, sustained excellence, and provided steadfast leadership via developing and supporting risk management and accident prevention programs,” Messenger’s recommendation letter read.

Jarvis’ many safety achievements included mentoring subordinate company USOs; managed the battalion’s COVID-19 action plan resulting in daily temperature checks for 950 trainees and 151 cadre; and re-wrote the battalion’s safety standard operating procedures, hazard communication SOP, and radiation SOP.

He also ensured battalion purchased two cross walk signs to raise family member awareness of high traffic areas during Family Day activities.

SALUTING THIS BCT CYCLE’S HONOREES

3rd Battalion, 60th Infantry Regiment

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Ashley Payne

Pfc. Seth Centeno

SOLDIER OF THE CYCLE
Pvt. Philip Benner

SOLDIER OF THE CYCLE
Spc. Jack Bounds

DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Luke Dixon

BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Tiffany Ordonez-Martinez

SOLDIER OF THE CYCLE
Pfc. Anastasia Kolesnikov

SOLDIER OF THE CYCLE
Pvt. Kendra Moore

ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Carissa Bilderback

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE

SOLDIER OF THE CYCLE
Pvt. Krysten Smith



STAFF SGT. DAVID FREEMAN

DRILL SERGEANT
OF THE CYCLE



Photo by ROBERT TIMMONS

Resilient example ...

Retired Spc. Justin ‘JP’ Lane, a singer and motivational speaker, shows a card during an Aug. 8 presentation at the Post Theater. The card used by doctors to see after being hit by an improvised explosive device while in Afghanistan during a presentation at the Post Theater, Aug. 8. Lane, a double amputee, was on Fort Jackson sharing his experiences on how to become more resilient.

Events

Continued from Page 4

who will discuss rack scoring and other aspects of deer hunting in South Carolina.

AUG. 18
Spouse Federal Resume Workshop
9:30-11:30 a.m., Army Community Service Building, 9810 Lee Road. Are you seeking federal employment? Come learn everything you need to know about: transitioning from private industry to the federal government; writing a correct federal resume; creating effective Knowledge Skills and Abilities; answering “Self-Assessment Questionnaires; “formatting your resume to be noticed by reviewers; interviewing; and tracking the progress of your application. Topics covered are: USAJobs account, position clasification standards and functional guides; breaking down the vacancy announcementl adjusting your experience to the vacancy. Registration is required. Call 751-5256 to reserve a seat.

AUG. 25
Paint and Sip - Pet Portait Watercolor
5:30-7:30 p.m., Solomon Center. Learn how to paint with watercolors as you create a pet portrait. Cost is \$45.

AUG. 26
Buddy Games

8 a.m., Vanguard Gym. Buddy Games is a CrossFit style competition. Teams of two people compete in various events. Register your team by Aug. 23 in any gym or by calling 751-5839. This is a Commander’s Cup eligible event.

Cars and Coffee
8-11 a.m. Solomon Center Parking Lot. Enjoy cool cars and hot coffee.

SEPT. 8
Spouse Federal Resume Workshop
9:30-11:30 a.m., Army Community Service Building, 9810 Lee Road. Are you seeking federal employment? Come learn everything you need to know about: transitioning from private industry to the federal government; writing a correct federal resume; creating effective Knowledge Skills and Abilities; answering “Self-Assessment Questionnaires; “formatting your resume to be noticed by reviewers; interviewing; and tracking the progress of your application. Topics covered are: USAJobs account, position clasification standards and functional guides; breaking down the vacancy announcementl adjusting your experience to the vacancy. Registration is required. Call 751-5256 to reserve a seat.

SEPT. 9
Run/Walk for the Fallen
8 a.m., Hilton Field. Fort Jackson honors service members from South Carolina who died serving the Nation since Sept. 11, 2001 with a run. Registration begins at 7 a.m. on Hilton Field with a ceremony at 7:30 a.m. The run begins promptly at 8.

Course

Continued from Page 5

standard before she attended the course’s fitness track. She has since graduated both the course and basic training on her way to becoming a dental specialist.

“I’m actually an example of someone who didn’t lose any weight but lost body fat percentage and inches,” Winters said. “They tell you right off the bat it’s not a weight loss program. It sets you up with literally the formula for success, you just have to be open minded and trust yourself to do it.”

Graduates from the academic track are also able to re-negotiate their enlistment contracts and may qualify for a different military occupational specialty or additional incentives.

Over the past year, the Army has given out more than \$15.5 million in bonuses to Future Soldier Preparatory Course graduates.

“I started with an ASVAB score of 38 and my MOS was 91B, which is a wheeled vehicle mechanic,” said Pvt. Nia Bautista, a recent graduate of the course at Fort Moore. “Through the program, I was able to increase my ASVAB score to 90 and qualified to change my job to MOS 68W, which is a combat medic. I qualified for a bonus of \$7,500 and for Airborne School.”

The success of the program thus far is reflected in the little victories recruits celebrate along the way as they make progress toward meeting their personal goals.

“I have seen positive results. I’ve lost an inch on my waist and about ten pounds,” said Pvt. Jeremiah Martin, who recently graduated from the fitness track. “I feel like I’m constantly getting stronger every day.”

The Army will continue to assess and scale the prep course to ensure we are successfully preparing and building quality recruits, Brito said.

Did you know: Cadre are encouraged to screen newcomers and Soldiers/students for their predisposition to become a heat casualty via having each complete an Individual Self-Assessment form within the first 72-hours of arrival/assignment.

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.	DANIEL CIRCLE CHAPEL
	GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
	INITIAL ENTRY TRAINING	DAY	TIME	PLACE
	ANGLICAN	SUNDAY	9-10 A.M.	LIGHTNING CHAPEL
	CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
	PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
	THE BRIDGE (PROTESTANT)	SUNDAY	8:30-9:30 A.M.	ANDERSON CHAPEL
	CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	MAGRUDER CHAPEL
	HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	MAGRUDER CHAPEL
	ISLAMIC SERVICE	SUNDAY	8-9 A.M.	DANIEL CIRCLE 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	ANDERSON CHAPEL

Fitness team uses garden to teach hands-on nutrition

By **NICOLE TOPAKAS**
165th H2F Health Educator

“Gardening offers an opportunity for people to get their hands dirty while learning something new,” says Tony Paradis, civilian registered dietitian for the 165th Infantry Brigade Holistic Health and Fitness team. “It’s easier to understand nutrition when you get a hands-on experience.”

Many people have visited the Drill Sergeant Timothy Kay Soldier Performance Readiness Center since its opening in March of 2023, but probably most of those folks have not glimpsed the small teaching garden being built behind the facility. While the garden currently only hosts a kale plant, a few tomato plants, and zucchini, the vision for the project is substantial.

The H2F teams sharing the SPRC hope to create more raised beds that will house several varieties of vegetables as well as an extensive herb garden.

The garden has started small with efforts from several members of the H2F team.

Capt. Wes Mayeux, dietitian with the 165th Infantry Brigade H2F, along with other staff, has upcycled unwanted items and donated time and plants to get the garden going. So far, all the materials used for the construction of the garden boxes and trellis have been items slated for the landfill or recycling center, such as old wooden pallets. While the garden is not fancy, the team has already harvested a few tomatoes and hopes to see many more as the season progresses.



Courtesy photo

Soldiers unload soil into raised garden beds behind the Drill Sergeant Timothy Kay Soldier Performance Readiness Center. Holistic Health and Fitness team members are using the garden as a way to teach healthy eating habits.

Gardening engages multiple H2F components, specifically the nutritional, physical, mental, and spiritual domains. Many people struggle to consume adequate fruits and vegetables, so teaching them how to grow their own fresh, delicious produce can encourage increased intake.

At the center, the H2F teams hope to use the produce from the teaching garden for meal preparation demonstrations to educate service members and families how to prepare fresh vegetables in simple yet creative ways. Gardening also requires some

level of physical exertion, which contributes to regular low-intensity exercise. Additionally, spending time in nature, breathing fresh air, doing purposeful work, and absorbing sunlight can contribute to better mental and spiritual health.

“We hope the H2F teaching garden will inspire other gardening projects and community gardens across Fort Jackson,” said Andrew Hargus, program director of the 193rd Infantry Brigade H2F team. “Gardening really incorporates many facets of health. Through the teaching garden and

several other activities, we promote here at the SPRC, we want to encourage Soldiers to live the principles of H2F.”

The project was inspired in part by the victory gardens established across the US during the world wars.

Victory gardens, originally known as war gardens or liberty gardens, were started during World War I after President Woodrow Wilson called on Americans to plant vegetable gardens in order to prevent food shortages during the war. Millions of Americans turned their yards, schoolyards, and vacant lots into thriving vegetable gardens.

During World War II, victory gardens were again reestablished to supplement rationed items with fresh produce. By May 1943, 40% of American produce came from victory gardens. Although it’s unlikely we will reach this percentage of at-home food production in the near future, encouraging home gardens can result in improving multiple aspects of health as well as decreasing food costs – a win-win situation.

The future vision includes establishing a centrally-located post community garden to engage more community involvement and ownership around holistic living to improve the quality of life for Soldiers, their families, civilians, and the larger FJSC community.

If you would like to get involved with volunteering or would like to learn more about the teaching garden, stop by the SPRC at 12650 Jackson Blvd. or call (803) 687-7047.

Don’t touch this ... Fort Jackson urges munitions safety

Installation Safety Office

The U.S. Armed Forces have conducted and continue to conduct live-fire training and maneuvers to be prepared to defend our nation. This training involves the use of various types of munitions including bombs, artillery projectiles, grenades, mines, rockets, and simulators. Some munitions do not explode or function as intended. These are called unexploded ordnance, or UXO.

For a number of reasons, these munitions and others (e.g., discarded souvenirs) may be encountered in areas where they are not expected. This has occurred at Fort Jackson and other installations.

Over time, property, including property on a military installation, used for live-fire training or maneuvers has been put to different uses (e.g., parks, residential or industrial development). Erosion caused by natural phenomena, such as storms and frost heave, and construction often uncover munitions once buried in the ground. Additionally, some people discard munitions once kept as souvenirs in various areas (e.g., wooded areas, parks or the trash) without concern for the safety of others.

Munitions are designed to kill people and destroy equipment or buildings. Even practice munitions may have a small explosive charge that can be dangerous and cause serious injury. No matter the age, size, shape, or col-

or, munitions are dangerous and should not be approached, disturbed or moved.

Military families are more likely to encounter munitions than the general public because they live on or near military installations.

The Army and Fort Jackson encourage you to visit 3Rs.mil to learn about the 3Rs of Explosives Safety with your family, and constantly reinforce the need for your family to follow the 3Rs of explosives safety:

For more information on Fort Jackson’s 3Rs Explosives Safety Program, call 751-8067.

For more information about the 3Rs of Explosives Safety, visit <https://3Rs.mil>.

VICTORY... STARTS HERE



Pierce Terrace Elementary School faculty greet students as they return for the first day of the new school year, Aug. 7

Photo by NATHAN CLINEBELLE