

THURSDAY MARCH 16, 2023

THE FORT JACKSON LEADER

"VICTORY ... ST

WELCOME ABOARD

OCHS JOINS TEAM JACKSON



www.facebook.com/fortjackson



GARRISON: www.facebook.com/USArmyGarrisonFortJackson



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



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

New Army brand redefines 'Be All You Can Be'

U.S. Army Public Affairs

The modern brand and accompanying campaign highlight the vast possibilities of Army service for today's youth.

A re-engineered and unboxed five-point star logo blends the legacy of the classic Army mark with modern functionality to reflect the Army's limitless possibilities.

For the first time since 2001, the U.S. Army has introduced a new brand that redefines what it means to "Be All You Can Be" for a new generation. Secretary of the Army Christine Wormuth, Army Chief of Staff Gen. James McConville and Sgt. Maj. of the Army Michael Grinston made the announcement during a much-anticipated launch event at the National Press Club. The brand and its accompanying campaign spotlight the countless opportunities the Army provides youth to explore their passions, build community and become the best versions of themselves.

"At a time when political, economic and social factors are changing how young Americans view the world, the new Army brand illustrates how service in the Army is grounded in passion and purpose," said Wormuth. "Serving our nation is a calling, and one that is fundamentally hopeful. We want a new generation of Americans to see the Army as a pathway to the lives and careers they want to achieve."

The brand transformation was a multi-year, research-based process designed to reflect today's Army accurately and authentically, while addressing the needs of a new generation. The brand's new look and feel consists of a redesigned five-point star logo



U.S. Army Enterprise Marketing Office

A re-engineered and unboxed five-point star logo blends the legacy of the classic Army mark with modern functionality to reflect the Army's limitless possibilities, as the Army reintroduces 'Be All You Can Be' branding.

— (the box has been removed to reflect the limitless possibilities in the Army) coupled with the return of the popular "Be All You Can Be" tagline.

The Army's new visual identity brings the powerful "Be All You Can Be" tagline to life.

The logo and tagline are a part of a full-brand ecosystem that helps tell the Army

story visually and verbally, including a new custom font, an expanded color palette, new iconography, photography, motion graphics and more.

"All good brands must evolve to reflect internal and external changes to ensure an accurate depiction of the organization that also meets audience needs," said Maj. Gen. Alex Fink, Chief of Army Enterprise Mar-

keting. "We know youth seek purpose, passion, community and connection, but we also know many don't recognize the Army's ability to deliver on those needs. We need a brand that effectively communicates the possibilities of Army service."

"Be All You Can Be" is a phrase that has inspired many generations of Soldiers, and

See **BRAND:** Page 10

ON THE COVER

Post Command Sgt. Maj. Erick Ochs receives the post colors from Brig. Gen. Jason E. Kelly, Fort Jackson commander, during a change of responsibility ceremony held March 10 at Victory Field.



Photo by ROBERT TIMMONS

SEE PAGES 6-7

THE FORT JACKSON LEADER

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, Fort Jackson, S.C. 29207, or call (803) 751-6739 or e-mail usarmy.jackson.93-sig-bde.mbx.atzj-pao@mail.mil

Commanding General Brig. Gen. Jason E. Kelly
Garrison Commander Col. Ryan M. Hanson
Public Affairs Officer Tom Byrd
Command Information Officer Robert Timmons
Editor Emily Hileman

Website: www.fortjacksonleader.com

Facebook: www.facebook.com/fortjackson

www.facebook.com/USArmyGarrisonFortJackson

Twitter: www.twitter.com/fortjackson

Instagram: www.instagram.com/fortjackson



Photos by Nathan Clinebelle

(Left to right) Lt. Col. Derek Campbell, 2nd Battalion, 13th Infantry Regiment commander; Chief Warrant Officer 2 Ryan Treat; Staff Sgt. Trevor Ward; and Command Sgt. Maj. Joseph Magni, stand at attention during the retirement review, March 9.



Chief Warrant Officer 2 Ryan Treat receives his Retirement Commendation Package from Col. Carter Price, Fort Jackson chief of staff, during the retirement review.

Jackson passes the torch at retirement review

By **EMILY HILEMAN**
Fort Jackson Public Affairs

Chief Warrant Officer 2 Ryan Treat and Staff Sgt. Trevor Ward were recognized for their service and dedication to the United States during the 2nd Battalion, 13th Infantry Regiment's Basic Combat Training graduation ceremony on March 9. This event was the first retirement review to be held during a BCT graduation since the post changed the way it honored retirees earlier this year.

The recognition began with the Army Training Center and Fort Jackson Chief of Staff, Col. Carter Price and the 193rd Infantry Brigade Command Sgt. Maj. Travis Wirth presenting the retirees with their Army Retiring Soldier Commendation Program Package, which includes a letter from Secretary of the Army Christine

Wormuth, the Army Chief of Staff, Gen. James C. McConville, and the Sgt. Maj. Of the Army Michael A. Grinston; a retirement flag; retired lapel button; and two "Soldier for Life" window stickers. They also received a Certificate of Appreciation from President Joe Biden and the Certificate of Retirement from Gen. James C. McConville.

"Fort Jackson and the Army recognize that every person who joins our ranks is a Soldier for Life," Price said. "Combining the two events serves to symbolize the literal beginning and conclusion of Army careers. It links the Army's newest Soldiers to their professional heritage, metaphorically

**I CAN'T SAY
ENOUGH GOOD
THINGS ABOUT IT. I
HAD 2,000 PEOPLE
CHEERING ME ON.**

Chief Warrant Officer 2
Ryan Treat

passing the torch from our retirees to the graduating class."

At the ceremony, Spc. Diego Serrano, Company A's Soldier Leader of the Cycle, also presented both retiring Soldiers with a Certificate of Appreciation on behalf of his unit.

Retired Command Sgt. Maj. Dennis Crandall, who attended the event, said he

has been to several retirement ceremonies on various posts and this "was a great ceremony."

"Most ceremonies are about the same," he added. "I think holding it here in front of these people was even better because of the loud noises people make. It's a good way to send them off."

Treat said he would recommend anyone retiring to participate in the ceremony. "When retirement services told me the retirement ceremony was going to be with the graduation, I immediately tripled my guest list. I can't say enough good things about it. I had 2,000 people cheering me on," Treat said. "It was amazing. It was better than any retirement ceremony I've ever seen."

Retired Sgt. 1st Class Eugene Kennedy was in attendance to watch his son, Spc. Doniel Kennedy, Company B's Soldier Leader of the Cycle, graduate.

"It's good to honor them and recognize them. It was short and to the point and didn't take away from the graduating Soldiers. It was excellent," he said.

Those who are retiring soon and want to participate in a Retirement Review Ceremony, should contact Retirement Services at 751-5495.

Community Updates

ANNOUNCEMENTS

CTSA Survey

U.S. Army Public Health Center developed the Community Strengths and Themes Assessment Survey to serve as a comprehensive tool to assess the installation community's perceptions of health, health-related concerns, quality of life, safety, spirituality and satisfaction with and access to post programs and services. The Fort Jackson Commander's Ready and Resilient Council utilizes the results to help identify the most pressing concerns of the Fort Jackson Community, which will lead to better targeting of resources and address concerns. The assessment will help leadership gain a better understanding of the community perceptions in regard to physical, spiritual, emotional and mental well-being. After the Army Public Health Center has analyzed the information and data, the feedback will be sent to the Fort Jackson commander to be reviewed and disseminated. The CSTA is voluntary. The incentive to complete the survey is to improve the health, safety and quality of life on the installation. All responses are anonymous, and the data will be kept confidential and housed on a protected, secure server. Fort Jackson Commander's Ready and Resilient Council will be soliciting feedback at the link (<https://usaphcapps.amedd.army.mil/Survey/se/25113745648F0C25>) or QR Code above from Soldiers, Department of the Army Civilians, Retirees and Family members through the biennial Community Strengths and Themes Assessment. The survey will run until March 31.

New Library Hours

The Thomas Lee Hall (Post) Library new hours of operation are Monday-Friday 11 a.m.-5 p.m.

Personal Property Announcement

U.S. Transportation Command personal property pre-peak season will begin late February through September. Once service members receive orders for Permanent Change of Station. They are required to access Military Once-Source for customer support resources to arrange household goods shipment, <https://www.militaryonesource.mil/moving-housing/moving/pcs-and-military-moves/>. For more information, contact the Fort Jackson Personal Property Office 751-5137/5138. Soldiers and Families

can find personal property programs overview information and TSP ratings on the customer facing dashboard, <https://www.ustranscom.mil/dp3/index.cfm#overview>.

Museum Closure

The U.S. Army Chaplain Corps Museum is temporarily closed for gallery renovations. A reopening date is anticipated in April. For more information, call 751-8079.

Fireproof Your Marriage

11:30 a.m. to 12:30 p.m. Chaplain Family Life Center, 5460 Marion Street. Would you like to strengthen your marriage? Seize the opportunity by coming to the eight week "Fireproof Your Marriage" bible study offered by the Family Life Chaplain at the Fort Jackson Chaplain Family Life Center. An introductory session will be provided on from 11:30 a.m. to 12:30 p.m. April 28. Participants are encouraged to bring their own lunch and will receive a participant guidebook. Seats are limited to the first 15 couples to sign up. Sign up by calling 751-4966. There is no cost. Class dates are April 28, May 5, 12, 19, June 2, 9, 23, 30. Participants are encouraged to commit to each class until complete.

COMMUNITY EVENTS

TODAY

Barracks Town Hall

1 p.m. NCO Club. All single Soldiers and parents are welcome to attend a Barracks Town Hall with the garrison command team.

Sportsman Club Meeting

6 p.m. Alpine Lodge. The Fort Jackson Sportsman Club will hold its monthly meeting at the Alpine Lodge. Everyone interested in the upcoming turkey session or the Club's continuing efforts to improve deer hunting on Fort Jackson is invited.

SUNDAY

Memorial Bataan Death March

6 a.m. Hilton Field Softball Complex. This memorial march is conducted to honor the heroic service members who defended the Philippine Islands during World War II. There will be two routes available for participant from which to choose – the full route, 26.2 miles and the honorary route, 14.2 miles. Men will march with a 30-pound rucksack and women with a 25-pound rucksack. Ruck-

THE FORT JACKSON LEADER

**SEND ALL
SUBMISSIONS TO**
***usarmy.jackson.93-sig-
bde.mbx.atzj-pao@mail.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. Questions? Call 751-6739.

sacks will be weighed beginning at 5 a.m. For more information or to register, call 751-3096.

TUESDAY

Curiously Charming Book Club

6 p.m., Thomas Lee Hall (Post) Library. Book Club will discuss a nonfiction book that tells the true story of the Black female mathematicians who worked at NASA's Langley Aeronautical Laboratory in Hampton, Virginia, starting in the early 1940s. These pioneering women known as "human computers" used pencils, slide rules, and adding machines to calculate the numbers that would launch rockets and astronauts into space, even as Jim Crow laws forced them to be segregated from their white counterparts.



Fort Jackson Movie Schedule

3319 Jackson Blvd. Phone: 751-7488

SATURDAY

■ Ant-man and the Wasp: Quantumania (PG-13) 2 p.m.

WEDNESDAY

■ Ant-man and the Wasp: Quantumania (PG-13) 2 p.m.

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

**WWW.SHOPMYEXCHANGE.
COM**

Meals in Minutes & Your Budget

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

H2F improves Soldier performance by addressing sleep habits

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

It's 3 a.m., and your mind is racing again. You try to find a comfortable position, but nothing seems to work. As you toss and turn, you become more agitated thinking about all the things you need to accomplish in the morning, but you know it's going to be a challenge on so little sleep. You need to fall back asleep immediately.

Sound familiar? For many Soldiers, periods of insomnia and disrupted sleep are a nightly reality. Disturbances from children, pets, and sleeping partners are common, as is our tendency to be awoken by our own minds dealing with stressors like work demands, finances, relationship issues, health concerns, or a critical inner voice. While sleep duration is a concern for everybody, it is especially important for Soldiers.

A recent survey demonstrated that only about 25% of Soldiers get the recommended 7-8 hours of sleep per night, compared to about 72% of the general population. Quality sleep is incredibly important to maintaining health and performance. Without a good night's sleep, we tend to make less healthy eating choices, we have less energy and are less productive, our mental health suffers, and we have a shorter fuse with those around us. So how do we get a full night's rest without interruption? How do we get back to sleep if we do wake in the night?

It turns out there are several things we can do to improve our sleep.

According to Capt. Chris Enke, the 165th Infantry Brigade Holistic Health Fitness occupational therapist, implementing a nightly bedtime routine, setting up an ideal sleep environment, and utilizing breathing exercises or other relaxation techniques to fall asleep or get back to sleep during the night can create life-changing results.

In addition, Enke suggested examining barriers to sleep that can be tweaked even slightly to improve sleep habits over time.

"Our job is to get people to do a little better each day. We want to build a system to get everyone to be the best version of themselves," Enke said.

Besides sleep hygiene, Enke also focuses

on another domain of H2F, mental performance.

In the H2F setting, an OT's role differs somewhat from what it might look like traditionally. For example, an occupational therapist working at a hospital or an acute rehabilitation facility with patients recovering from a stroke or spinal cord injury would typically concentrate on activities of daily living, such as dressing, bathing, self-care, and then more complex tasks like managing medications, driving, and functioning at work. OTs may work with patients of all ages, with acute or chronic conditions.

As an H2F OT, Enke may still engage with those needing upper extremity care or post-concussion management, but a greater portion of his time is spent working with people on their habits, roles, and routines, both for better sleep and mental performance.

For Capt. Jane Marshall, the 193rd Infantry Brigade H2F OT, the fundamental difference between a traditional OT's role and an H2F OT's position is the ability to drill down to the basics and set a foundation rather than reacting to a situation that has already occurred.

If basic habits and tasks can be done better, it can set off a cascade of positive change. For example, by tracking sleep habits and finding ways to increase sleep consistency, physiological aspects such as heart rate variability may improve, as well as the body's ability to adapt to stress. In these situations, the overlap between H2F domains becomes obvious. Sleep quality and duration affect how we perform physically and mentally, our physical activity and what we eat affects how we sleep, our spiritual awareness affects our lifestyle choices, and so on.

Marshall has witnessed several positive results across domains, especially when working with basic trainees.

"Coaching trainees on simple breathing exercises has led to their ability to fall asleep faster, manage energy more efficiently, and deal with stressful situations more effectively," she said.

Enke agreed with the cross-domain benefits that can result from implementing basic behavioral changes. OTs play a crit-



Courtesy photos

Capt. Chris Enke, the 165th Infantry Brigade Holistic Health Fitness occupational therapist, provides counseling to a Soldier. Enke said, 'implementing a nightly bedtime routine, setting up an ideal sleep environment, and utilizing breathing exercises or other relaxation techniques to fall asleep or get back to sleep during the night can create life-changing results.'

ical role in helping to identify areas where small changes to sleep patterns, stress management, and mental awareness can positively affect overall health and mindset.

"If you have something going on that is affecting your performance or your health and you're not sure what to do, come see us," he said. "Between the five domains, we can problem-solve with you to find the best

course of action."

If you are a part of the 165th or the 193rd, the OTs and other H2F domain experts (physical, sleep, mental, nutritional, spiritual) are available at the newly completed DS (SSG) Tim Kay Soldier Performance Readiness Center at 12650 Jackson Blvd.

(Editor's note: The SPRC officially opens at 9 a.m. March 24.)

Welcome Aboard: Ochs joins Team Jackson

By ROBERT TIMMONS
Fort Jackson Public Affairs

Fort Jackson welcomed a new member to the command team as Post Command Sgt. Maj. Erick Ochs took responsibility for Fort Jackson from Command Sgt. Maj. Philson Tavernier during a change of responsibility ceremony held March 10 on Victory Field.

Ochs said his job on Fort Jackson will be as a senior enlisted advisor, advising the post commander on “all matters of enlisted Soldiers, Family, training, cadre, welfare, discipline and morale.”

Brig. Gen. Jason E. Kelly, Army Training Center and Fort Jackson commander, welcomed Ochs to the installation “where expectations are set and where hard work begins,” and called on him to empower Soldiers on post.

“Maintain our people first culture, and through that lens, empower and enable our Soldiers and leaders to become the best versions of themselves,” Kelly said during the ceremony. “It also means protecting them, protecting them from harmful behaviors and protecting them from unproductive leadership.”

“Command Sgt. Maj. Tavernier you have done this,” he said as he began speaking to Tavernier. “You put the needs of Team Jackson above your own and ensured all were treated right and all were valued ...”

Kelly lauded Tavernier’s efforts to improve the installation, while also charging Ochs to be the role model Soldiers need.

“(Ochs) you too must earn the respect of the command and immediately establish yourself as a role model,” Kelly said. Demonstrate how a Soldier “acts on the range, on the track, in the barracks, around town, and both on and off duty.”

Ochs is well-versed in leadership. He has served in every leadership position from team leader to command sergeant major, while also serving as a senior drill sergeant, operations sergeant major at the battalion levels, including as the deputy G3 sergeant major for the 82nd Airborne Division. Ochs also served the task force command sergeant major for the Army’s first Multi-Domain Task Force.

Kelly called on Ochs to “be the competent professional you know you are, fulfill your responsibilities as you always have, and accept that what we do here is not so easily summarized as Basic Combat Training. We generate readiness so the American people can sleep without fear of any competitor’s aggression.

“We are more than basic training, we are the Gateway to the

I’M HERE TO BE
YOUR SERVANT
LEADER, ENFORCE
THE STANDARDS
OF DISCIPLINE AND
TRAINING, AND AS-
SIST IN THE MISSION
TO HELP THE GENEXT
ENERATION BE ALL
THEY CAN BE.

- Post Command Sgt.
Maj. Erick Ochs

Army and the proving ground for more than half of the Army’s Soldiers,” Kelly said. “We are where expectations are set, where hard work begins ...”

Tavernier told Fort Jackson they will “be receiving a phenomenal leader” in Ochs, who “is intelligent. He is passionate and he is ready to take this organization to the next level.”

Fort Jackson and the Midlands community has received Ochs with open arms.

The Midlands in an “incredibly military-friendly community,” Ochs said. “It’s just incredibly warm and welcoming ... I look forward to working with the Soldiers and the Families on base as well as the community.”

“I look forward to working with each and every member of the Army Training Center and our Partners in Excellence, as well as the greater community of Fort Jackson and Columbia,” Ochs said

during the ceremony. “Rest assured my sole purpose and reason for waking up every day is to work for our cadre and Families. My focus will be on your quality of life, leader development ... providing the resources to accomplish the mission we ask of you.

“I’m here to be your servant leader, enforce the standards of discipline and training, and assist in the mission to help the next generation be all they can be.”



Photo by ROBERT TIMMONS
Members of the Fort Jackson salute battery fire off a volley during the change of responsibility ceremony where Post Command Sgt. Maj. Erick Ochs took responsibility for Fort Jackson.



Photo by NATHAN CLINEBELLE



Photo by ROBERT TIMMONS
Fort Jackson’s honor guard presents arms during the Army Training Center and Fort Jackson change of responsibility ceremony held March 10 at Victory Field.



Photo by NATHAN CLINEBELLE



Photo by ROBERT TIMMONS
(Above) A vocalist with the 282nd Army Band sings the National Anthem during a change of responsibility ceremony where Post Command Sgt. Maj. Erick Ochs took responsibility for the installation. (Middle) Post Command Sgt. Maj. Erick Ochs receives the installation colors from Fort Jackson Commander Brig. Gen. Jason E. Kelly during a ceremony held March 10 at Victory Field. Outgoing Post Command Sgt. Maj. Philson Tavernier looks on. (Left) Post Command Sgt. Maj. Erick Ochs salutes the formation.

WHY I SERVE

4TH BATTALION, 39TH INFANTRY REGIMENT

PVT. DUREONTE SMITH, 20

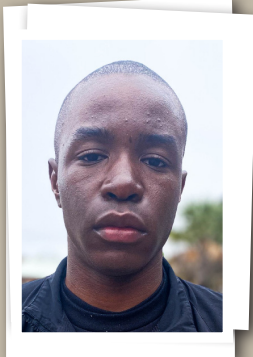
Atlanta

"I joined the Army because of my Family. We had it rough when I grew up and I thought becoming a Soldier would show my siblings that anything is possible."

"I imagined Basic Combat Training would only be as hard as I made it. The most difficult part was making sure my battle buddies did what they had to do to become good soldiers."

My advice to those about to enter BCT is to "take each day one day at a time. Or, if you're like me, one meal at a time."

My MOS is "88M - Motor Transport Operator, because I like to drive trucks and it can help me in the real world."



PVT. JOHN MARTINEZ, 22

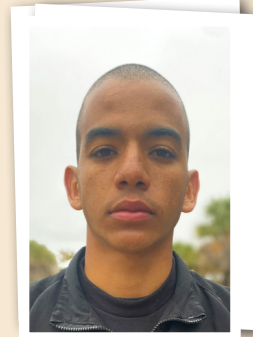
Lancaster, Pennsylvania

I was influenced to join the military by "my dad and step-dad. They were both in the military and I wanted to serve like them. I also wanted to become a better person."

I thought Basic Combat Training was going to be hard because English isn't my first language. I thought I wouldn't be able to understand my drill sergeants. When I got here, I realized it wasn't going to be an obstacle."

"Don't be afraid and get in shape before you get here. Work on being on time, do what you're supposed to and listen to the drill sergeants." That's some advice I would give to someone planning to start BCT.

My MOS is "88M - Motor Transport Operator, because it was the only MOS available."



SPC. CONCEPCION CASTELLANOS, 23

St. Charles, Illinois

"I joined the Army because I wanted to thank this country for all of the opportunities given to me and by joining I am able to give back. I also joined to become a better version of myself. Prior to the Army, I was an elementary school teacher and I want to show my students that anything you want or dream is possible with motivation and determination."

"The most challenging thing was the lack of motivation and discipline of the other trainees around me and how their performance negatively impacted all of us."

My MOS is "92G - Culinary Specialist. This was a last-minute choice in which I wanted something short and my first option was not possible. I saw this as an opportunity to learn new things and apply them to my life."



SPC CLARY MUNOZ, 29

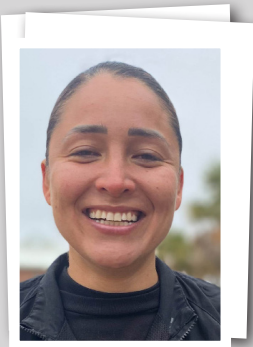
Republic of Columbia

"I wanted to challenge myself, contribute to society and the constant desire to better myself every day influenced me to join the military."

"People with different ages and backgrounds made Basic Combat Training interesting and challenging."

I would tell someone planning to start BCT to "be proud to be a part of the best Army in the world and have the right motivation and attitude."

My MOS is "92A - Logistics Specialist."



SPC. MAVERICK LOZANO, 24

San Bernardino, California

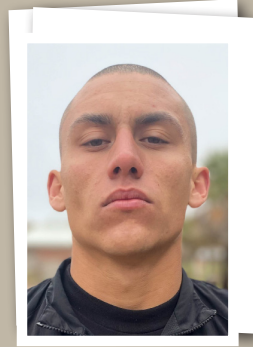
"The opportunity to better my Family's life, further my education, and experience an entirely new way of life" influenced me to join the military."

"I imagined every aspect of my daily life being controlled and most, if not all, of my freedoms being taken away"

"The most challenging part of Basic Combat Training was being away from my wife and Family for 10 weeks."

"I would tell others to get in shape before coming to BCT. Also, don't take anything personal while you are here. Leave your ego and emotions at the door."

My MOS is "92R - Parachute Rigger. I chose this MOS because it came with option 40 - Ranger School. It also seemed new and a change of pace from my civilian jobs."



PFC. ANTHONY FELICIANO, 26

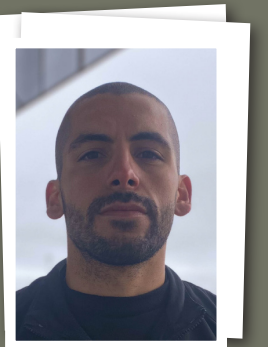
Kingston, New York

"My Family had a huge impact on my situation. I wanted to work on myself and build a better future for my Family."

"I imagined (Basic Combat Training) would be tough with lots of physical training and discipline."

"Dealing with harsher environments and harsher weather than I'm used to was the most challenging. Also, stepping out of my comfort zone and overcoming my fears" was challenging.

My MOS is "09S - Commissioned Officer Candidate. I chose this MOS to develop leadership skills and grow as an individual."





Dietitians give thumbs up to certain commissary items

By **CAPT. EMILY RICE**
Moncrief Army Health Clinic
Nutrition Department

March is National Nutrition Month! Each year the Academy of Nutrition and Dietetics celebrates March as a time to focus on the importance of making informed food choices and developing sound eating and physical activity habits. In general, a healthy meal pattern should consist of lean protein, fruits, vegetables, and whole grains. While it can be difficult for service members to make healthy food choices all the time, there are tools that can assist you in making better choices. One of these tools is the Dietitian Approved Thumb which can be found at the Commissary.

The DAT is a point-of-purchase nutrition identification program that makes it easier for you to identify nutritionally dense packaged foods and dairy when grocery shopping. It is based on science and aligns with expert recommendations with the goal of limiting calories from unhealthy fat and added sugar and limiting sodium. The label helps identify packaged items that offer the highest nutrition density with considerations to lean protein, healthy fat, and whole grains. Think of the label as having a dietitian alongside you helping you choose food items that align with the dietary guidelines to promote a healthy eating pattern.

Other nutrition resources available through the Commissary website are Dietitian Approved recipes (<https://shop.commissaries.com/dietitian-approved-recipes>)

and “Thinking Outside the Box” recipes (<https://www.commissaries.com/healthy-living/healthy-eats>). Both of these recipe resources are dietitian approved and align with an eating



DURING THE MONTH OF MARCH, CHALLENGE YOURSELF TO LOOK FOR AND CHOOSE ITEMS THAT HAVE THE DIETITIAN APPROVED THUMB ...

offer quick, healthy, and economical solutions for a busy lifestyle. They also include scientifically credible nutrition information with tips on how to improve the nutrition quality of your diet. Lastly, these recipes provide tips and suggestions on how to use leftover items after preparing your meal.

During the month of March, challenge yourself to look for and choose items that have the Dietitian Approved Thumb with the goal of building a more nutritious basket. Also set a goal to try a few Dietitian Approved recipes or Thinking Outside the Box recipes to help you prepare a nutritious meal that you wouldn't normally prepare.

If you have questions about how to optimize your diet for health and performance, you can schedule an appointment with a Registered Dietitian at Moncrief Army Health Clinic at 751-2408. No referral is required.

SALUTING THIS BCT CYCLE'S HONOREES 4th Battalion, 39th Infantry Regiment

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Dureonte Smith

SOLDIER OF THE CYCLE
Pvt. John Martinez

BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Ahzyi Anderson

SOLDIER OF THE CYCLE
Spc. Concepcion Castellanos

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Clary Munoz

SOLDIER OF THE CYCLE
Spc. Maverick Lozano

DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Anthony Felciano

SOLDIER OF THE CYCLE
Pfc. Stephen White



**DRILL SERGEANT
OF THE CYCLE
Alpha Company**

Army Training Center names civilians of the quarter

Leader Staff Reports

The United States Army Training Center and Fort Jackson would like to recognize the following Department of Defense Civilians as Army Training Center Civilian of the Quarter for the first quarter of Fiscal Year 2023.

The three honorees for Civilian of the Quarter in the three categories were recognized

for their commitment to service and were presented with a Civilian Service Achievement Medal and time off award.

WG-06: . James Williams, Motor Vehicle Operator, 165th Infantry Brigade

GS-08 and below: Sharrion Sweet, Executive Assistant, 165th Infantry Brigade.

GS-9 and above: Patrick Martinez, Security Specialist, G-2. Army Training Center.



JAMES WILLIAMS

**WG-06
165th Infantry Brigade**



SHARRION SWEET

**GS-08 AND BELOW
165th Infantry Brigade**



PATRICK MARTINEZ

**GS-09 AND ABOVE
Army Training Center**

Brand

Continued from Page 2

its promise still rings true today,” said McConville. “This is the message for the moment and for the future.”

At the center of the brand rollout are two films narrated by Emmy and Critics’ Choice Award nominated actor Jonathan Majors, star of “Ant-Man and the Wasp: Quantumania” and “Creed III.” With a focus on the Army’s 247 years of achievement, the two films — “Overcoming Obstacles” and “Pushing Tomorrow” — showcase Army service as a driver of possibilities and serve as a bridge between the past and the future to connect with and inspire the American public.

These films and the multifaceted, multichannel campaign bringing them to audiences nationwide will be coupled with a mix of bold, immersive promotional assets across television, print, digital billboards, streaming video, social and community platforms, and audio channels. The paid media campaign tips off at the highly anticipated 2023 NCAA March Madness tournament with on-site activations, broadcast showcases, and digital campaign extensions. Starting in May, a first-of-its kind co-branded partnership with NBCUniversal will leverage high-impact programming moments across the entire NBCU ecosystem from hit shows across NBC and Peacock to the critically acclaimed reality programs to popular film franchises to on-the-ground integrations at Universal Parks and Universal Studios and more. Additional partnerships will follow with Complex and IGN.

A second phase of the campaign will be unveiled later this year, allowing “Be All You Can Be” to reveal a deeper, more personal look at the hopes, fears and dreams of today’s youth.

For more information on the Army’s new brand and the possibilities to “Be All You Can Be,” visit *GoArmy.com*.

Events

Continued from Page 4

- MARCH 22**
Spring Golf League
Letters of intent for the Intramural Spring Golf League are due to the Sports Branch. League is scheduled to start on April 11 and a captain’s meeting will be on the April 6, 5 p.m. at the Golf Course Clubhouse. This is a two-person team league. For more information or to register, call 751-3096 or (803) 237-0184.
- MARCH 25**
Cars and Coffee
8-11 a.m. Solomon Center parking lot, adjacent to the 512 Trolley Cafe. Enjoy hot coffee and cool cars. Show off your vehicle or just appreciate the wicked whips of others. The Trolley Café will be open serving hot and cold espresso-based drinks, real fruit smoothies, and fresh pastries.
- Recycled Bowling Pin Crafts**
11 a.m. Solomon Center. Learn how to reuse bowling pin using a variety of materials to create something unique and new. There is a cost associated with this event and all materials are provided.
- APRIL 1**
Easter Egg Golf Ball Hunt
1-3 p.m., Palmetto Greens Minia-

- ture Golf. Hunt golf balls instead of Easter Eggs for prizes, cupcakes and cookies, and play miniature golf all for free.
- APRIL 4**
Meals in Minutes & Your Budget
1:30-2:30 p.m., 9810 Lee Road. DFMWR/ACS Financial Readiness Program, in partnership with the Fort Jackson Army Wellness Center will host Meals in Minutes. Learn how to save calories while also optimizing your budget. AWC and ACS provides programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information, or to register, please call 751-5256/6749.
- Fall Football League**
Letters of Intent for Fall Football due to the Sports Branch. Flag Football is open to active-duty and is a Commander’s Cup event. Submit letters of intent to the Sports office by April 4. A captains’ meeting will be held April 10, 5 p.m. at Hilton Field Softball Complex. For more information, call 751-3096 or (803) 237-0184.
- APRIL 6**
Thrift Savings Plan
2:30- 4 p.m., 1565 Hall Street. DFMWR/Army Community Service (ACS) Financial Readiness Program will conduct a Thrift Savings Plan Seminar. Do you want to gain a better understanding

- about the different funds and how they can impact your plan for retirement? 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 751-5256.
- APRIL 7**
Pre-drivers’ Life Skills Class
5-7 p.m., Auto Craft Shop. Prepare first-time driver’s to properly care for a vehicle. Basic automotive skills will be covered in this 2-part course. Limited space available, ages 14 and older, \$30 per class, class includes oil change on students’ family vehicle. For more information or to register call, 751-5755/7061.
- APRIL 9**
Easter Sunrise Service
6:30 a.m. Hilton Field. Fort Jackson Religious Support Office holds the annual Easter Sunrise Service. All are invited to attend the service which is free. Event will be live-streamed on the Fort Jackson RSO Facebook page. For more information, call 751-4778.
- APRIL 10**
Social Security – Everything You Need to Know
10 - 11:30 a.m. 1565 Hall Street. DFMWR/Army Community Service (ACS) will host a Social Security Benefits seminar.

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

Department of Defense celebrates Women's History Month throughout March

By **DAVID VERGUN**
DOD News Service

March is Women's History Month. This year's theme, "Celebrating Women Who Tell Our Stories," acknowledges the pioneering women, past and present, as important contributors to the achievements of the military services and civilian workforce, stated Gilbert R. Cisneros Jr., under secretary of defense for personnel and readiness in a Feb. 27 memorandum.

"We recognize the accomplishments of women in the department and their contributions to national security which helps maximize the department's warfighting capabilities," he stated, providing examples:

In 2018, 1st Lt. Marina Hierl became the first woman in the Marine Corps to command an infantry platoon.

On Nov. 21, 2022, Air Force Capt. Rhea McFarland became the first African American female C-17 pilot to receive the Distinguished Flying Cross for her leadership in Afghanistan.

These women and their stories represent the many untold stories in DOD of women who took on mission-critical assignments

and advanced as leaders in the military, research, science, technology, engineering and mathematics, he stated.

"The department celebrates their collective victories which strengthen our workforce because we can leverage their unique experiences, perspectives and expertise in support of our mission. In addition, they inspire future generations of young women from all backgrounds who desire to be a part of the department and share in its mission," Cisneros stated.

In 1971, women made up just 1% of the military services. Ten years later, it was 8.5%

However, women at that time were not allowed to serve in combat military occupational specialties like infantry, artillery and combat aviation.

As of Oct. 2022, there were 231,147 women who made up around 18% of the department's active duty force and all jobs have opened to them in recent years. Also, about 33% of DOD civilians are women.

In the Coast Guard, as of Jan. 31, there were 6,220 active duty women out of about 41,000 total members.

In 1987, Congress declared March as National Women's History Month in per-

petuity. A special presidential proclamation is issued every year which honors their extraordinary achievements to include those who have or are serving in the armed forces.

Although there were instances of women serving in the military in every U.S. war, it wasn't until World War I when policy allowed them to serve in non-combat jobs to free up men to fight.

Altogether, about 34,000 women served during World War II in the Navy, Marine Corps and Coast Guard. The Army only allowed women to serve as nurses.

With the end of the war on Nov. 11, 1918, women in all military branches were demobilized except for some Army and Navy nurses.

During World War II, the military once again faced a manpower shortage as they had in World War I. The services began accepting women who served in the Women's Army Corps; the Navy's Women Accepted for Volunteer Emergency Service, more commonly known as WAVES; the Marine Corps Women's Reserve; and the Coast Guard Women's Reserve.

The acronym for the Coast Guard Women's Reserve, interestingly, is SPAR,

which stands for Semper Paratus — Always Ready. Semper Paratus is Latin for always ready.

In June 1948 President Harry S. Truman signed the Women's Armed Service Integration Act allowing women to receive regular permanent status in the armed forces, which by then included the Air Force.

International Women's Day

In addition to Women's History Month, there's also International Women's Day, which is celebrated March 8 of each year.

In a statement on that day, Secretary of Defense Lloyd J. Austin III noted that DOD "recognizes the tremendous, enduring contributions that women soldiers, sailors, Marines, airmen, guardians and civilian employees have made in service to our country."

From America's first days, women have made profound sacrifices. They have made innovative contributions to national security and blazed trails for future generations, he stated.

Since the Revolutionary War, more than 3 million women have served, even before the military fully recognized their service, he noted.



Pierce Terrace Elementary School students show off their robots made of recycled materials during lunchtime recently. Each student made a robot that was meant to be helpful in some way.



Courtesy photos

Pierce Terrace creates recycled robots

Pierce Terrace Elementary School

Charlene Harris lead the first-grade team at Pierce Terrace Elementary by forming an unforgettable unit. The objective was to create a robot using recyclables from around the student's homes in collaboration with parents and students. Each recycled robot was to serve the purpose of being helpful. Each student shared with their class how helpful their robot was. The robots were displayed on the stage for all students and staff to observe during lunchtime. Harris said, "This robot project came from unit 5. Technology at work is done by integrating math and science into our language arts."

Bryan Raye shares with student Brighton Stevenson that she designed her robot to make people feel happy and better by giving Band-Aids.

VICTORY...
STARTS
HERE

