



THURSDAY
THE FORT JACKSON
HEROES HERE

PIECE OF CAKE

106 YEARS OF PROUD ACHIEVEMENTS



www.facebook.com/fortjackson



GARRISON: www.facebook.com/USArmyGarrisonFortJackson



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



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

Army publishes new body fat assessment guidance

Army Public Affairs

The Army has published a new directive called "Army Body Fat Assessment for the Army Body Composition Program" that will make immediate changes to the Army Body Composition Program. The directive, which is based on the results, findings and recommendations from the Army's recent Comprehensive Body Composition study, includes guidance on the Army's new tape test methodology, which will yield more consistent and accurate estimates of Soldiers' body fat and fitness.

"For years, we have been committed to reducing body fat across the force," said Sgt. Maj. of the Army Michael A. Grinston, "It's one of the driving factors in supporting the Holistic Health and Fitness program, as well as one of the reasons to request a study on the Army Body Composition Program."

The U.S. Army Center for Initial Military Training partnered with the U.S. Army Research Institute of Environmental Medicine and consulted with other

subject matter experts for modifications to the Army Body Composition Program.

"The Army is continuously refining programs through research and Soldier feedback to improve readiness and lethality," Grinston said.

The new guidance requires tape testing at only one site on the body, and the use of a corresponding calculation model for all Soldiers. The height and weight screening table will remain as the first line assessment.

Although the one-site tape test will be implemented immediately, Soldiers will be still authorized to use the body multisite circumference-based tape method as their confirmation body fat assessment for 12 months after the date of the new directive.

Soldiers who fail the circumference-based tape methods will be flagged, but they may request a supplemental body fat assessment if the means for such testing is reasonably available.

"The Army wants to ensure it accounts for the whole Soldier concept," said Maj. Serena Staples, health promotion policy

THE ARMY IS
CONTINUOUSLY
REFINING
PROGRAMS...

- Sgt. Maj. of the
Army Michael
Grinston



Army News Service photo

A Soldier receives a standard AR 600-9 tape test at Fort Bragg, N.C. on Oct. 18, 2021. The scan/study is part of a comprehensive body composition study examining the association between body composition and Soldier physical performance and the Army's efforts to optimize Holistic Health and Fitness and improve Soldier readiness.

officer for the Army Resilience Directorate. "The new policy is intended to give Soldiers a more accurate assessment of their health and fitness and to increase their knowledge of available

health resources."

Data has shown that Soldiers with a lower body fat percentage scored higher on the Army Combat Fitness Test and had fewer muscular skeletal injuries. The

changes in this directive will increase the readiness of the force by helping to ensure that all Soldiers maintain the level of physical readiness necessary to perform their duties.

ON THE COVER

Brig. Gen. Jason Kelly, Post Command Sgt. Maj. Erick Ochs, Staff Sgt. Ashley Buhl, drill sergeant of the year, and Staff Sgt Devante McLean, cut the cake to honor the post's 106th birthday. See Page 6-7



Photo by ROBERT
TIMMONS

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

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

Website: home.army.mil/jackson/index.php/FortJacksonNews

Facebook: www.facebook.com/fortjackson

www.facebook.com/USArmyGarrisonFortJackson

Twitter: www.twitter.com/fortjackson

Instagram: www.instagram.com/fortjackson

Fort Jackson adds to its Hall of Fame



Jackie Ortiz, the first civilian and female to hold the position of Commandant of the Initial Military Training Leadership School and Karen Soule, former Youth Activities and public affairs director, were the two latest inductees to the Fort Jackson Hall of Fame, June 8. Retired Command Sgt. Maj. Lamont Christian was also inducted, but didn't make the ceremony.

Story, photo by EMILY HILEMAN
Fort Jackson Public Affairs

"Today, we have the distinct privilege of inducting three new members into the Fort Jackson Hall of Fame," said Brig. Gen. Jason E. Kelly, Fort Jackson commander, during the Hall of Fame Induction Ceremony and Luncheon, June 8. "Members of this short list are a 'who's who' who have supported Fort Jackson in the past and who continually support our vision, mission, and goals for the future benefit of our beloved installation."

The Fort Jackson Hall of Fame was established to recognize and honor persons who have made an indelible mark on the Fort Jackson community.

Karen Soule was the first to be inducted. Soule began her 31-year long career

with the Army as a Facility Manager of Weston Lake Recreation Area at Fort Jackson. She worked her way up and eventually became the Director of Youth Activities. In that role, she developed, designed and implemented the first formal after school program.

Soule then transitioned to public affairs. While she was the Director of Public Affairs, the Fort Jackson Leader was awarded first place in newspaper category, and four journalists won first place in their writing categories in the Army's Keith L. Ware yearly communication awards competition. She also led first lady visits for Laura Bush and Michelle Obama and was the creator of the "Come Meet Your Army" tours.

"I'm really honored by the whole ceremony and just being considered to be in

the hall of fame," Soule said.

Jackie Ortiz was the second inductee into the Fort Jackson Hall of Fame that day.

A current Fort Jackson Department of the Army Civilian, Ortiz is currently a program manager and the deputy commandant of the Initial Military Training Leadership School. She is the first civilian and the first female to hold the position of commandant of the Initial Military Training Leadership School.

Ortiz has been an inspirational figure on Fort Jackson since her arrival in April 1995, when she served as a drill sergeant. She transitioned to the IMT Leadership School following her time as a drill sergeant where she has been since 1997. She has since worked as a training developer, course manager, instructor, program di-

rector, commandant and now – Hall of Fame inductee.

"I was shocked," Ortiz said. "I never saw myself earning such a title. What I do here is so enjoyable that I just never saw it as a hard effort."

Although three individuals were voted in for their continual support of Fort Jackson, only two attendees were present for the momentous occasion. Retired Command Sgt. Maj. Lamont Christian, a former Drill Sergeant Academy Commandant and post command sergeant major, was unable to attend but will be formally inducted at a later date.

"As inductees, you continue the legacy of those who came before you and set a shining example for others who wish to follow your chosen path of volunteerism," Kelly said.

Community Updates

ANNOUNCEMENTS

Personal Property Announcement

U.S. Transportation Command personal property pre-peak season began in February and will last 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>.

Employment Readiness Seminar

The Directorate of Family and Morale, Welfare and Recreation/Army Community Service invites military spouses to an employment readiness seminar. The seminar includes classes on interviewing skills and resume writing. Come meet AAFES and the Civilian Personnel Advisory Center representatives, who are looking to hire military spouses. The seminar takes place the last Thursday of every month from 9:30-11:30 a.m. at 9810 Lee Road. For more information or to reserve a seat, call 751-5256.

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.

Yoga Classes

Yoga classes are offered to Soldiers, Department of the Army Civilians and Family Members at the Drill Sergeant Timothy Kay Soldier Performance Readiness Center 7:30 a.m. Tuesdays; 6 a.m. and 12:15 p.m. Wednesdays; and 11:45 a.m. Thursdays.

COMMUNITY EVENTS

TODAY

Sportsman Club Meeting

6 p.m., Alpine Lodge. The Fort Jackson Sportsman Club holds its monthly meeting. This meeting will feature demonstrations of the safe operation of several models of

climbing tree stands used by hunters on Fort Jackson, as well as a discussion of the pros and cons of the various types of climbing stands.

FRIDAY

Stuffed Animal Sleepover

Thomas Lee Hall (Post) Library. Drop off your fluffy friend on Friday for a fun night at the library. Check the Library Facebook page (Fort Jackson Library) to see the antics your stuffed animal gets up to after hours, and then pick up your plushie on Saturday.

JUNE 20

Meals in Minutes & Your Budget

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

JUNE 21

Tie Dye Party

2 p.m., Thomas Lee Hall (Post Library). Get your groove on and tie-dye with the library.

JUNE 22

Sharpening Your Focus

9:30-10 a.m. The USAG Civilian Workforce Development Program and the Master Resilience School are partnering to offer the Leader/Workforce Development Training "Sharpening Your Focus when Dealing with the Task at Hand" training class. The training will provide information on how to change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand. For more information or to register, email usarmy.jackson.id-training.mbx.usag-civilian-wfd@army.mil or call 751-7535/6736.

JUNE 24

1,000 lbs. Club competition

8 a.m., Vanguard Gym. Test your strength levels. If you love to lift, why not compete in the sport of weightlifting in the 1,000 lbs. Club competition?

JUNE 28

Children's Theater Club

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. Questions?

2 p.m. and 3 p.m., Thomas Lee Hall (Post) Library. Children will laugh, sing, and act through various theater games, and then work together to produce a storybook play, all within an hour. The club for children ages 3-5 begins at 2 p.m., and 3 p.m. for children over 5 years old.

JULY 1

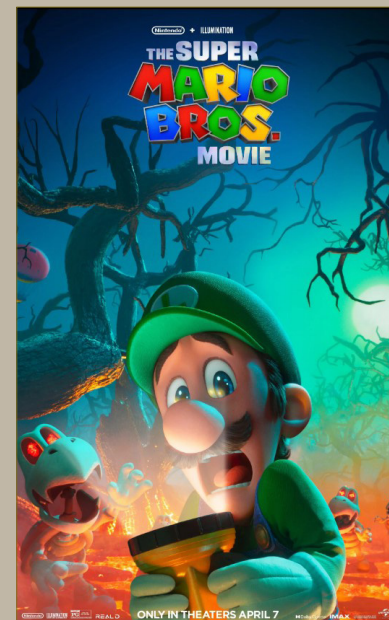
Independence Day Celebration

Hilton Field. Gates open at 4 p.m. Enjoy an exciting variety of food trucks and children's carnival rides, live music, beer tents and of course, fireworks.

JULY 3

Intramural Golf

Letters of intent for intramural golf are due. This is a commander's cup event, two-person teams and open to active-du-



Fort Jackson Movie Schedule

3319 Jackson Blvd. Phone: 751-7488

JUNE 17

■ Guardians of the Galaxy Vol. 3 (PG-13) 2 p.m.

JUNE 21

■ Super Mario Brothers (PG) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

ty Soldiers only. For more information call 751-3906/5839. Play starts at 5 p.m. July 11 at the Golf Club.

JULY 7

Do-It-Yourself Credit Repair Seminar

10-11:30 a.m., Training Support Center (1565 Hall Street), Army Community Service will host a do-it-yourself credit repair class. Tired of paying high interest or being denied credit? Are you planning to purchase a car or home in the future? If so, this class is for you. Learn how to interpret your credit reports, complete disputes with the credit reporting agen-



(Left) Ryley Pfeiffer builds a Lego house during the first iteration of Lego Club at the Thomas Lee Hall (Post) Library. Lego Club meets every Tuesday at 2 p.m. in the library. (Center) Lillia Anderson and her father Bart Anderson play Dinosaur Tea Party, a featured game during Game Club, June 10. (Right) Pete Miller, Bryant Miller and Eric Will work together as Dungeon Master Micah Barnhart leads them through a one-shot Dungeons and Dragons campaign. Game Club is for adults and children of all ages and is held every other Saturday at the library. The next Game Club is June 24.

‘There’s no shushing in this library’



A young Summer Reading Program participant raises his finger to ‘shush’ other patrons during a solo performance at the Cupcakes and Karaoke Kickoff event, even though ‘there’s no shushing in this library.’

Story, photos by EMILY HILEMAN
Fort Jackson Public Affairs

The Fort Jackson library hosted a plethora of events last week that included Legos, microphones, cupcakes and board games to kick off the beginning of the Summer Reading Program.

“We’re not just a warehouse of books,” said Kim McDowell-Will, the Fort Jackson Library children’s librarian. “We want it to be a loud space. We want it to be a space that’s utilized and provide as much service as we can to our community.”

McDowell-Will, who arrived earlier this year from Andrews Air Force Base, Maryland wants to show Soldiers, parents, children, and retirees that the library isn’t just a place to study, but it’s a place to play, learn and engage for patrons of all ages.

“We’ve got June and July planned out and we have a lot of different programs going on,” said Katherine Livingston, Fort Jackson Library director. Some events, such as Matinee Movie Mondays and Tuesday’s Lego Club are recurring, weekly events.

There are also some one-off programs like the cross-cultural potluck on June 14, which is being co-hosted with Fort Jackson Army Community Services and the International Spouse Group.

The cross-cultural potluck is also an

opportunity to learn how to enroll in English as a Second Language classes, obtain your driver’s license, get answers to immigration or citizenship questions, and connect with other foreign-born spouses within the Fort Jackson community.

“Our activities are open to all ID card holders,” Livingston said. “Anyone who can get on post and walk in our doors is welcome. So, Soldiers and Families, retirees, civilians and ID card holders can all come.”

If you’re a retiree who wants to keep your fine motor skills sharp by building with Legos or you’re a Soldier new to the area and haven’t built your perfect Dungeons & Dragons guild, the library is the place for you.

Caitlin Pfeiffer and her three children took full advantage of the first week of events by attending the Lego Club, June 6.

“We just moved here,” Pfeiffer said. “Which means we don’t have our stuff right now, so it’s nice to have someone else’s toys.”

Pete Miller, a retired staff sergeant and self-proclaimed dungeon master extraordinaire dropped in to re-hone his dungeon master skills and to get back into the game.

“I haven’t played since the second edition of D&D, so don’t be intimidated,” he said. “My goal is just to make it fun. We will all get through it together.”

“I’ve never played D&D, so I was just hanging out and learning the ropes while I painted,” said Brenton Grierson, a developer at the Institute for Religious Leadership said. “It really doesn’t seem that difficult to pick up. It seems intuitive and the rules are written on the board.” Grierson, who paints Warhammer mini figures, painted and engaged with other players throughout the event.

Even if someone is unable to coordinate their schedule or they prefer passive activities, there’s activities for them too.

“There’s also a photography contest that’s going over June and July and Mic on the Hike Bingo,” McDowell-Will said. For those interested in these more passive activities, stop by the library or message them on social media for more information.

“Everyone can also register online for Beanstack, which is the actual reading program through Fort Jackson,” Livingston said. Beanstack is open to all age groups, including adults and you receive rewards and prizes the more you read. Registrants also receive a free t-shirt for signing up, while supplies last.

“Find Your Voice is our theme this year,” McDowell-Kim said. “It’s about finding your voice and expressing that outwardly ... So, we just want to say that there’s no shushing in this library.”

Piece of cake:

106 years of proud achievements

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Fort Jackson has accomplished a lot over the course of its 106 years. It has prepared Soldiers to fight in all the nation's wars of the 20th and 21st centuries, while leading the way in multiple other areas.

"For 106 years Fort Jackson has continued its legacy as a beacon of training excellence," said Brig. Gen. Jason E. Kelly, Fort Jackson commander, during the post's birthday celebration, June 7 on Darby Field. "We provide a direct strategic contribution to Army readiness. We transform volunteers into highly-trained, disciplined and fit warriors."

The celebration was the highlight of a weeklong on series of events that started with a post-wide run June 5, sporting events June 6, the organizational day June 7, golf tournament, June 9 and culminated in the Army Birthday Ball held June 10.

"Team Jackson past and present has much to be proud of," Kelly added. In 1950 Fort Jackson was the first Army installation to be integrated; it was the first installation to launch gender-integrated Basic Combat Training in 1994.

"We are unlocking potential for those that want to be on our team" with the Future Soldier Preparatory Course, he said.

Since Camp Jackson was founded in 1917, 5 million citizens have been trained at Fort Jackson. Today more than 50% of all Soldier (with 56% of female and 59% of male trainees) beginning their Army journey at Jackson.

During Victory Week, Headquarters, Headquarters Battalion took home the sporting events trophy by taking three of six events.

The event also saw the official end to the year's Army Emergency Relief campaign. The campaign started March 1 and ended May 15.

The Winners Are:

Football - Headquarters, Headquarters Battalion
Basketball - Soldier Support Institute
Volleyball - 165th Infantry Brigade
Dodgeball - Headquarters, Headquarters Battalion
Tug O' War - Headquarters, Headquarters Battalion
Cornhole - 165th Infantry Brigade

"This year we raised over \$147,000," said Wanda Redd, Fort Jackson AER coordinator. "I want to say this year that we won second place over all large installation Army wide." Second Battalion, 13th Infantry Regiment raised the most money for the campaign, she said.

"We want to thank you for everything you have done ... and contributed for the campaign," she said moments before Kelly signed the big check.

Kelly, along with Post Command Sgt. Maj. Erick Ochs, Staff Sgt. Ashley Buhl, drill sergeant of the year, and Staff Sgt. Devonta McLean, the 2022 U.S. Army Drill Sergeant Academy drill sergeant of the year, cut the Fort Jackson birthday cake during the organizational day.



Photo by NATHAN CLINEBELLE



Photo by NATHAN CLINEBELLE



Photo by NATHAN CLINEBELLE

(Top) Golfers practice their putting strokes before the start of the 2023 Victory Week Golf Tournament. The golf tournament was one of the last two events of Victory Week. (Above) A golfer signs in before hitting the links. (Left) A golfer reels back before launching a drive off the first tee box. The tournament was Captains Choice and played on all 18 holes of the Wildcat Course. The Fort Jackson Golf Club has two pro-rated golf courses - Wildcat and Old Hickory.



Photo by ROBERT TIMMONS



Photo by NATHAN CLINEBELLE



Photo by ROBERT TIMMONS

(Above) Brig. Gen. Jason E. Kelly, Fort Jackson commander, tastes the post's 106th birthday cake during Victory Week celebration held June 7 on Darby Field. (Left) Lt. Col. Claudia Pena, Headquarters, Headquarters Battalion commander, smiles as she holds the trophy her unit won by winning the most events during Victory Week. (Middle left) Brig. Gen. Jason E. Kelly, Fort Jackson commander, signs an Army Emergency Relief check for \$147,000 during the Army Training Center and Fort Jackson organizational day held June 7 on Darby Field. The event was the midpoint of the post's celebration of its 106th birthday. The week started with a post run, organizational sports, and rounded off with a golf tournament and a birthday ball.

WHY I SERVE

1ST BATTALION, 34TH INFANTRY REGIMENT

SPC. JOSHUA TAYLOR, 27

Chicago

"My great grandfather, John D. Cheatam, influenced me to join the Army. My great grandfather was a Vietnam War veteran and the only one in my Family to join the Army."

"I imagined Basic Combat Training would be the most challenging training I would do in my life. I say this because I don't think you can be prepared as much as you think you are. Everybody has a different process. It will never be the same for anyone."

"The advice I would give someone planning to start BCT is to have an open mind. Do not come to BCT closed off. The drill sergeants have your best interest in mind."

"My MOS is 91E - Allied Trade Specialist. I chose this MOS because I wanted to do something different than what I am used to in the civilian world."



PFC. ALEX NGUYEN, 29

San Francisco

"The experiences and professionalism of the veterans around me influenced me to join the Army."

"I imagined Basic Combat Training to be a rigorous test of mental resilience and discipline."

"The most difficult part of BCT was the challenge of forming a group of individuals into a team of battle buddies."

"The best thing a new trainee can do is to acknowledge that they are joining something bigger than themselves and place duty and discipline before self."

"My MOS is 17E - Electronic Warfare Specialist. I chose this MOS for training, because it will supplement my civilian education and further my career."



SPC. SAMANTHA RAFALKO, 23

Rio Rico, Arizona

"What influenced me to join the Army was the people I was surrounded by. Also, the process of improving as an individual and helping to protect those around me."

"I imagined Basic Combat Training to be challenging not only physically, but mentally as well. It definitely helped me discover confidence and develop a stronger mentality."

"The most challenging part of BCT was understanding one another during the initial phases. We are individuals from different regions and we all have different beliefs."

"My MOS is 91B - Wheeled Vehicle Mechanic. I chose this MOS because many people close to me have worked with vehicles in their civilian lives. I want to understand and experience what they know and do."



PFC. STEVEN STANLEY, 32

Newcomb, Tennessee

"I felt like there was something missing in my life. I wanted change in the direction my life was going. At a young age, I wanted to join and be part of the Army. Now, I know it was what was missing from my life."

"I thought Basic Combat Training would be like the movie 'Full Metal Jacket.' I believed I would clean with toothbrushes, but I only did that twice."

"The most challenging part for me was the age gap. I am out of the loop on the lingo of the young people."

"Advice I would give to someone planning to start BCT is learn to eat everything quickly and pack extra socks."

"My MOS is 25U - Signal Support Systems Specialist. I wanted to do a support job to help the other Soldiers in the field."



PFC. STEPHANIE ROBINSON, 18

Lakeland, Florida

"I was influenced to join the Army because I grew up on a military base, surrounded by all of the positive aspects and benefits of being in the Army."

"I imagined Basic Combat Training would be physically and mentally challenging. Even though it was, it was still a lot of fun and gave me an opportunity to build an Army Family."

"The most challenging part of BCT is getting along with everyone long enough to complete a task or field training exercise. That and the gas chamber."

"My MOS is 92G - Culinary Specialist. I picked this MOS because I really like cooking and it seems like an easy MOS. I plan on going to flight school, which would make my MOS irrelevant, so I wanted to do something fun as my first job in the military."



SPC. ALAN LAZOFF, 26

Ringwood, New Jersey

"After graduating college, I had neither job prospects nor direction in life. An old friend who is in the New Jersey National Guard mentioned joining and after doing research on what the National Guard does, I knew it was the right choice for me."

"I expected Basic Combat Training to be the most physically, mentally and emotionally demanding experience of my life."

"My advice to a future trainee is if you want to be a leader amongst your peers, make sure to be a great follower first and congratulations on your decision" to enlist.

"My MOS is 42R - Musician. I have been a musician for most of my life and the opportunity to do what I love while also serving my country and my state was one I could not pass up."



Physical therapy prevents injuries, increases

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

On a Basic Combat Training installation, physical injuries are commonplace. Many trainees arrive with limited physical preparation, and the demands on the body can be significant. Physical issues can also plague busy drill sergeants and other cadre who often don't have the time to seek care. At the Drill Sergeant Timothy Kay Soldier Readiness Performance Center, the physical therapists and their teams are hoping to prevent injuries and increase timely access to care. Recently, I had the opportunity to sit down with Makenzi Capezza, a physical therapist assistant with the 165th Infantry Brigade H2F team, who filled me in on what she and others do here on Fort Jackson to increase Soldier readiness.

Q: Tell me what a physical therapy assistant usually does.

A: In a standard setting, a PTA takes a plan of care, usually prescribed by the physical therapist, and works with a patient to get them to their goals or get them back to functional level. They do this by utilizing exercises, strengthening techniques, and balance training. In a typical situation, the physical therapist would do an evaluation, and then the PTA would take the client through a series of exercises that would help the client to reach performance or quality of life goals. The PTA builds rapport with the client and acts as a guide for helpful techniques and exercises as the treatment progresses.

A PTA in the H2F setting is unique. We can perform some assessments like physical therapists, create goals with our patient and then come up with a plan that can include exercises, modalities such as soft tissue manipulation or foam rolling, and mobility to address our goals. Here, we are preventing the injuries before they get bad or from getting started in the first place. We want to keep our Soldiers in the game, by telling them what they can do while respecting a musculoskeletal injury or preventing it.

Q: What got you interested in becoming a PTA?

A: I knew I wanted a job where I could help people and be physically active. In col-

lege, I had to take a personality test for potential careers, and PTA was the top choice. After researching and job shadowing, I realized that this was truly a great match. I worked in the civilian sector following school, but then transitioned to working at a Military Treatment Facility which is where I flourished. I really enjoy working with the Army.

Q: What drew you to H2F?

A: I believe treating a person holistically yields the best results. I already had a multidisciplinary approach in my previous position because I found that's what the patients needed – not just physical therapy exercises but also tips about getting enough sleep and eating a healthy diet filling their life with things that make it worth living and supporting my patients through challenging times. When I learned of H2F, I knew that's where I could do my best work to support our Soldiers. The preventative approach really appeals to me because we can help Soldiers improve their longevity, quality of life, and avoid long-term health issues.

Q: What can you as an H2F PTA offer to a Soldier?

A: Here we have the ability not only to treat musculoskeletal injuries after they happen, but we also want to focus on preventing them through performance assessments and addressing minor injuries or imbalances before they become too problematic. Once performance techniques are improved, many injuries can be avoided altogether. Ultimately, I believe a person can be in the military and have good quality of life. My job is to help Soldiers meet their health and fitness goals.

Q: What is your favorite part of being an H2F PTA?

A: I like the lack of red tape. I am able to provide the quality of care that many PTAs in other settings wish they could provide. I can accomplish this by spending time in our cadre's environment, learning their workload and allotting adequate time to address their concerns and goals. This allows me to get to the root of their concerns quickly and treat them effectively. I get to remind Soldiers what they are capable of and encourage them to live ready.

SALUTING THIS BCT CYCLE'S HONOREES 1st Battalion, 34th Infantry Regiment

ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pvt. Katlyn Koeberl

SOLDIER OF THE CYCLE
Spc. Joshua Taylor

BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Alex Nguyen

SOLDIER OF THE CYCLE
Spc. Connor Musial

CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Samantha Rafalko

SOLDIER OF THE CYCLE
Pfc. Steven Stanley

DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE
Pfc. Stephanie Robinson

SOLDIER OF THE CYCLE
Pfc. Isaac Martin

ECHO COMPANY
SOLDIER LEADER
OF THE CYCLE
Spc. Alan Lazaoff

SOLDIER OF THE CYCLE
Pfc. William Spearman



STAFF SGT. JONATHAN ELECO
DRILL SERGEANT
OF THE CYCLE

Second Quarter, FY 2023 Civilians of the Quarter

The Army Training Center and Fort Jackson recognizes the following Department of Defense civilians as the second quarter of Fiscal Year 2023 Civilians of the Quarter. The two honorees in the two categories are recognized for their commitment to service and were presented with a Civilian

Achievement Medal and time off award. GS-8 and below: Edwin Rosado, training technician, 165th Infantry Brigade and GS/GG-9 and above: Dr. Kenneth Zimmerman, supervisory security manager, G-2 Army Training Center.



EDWIN ROSADO

GS-08 AND BELOW
165th Infantry Brigade



KENNETH ZIMMERMAN

GS-09 AND ABOVE
Army Training Center

Events

Continued from Page 4

cies, address collections, etc. Registration is required. For more information or to register, call 751-5256.

JULY 10
DENTAC change of command
11 a.m., Joe E. Mann Ballroom. Col. George Quiroa relinquishes command of Fort Jackson DENTAC to Col. Susan Cebula in a ceremony, July 10.

JULY 11
Thrift Savings Plan Webinar
9:30-11 a.m., Army Community Service Financial Readiness Program will conduct a Thrift Savings Plan webinar on Microsoft Teams. 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. For more information or to register, call 751-5256.

JULY 18
Meals in Minutes & Your Budget
9-10 a.m., Army Community Service Financial Readiness Program, in partnership with the Fort Jackson Armed Forces Wellness Center will host Meals in Min-

utes webinar on Microsoft Teams. Learn how to save calories while also optimizing your budget. AFWC 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, call 751-5256.

Investing in the Digital Age Webinar
1:30-3 p.m., 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, via Microsoft Teams, will also cover the red flags of fraud and crypto currency investment and risks. Registration is required. For more information or to register, call 751-5256.

JULY 19
Children’s Theater Club
2 p.m. and 3 p.m., Thomas Lee Hall (Post) Library. Children will laugh, sing, and act through various theater games, and then work together to produce a storybook play, all within an hour. The club for children ages 3-5 begins at 2 p.m., and 3 p.m. for children over 5 years old.

JULY 21
Scams & Identity Theft Webinar
10-11 a.m. Army Community Service in partnership with South Carolina Depart-

ment of Consumer Affairs, via Microsoft Teams, will share tips to help you protect your identity and finances in support of 2023 National Consumer Protection Week. Registration is required. For more information or to register, call 751-5256.

Stuffed Animal Sleepover
Thomas Lee Hall (Post) Library. Drop off your fluffy friend for a fun night at the library. Check the Library Facebook page (Fort Jackson Library) to see the antics your stuffed animal gets up to after hours, and then pick up your plushie on July 22.

JULY 25
Coupon Craze Virtual Workshop
10:30-11:45 a.m. Army Community Service Financial Readiness Program will host a coupon craze virtual workshop via Microsoft Teams. Learn the art of doubling and tripling coupons, stacking coupons, price matching and more. Get tips on how to prepare for grocery store trips. This is a great opportunity to learn new strategies, meet other coupon users, and share your own ideas. Registration is required. For more information or to register, call 751-5256.

JULY 28
Open House – Credit Report Review
8-11 a.m. and 1:30-3 p.m., Army Community Service, 9810 Lee Road. ACS financial counselors will be available

during scheduled times on a first come, first served basis to download and review free credit reports for Army personnel. Active-duty Soldiers and their Department of Defense ID card holding Family members will receive their free credit scores. For more information, call 751-5256.

JULY 29
Natural Body Building Competition
6 p.m., Solomon Center. You’ve worked hard through proper diet and exercise to sculpt your body. Reap the rewards of your hard work. Divisions available for competition are Men’s Natural Builder, Men’s Natural Physique, Women’s Natural Builder, Women’s Natural Physique, Women’s Bikini, Masters’ Natural 41-49, and Grand Master Natural 50+. Register by June 15. For more information, call 751-3700.

AUG. 5
Army Birthday Relay Race
7 a.m., U.S. Army Drill Sergeant Academy. Celebrate the Army’s Birthday with a traditional relay race with teams of four. This is a Commander’s Cup event. For more information, call 751-5869/3096.

AUG. 11, SEPT. 8
Spouse Federal Resume Workshop
9:30-11:30 a.m., Army Community Service Building, 9810 Lee Road. Are you seeking federal employment? Call 751-5256 to reserve a seat.

Did you know: The Federal Emergency Management Agency advises all families in hurricane zones to make sure everyone in your household knows and understands your hurricane plans. These plans should include work, child care and everywhere you may frequent.

| 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 |

Tips to keep heat injuries at bay

By **EMILY HILEMAN**

Fort Jackson Public Affairs

Summer is the ideal time to enjoy outdoor activities such as swimming, hiking, biking and so much more, but summertime is also associated with more than 1,000 completely preventable deaths each year.

"Heat stress can even occur while riding a motorcycle long distance and while riding bicycles," said Joe Colson, Fort Jackson's installation safety director. "Heat exhaustion occurs due to the exposure to heat for long periods of time without proper hydration."

Heat stress is very serious during the summer months and if you're unaware of the symptoms, they could lead to cardiac arrest or heat stroke. Symptoms of heat stress are headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, and elevated body temperature.

Luckily, everyone can take a few preventive measures to keep heat injuries at bay and have a safe and enjoyable summer.

The first thing to remember is to stay hydrated.

The amount of water you should drink varies based on your age, gender, medications you're currently taking and your health. Although it can vary, the Institute of Medicine recommends that men should drink at least 13 cups of water and women should drink at least 9.

It sounds simple, but don't forget heavy physical activity can cause you to sweat and become dehydrated. So, hydrate throughout the day and replenish your electrolytes with sports drink if you plan to exercise or do outdoor activities more than an hour.

If you're lying on the beach and sipping an alcoholic drink, there's no need to drink water, right? Wrong!

"Alcohol causes you to dehydrate," Colson said. "You need to avoid alcoholic beverages completely if you plan to be boating, swimming or going to the beach."

Alcohol not only impairs your motor skills and judgement, but also your body's ability to regulate your temperature.

Next, dress for the heat and humidity.

Summers in the midlands can easily reach upwards of 90°F and humidity levels of more than 65%. For those that recently relocated from cooler climates, it gets hot, and you may not realize you're nearing heat

exhaustion until it's too late.

To help combat the heat, wear clothes that are lighter colors and materials so that sweat can easily evaporate from your body. In times of high humidity, it's also best to wear fabrics that are moisture-wicking, because humidity also can prevent your body's ability to produce sweat. Don't forget a wide-brimmed hat, sunglasses, and proper sunscreen.

Although everyone should be wearing sunscreen outdoors to prevent harmful UV rays, ensure it's sweat-resistant sunscreen, which is typically labeled as "sport." Don't forget to apply sunscreen in milder temperatures and when it's cloudy or overcast and reapply it throughout the day.

Schedule outdoor activities wisely

The hottest part of the day is around 3 p.m. If possible, move strenuous, outdoor exercises to the early morning. If that's not possible, try moving your activities indoors. If you're barbecuing or swimming, try to take a break between 3 – 5 p.m. until the heat and humidity are lower, reducing your likelihood of heat injuries.

If you simply can't prevent being outdoors during the hottest part of the day, seek air conditioning or shade as much as possible, hydrate and replenish electrolytes as much as possible. Also, ensure you take frequent breaks and let your battle buddy know if you're feeling unwell or showing any signs or symptoms of heat stress.

Don't forget about your pets during the heat. You may think, "they have a fur coat, they're used to being warm," but dogs and cats can't sweat. Keep an eye on pets and if they're panting excessively in the summer, they are likely stressed and having difficulty breathing or overheating.

Don't ever leave pets or children alone in the car to go shopping, even if it's only for a few minutes. According to the Centers for Disease Control and Prevention, it only takes 10 minutes for the temperature of a car parked in the sun to increase by almost 20 degrees, even with the windows cracked. The National Safety Council said that on average, 38 children under the age of 15 die each year from heatstroke after being left in a vehicle.

"Heat stress and overexertion account for more than 3 million emergency room visits per year," Colson said. "Let's prevent the preventable by staying hydrated and limiting our time outside in high temperatures."

Army gears up for 2023 hurricane, wildfire seasons

By **CHRISTOPHER HURD**
Army News Service

Typhoon Mawar, a Category 4 storm, hit the U.S. territory of Guam May 24 bringing torrential rain, strong winds and leaving thousands without power, according to the National Oceanic and Atmospheric Administration.

In the days before landfall, President Joe Biden declared an emergency and ordered federal assistance to supplement local response efforts. The Army National Guard, U.S. Army Corps of Engineers and active-duty units began preparing for recovery operations.

"It's our duty to protect people and property, whether that be (in the U.S.) or overseas," said Brig. Gen. Jonathan Beddall, vice director of the National Guard Bureau's Joint Operations Center. "We offer highly trained and tested personnel capable of responding anywhere they're needed."

After the storm hit, utilities were lost, homes were damaged or destroyed and some families had to live in shelters.

The members of the Guam National Guard immediately assisted with response efforts. They helped the island's more than 150,000 citizens by clearing roads, removing debris, directing traffic and helping to restore power.

The National Guard Bureau, Hawaii National Guard, U.S. Army Pacific and Army Reserve personnel were all brought in to assist in the recovery.

We are appreciative of the work we've already accomplished with our territorial and federal partners, and I'm happy to announce that more relief is on the way," Guam Governor Lou Leon Guerrero said in a statement May 29. "As our community continues making progress towards recovery in the wake of Typhoon Mawar, I've been assured that Guam will be provided with every necessary resource for a complete and speedy recovery."

Back in the U.S., the Army is preparing for the hurricane season, June 1–Nov. 30, and the wildfire season, which typically runs from the summer into fall depending on the region of the country.

U.S. Army North held their annual Hurricane Rehearsal of Concept Drill at Joint Base San Antonio - Fort Sam Houston May 24. The training helps synchronize active-duty military support efforts with federal, state, territorial and local partners to ensure seamless support in the event of a hurricane response mission.

The scenario for this year featured three sequential hurricanes along the Atlantic and Gulf Coast regions. The theoretical storms ranged in intensity and impacted multiple areas over a short period of time.

This rehearsal allowed Army North, joint military services, U.S. federal agencies and other participating organizations to game plan potential recovery efforts for the hurricane season.

"You want to build those friendships and relationships prior to the event happening, which is so critical, because then you really can work through getting after the need at hand," said Maj. Gen. William Prendergast IV, deputy commander of Army North and Task Force 51 commander.

The task force is a deployable command post embedded within U.S. Army North designed to assist local, state, and federal responders with disasters. It has 30 assigned service members and can add additional Soldiers if needed.

The team can operate in rigorous environments with less than 24 hours notification when a federal agency requests support.

They can drop into a disaster area and operate on their own without taking resources away from the community in crisis, Prendergast said. They respond to various incidents including wildfires, earthquakes and hurricanes.

Last year, there were 14 named storms, of which two intensified into major hurricanes reaching wind speeds of 111 mph or greater, Hurricane Ian and Hurricane Fiona.

According to the NOAA, 156 people lost their lives during Hurricane Ian, and it became the third costliest storm in U.S. history, causing \$114 billion in damages.

VICTORY... STARTS HERE



Photo by NATHAN CLINEBELLE