

THURSDAY, JUNE 13, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLI

JACKSON ADDS THREE TO SHORT LIST OF ...

'WHO'S WHO'



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Williams steps down as finance school commandant

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

Col. Michelle Williams relinquished her positions as commandant of the Finance and Comptroller School and chief of the Finance Corps during a ceremony held June 7 in the Soldier Support Institute Auditorium.

It was a poignant farewell as Williams had a short yet illustrious tenure on Fort Jackson, but her talents were needed elsewhere.

The loss of Williams is a little bit “bittersweet,” said Maj. Gen. Michelle Donahue, commander Army Combined Arms Support Command.

Williams had been the commandant since July 21, 2023, when she took command, but she was needed elsewhere, Donahue said. “You’re absolutely the right leader at the right time to go assume that position.”

That new position is as commander of the U.S. Army Financial Management Command in Indianapolis.

Donahue praised Williams for the “incredible impact” she had on the Finance Corps during her short tenure.

Williams led a school with a mission to train, educate and develop finance Soldiers who are capable of resourcing and sustaining operations across all echelons in any environment; enabling the Army to fight and win decisively against any adversary.

She lauded Williams for building a culture of trust while being at “the intersection of implementing the biggest transformation in Finance Corps history with everything from people optimizations ... with the integration of finance battalions at Corps level, to finance operations center to support centers ... to (Mission Essential Task List) development” to rewriting a field manual.

Col. Jason T. Edwards, Soldier Support Institute commander, honored Williams’ lasting contributions to the Army after receiving the unit colors to officially signify her relinquishment of command.

“You lowered attrition and then you built incredibly cohesive teams that are then now put back into the Army,” he said. Her command atmosphere “penetrated



Maj. Gen. Michelle K. Donahue, commander, Combined Arms Support Command, presents Col. Michelle Williams, former commandant of the Finance and Comptroller School with a plaque during a June 7 ceremony that saw Williams relinquish authority for the Finance Corps and the school.

all levels of leadership, including the (drill sergeants) and instructors and then the students under your direction.”

The Finance Corps and the Finance and Comptroller School was “one of the best run organizations from top to bottom that I’ve ever observed in my military career,” he said.

“You will always be a member of the team,” Edwards

added. “You’re just going to be in a different state, and your people are going to be scattered all over the place. But you will always be a member of this team.”

Williams was the final speaker to take the podium during the ceremony.

See **FINANCE:** Page 10

ON THE COVER

Retired Col. Joseph McLamb, former deputy commanding officer, smiles as a ribbon is placed over his head signalling his induction into the Fort Jackson Hall of Fame, June 6.
See Page 3



Photo by **ROBERT TIMMONS**

THE FORT JACKSON LEADER

“We Make American Soldiers”

Fort Jackson, South Carolina 29207

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

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

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Jackson adds three to short list of 'who's who'

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

Three prominent Fort Jackson fixtures were enshrined in the

post's hall of fame in a ceremony held June 6 in the 1917 Club.

The members are a short list of the "who's who that have supported our vision, mission and goals for the future of our beloved

installation," said Col. Mark Huhtanen, Army Training Center and Fort Jackson deputy commanding officer during the ceremony.

Retired Col. Joseph McLamb, retired Col. Michael Molosso and

retired Chaplain (Lt. Col.) Donald Meyers joined a select group of individuals who have made many sacrifices to the installation and "dedicated themselves to betterment of our installations and others to ensure that Fort Jackson remains relevant today and well into the future," Huhtanen said.

McLamb took his enshrinement humbly.

"I want you to know that I don't deserve to be in the ... hall of fame," he said. "All you have to do is look at the names of the people who have already been inducted into this to know that I don't belong in this club. I've never done anything for Fort Jackson that wasn't my duty – and I didn't do that perfectly."

"And frankly, on those days, it was just a joy because of the people who surrounded me."

McLamb was both DCO and a brigade commander on post before retiring and became the chief of staff for the South Carolina Department of Veterans Affairs. As DCO he was the touchpoint of the post's outreach efforts. He is also the secretary of the Sportsman Club.

Molosso, was a commandant of the Adjutant General School and after his retirement from the Army, served as AG School deputy commandant for 15 years. He was also the president of the Fort Jackson Retiree Council for more than 17 years.

He said he too didn't deserve the honor, but taking care of retirees was a seminal point in his life.

"I didn't realize how important that really was," he said about leading the Retiree Council. "I didn't realize how important it is to communicate with our retired population. I didn't understand how important

it was to keep an eye on surviving spouses and ensuring they're getting the care and know the type of support they can get. I didn't realize how important that particular aspect of the lifecycle of our Army really was."

Meyers served as an instructor at what was then known as the Army Chaplain School and then held various assignments at the 81st Readiness Division and is currently the president of the Fort Jackson Sportsman Club.

"As I reflect back over the last two years, I've been leading the Fort Jackson Sportsman Club and being their leader and champion, I'm eternally grateful for the leaders who served before me and have taught me so much," Meyers said during

the ceremony.

He thanked those in his career who helped him and elaborated on how God directed him to be the leader of the club.

Retired Command Sgt. Maj. James Walther, who was unable to attend the ceremony, will be inducted into the hall of fame later this month.



Retired Chaplain (Lt. Col.) Donald Meyers holds up a map of Fort Jackson showing the location of tree stands during a ceremony inducting him into the post's hall of fame. Meyers was a former instructor at the Chaplain School and is currently the president of Fort Jackson's Sportsman Club.



McLamb



Molosso



Meyers

Community Updates

ANNOUNCEMENTS

Road Name Changes

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



SPRC Yoga Hours

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

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

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

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

The Friday class has been cancelled.

Safety Classes

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

■ **Basic Riders Course:**

June 25-27 (six seats open)

■ **Local Hazards Course:** June 24

■ **Intermediate Drivers Course:** June 20 (30 seats open)

■ **Remedial Drivers Course:** June 18 (12

seats open)

COMMUNITY EVENTS

TODAY

Community Information Exchange

11:30 a.m. to 1 p.m., 1917 Club. Join Col. Timothy Hickman, garrison commander, and Col. Mark Huhtanen, Army Training Center deputy commanding officer, for updates about on-post happenings.

Budgeting and Money Management

1-2 p.m., MS Teams. You've earned your paycheck - come learn ways to make the most of it. Learn to manage your money and create a spending plan that lets you pay your living expenses today while saving for tomorrow.

Navigating USA Jobs

2-4 p.m., MS Teams. Come learn tricks to get ahead. We'll look at common mistakes, identify pitfalls, develop techniques, and gain tips from the expert in regards to navigating the USAJobs portal for that next job announcement.

Strongman/Strongwoman

5 p.m. Vanguard Gym. Fort Jackson Sports and Fitness presents the Strongman/Woman Competition. Call (803) 751-5839 for more information.

TOMORROW

Dads & Dollars (Fathers Day Edition)

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

JUNE 18

Meals in Minutes & Your Budget

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

Clothing and Nonperishables Drive

9 a.m. to 5 p.m., Fort Jackson Fire Department. Bring canned foods and clothing to the Fort Jackson Fire Department to be donated to local charities.

JUNE 20

Training Stand Up Day

8 a.m. to 11:30 p.m., and 1-4:30 p.m. Post Theater. U.S. Army Garrison - Fort Jackson hosts a quarterly training stand up day to help employees complete mandatory Army training. Employees need to attend only one session per fiscal year. Employees who attend this training meet the Department of the Army mandatory annual training requirement for Suicide Prevention, Army Substance Abuse Program, Operations Security and Anti-terrorism Level 1.

JUNE 22

Offshore Fishing Trip

5 a.m. to 5 p.m., Marion Street Station. Travel to Hilton Head, S.C. with your Outdoor Recreation team and fish three to five miles offshore for black sea bass, mackerel, black drum, red fish, bluefish and maybe even a shark. The boat offers shaded and seated fishing areas, restrooms, and even has snacks and drinks for sale on board. Outdoor Recreation will provide the transportation and coolers for you to transport your catch back home. Cost covers transportation, licen-

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

FRIDAY, JUNE 14

■ Inside Out 2 (PG) 6 p.m.

SATURDAY, JUNE 15

■ Inside Out 2 (PG) 2 p.m.

WEDNESDAY, JUNE 19

■ Inside Out 2 (PG) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

se, bait, tackle, and trip. Pre-registration required at Marion Street Station. Trip costs \$90 per person. For more information, call (803) 751-3484.

Juneteenth 5K and one-miler

8-10 a.m., Palmetto Falls Water Park. The entire Fort Jackson community is invited to attend and participate in this event. Pre-registration is available at (803) 751-3700 until June 20. T-shirts are available and on sale the day of the event. Support volunteers are provided using the FJ program. After the run/walk, participants are provided light refreshments and food trucks will be onsite. For more information, call (803) 751-3700.

JUNE 25

Navigating Conflict Management

See **EVENTS:** Page 10

THE FORT JACKSON LEADER

SEND ALL
SUBMISSIONS TO

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

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

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

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

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

Questions? Call 751-3615.

77TH DIVISION AVE. (FORMERLY WHEELER STREET)



By **FIELDING FREED**
Basic Combat Training Museum

For the 77th Infantry Division, June 1942 was a hot, busy month at Fort Jackson. The division, commanded by Maj. Gen. Robert L. Eichelberger, reactivated for duty in World War II four months previously.

On June 8, 1942 they joined the 8th and 30th Divisions in what The State newspaper called, "...perhaps the greatest military parade in American history."

The parade, which included 40,000 Soldiers and 3,000 military vehicles, took almost an hour and a half to pass the reviewing stand, but was kept secret until after the fact.

The goal of the parade was to convince our British allies the United States was well on its way in preparations for the war.

The secrecy was due to the list of notable attendees which included: Gen. George Marshall, Chief of Staff of the U.S. Army; Maj. Gen. George W. Clark, Chief of Staff of the U.S. Army Ground Forces; Field Marshall Sir John Dill, Chief of the British Joint Staff Mission; and Vice Admiral Louis Mountbatten, British Chief of Combined Operations.

Mountbatten was so impressed that

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



BASIC COMBAT TRAINING MUSEUM

British Prime Minister Winston Churchill removes his hat as he passes the United States Flag while reviewing soldiers of the 77th Infantry Division at Fort Jackson, June 1942.

upon his recommendation British Prime Minister Winston Churchill requested a second review of the 77th Division for himself.

With only a few days' notice, the di-

vision organized an event that included field exercises in an effort to win over Churchill who was rumored to be skeptical that the U.S. Army was indeed ready.

By all counts the June 2, 1942 event was a success.

According to The State, it outdid the parade earlier in the month, and included a parachute jump and live ammunition combat maneuvers "just a stone's throw" from where Churchill stood.

By the end of his visit to Columbia, Churchill was reportedly as "enormously impressed."

I SAW THE CREATION OF THIS MIGHTY FORCE—THIS MIGHTY ARMY...

- Sir Winston Churchill

British Prime Minister



Scan to learn more about the 77th Infantry Division

See **77TH:** Page 9

Commentary: Buffalo Soldiers' legacy, Juneteenth

By **CAPT. CHRISTOPHER JOHNSON**
2nd Battalion, 39th Infantry Regiment

Juneteenth, a day commemorating the end of slavery in the United States, holds profound significance for all Americans, especially for the descendants of those who endured centuries of enslavement.

Among those who played a crucial role in shaping the narrative of freedom are the Buffalo Soldiers, African American regiments in the Army. Their journey intertwines with the struggles and triumphs of Juneteenth, marking a profound chapter in American history.

The Buffalo Soldiers, originating in the Civil War, earned their iconic name from Native American tribes who compared their hair to that of a buffalo.

These Soldiers, many of whom were formerly enslaved individuals, seized the opportunity for freedom and enlisted in the military. They served their country with honor and distinction despite facing discrimination and adversity and left an unforgettable mark on American history.

Juneteenth, also known as Emancipation Day or Freedom Day, commemorates the emancipation of enslaved African Americans in the United States. It celebrates June 19, 1865, when Union Maj. Gen. Gordon Granger arrived in Galveston, Texas, and announced General Order No. 3, which proclaimed freedom for all slaves in Texas, more than two years after the Emancipation Proclamation had been issued by President Abraham Lincoln.

For the Buffalo Soldiers, Juneteenth held deep personal significance.

See **JUNETEENTH,** Page 11

VICTORY WEEK 2024

Fort Jackson's 107th birthday celebration was held June 3-8. The celebration included a post run; units going head-to-head in healthy sports competition; Soldiers honored at a Columbia Fireflies baseball game; the Basic Combat Training Museum's 80th anniversary of D-Day open house; a golf tournament; and ended with the Army's 249th Birthday Ball. The winners were crowned at the organization day at Darby Field, June 5. Headquarters and Headquarters Battalion won the sporting trophy for a second straight year. The post also held a pistol marksmanship competition (see Page 8) and inducted three into this hall of fame (see Page 3).



Photo by NATHAN CLINEBELLE

Fielding Freed, with the Basic Combat Training Museum, shows Soldiers with 2nd Battalion, 13th Infantry Regiment, how a World War II-era camera worked. Freed dressed up in period dress as part of the museum's 80th Anniversary of D-Day, June 6, 2024.



Photo by NATHAN CLINEBELLE

The color guard renders honors during Fort Jackson night at Segra Field in Columbia, S.C.



Photo by NATHAN CLINEBELLE

Post Command Sgt. Maj. Erick Ochs prepares to throw out the first pitch.



Photo by NATHAN CLINEBELLE

A Soldier defends against a pass during basketball action as part of Victory Week.



Photo by ROBERT TIMMONS

Lt. Col. Claudia Pena, Headquarters and Headquarters Battalion commander, smiles broadly after her unit won the Victory Week sports trophy. This was the second time the unit took the honors.



Photos by NATHAN CLINEBELLE

A Soldier fires an M17 handgun at targets during the Victory Week Pistol Competition, or Regional Combat Pistol Championship, June 5. The top 10% of firers at the event earned a bronze Excellence in Competition marksmanship badge.

Soldiers vie for pistol marksmanship honors

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Soldiers competed in the first Regional Combat Pistol Championship event, also dubbed the Victory Week Pistol Competition, held June 5 at Fort Jackson, where some could earn rare medals. The event, designated an Excellence in Competition pistol shoot, was held in accordance with Army Regulation 350-66 – Small Arms Competitive Marksmanship Program.

“It just seemed like it made sense for Victory Week to be the time to do an inaugural or initial EIC match and make it like the Commander’s Cup event,” said Scott Park, Army Training Center anti-terrorism officer.

Commanders Cup events are those that earn points leading to the awarding of the post’s trophy for the top unit in sports.

The shoot was born from Park’s and Post Command Sgt. Maj. Erick Ochs’ shared common background in competitive shooting.

“It turned out to be a hit,” Park added.

Park recruited subject matter experts in the area to help with match.

“This is all about marksmanship,” said Master Sgt. Eric Lawrence,

with the South Carolina National Guard and a competitive shooter for nearly 20 years. “The pistol side



A shooter engages a target. Competitors at the event fired 40 rounds from Army-issued sidearms in four separate stages. A shooter started each stage with a holstered weapon and fired the first shot double action.

is something that enlisted folks don’t get a lot to do, except for the (military police) and medics. As far as combat arms is concerned, I think this is a perishable task for sure.”

Lt. Col. Thomas Bourne, match director and officer in charge of the Army Reserve Competitive Marksmanship Team, said it increases Soldier “lethality” while building esprit de

corps and unit cohesion.

“Quite frankly, lethality is the reason we are out here,” he said. “It is the reason we

exist. If we can’t shoot, then we are missing one of the major fundamentals of why we exist. We are all theoretically warfighters ...”

Competitor Staff Sgt. Zachary Abbott, with 2nd Battalion, 39th Infantry Regiment, said the competition was an opportunity to “get more trigger time.”

“Maybe if you’re in a soft-skilled MOS and don’t get a lot of trigger time; these are your opportunities,” he said.

Events like these have made last impacts in the lives of Soldiers.

“It’s an excellent program because I have watched Soldiers that only get to go out once a year to do their regular qualification and they struggle because they don’t have a lot of practice,” Bourne said about the program that has been around since the 1800s.

“A lot of times when they come out to one of these matches, they actually see where their bullets are hitting and they realize, ‘Oh, I’m yanking the trigger,’ or ‘I’m aiming to low or what not.’”

Competition shoots can be career expanding experiences too.

“This is definitely a broadening opportunity,” Park said. “It is something that can maybe provide an outlet and a motivation for something they may have not had any capability in before, but they identify ‘Oh man, I might be good at this.’ It could help them with stress or even help them stand out among their peers.”

It truly can help Soldiers stand out among their peers since they can earn points towards badges that can be worn on their uniforms.

The top 10% of competitors at an EIC event earn points towards an excellence in competition badge.

“With the first points you get a bronze badge,” Bourne said about earning the permanent badge. “Then once you’ve reached 20 points, you’ll get a silver badge.” When a competitor reaches 30 points and competes in an All-Army or equivalent event, they get a gold distinguished badge.

Shooters in the competition fired 40 rounds at targets from Army-issued sidearms, in four stages. Soldiers would have two magazines loaded with five rounds each during each stage. The Soldiers started each stage by withdrawing their holstered weapon with the first round fired double action.

'The Weigh It Is' with Pam Long

When I discovered the joy of exercising many years ago, I was immediately fascinated with weight training. But I found it made my body a bit bulkier than I was comfortable with.

When you work out at the gym, be ready to get advice from everyone.

And that is exactly what I got.

So many wanted to help and put their expert opinion on things. Just like with nutrition, too much information is overwhelming. So, I decided to play around with a couple of ideas. I realized when I lifted weights with longer repetitions, my heart rate was more a part of my workout. I also noticed when I shortened my recovery between sets, my heart rate remained elevated, but steady enough that I could keep going.

I was pleased with this approach. The exercise was fun, and I noticed I was going from



Long

exercise to exercise and targeting my entire body at the same time. I loved the variety, the pace and most definitely the progress. Today, it's called circuit training. I am sure it was called that when I began doing it as well, but I didn't know the proper term for it.

Today, circuit training remains popular in many circles because it works.

It is most efficient as a weight-loss workout format. Once again, circuit training uses several types of exercise with a certain number of repetitions for each exercise with very little to no real rest between sets.

One of the things I really love about circuit training workouts is, they are efficient because they target the entire body, so you can improve your heart health, build strength, improve flexibility, and strengthen your core all in one workout session. Because circuit

training uses most muscles in the body, the style of exercise significantly increases oxygen use more than just cardio exercises, which uses our lower body more, versus circuit training, which uses both upper and lower body to increase oxygen demand and increases energy output, which makes it an effective strategy for weight loss.

I teach circuit training every Monday at 4 p.m. and we absolutely love it.

You go through four intense calorie-burning workout rounds from exercise to exercise. I recommend most or all your circuit exercises that feature weights that you can manage, but still challenge you. I switch things up quite often, so the circuit exercise is often a surprise for the members of the class.

This also makes the body work harder because it does not know what to expect, and remember, circuit training increases oxygen demand and energy output to torch calories and sculpt muscles.

Circuit training is a true exercise style for fat loss. It uses the whole body with moves that use

your power, strength, and endurance at a steady, but demanding state for about an hour (that is how long my classes are), ending in your muscles getting tighter and stronger, your heart rate remains elevated, which is key for burning calories hours after you are done.

Weight loss is often the goal we are searching for.

You can use circuit training as your superior style of workout. It recognizes the need to blend muscle strength and endurance while enhancing cardiovascular efficiency. It limits rest intervals and maximizes intensity output during each session and exercise. circuit training makes certain that various muscle groups and the cardiovascular system are engaged effectively and work together. Its goal is to deliver a dynamic, all-inclusive workout that combines different features of physical fitness into one balanced session.

Circuit training is a workout style that, even though it has been around for many years, still

See **WEIGH:** Page 11

Celebrating Service

Fort Jackson recognized the career of 1st Sgt. David Newcomb, 282nd Army Band; and Sgt. 1st Class Kenneth Vincent, from U.S. Army Central at Shaw Air Force Base, S.C., during the 3rd Battalion, 60th Infantry Regiment's Basic Combat Training graduation held May 30 at Hilton Field.

Photo by NATHAN CLINEBELLE



SALUTING THIS CYCLE'S HONOREES

2nd Battalion,
13th Infantry
Regiment

**DRILL SERGEANT
OF THE CYCLE**

Staff Sgt.

Ricardo Linares

ALPHA COMPANY

SOLDIER LEADER

OF THE CYCLE

Pvt. Ben DeGrande

SOLDIER OF THE CYCLE

Pfc. Samaria Tau

BRAVO COMPANY

SOLDIER LEADER

OF THE CYCLE

Pvt. Henry Nguyen

SOLDIER OF THE CYCLE

Pvt. Maria Barrera

CHARLIE COMPANY

SOLDIER LEADER

OF THE CYCLE

Spc. Katelyn Varadi

SOLDIER OF THE CYCLE

Spc. Samuel Milam

DELTA COMPANY

SOLDIER LEADER

OF THE CYCLE

Spc. Anthony Hadley

SOLDIER OF THE CYCLE

Spc. Aiden Stites

Events

Continued from Page 4

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

JUNE 27
1,000 lbs. Competition

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

JULY 4
Independence Day Celebration

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

JULY 9
Thrift Savings Plan

10-11:30 a.m., Training Support Center, 1565 Hall St. Do you want to gain a better understanding about the different funds and how they can impact your plan for retirement? Attend the seminar and learn the differences between Roth and Traditional accounts,

avoiding penalties, withdrawals, latest changes and more. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

JULY 15
Investing in the Digital Age Webinar

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

JULY 16
Meals in Minutes & Your Budget Webinar

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

JULY 23
Scams & Identity Theft

10-11 a.m., 9810 Liberty Division Rd., Rm. 119. Army Community Service in partnership with South Carolina Department of Consumer Affairs, shares tips to help you protect your identity and finances in support of 2023 National Consumer Protection Week. Registration is required. For more information or to register, call (803) 751-5256 (option 3).

Finance

Continued from Page 2

“As I relinquish my current role and pass the torch to my successor, I am filled with a range of emotions – pride in our accomplishments and gratitude for everyone’s unwavering support and excitement for the journey that lies ahead ...” she said.

She added her “deepest appreciation” to each of those she served with who contributed to “our collective success ... I am truly honored to have the privilege of serving alongside such and exceptional team.”

Randy Stevens will serve as interim commandant.

DID YOU KNOW: The Midlands area is known for frequent lightning strikes during thunderstorms. Follow the TRADOC and Fort Jackson lightning procedures as thunderstorms/lightning approach. Be safe.

WORSHIP SCHEDULE

FAITH GROUP	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	9:30-10:30 A.M.	MAIN POST CHAPEL
CATHOLIC MASS	MON-FRI	NOON	MAIN POST CHAPEL
GOSPEL SERVICE	SUNDAY	10:30 A.M.	KINGS MOUNTAIN CHAPEL
GENERAL PROTESTANT	SUNDAY	11 A.M. TO NOON	MAIN POST CHAPEL
REVIVE SERVICE	SUNDAY	5 P.M.	MAIN POST CHAPEL
HEATHEN/PAGAN	EVERY 2ND AND 4TH SATURDAY	NOON TO 2 P.M.	CENTURY DIVISION CHAPEL
INITIAL ENTRY TRAINING	DAY	TIME	PLACE
CATHOLIC MASS	SUNDAY	8-9 A.M.	SOLOMON CENTER
PROTESTANT CONSOLIDATED SERVICE	SUNDAY	9:30-10:30 A.M.	SOLOMON CENTER
CHURCH OF CHRIST	SUNDAY	10:30-11:30 A.M.	CENTURY DIVISION CHAPEL
HISPANIC PROTESTANT SERVICE	SUNDAY	8:30-10 A.M.	POST THEATER
ISLAMIC SERVICE	SUNDAY	8-9 A.M.	KINGS MOUNTAIN CHAPEL
JEWISH SERVICE	SUNDAY	10:15-11:30 A.M.	LIGHTNING CHAPEL
THE CHURCH OF JESUS CHRIST OF			
LATTER DAY SAINTS	SUNDAY	10:30 A.M. - NOON	WASHINGTON ROAD CHAPEL
HEATHEN/PAGAN	SUNDAY	8:30-9:30 A.M.	CENTURY DIVISION CHAPEL

Juneteenth

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icance. As descendants of enslaved individuals, they understood the transformative power of freedom. Many of these Soldiers hailed from Texas and other Southern states, making Juneteenth a poignant reminder of their own journey from bondage to liberation.

While the end of slavery marked a significant milestone, the Buffalo Soldiers recognized that true freedom was an ongoing struggle. Within the military, they faced segregation, unequal treatment, and racial prejudice. Yet, they persevered, demonstrating courage and resilience in the face of adversity.

Juneteenth became a time for the Buffalo Soldiers to reflect on their shared heritage and the sacrifices of those who came before them. It

served as a rallying cry for equality and justice, inspiring them to continue the fight for civil rights both on and off the battlefield.

As we commemorate Juneteenth and reflect on the legacy of the Buffalo Soldiers, we are reminded of the enduring quest for freedom and equality in America. Their courage, sacrifice, and unwavering commitment to service serve as a beacon of hope for future generations.

Today, Juneteenth is celebrated across the nation as a day of remembrance, reflection, and renewal. It is a time to honor the resilience of those who fought for freedom and to recommit ourselves to the ongoing pursuit of justice for all.

In honoring Juneteenth and the legacy of the Buffalo Soldiers, we affirm our collective commitment to building a more inclusive and equitable society, where the ideals of freedom and equality are upheld for generations to come.

Weigh

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has value. It approaches exercise activity in a way that improves overall health. It improves muscle strength (good reason to do your circuit with weights), increases cardiovascular health, builds endurance, increases range of motion with each exercise and circuit. Using specific exercise to minimize rest and maintain an elevated heart rate, Circuit training can optimize fitness outcomes and provide a powerful, diverse workout experience.

This workout will torch body fat and build lean muscles at the same time. Maybe it's time to give circuit training a try.

Below is a routine to help get you started.

Circuit Workout for body fat loss and endurance

Equipment: Challenge set of dumbbells, step bench (or chair),

Target: total body fat loss and muscle endurance

Circuit exercises: 5

Circuit Rounds: 4

Rest: 30 seconds or less between each exercise

Exercise One

Hands on step bench or sides of chair, body in plank position, jump in and land in a squat jump back and land in plank.

Exercise Two

Hands on step bench or chair, body in plank position, perform pushups.

Exercise Three

Hands holding one heavy dumbbell, squat right and left (15 each side)

Exercise Four

Hands holding both dumbbells, chest press.

Exercise Five

Hands holding both dumbbells, deadlifts.

Repeat each exercise 15 repetitions then take it from the top until you have completed four Circuit Training rounds.

Pam's thought for the week: "It never gets easier; you just get better!"

Moncrief welcomes new commander

Story, photo by LIA CARTER
Moncrief Public Affairs

The Fort Jackson community officially welcomed the new commander of the U.S. Army Medical Department Activity and Moncrief Army Health Clinic during a change of command ceremony at the 1917 Club at Fort Jackson.

Col. Christopher C. Pase assumed command from Col. Warren A. Stewart relinquished his command to in a mid-morning ceremony on June 12.

The event was officiated by Brig. Gen. Lance C. Raney, commanding general of Medical Readiness Command, East.

"Both are amazing Soldiers and outstanding leaders with unique experiences," Raney said. "They can think critically and in addition to that they understand compassion. They understand what it means to lead people, whether that's through sickness or development to be ready for combat."

During Stewart's time at Moncrief he was faced with a barrage of simultaneous changes in the military healthcare system.

Moncrief was still adapting to the lingering COVID-19 pandemic with constant revisions to treatment and testing practices based on local data and national recommendations.

During this time Stewart, said he felt the burden of command as he guided Fort Jackson MEDDAC through immense changes.

One of the biggest accomplishments the clinic saw under Stewart's leadership, was the introduction to the MHS Genesis during a week where 900 Soldiers were being in processed at the Reception Medical Clinic.

Moncrief was singled out as one of the very best clinics to transition to the new electronic health record. Just one week after MHS Genesis went live, the colonel learned that the Joint Commission, the accreditation agency that evaluates safety, quality, and performance in a health care setting, would be conducting an evaluation the

following week.

After they completed their assessment one of the surveyors told Stewart it was the best survey he had ever done.

"Warren, you faced these challenges, and you faced these challenges in a way that was sustainable," Raney said to Stewart during the ceremony. "You modified structures, you modified policies, but really the bottom line is, Warren, you took what you had, and you made what you need. You did this better than any other commander across the board."

Stewart's next assignment will take him to Fort Belvoir, Virginia, where he will serve as Chief of Staff of Medical Readiness Command, East before transitioning to be the commander of Landstuhl Regional Medical Center, Germany, the largest U.S. hospital outside of the United States..

Pase comes to Fort Jackson from the Army Medical Department (where he was the Deputy Chief of the Army

Medical Specialist Corps. Some of his previous roles include being the Special Assistant to the Director of DHA at the Defense Health Headquarters in Falls Church, Virginia, Executive Officer to the Deputy Surgeon General, and Deputy Commanding General (Operations) at the office of the Surgeon General.

Raney said he felt Pase would do a great job.

"I am confident that two of you bring the teamwork, the leadership, and the commitment necessary to continue, not only continue the great work that started here, but to take it to the next level, and not just for Moncrief, but for our Army," Raney said to Pase and his wife Tina.

In his first speech as the new commander, Pase said, "As an American Soldier, I am humbled by the opportunity to serve alongside the extraordinary healthcare leaders at Moncrief, who are united in the common purpose of providing care to those we are privileged to serve. I can already feel an abundance of resilience, belonging, togetherness, and boundless passion for the mission and sustaining the health and readiness required of the place where victory begins."



Col. Chris Pace, the new commander of the Army Medical Department Activity, Fort Jackson, receives the unit's colors.

VICTORY... ARTS ERE



A Soldier fires a M17 handgun during a Regional Combat Pistol Championship event, also dubbed the Victory Week Pistol Competition, held June 4 at Fort Jackson.

Photo by NATHAN CLINEBELLE