

THURSDAY, MAY 9, 2024

THE FORT JACKSON

LEADER

PUBLICATION

# A DAY OF PRAYER

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# Army to suspend temporary NCO promotions in June

Army News Service

Beginning in June, the Army is suspending a requirement for Soldiers to complete a previously required level of professional military education, or PME, to qualify for promotion to noncommissioned officer, or NCO, ranks up through master sergeant.

With this announcement, the Army will no longer use temporary promotions for NCO promotions and all previously issued temporary promotions for NCOs will become permanent. This is being done to help relieve excessive strain on the force and to meet readiness requirements.

Army personnel originally created the temporary promotion policy to help accommodate pregnant Soldiers and troops in postpartum. Over time, the application of temporary promotions was extended to support deployed Soldiers on unit missions, during the pandemic when travel and training were suspended, and then further expanded during the transition from promotion selection boards to the NCO evaluation board process. In January 2022 it has been applicable for all NCO promotions from sergeant through master sergeant.

The Army cites this effort as a bridging strategy while it re-evaluates the relationship between completion of a formal PME course and promotion eligibility while ensuring the NCO Corps remain prepared for the complexities presented within today's operational environment. During this period, the Army will realign the required levels of the NCO Professional Development System to advance Soldiers to their next pay grade.

The measure will ease the strain on



Army News Service photo

**The Army recently announced it was no longer using temporary noncommissioned officer promotions.**

Soldiers who struggled to meet necessary PME timeline requirements based on factors that are outside of the Soldier's control, said Sgt. Maj. Jonathan Uribe, Directorate of Military Personnel Management sergeant major.

"In our attempt to increase transparency with our Soldiers, we acknowledge those strains (operation deployments, family/personal circumstances) that are outside of the Soldiers' control which interfere with timely attendance to PME," Uribe said. Uribe said that PME and attendance of the service's training academies will remain a

high priority for Soldier development.

Army personnel evaluated the service's more than 112,000 enlisted promotions from the ranks of sergeant through master sergeant from December 2021 through February 2024, Uribe said. The study found that half of the service's enlisted NCO promotions fell under "temporary" status. Uribe said mission requirements, pandemic restrictions and family obligations led to Soldiers filing for a high number of PME deferments.

"Some of these Soldiers were still not able to attend school well after the 12-month re-

quirement to obtain a permanent promotion," Uribe said. "The policy created a lot of undue stress on the force that was often outside of the Soldiers' control."

Active duty and Army Reserve Soldiers will still be required to qualify themselves by completing professional military training for their current rank before progressing to their next rank.

Uribe said the measure will be a bridge to an eventual permanent promotion policy for the Army. Additionally, the service will incentivize and award additional promotion points for Soldiers who have already completed PME when competing for promotion to sergeant and staff sergeant.

The Army will retain a provision for temporary rank promotions for pregnant and postpartum Soldiers in those instances when a Soldier has a back-to-back pregnancy, as well as candidates for the non-resident portions of the Sergeants Major Academy.

"(Select, Train, Educate, Promote) policy requires an ability to identify the right Soldier, for the right training at the right time," said Jerry Purcell, Army personnel policy integrator and retired sergeant major said. "It's a timing issue. When you think about it in (those) terms, the Army has the means to identify best qualified Soldiers; either through an order of merit list stemming from a centralized board or by promotion points. And the Army knows the right training. Where we struggle is with the availability of the right Soldier for that training at the right time."

Uribe said "During this bridging strategy, the Army will continue to re-evaluate the synchronization between professional training and promotions."

## ON THE COVER

**Chaplain (Lt. Col.) Kenneth May sings during the National Day of Prayer Breakfast held, May 2 at the 1917 Club on post. The post merged two national events into a single event. See Page 3**



Photo by NATHAN CLINEBELLE

## THE FORT JACKSON LEADER

"We Make American Soldiers"

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Photo by NATHAN CLINEBELLE

Col. Kenneth Dwyer, Leader Training Brigade commander, speaks about the need for spiritual resilience during the National Day of Prayer Breakfast held May 2 at the 1917 Club.

## Breakfast aims at spiritual readiness

By **ROBERT TIMMONS**  
Fort Jackson Public Affairs

“Scripture tells us to rejoice in hope, be patient in tribulation, and be constant in prayer,” wrote President Joe Biden in the 2024 National Day of Prayer declaration. “This year, my prayer for our Nation is that we keep faith that our best days are ahead of us and continue to believe in honesty, decency, dignity, and respect. May we see each other not as enemies but as fellow human beings, each made in the image of God and each precious in His sight. May we leave no one behind, give everyone a fair shot, and give hate no safe harbor. May we remember that nothing is beyond our capacity if we act together.”

Biden declared May 2, 2024, to be a Na-

MY NEXT THOUGHT WAS  
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IS TAKEN CARE OF ...

- Col. Kenneth Dwyer  
Leader Training Brigade  
commander

tional Day of Prayer and Fort Jackson joined in with a breakfast held at the 1917 Club.

The National Day of Prayer is not only a chance for different faiths on post to come together to pray for the country, it was also a time to build resilience.

For Col. Kenneth Dwyer, resilience isn’t just a part of his job (as Leader Training Brigade commander he heads the Holistic Health and Fitness Academy and the Master

Resiliency School) but is a way of life.

Dwyer spoke during the breakfast about “how we as human beings can build resiliency through our faith and through our Family and through our brothers and sisters of believers.”

Dwyer was seriously wounded in a fire-fight during his third combat tour in Afghanistan.

He was helping his Mk-19 gunner reload when a rocket-propelled grenade exploded detonating 40mm grenades he was holding. He instantly lost his hand and shrapnel also took out his left eye and some of his teeth.

He said he was initially angry he was hurt, but a second feeling came over him.

“My next thought was peace,” he said. “At least my soul is taken care of, and I know this for certain ...”

“I am only here today because of the men and women in the United States Army are more concerned with the livelihood and lives of the people around them than they are concerned with themselves. My team put themselves into the path of the kill zone because they were more concerned about me.”

His recuperation from his injuries was tough and he would sit for days celebrating each individual win of moving a finger just a little more, not knowing if he would ever “get back to the point where I was functioning human being.”

Dwyer would continue to move his fingers little by little “believing that God has a plan for our lives, regardless of the situation.”

He said the first step in his resilience was surrounding himself with positive people. Some of those surrounding him were his family and “brothers and sisters of the faith that allow me to persevere. And I’m so thankful for that.”

Dwyer knows a lot about Army Field Manual 7-22 – Holistic Health and Fitness.

The FM “talks about spiritual readiness, which is an awesome obligation that we now have to tell our Soldiers and talk to our Soldiers about the spiritual component and readiness,” he said. “It talks about spiritual readiness being those things that reaffirm your principles, beliefs and values, and give you purpose and meaning in life.”

According to FM 7-22, para 3-21, “Soldiers who successfully develop, sustain, and repair their state of being while facing adversity demonstrate spiritual readiness. Leaders who understand spiritual readiness can encourage personal spiritual readiness by creating a climate of mutual respect and dignity that promotes dialogue, fosters team cohesion, and enables healthy free exercise of religion or no religion. This approach enables collective and individual readiness.”

The breakfast was a multi-faith event with prayers offered by chaplains, Rabbis and Imams.

Dean Branham, with Church of Jesus Christ’s Latter Day Saints said a prayer for families. Catholic Chaplain (Maj.) Matthew Whitehead, with the Soldier Support Institute, offered a prayer for the government. Muslim Chaplain (Capt.) Mustafa RahoUchen prayed for the military. Retired Maj. Gen. Jeff Jacobs, representing the Jewish faith said a prayer for the country.

# Community Updates

## ANNOUNCEMENTS

### Notice

This notice serves as a death notice advisory for all those in possession of the property of Pfc. Veronica Lee Wynn, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Lydia Mrema, Summary Courts Martial Officer with questions or concerns at (864) 209-9875 or via email at [lydia.k.mrema.mil@mail.mil](mailto:lydia.k.mrema.mil@mail.mil).

### 249th Army Birthday Ball

Tickets are on sale for the 249th Army Birthday Ball. The event begins at 5 p.m., June 8 at the 1917 Club, 5700 Liberty Division Road, Fort Jackson, SC 29207. Tickets can be purchased by visiting: [Eventbrite website eventbrite.com/e/fort-jackson-palmetto-chapter-249th-army-and-fort-jackson-ball-2024-tickets-880255105717](https://www.eventbrite.com/e/fort-jackson-palmetto-chapter-249th-army-and-fort-jackson-ball-2024-tickets-880255105717).

### 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](https://home.army.mil/jackson/about/fort-jackson-road-renaming). See Page 5 to learn more about the road renaming process.



## COMMUNITY EVENTS

### TODAY

### Education and Career Fair

9 a.m. to 1 p.m., 1917 Club. The Fort Jackson Army Continuing Education System, Transition Assistance Program and Army Community Service host a community Education and Career Fair to provide support services that contribute to the readiness of our Soldiers, spouses, veterans, families, and civilians. Roughly 30 educational institutions and 30 employers will be in attendance. Educational institutions will be given the opportunity to present their post-secondary programs and the Employers will be able to recruit for open positions within their company. For more information, call (502) 671-8384.

### Anger Management

1:30-2:30, MS Teams. The USAG Civilian Workforce Development Program and the Army Community Service Family Advocacy Program are partnering to offer the Leader/Workforce Development Series Training "Anger Management" seminar. This seminar will provide the tools to help you recognize triggers, choose appropriate methods, and manage your anger effectively.

### FRIDAY

#### Military Spouse Appreciation Day

11:30 a.m. to 1 p.m., Fort Jackson Commissary. Join Army Community Service as they celebrate military spouses for their contributions and sacrifices to the Army. For more information, call (803) 751-5256.

### SATURDAY

#### Dolphin ECO Tour/Charleston visit

10:30 a.m. to 7 p.m. Join us where we'll observe wild dolphins from aboard a boat as we cruise the six miles out to Morris Island. Then we'll have a chance to observe the lighthouse and get off on an uninhabited barrier island to do some beachcombing. After the tour, we will take you to downtown Charles-

ton where you can shop and dine at the Historic Charleston City Market. The trip costs Adults: \$70, 3-12: \$50, under 3: \$20. For more information and to register, call (803) 751-3484.

### TUESDAY

#### Love & Money Matters

10 a.m. to noon, Chaplain Family Life Center. The USAG Civilian Workforce Development Program, Army Community Service Financial Readiness Program and Religious Support Office are partnering to offer the Leader/Workforce Development Series "Love and Money Matters" workshop. The two-hour "Love and Money Matters" workshop will teach effective communication strategies and address common money issues in relationships. Learn to set SMART goals as a couple that can lead to wealth

### MAY 16-19

#### Retiree Appreciation Days

Fort Jackson is honoring military retirees with three days of events tailored for them. The event starts with a welcome video from Col. Timothy Hickman, garrison commander. There will also be a breakfast and Basic Combat Training graduation. On May 17, dust off your clubs and hit the links at the Fort Jackson Golf Club for a golf tournament. The event ends May 19 with a Retiree Health and Benefits Expo from 9 a.m. to noon at the Solomon Center. For more information, scan the QR code.



### MAY 17

#### Spring Paint & Sip

5:30-7:30 p.m., Solomon Center. Come join us for a great time and learn some basic painting skills. Have fun by yourself or enjoy with friends and family. Cost is \$30 per person. Ages 14 and up wel-

## Fort Jackson

### Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### FRIDAY, MAY 10

■ Kingdom of the Planet of the Apes (PG-13) 6 p.m.

### SATURDAY, MAY 11

■ Kingdom of the Planet of the Apes (PG-13) 2 p.m.

### WEDNESDAY, MAY 15

■ Kingdom of the Planet of the Apes (PG-13) 2 p.m.

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

come. Pre-register by May 15. For more information and to sign up, call (803) 751-4056/4168.

### MAY 18

#### Weston Lake Beach Opening Day

Noon to 5 p.m., Weston Lake. For more information, call Weston Lake at (803) 751-5253.

### MAY 20

#### Coupon Craze

11:30 a.m. to 12:30 p.m., 9810 Liberty Div. Road, Rm. 119. The USAG Civilian Workforce Development Program and the Army Community Services Financial Readiness Program are partnering to offer a Coupon Craze Workshop. The

See **EVENTS:** Page 10

## THE FORT JACKSON LEADER

SEND ALL  
SUBMISSIONS TO  
[usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil](mailto:usarmy.jackson.93-sig-bde.mbx.atzj-pao@army.mil)

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

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

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

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

Questions? Call 751-6739.



# HOW, WHY OF JACKSON'S ROAD RENAMING

By **FIELDING FREED**

Basic Combat Training Museum

As part of the ongoing series about the renaming of streets on Fort Jackson, I sat down with Jason Pieri, Chief of Plans and Operations, to learn more about the Renaming Committee's mandate and process.

The catalyst for the renaming was Section 370 of the William M. (Mac) Thornberry National Defense Authorization Act for Fiscal Year 2021 (P.L. 116-283), which required the removal of any memorialization of the Confederate States of America or any person who served voluntarily with the Confederate States of America from federal properties. Ten Army bases were renamed while at Fort Jackson, 55 streets were renamed.

This conversation will become part of the project's archive for future study.

**Q. Please tell me about your role in the process.**

A. I was named the planning team lead based on my job title and responsibilities. My project management experience, along with formal training through the School of Advanced Warfighting and serving as the Fort Jackson G3 for two years, helped me make timely decisions and build the decision-making framework for the assignment. This was especially useful in putting a diverse committee together quickly as we were given one calendar year (2023) to complete the project. This one-year deadline included time for contracting the new signage.

**Q. How was the committee selected?**

A. Some of the members were known and asked, others were recommended and accepted. We knew that for the committee to successfully navigate what could potentially be emotionally charged name changes we needed members of varied backgrounds and skills. To that end, we recruited two historians, an attorney, U.S. Postal Service manager, Fort Jackson Department of Public Works staff, a public affairs officer, and (Installation Management Command) personnel. Once



Leader file photo

**A Directorate of Public Works employee changes street signs in December 2023.**

the members were in place, their diversity proved to be an asset for the holistic approach of the group.

**Q. What sort of background information were you provided as part of the decision-making process?**

A. As we were acting on direct orders, the background information was concise and straightforward – rename any road or building with Confederate association. However, those orders did not direct the internal process to accomplish that.

We used three main documents to guide the committee's process.

First, the Naming Commission's Final Report (issued to Congress in September 2022) was the genesis of the project. Second, orders for implementing the Commission's directives issued by the Army Material Command and (IMCOM) served as the initial framework from which the committee worked the initial one to two months. Third, the Fort Jackson Naming Commission report from December 2021 (updated January 2023) provided to the committee by Greg Welch (Chief of Training for the Directorate of Plans, Training,

Mobilization, and Security) was a significant, guiding document.

**Q. Can you talk a bit more about the process for picking the new names?**

A. After formatting, the committee's first task was to create the methodology for evaluating the road names on the list we received from the Naming Commission report. We discovered that several names in their report were included in error, so we wanted to double check them all. There were also names on Fort Jackson which were not in the commission's report, but obviously needed to be changed, like Dixie Road.

The group created a matrix for reviewing each road name. Many were obvious, for example, like Wade Hampton. There were some names shared by more than one historical figure, so we needed a way to evaluate who was the intended namesake.

I would ask the committee members, "When mom and dad come into Fort Jackson for a graduation and look around, what would they think of when they read the

## May is Better Hearing Month

By **KIWANA DAVIS**

Installation Safety Office

It's more than just wearing hearing protection.

Hearing loss is a permanent, but preventable injury, yet it accounts for 12% of the Occupational Safety and Health Administration's workplace injuries, and it is the third most common chronic physical health conditions among adults. Knowing how it occurs and what can be done to ensure you are not a victim of hearing loss is a first step in decreasing our numbers.

Noise levels become hazardous when it reaches 85 decibels (dBA) or higher, increasing the risk of hearing loss as well as tinnitus.

Tinnitus is that pesky ringing or buzzing sound in your ear. Being around high noise levels over long periods of time may result in permanent damage to your ears. Hearing loss is a gradual process, and you may not initially be aware that a shift has occurred until it starts to interfere with everyday communication. Once the damage has progressed, it's irreversible.

You can take charge of your health and prevent hearing loss by ensuring you are properly wearing your hearing protection when in high noise areas. For those working in areas that have been identified as having a noise hazard, staying consistent with your annual hearing exams.

Don't wait until it's too late.

To schedule an appointment with the Occupational Health Office located in Moncrief Army Health Clinic, call (803) 751-6418/6598

To learn more about hearing injuries, visit <https://www.cdc.gov/niosh/topics/noise/about.html>.

Feel free to share, ask questions, voice concerns or praise via email at [usarmy.jackson.id-training.list.installation-safety-office1@army.mil](mailto:usarmy.jackson.id-training.list.installation-safety-office1@army.mil).

See **ROAD:** Page 11



Scan here to learn more about the naming of Army posts.



# A night of ... Praise

By Robert Timmons

Fort Jackson's Kings Mountain Chapel hosted "An Evening of Worship" in the Solomon Center, May 5. The event, put on mainly for trainees on post, was also open to the entire Fort Jackson community. Soldiers and civilians danced with the worship songs sang by Shawn Bigby, The Life Center Choir and the Kings Mountain Mass Choir during the event. The free event, completely voluntary for trainees, supports one of the pillars of Holistic Health and Fitness - the spiritual wellbeing of Soldiers.



Gospel musician Shawn Bigby belts out a praise song as his backing vocalist groove to the music.



Trainees raise their hands and dance to gospel music during An Evening of Worship held May 5, 2024 in the Solomon Center on post.



A drummer with Shawn Bigby pounds the symbols during the event that was free and voluntary for trainees to attend.



Event attendees were offered free snacks and gospel music by various artists including the Kings Mountain Mass Choir.



Fort Jackson's An Evening of Worship Night promoted resilience through worship. Army Field Manual 7-22 states spiritual fitness improves the readiness of both the individual Soldier and the unit as a whole.



# Army discusses future of Holistic Health, Fitness

By JONATHAN DAHMS

Center for Initial Military Training

Leaders from across the Army, industry and academia descended on the Hampton Roads Convention Center April 29 to May 1 for the 2024 Holistic Health and Fitness Symposium.

More than 1,200 registered attendees and 55 vendors in the human performance industry came together to discuss the future of the H2F program that has revolutionized how the Army views individual Soldier health, fitness and readiness.

The event featured presentations from Army leaders and H2F domain subject matter experts from the health and fitness community, industry and academia and breakout sessions on each of the H2F readiness domains: physical, mental, nutritional, spiritual and sleep readiness.

The keynote speaker for the Symposium, Sgt. Maj. of the Army Michael Weimer, stressed the importance of leaders modeling the principles of H2F to help it be engrained in the Army's fitness culture.

"This needs to be part of your basics of what it means to be a warfighter," Weimer said. "This isn't 'I didn't take the physical therapist or the strength coach with me.' This is 'I'm surrounded by non-commissioned officers who have bought into this, believe it, they're modelling it, so therefore now I know it's a basic responsibility of the individual Soldier.' That's the goal. That's where we are trying to go."

Maj. Gen. John Kline, U.S. Army Center for Initial Military Training commanding general and the Army's proponent for H2F, provided an update on the fielding of H2F Performance Teams to brigades and expressed the importance of a data management system.

"Our goal is to have 50 brigades outfitted with H2F teams by the end of this fiscal year," Kline said. "As we look to the future, one of the larger initiatives we are working is an H2F data management system. We'll be conducting two pilot programs for testing and will be working with PEO Soldier on the potential acquisition of a mobile app and data management system for the H2F program."

The data management system, Kline stressed, is the best way to expand H2F ac-



Photo by JEAN WINES

**Maj. Gen. John Kline, Center for Initial Military Training commander, presents opening remarks and introduces Sgt. Maj. of the Army Michael Weimer during the Army's Holistic Health and Fitness Symposium April 30 at the Hampton Roads Convention Center in Hampton, Va.**

cess at scale, to include the Army Reserve and National Guard, who have the challenge of a dispersed forces with limited touchpoints in implementing H2F at their community-based locations.

Maj. Gen. Bob Harter, commander of the 81st Readiness Division, which is running an H2F pilot program for the USAR, highlighted some of the early success he has had with a train-the-trainer team he used to push out to subordinate units. They leveraged the Army Reserve Medical Command and created a team that includes a physical therapist, dietician and contracted strength coach, working along with trained H2F Integrators at the unit level.

"I thought I understood fitness, we've all been working out our whole lives," Harter said. "But when I saw what the (H2F Performance) team was doing at Fort Jackson the

professionals — the physical therapists, the dieticians and the strength coaches — what they can do on the ground with Soldiers, I'm like, oh man, we need to figure out how to crack this nut for the Army Reserve. When they go out to unit level, you see the difference it has made."

The Army Reserve and the National Guard will start fielding a version of H2F Performance Teams in Fiscal Year 2026. Command Sgt. Maj. John Raines, the Army National Guard command sergeant major, said it will be a phased approach so they can assess the program and adjust accordingly.

"When we talk about the human performance teams, the five people we are programmed to bring on board ... that's going to be phased, depending on what state you are in, we've got a five-year roll-out plan," Raines said. "You'll start seeing our human

performance teams come about in Fiscal Year '26, and every subsequent year after that."

In a change from the previous H2F Symposiums, the top H2F programs from across the Army were recognized for their performance in categories that included interdisciplinary and each of the five domains of H2F. Those recognized included:

Interdisciplinary: 42nd Military Police Brigade, Joint Base Lewis-McChord, Washington

Physical domain: 197th Infantry Brigade, Fort Moore, Georgia

Nutrition domain: 17th Field Artillery Brigade, Joint Base Lewis-McChord, Washington

Mental domain: 1st Infantry Brigade Combat Team, 82nd Airborne Division, Fort Liberty, North Carolina

Sleep domain: 82nd Combat Aviation Brigade, Fort Liberty, North Carolina

Spiritual domain: 193rd Infantry Brigade, Fort Jackson, South Carolina

Dr. Andrew Thompson, a research physiologist with CIMT, also gave an update on some of the latest statistics that compare H2F resourced units to comparable non-H2F resourced units. Data suggests that the increased access to care and the preventative nature of H2F results in less musculoskeletal injuries, less behavioral health profiles and less non-deployable Soldiers.

"Units with H2F are helping Soldiers get back into the fight faster and become deployable," Thompson said. "When you do the math ... H2F in the total Army would add an entire division moving from the red to the green in readiness every year."

"In summary, units with H2F have better injury control, better return to duty outcomes," Thompson stated. "The Soldiers have less negative behavioral health issues, they're shooting better, they're moving better and they are more fit and they are increasing their deployability at a faster rate."

Weimer may have summed it up best when he described why H2F is so important to the Army as it prepares for future conflicts.

"We do hard things in the Army," Weimer said. "H2F exists so that we can be ready to do the hard things that the nation needs and is expecting us to do."

## 'The Weigh It Is' with Pam Long

Exercise and eating right are the foundations I advocate for. Both components bring big benefits that help us to live our healthiest lifestyle. In this article, I want to first discuss the role exercise plays in our overall health and wellbeing. Next week, we will explore the role nutrition plays and how the two complement each other to bring us a balance in wellness. That balance can help us get to, and stay in, the healthy maintenance phase called wellness.

It is not a question anymore why it's necessary to have a strong and healthy body, but how can you sustain a healthy body? You are working hard, and it is



Long

paying off. You look better, feel better, and enjoy the new healthier additions to your life, but you also have parts from before you dived into wellness that you still enjoy. You enjoy skipping your workout (occasionally), and you still enjoy sweets (a hard habit to break), and you are a firm believer that all carbs are a necessary food group (wishful thinking).

Yes, generally, we know the benefits of a healthy body, and we have worked hard to get here, but how do we stay here? How do we sustain a healthy body? This is really the true challenge, getting to the maintenance stage of your life. When we are able to master the concept of keeping our bod-

ies fit, we are able to fight any physical, mental, and emotional disability more efficiently because our wellness is now a part of our lives. Exercise has become a tool used to help us in each of those areas of our lives and more.

Some good news is that obtaining and maintaining a healthier body is not rocket science. Generally, we can keep our bodies in healthier shape when we feed them the right macro and micro nutrition (we will discuss in next week's article), while at the same time committing to regular exercise. Working out is not only known but has proven to be effective in keeping our bodies working and functioning properly. This is because regular exercise has proven to strengthen the immune system, which is responsible for defending our body against many diseases. Also, exercise improves our body's digestion, blood circulation, and

musculoskeletal (bone) function. This is more proof that exercise and healthier eating will forever go hand in hand.

Next, if you want to sustain a healthier body, you must give it rest. Through the night, our body works to repair and maintain body parts that are not functioning at their best. When we skip a proper night's rest, we deprive ourselves of sleep, which often results in feeling weaker and more fatigued. On the other hand, when we are fully rested, our body can easily repair cells and gain enough strength for the next day.

Another bonus to sustaining a healthier body is stress management. Stress is not going anywhere, but we can tackle and manage stress easier when our bodies are healthier. A healthy body is more resilient, and with

See **WEIGH:** Page 11

## Empowering women, cultivating health: Celebrating voice, wellness, resilience

By **CHARLENE DAVIS**  
Army Public Health Nurse

Each year, beginning on Mother's Day, the nation celebrates National Women's Health Week to encourage women and girls to prioritize their health. The theme for this year is "Women's Health, Whole Health: Prevention, Care and Wellbeing."

Prioritizing women's health-both physical and mental-has never been more critical. Many women, including myself, have put taking care of our general health and wellness needs to the side for multiple reasons, such as work, taking care of others, or just forgetting to put ourselves first.

Women have continuously adjusted their daily routines, including how they connect with family and friends, which can lead to serious health problems for some women. During this week, women and girls should take the time to reflect on their individual

health needs and take steps to improve their overall health.

Here are some steps and ideas to help start your journey for a healthier life:

Get active- Start the week with a Dance-Off. Put on your favorite music and join your friends or co-workers for a lunch dance off. It will be a great start of this great week and get your body moving!

Eat a healthy and balanced diet - Now that you started moving your body and having fun, it is time to take it a little further and eat a healthy and balanced meal. Invite your co-workers to a potluck picnic after your dance off.

Get regular checkups, including a yearly well- women exam - Talk to your healthcare provider about any concerns you have. Take some time out of your busy schedule and schedule a regular checkup. Write down a list of questions and concerns before your appointment. Consider bringing a close friend

or family member with you.

Prioritize your mental health and learn how to cope with stress - Try some self-care, schedule a spa day as a relaxing activity, or try a new workout class. Self-care means taking time to do things that you live well and improve your physical and mental Health. Self-care can help you manage stress and increase your energy.

Practice healthy behaviors - Daily decisions influence your overall health. Choose a healthy behavior goal this week, such as practicing good sleep habits. No TikTok, Facebook, or Candy Crush before bedtime. I know it is hard but try; I know I will!

National Women's Health Week reminds us to care for all the influential women in our lives, especially ourselves. When friends and family see how happy you are by living a healthier lifestyle, they'll also want a piece of that happiness. Choosing one of the ideas for better health is a brilliant start.

### SALUTING THIS CYCLE'S HONOREES

3rd Battalion,  
39th Infantry  
Regiment

**DRILL SERGEANT OF THE CYCLE**  
Staff Sgt.  
Jesus Tapiaramirez

**ALPHA COMPANY SOLDIER LEADER OF THE CYCLE**  
Spc. Erica Helm

**SOLDIER OF THE CYCLE**  
Pfc. Dakota Sparks

**BRAVO COMPANY SOLDIER LEADER OF THE CYCLE**  
Spc. Casey Blanchard

**SOLDIER OF THE CYCLE**  
Pfc. Abigale Strandlie

**CHARLIE COMPANY SOLDIER LEADER OF THE CYCLE**  
Spc. Derrick Loar

**SOLDIER OF THE CYCLE**  
Spc. Bryson White

**DELTA COMPANY SOLDIER LEADER OF THE CYCLE**  
Spc. Justin Nival

**SOLDIER OF THE CYCLE**  
Pfc. Anahy Diaz-Dominguez

**ECHO COMPANY SOLDIER LEADER OF THE CYCLE**  
Pfc. Nicholas Wilhelm

**SOLDIER OF THE CYCLE**  
Spc. Derek McKane



# Events

Continued from Page 4

60-minute "Coupon Craze" workshop is instructor-led. Come learn the art of doubling, tripling and 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.

## MAY 21

### Stress Management Lunch and Learn

Noon to 1 p.m., Armed Forces Wellness Center. Join us for a Stress Management Lunch and Learn There is limited seating so please register. Techniques that will be explored are deep breathing; progressive muscle relaxation; meditation and mindfulness; and guided imagery. Stress management helps improve quality of life, reduce body fat, improve sleep; and optimizes performance. For more information, call (520) 671-8644.

### Meals in Minutes & Your Budget

9-10 a.m., MS Teams. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program 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. The class provides tips on meal prepping, eating out, recipes, comparison shopping, meal planning, shopping lists, cooking tools, and ways to save money.

## MAY 23

### Heroes for Harmony

8 a.m. to 5 p.m., 1917 Club. Heroes for Harmony is a collaborative effort to educate the Fort Jackson community about domestic violence and to bridge the gap between Fort Jackson and community partners. The speakers include representatives from the City of Columbia Police Department 5th Circuit Solicitor's Office, Staff Judge Advocate Office, Army Community Service and more. For more information, call (803) 751-5256.

## MAY 30

### Wine & Yoga

5:30-8:30 p.m., Weston Lake Community House. Cost is \$15 advance or \$20 at the

door. Join us for Wine & Yoga; an event that pairs sipping wine while practicing basic yoga poses to promote deeper relaxation, flexibility and fun. To register or for more information, call (803) 751-3700.

## JUNE 4

### Meals in Minutes & Your Budget

1:30-2:30 p.m., 9810 Liberty Division Road, Rm. 119. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program 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.

## JUNE 6

### Shred Day

9 a.m. to 2 p.m., 5671 Liberty Division Road. Come and drop off your papers to be shredded. No classified documents will be accepted.

### Early Career Development Overview

9 a.m. to noon, MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center - Civilian discuss retirement benefits

## JUNE 7

### Relinquishment of Command

8 a.m., SSI Auditorium. Col. Michelle Williams will relinquish command of the Finance & Comptroller School to during a ceremony.

## JUNE 11

### Money & Mindsets

8:30-11:30 a.m., 9810 Liberty Division Road, Rm. 119. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program class will dive into an individual's mindset regarding managing money, effective self-talk, and goal setting. This is a great opportunity to learn about self-motivation, setting and achieving goals that will help you improve the management of your personal finances and achieving financial goals.

### Healthy Retirement Packet

Noon to 3 p.m., MS Teams. The USAG Civilian Workforce Development Program and Army Benefits Center - Civilian are partnering to offer the Leader/Workforce Development Training "Healthy Retirement Briefing." Join ABC-C as they discuss what a healthy retirement packet should look like.

**DID YOU KNOW: Drivers and passengers of Can-Am Spyders and other three-wheeled motorcycles/autos must conform to motorcycle standards, including all personal protective equipment.**

## 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



## Road

Continued from Page 5

name Lee?” What assumptions would they make? That it is Robert E. Lee, or “Lighthorse” Harry Lee? I would also ask the group, “Who knows who (blank) is?” If there was a preponderance of evidence that the interpretation would be a Confederate, then the name was changed.

**Q. What were the conversations like when discussing the new street names?**

A. The conversations were very open, and the meetings varied in length as a result. The project’s orders were clear, and we stuck to them, not wandering off topic often. The naming options were intended to be non-personal with either a historical link to Fort Jackson such as a specific unit, a battle fought by a unit associated with Fort Jackson, or a non-personal name. I would often ask, “Does this make sense?” If it did not, one person could halt the decision/process. My goal was to create an environment where all voices were heard.

**Q. Was the committee given ample time to arrive at its conclusion? If not, what would have been a more appropriate timeframe?**

A. We were given one year to complete the project, and this included getting the new road signs installed. We were finished selecting the new names, and they were approved by (then) Brig. Gen. Kelly, in March. The longest part was contracting for the signage.

**Q. Did you feel that your opinions were valued? How so?**

A. Yes, not one recommendation of the committee was refused by the commanding general.

**Q. Describe the outcome of the project.**

A. We accomplished the mission. Signage installation was complete before close of 2023.

**Q. Do you have any suggestions on how to improve the process for future committees?**

A. Yes. There was financial confusion regarding the contracting for the signage. In the future, when tasked with a project the funds should be already tagged or quickly forthcoming by the Army. There was also some disconnect on the part of higher command not thoroughly reading the information provided by our committee which caused confusion on command’s part.

**Q. Final thoughts?**

A. While IMCOM was focused on the bigger picture of base renaming, Fort Jackson had the most, or equal to, streets of any base to rename. My goal for the committee was to create a systematic, sterile decision process, void of emotion. The committee was dedicated to staying within the scope of the orders. By establishing very clear ground rules we were able to accomplish this.



Courtesy photo

## It's the Law ... Day

State Representative Cody Mitchell speaks to C.C. Pinckney Elementary School students during Law Day, May 3. According to the American Bar Association Law Day, held nationally every May 1, is set aside to celebrate the rule of law and provides an opportunity to help educate the public about the legal process. C.C. Pinckney welcomed Mitchell, as well as members of the Fort Jackson Office of the Staff Judge Advocate, to the school to share information about the 2024 Law Day theme, ‘The Voice of Democracy.’

## Weigh

Continued from Page 9

the help of regular exercise, our bodies learn to use those workout sessions as a great opportunity to cope, release, and manage stressful days and situations better.

Healthier bodies can (more effectively) fight against chronic diseases such as high blood pressure, heart disease, diabetes, cancer, and more. Many of these

diseases are viewed as preventive when we maintain a healthier body through regular exercise and proper nutrition.

So, maintaining a healthier body is great for your health. But it is also great for your body. I often say fitness is what our healthy bodies turn into when we keep at it. The time spent exercising is where calorie burning happens. When you exercise for at least 30 minutes daily, your food intake will be reduced from high (eating all the time) to average (eating when you’re hungry). This means our calorie intake becomes more

balanced, which gives us a healthier, more controlled weight.

These suggestions and tips are easy to apply to our healthier lifestyle. Nothing too extreme or unrealistic; just consistent. Developing more healthy habits than non-healthy ones is the key to wellness management.

**Pam’s thought for the week: “Enjoy the glow of good health ... exercise.”**

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. For more information, call (803) 751-3700.



# VICTORY... STARTS HERE



Guests to Fort Jackson watch as trainees crawl under fire at the Night Infiltration Course during a Come Meet Your Army tour held April 30. The event allows people from the surrounding communities to see how Fort Jackson trains.

Photo by NATHAN CLINEBELLE