

THURSDAY JAN. 11, 2024

# THE FORT JACKSON LEADER

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## Army stands up Special Trial Counsel with independent authority

By SHANNON COLLINS  
Army News Service

The Congressionally mandated Office of Special Trial Counsel officially stood up Dec. 28, 2023 with independent prosecution and referral authority for 13 UCMJ offenses known as “covered offenses.”

“Today marks a historic day for the Army as the Office of Special Trial Counsel begins exercising its independent decision-making and prosecution authority for sexual assault, domestic violence and other serious offenses,” said Secretary of the Army Christine Wormuth, Dec. 28. “The Office of Special Trial Counsel will execute its mission to seek justice in the best interests of the Army community and build trust in the military justice system by employing a worldwide team of highly skilled and specially trained attorneys and legal professionals.”

Col. Rob Rodrigues, acting lead special trial counsel, will bring 22 years of courtroom experience, serving as a prosecutor, defense counsel and supervisor of military justice practitioners.

“The creation of our office has been years in the making and was born out of the recognition that the Army needs to improve the way it processes and prosecutes serious crimes,” he said. “We have taken the lessons learned of the



Courtesy photo

**The Office of Special Trial Counsel officially stood up Dec. 28, 2023 with independent prosecution and referral authority for 13 UCMJ offenses such as sexual assault, murder and domestic violence.**

past 20 years and built an organization at the direction of Congress designed to improve decision-making and the handling of cases at every phase of the military justice process.”

The Office of Special Trial Counsel is headquartered at Fort

Belvoir, Virginia, and operates 28 field offices across the Army.

Beginning today, the office will become responsible for making independent decisions about serious offenses such as sexual assault, domestic violence and murder. This includes the authority

to send a case to a court martial. This authority was traditionally held by commanders.

“This change will ensure that each case is evaluated by an independent and objective legal expert,” he said. “If we determine a case should go to trial, the at-

torneys who work in our office, known as Special Trial Counsel, will be responsible for prosecuting the case.”

Maj. Amanda P. Beckham is a Special Trial Counsel attorney at the Fort Jackson field office.

“This independence means that the attorneys, much like in a civilian district attorney office, are deciding which cases go forward to trial based upon the case’s evidence,” she said.

Rodrigues said the most important feature of this initiative is the exercise of independent decision-making regarding the disposition and prosecution of cases by the OSTC.

“Our office has been empowered to independently evaluate and prosecute cases based on the facts and evidence, free from outside influence,” he said. “Our goal is to seek justice in every case. We will evaluate cases based on the evidence and apply an expert legal review to determine which cases should go forward to trial. We will ensure this process is fair for all involved in the military justice process.”

The Secretary of the Army said it will be a collaborative approach among the commanders and the special trial counsel.

“While the Office of Special Trial Counsel assumes some of

See **COUNSEL:** Page 11

## ON THE COVER

Fort Jackson held a charity fair at the Exchange as part of its Combined Federal Campaign, Jan. 10. The annual campaign ends Sunday.



See Page 6-7

Photo by ROBERT TIMMONS

## THE FORT JACKSON LEADER

“We Make American Soldiers”

Fort Jackson, South Carolina 29207

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# Mission Possible: Improving Family readiness

By TARA DAVIS  
Army News Service

Soldiers are defined by the missions they are assigned, whether a specific task on post, a rescue operation, or even natural-disaster relief. The list of duties a Soldier is required to perform is extensive and constantly changing. One specific task Soldiers have been assigned that is unknown to many is improving Family readiness, which is crucial to supporting themselves and their Families, thereby ensuring mission success.

“Military-Family readiness refers to the preparedness and well-being of military Families. It encompasses a range of resources, programs and support systems designed to help service members and their Families cope with the unique challenges and demands of military life,” said Steve Yearwood, program analyst at the Directorate of Prevention, Resilience and Readiness.

The Defense Department defines “Family readiness” as being prepared to effectively navigate the challenges of daily living experienced in the unique context of military service, including frequent moves, separation from loved ones, long work hours and deployments.

Sixty percent of all Soldiers have a spouse or dependents, which means the service has more people to take care of than just Soldiers. Family readiness is uniquely tied to Army morale, retention, welfare and readiness.

Two major goals of the Army are making sure they are ready for the demands of military life and providing them with opportunities to strengthen their readiness and resilience. “When military Families are well supported and prepared, they provide a stable and resilient foundation for service

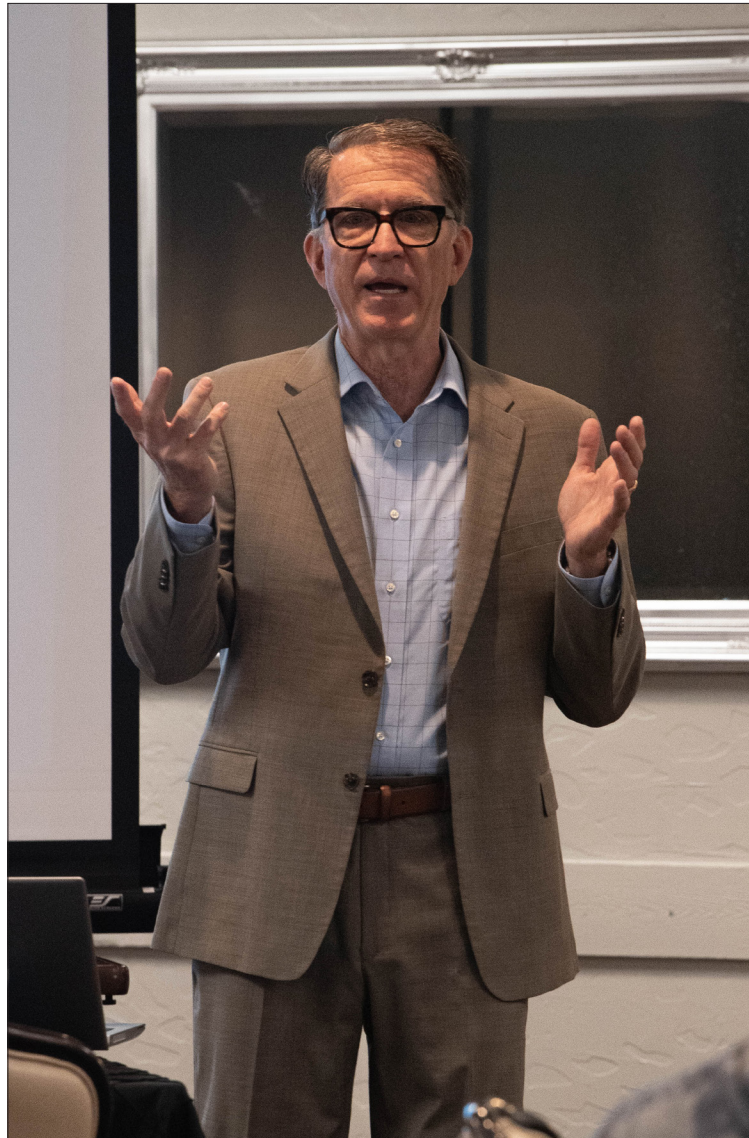


Photo by EMILY HILEMAN

**Mark Youdell, regional outreach coordinator for the U.S. Securities and Exchange Commission briefs attendees on investment scams and how to avoid them at an Army Community Service event, June 30, 2023. It was one of many programs offered by the post’s ACS office.**

members to focus on their mission,” said Yearwood.

At the Association of the United States Army annual meeting last October, three of the top five concerns Soldiers had directly involved spouses and dependents. Those three concerns were child-care, spousal employment, and Family housing and barracks. The

Army has made improvements, such as expanding Dependent Care Flexible Spending Accounts and temporary boosts in the basic housing allowance for high-demand geographic areas.

ACS programs across the Army are dedicated to helping resolve some of those concerns through things such as employment readi-

ness for spouses and dependents, financial courses to assist with managing financial responsibilities within the home, community resilience events and more.

“Fort Jackson ACS provides services to the community such as relocation and financial readiness support through the PCS cycle and we are also growing a strong Employment Readiness Program that aids spouses and dependents in job searches, resume writing, and career resources,” said Danielle Hanson, ACS specialist.

Another resource for spousal employment is the My Career Advancement Account Scholarship. The goal is to assist eligible military spouses in their pursuit or maintenance of a license, certificate or associate degree so that they can attain a career in their desired field. The MyCAA scholarship can provide up to \$4,000 in tuition assistance.

The Army Family Action Plan is another valuable source to enhance readiness. AFAP gives active and reserve Soldiers, Army Civilians, retirees and Family members (including those of deceased service members) a platform to voice quality of life issues through the Issue Management System. More than 700 issues have been raised, which resulted in 500 improvements through AFAP.

AFAP helps prioritize issues so Army leadership can review and work on a solution. One issue that was recently addressed via AFAP was Soldier household goods weight allowances.

Army community members identified an issue with the process and a resolution was made to alter the weight allowances. A change hasn’t yet been made to the 18,000-pound maximum on household goods, but exceptions to the policy submissions have been streamlined and are now incorporated in the PCS Moves app.

“We also provide prevention education workshops through our Family Advocacy Program to support readiness such as stress and anger management, healthy relationships, effective communication and we even hold a monthly women’s support group,” Hanson said.

Other resources that Hanson mentioned are the Exceptional Family Member Program, the New Parent Support Program, Mommy and Me Yoga Classes and the Victim Advocacy Program.

“Our Victim Advocacy Program is available around-the-clock to provide victims of domestic violence and sexual abuse access to services,” Hanson continued. “Their services include emergency assistance, information, referrals, and ongoing support in accessing medical, behavioral health, legal, and law enforcement services ... They always discuss the option of restricted and unrestricted reports.”

To become a volunteer with ACS or for more information on the plethora of programs they offer to Soldiers and the community, contact ACS at 751-5256 or visit 9810 Liberty Division Blvd, Monday through Friday 7:30 a.m. to 4:30 p.m.

**FORT JACKSON ACS PROVIDES SERVICES TO THE COMMUNITY SUCH AS RELOCATION AND FINANCIAL READINESS SUPPORT THROUGH THE PCS CYCLE ...**

- Danielle Hanson  
Army Community Services Specialist

# Community Updates

## ANNOUNCEMENTS

### Death Notice

This notice serves as a death notice advisory for all those in possession of the property of PVT Ashlan B. Jones, as well as those who the deceased is indebted, or those indebted to the deceased. Please contact Capt. Matthew J. McGuigan, Summary Courts Martial Officer with questions or concerns at 751- 9231 or [matthew.j.mcguigan2.mil@army.mil](mailto:matthew.j.mcguigan2.mil@army.mil).

### Road Name Changes

Fort Jackson has renamed numerous roads and streets on post 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 <https://home.army.mil/jackson/about/fort-jackson-road-renaming>.



### ArmyIgnitED 101

Are you new to tuition assistance or credentialing assistance? Maybe you are looking for some refresher training. The Fort Jackson Army Continuing Education System is holding ArmyIgnitED 101 briefings every second and fourth Mondays and Wednesdays of each month. The briefings will be held in person at the Education Center (4600 Strom Thurmond Blvd.) To sign up email your attendance request to [usarmy.jackson.93-sig-bde.mbx.dhr-jacksonedcenter@army.mil](mailto:usarmy.jackson.93-sig-bde.mbx.dhr-jacksonedcenter@army.mil). Walk-ins are welcome.

### Combined Federal Campaign

Fort Jackson is holding its Combined Federal Campaign until Jan. 14 to allow Soldiers and Department of the Army Civilians an opportunity to donate. CFC is a program allowing certain nonprofit organizations to solicit contributions from employees of the federal government of the United States. The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. It is one of two campaigns allowed to solicit donations on post. For more information on how to donate contact your unit CFC coordinator.

## COMMUNITY EVENTS

### SATURDAY

#### Ice Skating

Noon to 3 p.m., Flight Park Irmo. Join Fort Jackson Outdoor Recreation for a day on the ice. We will be visiting Flight Adventure Park in Irmo S.C. to use their Ice Rink and other amenities. Price \$25 per person ice skate rentals included in the price. Register at Marion Street Station or call 751-3484.

#### Victory Lane BOSS Trip

9 a.m., Fort Jackson's Better Opportunities for Single Soldiers is sponsoring a trip to Victory Lane in Charlotte, North Carolina. BOSS will provide transportation for those who sign up and will also pay for half (\$30 of \$60) of the race fee at Marion Street Station. For more information, call (803) 661-4846.

### JAN. 17-20

#### Winter Basketball Tournament

Open to Department of Defense cardholders, spouses, retirees, civilians. Located at Coleman Gym. For more information contact 751-3096/5839.

### JAN. 18

#### Sportsman Club Meeting

6 p.m., Alpine Lodge. The Fort Jackson Sportsman Club will host its monthly meeting. The meeting will focus on the election of new club officers and planning for the new year.

### JAN. 19

#### Mommy & Me Yoga

10:15-11 a.m., Army Community Service, Bldg 9810. Certified yoga instructor will walk you and your baby through basic yoga poses while providing mindful meditation, breathing, and core strengthening. Cost is free. Call 751-5256 to register.

### JAN. 20

#### Horseback Ride

9 a.m. to 3 p.m., Fort Eisenhower, Ga. Join Fort Jackson Outdoor Recreation for a horseback trail ride at Fort Eisenhower Stables. \$60 per person, must be 7 years old or older. Novice or Pro, this guided ride will be great for those looking for an outdoor adventure. Register at Marion Street Station or call 751-3484.

### JAN. 21

#### Postpartum Pleasantries

11 a.m. to 1 p.m., Army Community Service, Bldg 9810. A registered nurse will discuss with Moms on what to expect during the postpartum phase and how to ease discomforts and promote healing while bonding with your newborn. Cost is free and you can bring your own lunch. Registration is encouraged. For more information, call 751-5256.

### JAN. 23

#### Coffee, Donuts and Purpose

9 a.m., DS Timothy Kay Soldier Performance Readiness Center. Coffee, Donuts, and Purpose allows retirees with drill experience to connect with current



## Fort Jackson

### Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### JAN. 12

■ Napoleon (R) 6 p.m.

### JAN. 13

■ Wonka (PG) 2 p.m.

● Ticket sales open 30 minutes before each movie.

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

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.



## S.C. Guardsman conquers French commando course

By **MASTER SGT. JERILYNN QUINTILLA**

Combined Joint Task Force Horn of Africa

For nearly 50 years, French soldiers stationed in Djibouti have made their way to the Arta Mountains for the grueling, five-day French Desert Commando Course to test their physical, emotional and mental limits. This year, 40 U.S. service members signed up for the challenge, including U.S. Army Sgt. Liliana Munday.

Growing up, Munday, a Soldier with the 218th Maneuver Enhancement Brigade, South Carolina National Guard, gravitated to outdoor physical activities. She was immediately interested in the French Desert Commando Course but was concerned about the physical demands.

“I didn’t think I was ready for it,” she said. “But Staff Sgt. (Samuel) Perez kept pushing me to try out because he saw that I wanted to do it and he had faith in me that I could do it.”

In the pre-assessment phase of the course, service members meet the basic physical requirements and train to earn a spot in the commando phase. In the second phase, they head out to the field for night obstacle, rope and swimming courses and combative and desert survival skills.

Munday’s training regimen began in September and included rucks and runs around the installation before dawn, weightlifting and dynamic, high-intensity exercises nearly every day. At the peak of her training, she fit in three workouts each day while balancing her regular work schedule.

After three months of training, Munday remembers the nerves she felt on the drive out to Arta Mountains where her hard work was put to the test immediately.

“... I was so scared,” she said. “On the way out there I kept thinking, ‘Am I ready? Am I gonna do this? These guys are gonna smoke me, I’m just gonna be out here stranded and be sent home on Day 1.’”



Photo by **STAFF SGT. HADEN TOLBERT**

**Army Sgt. Liliana Munday, a Soldier with 218th Maneuver Enhancement Brigade, South Carolina National Guard, Combined Joint Task Force - Horn of Africa, practices grappling techniques with another Soldier as a part of combative training during the French Desert Commando Course Nov. 29, 2023, at the Centre Dentrainment Au Combat Djibouti. Participants who completed the training, hosted by the French 5th Overseas Interarms Regiment, received the prestigious desert commando pin.**

Day 1 consisted of a 5-kilometer ruck run with a full kit, followed by a fitness test and rope climbs.

“I was nervous because rope climbs are very hard for me and in training I could only do one,” she recalled.

Her training partner, Perez, was there to support and encourage her as she steadily made her way to the top.

“I could see she was nervous because we saw the other competitors struggling with this climb,” Perez said. “I was there telling her she could do it; I knew she could. She got up there and when she came back down she had a big smile beaming from her face she was so excited and she ran over and gave me a big hug.”

With the first big hurdle behind her, Munday moved forward in the course with a newfound confidence.

“For some reason, after completing

that first day I was good. I started to feel like I could do this thing and I proved to my squad that I was here to work and I deserved to be here,” she said.

Each day and night Munday and her squad faced a new obstacle. She said the mountain course was the most difficult.

Participants 200 meters above the ground were required to jump across five platforms spaced several meters apart, jump and grab onto a steel pole and slide down to the ground.

“When you’re doing that mountain obstacle course you don’t realize how far each platform is from one another and there are points when you’re not clipped in,” she explained. “I thought, if I missed even a little bit, I’m going down.”

On Day 3, after pushing herself

## *Iraq strike kills terrorist leader*

By **C. TODD LOPEZ**  
DOD News Service

U.S. forces in Iraq conducted a self-defense strike Jan. 4 which killed Mushtaq Jawad Kazim al-Jawari, a leader of the Iran-backed Harakat al-Nujaba terrorist group that is operating both in Iraq and Syria, said the Pentagon press secretary.

Al-Jawari, also known as Abu Taqwa, was actively involved in planning and carrying out attacks against American personnel. Abu Taqwa, along with another member of Harakat al-Nujaba, were both killed in a strike that took place around noon, Jan. 4, in Iraq, said Air Force Maj. Gen. Pat Ryder during a briefing today.

“It is important to note that the strike was taken in self-defense, that no civilians were harmed, and that no infrastructure or facilities were struck,” Ryder said.

The U.S. currently has a military presence in Iraq as part of Combined Joint Task Force Operation Inherent Resolve. The CJTF-OIR mission is to advise, assist and enable partnered forces in the defeat of ISIS within designated areas of Iraq and Syria. Inside Iraq, the U.S. works in partnership with both the Iraqi Security Forces and the Kurdish Security Forces to carry out that mission.

“U.S. forces are in Iraq at the invitation of the government of Iraq,” Ryder said. “They’re there for one reason, which is to support the defeat-ISIS mission. We’ll continue to work very closely with our Iraqi partners when it comes to the safety and security of our forces. When those forces are threatened, just like we would anywhere else in the world, we will maintain the inherent right of self-defense to protect our forces.”

The mission to defeat ISIS in Iraq and Syria has been ongoing for nearly a decade, and Ryder said the successes of CJTF-OIR are worth maintaining.



# Post event helps donors 'Give Happy'

Story, photo by ROBERT TIMMONS  
Fort Jackson Public Affairs

Fort Jackson is asking the community to "give happy" during the current Combined Federal Campaign that ends Sunday.

The post held a charity fair, Jan. 10 at the Exchange to give service members and federal employees an opportunity to meet charities face-to-face.

The 10 charities attending the event are a "few of the roughly 5,000 charities that participate in the Combined Federal Campaign," said Colin Hawkins, CFC program manager. "They're just here giving you information about their organizations and opportunities for federal employees to make donations to their charities."

While the program is vast, charity fairs like this one help people connect to different organization-son a personal level.

Giving to the CFC campaign can be a meaningful experience and a way to help out local, national and international charities.

"We can talk about CFC as a larger event, but when you can see charities that are doing things that are important to you, and you can connect with that charity it makes your donation just that much more meaningful to you," Hawkins said.

The CFC is an annual fall campaign that enables retirees and federal employees the ability to donate to charities they might otherwise not have known existed. It is one of two annual campaigns allowed by law that can solicit donations from Army employees. The other campaign is for Army Emergency Relief, which takes place every spring.

The campaign dates back to 1961 when President John F. Kennedy signed Executive Order 10927 authorizing the U.S. Civil Service Commission to develop the guidelines for charities to solicit from federal employees. The Office of Personnel Management oversees CFC program.

According to the CFC website, *GiveCFC.org*: "The CFC today is known to be the most inclusive workplace giving campaign in the world with the number of participating charities estimated at over 20,000 nonprofit charitable organizations worldwide. The charities supported through the CFC range from nascent community groups to large, well-known charities."

"The devastation of multiple natural disasters



**A Soldier meets face-to-face with a local charity during a Combined Federal Campaign charity fair held Jan. 10 at the Exchange. The CFC is an annual campaign where charities can solicit donations from federal employees. For those looking to donate should visit *GiveCFC.org*.**

continues to shock and sadden us all due to the loss of life, property, history, and culture," wrote Kiran A. Ahuja, director of the Office of Personnel Management, in a memorandum. "Donating through the CFC is an excellent vehicle to support charities on the ground helping communities rebuild and providing long-term relief."

"I think it's pretty important for people to have a way to fulfill their needs to help society, and CFC

gives them the means to donate," said Alfred Luna, garrison CFC coordinator.

The campaign has set up a website to make donating easier.

Donors just have to visit *GiveCFC.org* to find all the information they need to donate. They can search through listings of charities, find one (or many) they want to support and fill out an online form.

"You just find a charity that you want to support and then you enter the donation code and it's an automatic payroll deduction," Hawkins said. "It's safe, secure and you don't have to think about it after that."

Donations start at \$1 per paycheck with donors having the ability to up to any amount they desire.

According to the CFC, it has raised nearly \$8.7 billion since its inception.



# GIVE HAPPY

New to the CFC?

Give it a try – just \$5 per paycheck (\$60 or \$120 for the year) to your favorite charity makes a big difference.

**\$60** Films a deployed service member reading a bedtime story and sends it to their children.

**\$75** Restores vision for three patients with correctable blindness.

**\$80** Screens 64 individuals for a mental health condition before a point of crisis.

**\$100** Shelters a child who is homeless for two weeks.

**\$120** Gives a family overseas a goat, providing milk and cheese for sustenance and income.



**GIVE HAPPY today at *GiveCFC.org*.**

 **An OPM Initiative**



# Meet the Army computer scientists advancing AI

By **AUSTIN FOX**  
Army News Service

Deciding on a name is never easy. From newborn babies to neighborhood softball leagues, the pressure attached to a name choice can be overwhelming. Namers face decisions like whether to stay safe, perhaps go with something tried and true, or to be daring, and possibly doom your team — or child — to a life a ridicule. Frank Frisby faced this very issue, and after vacillating between options, he turned to a trusted confidant that was in the midst of a meteoric rise.

It was May 2023, and Frisby, a data scientist with the U.S. Army Communications-Electronics Command Software Engineering Center, was entrusted with bestowing a name upon his team as they prepared to participate in an Army-led artificial intelligence challenge that would span the next four months. Frisby had been working with AI for years at this point, so the decision to turn to ChatGPT, the chatbot developed by OpenAI, seemed almost obvious.

Frisby typed in the parameters, anticipating the benefit of specificity with the software, “We are a team of computer scientists preparing to compete against other teams. We are tasked with providing a model for a ground vehicle that will improve visibility and autonomous function in an off-road environment. We are a military organization...”

The chatbot began to spit out potential names. As the list grew, Frisby read through the options until, finally, he saw it.

Frisby brought it back to his teammates, Maluki Montgomery, a computer scientist with CECOM SEC, and Roy Trieu, a computer scientist assigned to U.S. Army Combat Capabilities Development Command but attached to CECOM SEC. They all agreed, this was it, and that’s when the AI Avengers first assembled.

Frank Frisby, a data scientist with the U.S. Army Communications-Electronics Command Software Engineering Center, stands in front of a server stack at Aberdeen Proving Ground, Maryland, Dec. 27, 2023. Frisby is a founding member of the AI Avengers, a team of CECOM computer scientists that won the Deep Green Challenge Phase II in early October 2023.

## “Maneuver in Realistic Environments” — Driving Autonomy in Ground Vehicles

Roughly five months later, in October 2023, the AI Avengers were being called as the winner of the second phase of the Deep Green Challenge. The CECOM team, with Frisby and Trieu working from Aberdeen Proving Ground and Montgomery from Fort Gregg-Adams, Virginia, had outpaced every other team with their model.

The Deep Green Challenge is an annual event managed by the Army Office of Business Transformation. For the last two challenges, parameters and applications have been supported through a partnership between OBT and the DEVCOM Army Research Laboratory. This year’s compe-



Photo by ANN GONZALEZ

**Roy Trieu (left), a computer scientist with the U.S. Army Combat Capabilities Development Command, and Frank Frisby, a data scientist with the U.S. Army Communications-Electronics Command Software Engineering Center, stand at their workspaces at Aberdeen Proving Ground, Maryland, Dec. 27, 2023. Trieu and Frisby, along with colleague Maluki Montgomery, a computer scientist with CECOM SEC, came together to form the AI Avengers and won the Deep Green Challenge Phase II in early October 2023.**

tion was broken into two parts, the latter of which, won by the AI Avengers, focused on the development of an AI model to support the vision of autonomous ground vehicles in a realistic environment. Specifically, OBT and ARL challenged the teams to facilitate a vehicle’s ability to identify and react given an outdoor combat environment with a particular focus on depth perception.

Phillip Osteen, a researcher with DEVCOM ARL, served as the lead for management of the challenge parameters. As a team lead within the Army’s Artificial Intelligence of Maneuver and Mobility Essential Research Project, Osteen was well suited to develop a problem statement that would challenge the teams and provide benefits via AI breakthroughs for the Army. The winning model, developed by the AI Avengers, would be applied to preexisting systems and within a project by AIMM and the Army as autonomous vehicle research and development continues.

“One of the key challenges for this data is that these sys-

tems have to be able to perform in different types of environments because the Army needs to operate anywhere,” Osteen said. “We’re focusing on off-road data for autonomous maneuver in realistic environments.”

## “A Couple of Breakthroughs” — Securing a Win

The road ahead would be arduous, and the AI Avengers knew it. In addition to the work on the competition, the team members still had normal work duties that needed attention. During a major portion of the summer, from late June to early August, the team dropped the competition all together.

“We almost gave up because of time constraints,” Frisby said. “We actually stopped working on it for a couple months.”

Frisby’s passion for AI is contagious. Radiating excitement about the field, he often grins as he gets excited about a



# 'The Weigh It Is'

*with Pam Long*



Hello readers, welcome to a new weekly segment with The Fort Jackson Leader called The Weigh It Is. I am Pam Long; your fitness and wellness specialist and I am happy to have this opportunity to share with each of you. There are a few goals I want to reach in this series of articles.

My first goal is to bring interesting information on fitness trends, tried and true workouts, as well as exercise overall. Another goal will be to hopefully and helpfully bring a better understanding of healthier eating as we explore eating programs, natural nutrition, what's popular in food, and more.

The overarching goal of The Weigh It Is is bringing wellness awareness.

Wellness is such a broad topic, so we have much to learn and discover from better sleep, less stress, positive self-talk and effective behavioral changes in health. There is much to discover, and I am thrilled that The Weigh It Is has an opportunity to become one of the resources we can turn to and hopefully look forward to reading week after week.

The Weigh It Is' mission is to spread the gift of health with answers in fitness, natural nutrition, and wellness to make this thing called healthier living easier to navigate and understand.

Along with the New Year comes nothing but possibilities. It is our chance to get an official do over. In the past, many of us made long resolution lists filled with our hopes and dreams, but were they filled with our plans? That is what we need when it comes to living a healthier lifestyle. We need a plan. A plan gives direction and purpose; like S.M.A.R.T goals.

In our first few weeks, The Weigh It Is, will dive into S.M.A.R.T goals to help us prepare for healthier lifestyle success. Each week our focus will cover one of the letters that spell the word S.M.A.R.T and what each letter represents for you on your wellness journey. I call it a journey because that is what wellness is. It is filled with highs and lows, bumps, and shiny moments. That is why we must try to embrace the process. That

way we learn to take our wellness more realistically. Not as something that has an end, but as something we strive to maintain.

The acronym S.M.A.R.T has been around FOREVER. I would not be surprised if you encountered it before. It is a handy tool that can be applied to many areas of our lives including wellness.

Today, we look at S in S.M.A.R.T which stands for Specific. Remember, in planning your workout program try to be as Specific as possible. When you are Specific, you tell yourself EXACTLY what you expect from you. For instance, instead of saying you will exercise (because we all say that), say you will exercise Monday, Wednesday, and Friday at 10 a.m. You are nailing down time and days; you are being Specific.

Being Specific takes priority and accountability to that higher level you need it to be at. It tells you that you have put real thought into showing up at a specific time on specific days to help reach your fitness goal. Having a plan as you take that first step increases your success rate; remember, you are worth the time and effort to have a plan for your wellness. Be S.M.A.R.T. Be Specific. Lasting wellness begins with a plan.

**Pam's Thought for the week: Focus on the outcome, not the obstacle.**

The Fitness Department offers a variety of group exercise classes that can help you reach your wellness goals. Our program is only \$15 monthly membership for access to our in-person and online platforms. For more information on membership or training services available, call Pam Long, Fitness and Wellness Specialist for the Directorate of Family and Morale, Welfare and Recreation at 751-3700.

## AI

Continued from Page 8

topic. He is fastidious when he talks shop, keenly aware of his audience; especially when he speaks with those outside his field. He pulls back on the throttle when he explains more technical aspects of his work, like a pilot taking a civilian on a familiarization flight — best to slow down and avoid a mess in the cockpit.

As summer came to an end, the team learned that new tools were available to the competitors. Specifically, the teams could test their models more easily, and most importantly, they would now have results faster than before. With these changes, the team refocused and approached the challenge in creative ways.

Aside from exploiting new opportunities, another advantage came from a decision to not use an assistive tool.

Light detection and ranging, commonly known as Lidar, is a remote sensing method that uses lasers to measure depth perception and to generate three dimensional images. For the Deep Green Challenge, teams were permitted to use Lidar in building their models, but the AI Avengers decided against using the technology.

"Our team realized that we don't need Lidar," Frisby said. "As humans, we don't have additional tooling like Lidar to see how far something is away from us."

Aside from supporting the team's overall project, forgoing the use of Lidar provided practical utility.

Osteen, the competition manager with DEVCOM ARL, said that Lidar usually emits a noticeable signal. He added that although it was allowed in this competition, eventually the Army's autonomous vehicles will require a stealthier profile. A model not reliant on Lidar would, theoreti-

cally, support a more secure vehicle.

Into early autumn, the team's testing results, and their confidence, steadily improved.

Montgomery, the AI Avenger from Fort Gregg-Adams, recalled a mood shift as the competition passed the halfway point.

"We kind of got rejuvenated, being able to get the immediate feedback in terms of how well the model was performing," Montgomery said. "It was kind of addictive; you get that immediate feedback and then you can tweak things and improve them."

Montgomery emits a tranquility when he speaks. He articulates clearly and concisely while remaining consistently calm as he explains nuanced concepts. A computer scientist with SEC for nearly 20 years, it's difficult to discern whether his placid demeanor is the result of two decades of experience or his upbringing on the West Coast. More than likely, it's both.

Heading into the end of the challenge, the team watched as the leaderboard looked more and more friendly.

"A week before the competition was coming to an end, we came across a couple of breakthroughs that let us overtake the leader," Montgomery said.

After their breakthroughs, with only a few days left, the AI Avengers grabbed hold of their spot and refused to let go. The dance for first place was over.

Roy Trieu, a computer scientist with the U.S. Army Combat Capabilities Development Command, stands in front of a server stack at Aberdeen Proving Ground, Maryland, Dec. 27, 2023. Trieu works on assignment with the U.S. Army Communications-Electronics Command Software Engineering Center, and is a member of the AI Avengers, a team of CECOM computer scientists that won the



# Events

Continued from Page 4

drill sergeants and those who are about to start their time on the trail. This common bond event allows retirees and today's Army members to connect and give back to one another making each other stronger through their shared service, passion, weaknesses, and strengths. For more information, email Tabatha Baker, 193rd Health Educator, at [tabatha.l.baker2.civ@army.mil](mailto:tabatha.l.baker2.civ@army.mil).

## JAN. 25

### Army vs. Air Force Flag Football

6 p.m., U.S. Army Drill Sergeant Academy. Come watch the Fort Jackson team play Shaw Air Force Base, S.C. for gridiron bragging rights. For more information, call 751-3096.

## FEB. 8

### Guest Day at the Fort Jackson Golf Club

Fort Jackson Golf Club members are now permitted to bring up to three guests on guest

days. Green fees are waived for guest(s) on Guest Day, but each guest must still pay cart and user fees.

## FEB. 13

### Community Information Exchange

2-3:30 p.m., NCO Club. Join Brig. Gen. Jason E. Kelly, Fort Jackson commander, and Col. Timothy Hickman, garrison commander, for a community information exchange. The exchange allows on-post facilities and directorates to directly update the Fort Jackson community on up-coming events.

## FEB. 10

### Charleston Brews Cruise

9:30 a.m., Marion Street Station. Join Outdoor Recreation for a guided drinking tour of downtown Charleston, S.C.. The tour includes three brewery stops. Snacks and bottled water are provided. Coolers will be provided on the bus to chill purchases from the breweries visited on tour. All guests must be over 21 years of age. Department of Defense ID cards are required to attend. The tour costs \$95 per person. For more information, call 751-3489.

# AI

Continued from Page 9

Deep Green Challenge Phase II in early October 2023.

### “Leaders in This Space” — AI’s Impact on the Joint Force

After most competitions, even winners don't have much to show for it. Outside of professional athletes, a better record, and a bit of pride is the most a team can hope for.

For Frisby, Montgomery and Trieu, this win was more than a win.

“For the Army, I'm very happy that we can help move technology forward,” Trieu said. “That's one of the dreams I have to help move the Army a lot faster than we are right now.”

Trieu is noticeably enthusiastic about moving the Army forward. Though less experienced with AI than his teammates, his expertise in computer science is palpable. Trieu's confidence is nearly as reassuring as his humility; an expert quick to acknowledge he may not know something but is excited to learn. With prior experience on Wall Street and in the private sector, his desire to advance the Army is assertive, yet caring.

“Every single second counts on Wall Street. When I joined the Army (workforce), I had the same thought. If the Solider can get information

faster, it saves lives.” Trieu said.

It may seem like hyperbole, saving lives through software, but the model built by the AI Avengers is already showing tangible results. Frisby said that the model, which is still in a testing phase, has shown a 95% success rate. With continued success, the model will forge a path into new Army autonomous systems and in doing so, directly benefit the Soldiers that will use them.

Osteen said that the Deep Green Challenge has been an exciting pipeline for autonomous vehicle innovation. According to him, the winning model of the Deep Green Challenge Phase I was applied to official Army autonomy programs within a matter of months. For Phase II a similar trajectory is expected after initial testing.

“That is how these things will impact not just Solider-machine interaction...,” said Osteen. “... but really just improve autonomy performance overall because perception is really critical.”

### The impact is not lost on the AI Avengers.

Montgomery notes that AI has captured the world's attention, and supporting the Army's efforts in the field is incredibly meaningful.

At some point in the near future, assuming testing continues using the team's model, an Army autonomous vehicle system will be better able to operate in the harsh and austere reality that is combat.

Three CECOM teammates could potentially change the Army's AI landscape.

**DID YOU KNOW: Platoon cadre are required to maintain a Cold/Heat Illness Prevention (CHIP) Leader card for their Soldiers/students. For more information, contact your unit safety officer.**

## 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     |
| REVIVE SERVICE                                  | SUNDAY  | 5 P.M.            | MAIN POST 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.  | MAGRUDER CHAPEL      |
| HISPANIC PROTESTANT SERVICE                     | SUNDAY  | 8:30-10 A.M.      | POST THEATER         |
| 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      |



## Counsel

Continued from Page 2

the authority previously held by commanders with regards to the disposition of allegations, commanders still retain the overall responsibility for the well-being of Soldiers and mitigating the impact of these incidents within their units," she said.

Rodriguez said the OSTC has two main goals. The first is to seek justice in every case.

"We will evaluate each case on the merits and apply a rigorous review to determine which cases should go forward to trial," he said. "We will make disposition decisions in light of the evidence, the interests of the Army, which includes the alleged victim, all while respecting the due process rights of Soldiers accused of misconduct."

His team's second goal is to restore and promote trust for the military justice system.

"We will accomplish this by employing a team of highly trained and qualified expert prosecutors, paralegals and support personnel who are the best at what they do in the Army," he said. "We will treat victims with respect and care. Throughout every phase of the case, we will communicate with victims and ensure they are informed and have the opportunity to provide input into our decisions. We will hold ourselves to the highest ethical standards and ensure the rights of accused Soldiers are always respected."

Beckham said the Special Trial Counsel will provide victims with honest, clear communications.

"A victim may be more willing to come forward if he or she knows that the Special Trial Counsel may exercise authority over potential misconduct," she said. "One of our goals is to have a personal meeting with each victim to inform them of case progress or case disposition."

"I want victims to know that our office is fully committed to seeking justice and earning back trust in the system," Rodriguez said. "If you report a crime, it will be thoroughly investigated, and our office will make the best decision we can based on the evidence. You will have the opportunity to provide input about your case directly to our prosecutors. You will be treated fairly and with compassion throughout the entire process, regardless of the final outcome of your case."

Rodriguez said his office is the largest, best trained, most experienced group of prosecutors the Army has assembled into one organization in the 22 years he has served.

"Each Special Trial Counsel prosecutor has been hand-selected and certified to serve in our office," he said. "Supporting them are our NCO paralegals and Special Victim liaisons, who will provide compassionate support to victim throughout each case. I'm in awe of the talent we have in this organization that truly represents the best of Army legal professionals."



Photo by AIR FORCE STAFF SGT. DYLAN GENTILE

**Army Sgt. Lilliana Munday, 218th Maneuver Enhancement Brigade, South Carolina National Guard, holds her French Desert Commando pin Dec. 19, 2023, at Camp Lemonnier, Djibouti. Munday was one of 40 U.S. service members and the only female to go through the most recent iteration of the French Desert Commando Course.**

## French

Continued from Page 5

through numerous challenges and rucking nonstop from one training location to another, she thought she had reached her breaking point and seriously considered quitting.

"Your joints just start to scream. It's painful," she confessed. "I kept thinking, 'I cannot take this pain anymore. I'm almost done but I cannot do it anymore.'"

Through the dirt, mud, sweat and pain, Munday's spirit and drive helped her push through. That spirit and drive, she said, comes from two of the strongest people she knows.

"My mom and my grandma — they're such strong women and they never let me quit when I was younger. They have strong personalities and it's within me," she said.

COMPLETING SOMETHING AND NOT GIVING UP EVEN THOUGH YOU MAY WANT TO ... IT STICKS WITH YOU FOREVER.

- Army Sgt. Lilliana Munday  
South Carolina National Guard

"It was very nice to tell them that I did this. They were like, 'No way, that's awesome!'"

At graduation, she received the French Desert Commando pin. The black and gold pin features a scorpion resting on the outline of the country of Djibouti. Along the rim are the words "Aguerrissement Zone Desertique," which translate to "Desert Zone Hardening."

"I'm now able to look back and say, I did that. We did that," she said with a smile. "Completing

something and not giving up even though you may want to ... it sticks with you forever. I use this as fuel to my fire when I feel like I can't do something. I think to myself, 'You can, because you have already.'"

Beyond the support she received from her family and teammates, Munday's success is a testament to the adage, "Preparation is the key to success."

It's a message she's shared with her fellow Soldiers since completing the course.

"Someone I work with said he wanted to do the FDCC but he didn't think he was ready," she said. "I said, 'Sir, you're never going to be ready.' I didn't think I was ready. But I got ready. So if you truly think or know that you want to do something no matter the current status that you're in, if you want to pursue it you're just gonna have to train and do what it takes to get to that point. There is no other way."



# VICTORY... STARTS HERE



Painted rocks sit on the table of a charity attending the Combined Federal Campaign charity fair held Jan. 10 at the Exchange on post.

Photo by ROBERT TIMMONS