

THURSDAY, MARCH 28, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

MEMORIAL

FORT JACKSON



REMEMBERING THE...

DEATH MARCH



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SMA prioritizes quality of life with improved programs

By **CHRISTOPHER HURD**
Army News Service

As the Army moves into the second half of fiscal year 2024, the service continues its effort to improve the quality of life for Soldiers and their families with numerous projects and initiatives.

These initiatives are to provide Soldiers with the support they need to deter, fight and win against capable adversaries around the globe, said Sgt. Maj. of the Army Michael R. Weimer.

“We’re committed to supporting those Soldiers and their families, building cohesive teams across the Army, and ensuring we are fostering a safe and professional climate,” he said during a congressional hearing on Wednesday. “This starts with building positive quality of life on multiple fronts.”

Housing and Barracks

In the last few years, the Army’s investment in permanent party barracks has grown from \$718 million in fiscal year 2021 to \$1.5 billion in the 2025 budget request proposal released last week. This proposal outlines new projects that will provide at least 1,600 beds at eight locations.

“Soldiers and their Families deserve safe living conditions,” Weimer said.

Across all three components, the Army requested \$2.4 billion to build, improve and sustain barracks.

There are a total of nine barracks construction projects outlined in the budget: Fort Johnson, Louisiana; Fort Leonard Wood, Missouri; Joint Base Lewis-McChord, Washington; Joint Base Myer-Henderson Hall, Virginia; Smith Barracks and two at Barton Barracks, Germany; Fort Buchan-



U.S. Army photo

Sgt. Maj. of the Army Michael R. Weimer visits with Soldiers of Task Force Talon, Guam, Feb. 7, 2023.

an, Puerto Rico; and Parks Reserve Forces Training Area, California.

Child Care

“The resiliency of our force is dependent on more than just housing,” Weimer explained. “Our Soldiers and their Families need access to safe child care so they can remain mission focused.”

To assist Families, the Army has a Child Care Fee Assistance Program that helps reduce the cost of community child care for families with limited access to installations. This initiative helps offset costs for approximately 10,000 children per day.

Adding and renovating child develop-

ment centers is an ongoing effort for the Army. The service is currently constructing four child development centers, has six in various stages of design and is renovating another 12.

Staffing the development centers has been challenging, Weimer said, despite pay increases, bonuses and expanded hiring initiatives. The service continues to streamline hiring to help maximize CDC capacity.

Spouse Employment

Making sure the more than 430,000 Army spouses have employment options is another key area for service leadership, he added.

One way the service is doing this is by promoting and improving the My Career Advancement Account Scholarship, which provides up to \$4,000 in tuition assistance to spouses of active-duty service members in pay grades E-1 to E-6, W-1 to W2 and O1 to O-3. Spouses of National Guard and reserve Soldiers on Title 10 orders in the same pay grades are also eligible.

Other benefits available for spouses include the Department of Defense’s Military Spouse Employment Partnership that connects them with hundreds of employers, and the Employment Readiness Program, which offers resume critiques, career counseling, job search assistance and more.

In addition, the service also created the Civilian Employment Assignment Tool that allows non-appropriated funded civilians to transfer installations. This program helped more than 600 spouses continue employment after a permanent change of station.

Mental and Physical Health

To prevent harmful behaviors in the service, the Army is developing a system that will support data-informed actions across the force. The system will focus on cultivating healthy communities and protective environments to ensure military community members thrive.

Part of the plan incorporates integrated advisory groups to support leadership. These groups will collaborate with other local prevention partners to make sure their approaches are the same page. They will also share information, research, and evaluation findings to enhance protective environments and address harmful behaviors.

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ON THE COVER

Marchers showed up before sunrise, March 23, with their rucksacks ready to take part in Fort Jackson’s Memorial Bataan Death March.



Courtesy graphic

See Page 6-7

THE FORT JACKSON LEADER

“We Make American Soldiers”

Fort Jackson, South Carolina 29207

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Fort Jackson shreds safely

Leader Staff Reports

The Fort Jackson Recycle Center holds quarterly shred days to help eliminate desk clutter and any documents that contain Personal Identifiable Information or PII. Shred days are open to the entire Fort Jackson community, including local retirees.

All types of paper with sensitive information were accepted at the event, except classified documents.

Shredding paper with your personal information provides a level of insurance against identity theft and misuse.

On the most recent Shred Day, March 26, the community worked together and lined up to drop paper off. The shredded paper was then sent to a paper mill to be recycled.

This is just one of the many components of Fort Jackson Regulation 200-9 - Qualified Recycling Program. Part of the QRP allows for units to “receive monetary incentives for collecting recyclable materials and delivering them to the recycling center.”



Photos by ROBERT TIMMONS



Community Updates

ANNOUNCEMENTS

Death notice

This notice serves as a death notice advisory for all those in possession of the property of Sgt. 1st Class Joshua A. Alfieri, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Gabrielle N. Charboneau, Summary Courts Martial Officer with questions or concerns at (352) 754-0864 or email Gabrielle.N.Charboneau2.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 home.army.mil/jackson/about/fort-jackson-road-renaming.



COMMUNITY EVENTS

SATURDAY

Easter Golf Ball Hunt

1-3 p.m., Palmetto Greens Mini Golf Course. Free entry. Hunt golf balls while playing miniature golf for prizes, cupcakes and cookies. For more information, call 751-4058.

SUNDAY

Easter Sunrise Service

6:30 a.m., Hillton Field. Fort Jackson celebrates the Annual Easter Sunrise Service. All are invited to attend this event, there is no cost; however, attend-

ees can donate to the Chapel Tithes and Offerings Fund. Event will be live streamed on the Fort Jackson RSO Facebook page.

MONDAY

Social Security Benefits Class

10-11:30 a.m. MS Teams. The USAG Civilian Workforce Development Program and the Army Community Services Financial Readiness Program are partnering to offer a Social Security Benefits Workshop. The 90-minute "Social Security Benefits" training workshop is an instructor-led training designed for individuals who want to take control of their financial future.

APRIL 4

Breastfeeding: Basics and Beyond

11 a.m. to 1 p.m., Army Community Service Building, 9810 Liberty Div. Road. New Parent Support Program will teach you the benefits of breastfeeding, how to get a good latch, milk storage, using a pump, overcoming difficulties, and how Dad can help. Cost is free and you can bring your own lunch. Call 751-5256 to register.

APRIL 6

Charleston Trip

7 a.m. to 6 p.m.. Army Community Service invites Foreign Born Spouses & Hearts Apart Families trip to Charleston, South Carolina. The trip will include a visit to the International African American Museum and the South Carolina Aquarium. The bus trip is free and will depart from the front parking lot of the Strom Thurmond Bldg., 5450 Strom Thurmond Blvd. Call Army Community Service for additional information and to register no later than April 2, at 751-5256.

Dog Walks and Talks

10 a.m., Twin Lakes. Bring your four-legged friends and join the Directorate of Family and Morale, Welfare and Recre-

ation for a walk around Twin Lakes Park. There will be a best dog trick competition. For more information, call 751-3484.

APRIL 8-12

Fort Jackson Plant Swap

Noon, Thomas Lee Hall (Post) Library. Calling all plant enthusiasts. Leave a plant and take a plant.

APRIL 9

Thrift Savings Plan Class

2:30-4 p.m., 1565 Hall Street, Classroom #2. The USAG Civilian Workforce Development Program and the Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Thrift Savings Plan" Class. The class will help attendees gain a better understanding of the different funds and how they impact a plan for retirement.

Developing Your IDP

2-3:30 p.m., MS Teams. The USAG Civilian Workforce and Fort Moore Workforce Development Program are partnering to offer "Developing Your IDP in Army Career Tracker." This class will provide assistance in creating your IDP, setting smart goals, and achieving the approval of your IDP objectives.

APRIL 10

Child Abuse Awareness and Reporting

1:30-2:30 p.m., 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 "Child Abuse Awareness & Reporting" in support of the Child Abuse Prevention Month. The seminar will provide information on how to identify and report child abuse. This is a required workshop for all military and civilian personnel on Fort Jackson, who work with or have contact with children.

APRIL 16

Estate Planning

9-10 a.m., MS Teams. The USAG Civilian Workforce Development Program and the Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Estate Planning-Protect Your Assets" seminar. The seminar will provide information about the components of an estate plan (wills, trusts, power of attorney, beneficiary designations and health care directive).

APRIL 18

Family & Volunteer of the Year

4 p.m., 1917 Club. The Fort Jackson community will recognize Families and volunteers for their outstanding volunteer service to Fort Jackson and the surrounding Columbia community. Army Community Service is accepting nominations for the Family and volunteers of the Year through Friday.

Postpartum Pleasantries

11 a.m. to 1 p.m., Army Community Service Building, 9810 Liberty Div. Road. A

See **EVENTS:** Page 10

Attention retirees!

Retiree Appreciation Days are coming May 16-18. There will be a virtual welcome by the garrison commander, golf tournament, a retiree exposition and more. For more information, call 751-5523.

THE FORT JACKSON LEADER

SEND ALL
SUBMISSIONS TO

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

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

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

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

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

Questions? Call 751-6739.

30TH DIV. ROAD



By **FIELDING FREED**
Basic Combat Training Museum

Other Army divisions fought more days in combat than the 30th Infantry Division in World War II, but their tenacity and dependability became legend, earning them special recognition. The 30th began their 282 days of combat leading the breakout from the D-Day landing beaches in Normandy during OPERATION COBRA. By war's end they would fight in every major campaign of the European Theatre of Operation, but the unit's battle history began earlier in World War I.

Nicknamed "Old Hickory" in honor of President Andrew Jackson, the 30th Division was a National Guard unit formed during World War I, initially made up of men from Virginia, South Carolina, North Carolina, and Tennessee, which were areas where Jackson lived. The division was activated in October 1917.

After initial training at Camp Sevier in upstate South Carolina, the 30th was sent to France in 1918. It was one of two U.S. divisions placed under the command of the British Second Army. By all accounts, the men of the 30th performed admirably in the Ypres and Somme battles.

After the war, the division was demobilized at Camp Jackson in 1919. Between

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



U.S. Army photo

An M8 reconnaissance armored car of the 30th Infantry Division passes a knocked out German assault gun.

the world wars, the 30th split apart, reverting back to its National Guard role in its respective states. The 30th was reactivated back into federal service at Fort Jackson in September 1940, and completed several years training stateside before heading to Europe to fight World War II.

The unit would engage in combat within a few days after landing on Omaha Beach on June 10, 1944. By war's end, the 30th fought in the Normandy, Northern France, Rhineland, Ardennes, and Central Europe campaigns. As a result, the unit earned two

other nicknames. One, from their peers in the ETO, was the deserved "Workhorse of the Western Front." The other, "Roosevelt's SS", came from the German Army in recognition of their ferocity in battle.

The 30th would return to Fort Jackson again in November 1945, this time for its second deactivation.

Recognition of the unit's exceptional deeds continued into the 21st Century. In 2020, the 30th was awarded a Presidential Unit Citation for their remarkable stand against an entire German Army Panzer Corps in Mortain, France during World War II.

The 30th's lineage continues today as the 30th Armored Brigade Combat Team, North Carolina National Guard, which fought in OPERATION IRAQI FREEDOM and OPERATION IRAQI FREEDOM VII.

Jackson officers pay it forward

By **CAPT. VERNICCIA FORD**
120th Adjutant General Battalion

Junior officers assigned to the 165th Infantry and 193rd Infantry brigades at Fort Jackson gathered at the University of South Carolina to host a leader development forum and mentorship panel for cadets set to graduate this summer and advance into roles within the Army.

The relationship with the school started several years ago when the former 2nd Battalion, 60th Infantry Regiment commander Lt. Col. Daniel L. Rausch, was contacted by the professor of Military Science to have cadets engage with the cadre.

Rausch is now the University of South Carolina professor of Military Science. His goal is to allow cadets to have various touch points with junior officers at Fort Jackson before they graduate to help better prepare them for their transition into the Army.

"These discussion panels and other professional development opportunities are important because they provide a wide variance of perspectives from officers of many different branches," Rausch said. "It helps underscore the importance of being a leader, regardless of branch or unit of assignment."

The leader forum included more than 18 lieutenants and captains from Fort Jackson who shared introductions, their branch, and previous experience.

Cadets were able to connect and ask questions about military branches, noncommissioned officer and commissioned officer relationships, property accountability, professionalism, and a myriad of Army-related topics.

Lt. Col. Richard Bailey, 2nd Battalion 60th Infantry Regiment com-

THE 30TH DIVISION WAS AMONG FIVE BEST DIVISIONS IN THE INFANTRY DIVISION CATEGORY. WE PICKED THE 30TH DIVISION NO. 1...THE MOST OUTSTANDING INFANTRY DIVISION OF THE ETO.



Scan to learn more about the 30th Infantry Division in World War II.

- Then Col. S.L.A. Marshall
Gen. Eisenhower's chief historian

See **OFFICERS:** Page 8

Remembering the DEATH MARCH

By Nathan Clinebelle

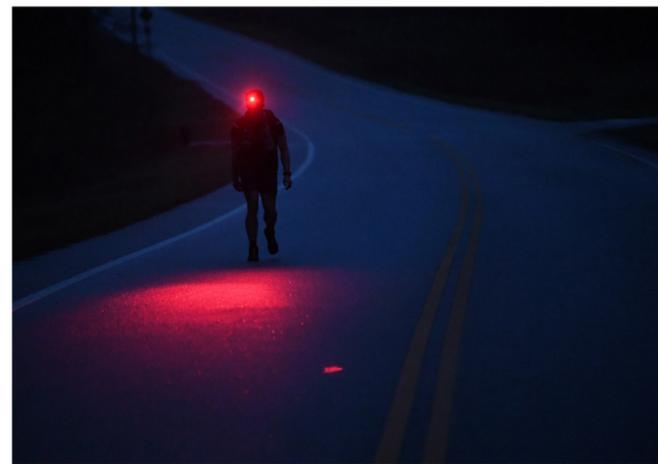
On March 23, more than 70 members of the Fort Jackson community and several ROTC cadets from the University of South Carolina, participated in the Bataan Memorial Death March conducted by the Fort Jackson Directorate of Family and Morale, Welfare and Recreation. Participants were given the opportunity to choose from either a 26.2- or 14.2-mile route.

The march memorializes the Bataan Death march in which tens of thousands of American and Filipino soldiers who surrendered to Japanese forces were forced to march more than 60 miles in the scorching heat through the Philippine jungles with-

out food or water, and were forced to endure atrocities at the hands of their Japanese captors.

Thousands died on the march and those who survived faced the hardships of overcrowded prisoner of war camps.

Marchers participated in the Bataan Memorial Death March for many reasons: a personal challenge, the spirit of competition, or to foster esprit de corps in their unit. Some marched in honor of a family member or a particular veteran who was in the Bataan Death March or who was taken as a prisoner of war by the Japanese in the Philippines.



SMA

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Part of the plan incorporates integrated advisory groups to support leadership. These groups will collaborate with other local prevention partners to make sure their approaches are the same page. They will also share information, research, and evaluation findings to enhance protective environments and address harmful behaviors.

The service will continue to invest in the family advocacy program which helps Soldiers and families with domestic abuse prevention and response. It offers a wide range of prevention education programs to strengthen families.

“Family violence is a threat to the health, welfare and safety of Soldiers and family members and it severely degrades warfighter readiness,” Weimer said. “The Army family advocacy program helps to strengthen Army Fami-

lies by enhancing resiliency and relationship skills and improving quality of life.”

Within the Sexual Harassment/Assault Response and Prevention Program, the service transferred sexual assault response coordinators and victim advocates from the chain of command to an installation-based support model. This will streamline support and create professional oversight across the force.

The Army is also increasing the number of full-time sexual assault response coordinators and victim advocates to support victims.

Health and fitness are other major areas the Army is putting an emphasis on. The Soldier readiness system, also known as Holistic Health and Fitness, is the service’s primary investment in building a better warfighter.

The system optimizes health and fitness by developing and sustaining positive habits learned through the five domains: mental, spiritual, sleep, nutrition and physical fitness. There are currently 50 Army brigades with Holistic

Health and Fitness performance teams consisting of physical therapists, registered dietitians, occupational therapists, certified athletic trainers, cognitive performance specialists and strength and conditioning coaches.

The service continues to incorporate these teams within 15-21 brigades a year with the goal to have them in 111 brigades by fiscal year 2027.

“The H2F system provides a unified and holistic strategy to change the Army’s culture of health and fitness to build a better warfighter,” he said. “Investing in health and fitness benefits our Soldiers and their families and ensures the sustainment of an agile and adaptive Army.”

The Army continues to expand on these programs and initiatives as well as the Exceptional Family Member Program to give Soldiers the quality-of-life support they need.

“These efforts are all interrelated and nested with a broad effort to build a strong and successful team culture,” Weimer said.

Officers

Continued from Page 5

mander gave opening remarks at the event.

“We’re happy to be a part of this and will continue to support subsequent iterations with USC,” Bailey said. “Mentorship is the cornerstone of development, and the advice you receive today will undoubtedly help you thrive.”

This was the first-time officers from both Basic Combat Training brigades at Fort Jackson participated in the cadet mentorship forum.

“I am grateful for the advice received today,” said cadet Tasia Beatty, who will graduate this summer and signed to the Armor branch. “Grow where you’re planted and have an unwavering moral compass resonated with me the most.”

Bailey said he believes this event was not just a great opportunity for community and mentorship with cadets, but also an excellent opportunity for the officers who participated.

“For the officers involved, it allows us to practice public speaking and, more importantly, mentorship,” Bailey said. “Leaders often become mentors whether



Courtesy photo

1st Lt. Jewel Pile, the executive officer of the Fitness Training Company, 120th Adjutant General Battalion, poses with Cadets from the University of South Carolina ROTC program.

they intend to or not. But being an effective mentor doesn’t come naturally to all, and even to those who do, there’s always room for improvement.”

National Public Health Week

By CAPT. ANTIONETTE DINGLE

Army Public Health Nurse

National Public Health Week is an annual observance in the United States held during the first week of April to recognize the contributions of public health and highlight issues that are important to improving the nation’s health.

The week serves as a time to raise public health awareness and encourage people to take action to improve their health and the health of their communities.

Each year, National Public Health Week focuses on a different theme, highlighting a specific area of public health. This year’s theme is Protecting, Connecting, and Thriving: We Are All Public Health. The week is marked by events, activities, and campaigns across the country to educate the public and mobilize communities to address public health challenges.

The Fort Jackson Department of Public Health team will celebrate the week with NPHW’s 2024 daily themes: Civic Engagement, Healthy Neighborhoods, Climate Change, New Tools and Innovations, Reproductive and Sexual Health, Emergency Preparedness, and the Future of Public Health.

The Defense Centers for Public Health-Aberdeen is the Army’s primary public health services and expertise organization. It is dedicated to promoting health and preventing disease, injury, and disability in Soldiers, their families, and the broader military community. The DCPH-A is organized into several key sections and divisions, each with its focus and responsibilities. These sections

work together to support the overall mission of the DCPH-A and the Army Medical Command in promoting a healthy and resilient military force.

The COVID-19 pandemic has underscored the importance of public health, making National Public Health Week more relevant than ever. It provides an opportunity to recognize public health professionals’ tireless work and reflect on how we can all contribute to building healthier communities.

The Fort Jackson schedule is:
April 1 – NPHW kick-off event, Moncrief Army Health Clinic entrance from 9:30-10:30 a.m. for the civic engagement daily theme

April 2 – Canned food drive promotion, MAHC front lobby from 9-11 a.m. supporting the healthy neighborhoods daily theme

April 3 – Public Health promotion, The Exchange from 10 a.m. to 2 p.m. supporting the climate change daily theme

April 4 – Promote Patient Portal use in MHS Genesis, MAHC front lobby from 9-11 a.m. supporting the new tools and innovations daily theme

April 5 – Promote Cancer Screening, mammograms and STI prevention, MAHC from lobby from 9-11 a.m. supporting reproductive and sexual health daily theme

April 6 – PH group volunteers at local food bank, starting at 9 a.m. supporting the emergency preparedness daily theme

April 7 – Social media message promoting community organization collaboration supporting the future of public health daily theme.

To learn more about National Public Health Week, visit nphw.org.

'The Weigh It Is' with Pam Long

The beauty industry continues to create products that conceal blemishes, lengthen lashes, plump lips, and more. We all want to look our best and make-up products are available everywhere to help make our beauty shine. Many of today's make-up products feature plant-based ingredients which are packed with vitamins and minerals as the leading key to the product's youthful promise. I am sure we are all familiar with green juice. That popular drink many people use for weight loss, but they might be surprised to learn that green juice can be great for our beauty.

I have always been a fan of make-up-free appearance. Many people ask me what I wear on my skin because of how even it is and



Long

what I clean my skin with because of how it glows. Believe it or not, I don't use any special products. I believe, even when it comes to skin care, we are what we drink and eat.

It's all about the ingredients used to make your green juice that help promote glowing skin, brighter eyes, shiny hair, and yes, weight loss. If you have been thinking about making your green juice (but are not a fan of green juice), maybe learning which ingredients meet your beauty needs might make drinking the green elixir a bit more appealing.

Select ingredients specific to your wellness and beauty goals daily. A selection of vegetables and fruit jam-packed with vitamins and minerals will provide your skin with a bounty of healthy in-

redients that have a huge impact on your natural beauty and skin. Vitamins and minerals are nutrient powerhouses that repair damaged skin and restore that healthy glow we all strive for.

Choose ingredients beneficial for your wellness that are high in fiber and antioxidants. These are natural health protectors and great at removing toxins and waste from the body. Again, this type of nutrient care leaves the skin nurtured and glowing. Choose more vegetable ingredients for your green juice than fruit to keep calories low and help make it a great weight loss tool as well.

Get to know the power of your vegetables and fruit. For starters, why is it green? The dark leafy greens are the reason for that. Those dark greens are rich in chlorophyll; a cleansing and rich nutrient that helps flush out toxins which can lead to brighter skin and boost our overall health.

The leafy greens in green juice

are excellent sources of amino acids, the building blocks of protein. Juicing your vegetables is one of the most effective ways that allows the body to absorb the maximum nutrient benefits found in green vegetables.

Adding green juice daily is a small change that generates a world of difference to your wellness.

It is a healthy way to support your lifestyle, beauty, and wellness goals. Most green juices offer antioxidants, including vitamins C and E. These antioxidants help unclog pores and improve acne (if you suffer from that). Vitamin A also supports crucial cell growth and regeneration. I am a huge advocate for getting enough water, and it's good to know that green juices are extremely hydrating. This is an essential component in skincare.

Adding green juice to your daily healthier eating habits means you can look forward to:

See **WEIGH:** Page 10

SALUTING THIS CYCLE'S HONOREES

4th Battalion, 39th Infantry
Regiment



STAFF SGT. STEFAN
KIRSHNER

DRILL SERGEANT OF THE CYCLE

**ALPHA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Andrew Lessig

SOLDIER OF THE CYCLE
Spc. Joseph Reyes

**BRAVO COMPANY
SOLDIER LEADER
OF THE CYCLE**
Pfc. Jayden Angel

SOLDIER OF THE CYCLE
Pvt. Aaron Veer

**CHARLIE COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Tory Valentine

SOLDIER OF THE CYCLE
Pvt. Christopher Peggins

**DELTA COMPANY
SOLDIER LEADER
OF THE CYCLE**
Spc. Julia Salavador

SOLDIER OF THE CYCLE
Spc. Katherine Cooper

Catholic Holy Week Schedule

Today

6 p.m. - Mass of the Lord's Supper

Good Friday

11:45 a.m. - Divine Mercy Novena begins today

Noon - Stations of the Cross

3 p.m. - Celebration of the Passion of Christ

Holy Saturday

8:30 p.m. - Easter Vigil Mass

Easter Sunday

9 a.m. - Holy Rosary

9:30 a.m. - Easter Sunday Mass



Photo by NATHAN CLINEBELLE

Thank you for your service

Fort Jackson recognized the careers of Sgt. 1st Class Eugenia Howard and Staff Sgt. Stephen Vaughn during the 2nd Battalion, 13th Infantry Regiment, Basic Combat Training graduation, March 21.

Events

Continued from Page 4

registered nurse will discuss with mothers 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. Register by calling 751-5256.

APRIL 19 Family Wellness Fair

10 a.m. to 2 p.m., Solomon Center. Prepare for a day of discovering and connecting with community programs and services, a holistic approach to promote healthy and strong military families.

APRIL 20 Poker Ride/Run

8 a.m., Marion Street Station. The Directorate of Family and Morale, Welfare and Recreation's Fitness Department is holding a Poker Ride/Run. For more information, call 751-3700.

Youth Fishing Derby

Heise Pond. Join us for our Annual Outdoor Recreation Youth Fishing Derby. Youth ages 5-16 are welcome to come try and catch a whopper in Heise's Pond. Call Marion Street Station for more information at 751-3484.

APRIL 24 IET Industry Day

8:30 a.m. to 1 p.m., 1917 Club. This event is a prime opportunity for personnel to explore cutting-edge tech trends, network with industry and subject matter experts, and collaborate with peers. Early registration is crucial for proper event planning. To register visit: <https://www.militaryexpos.com/fortjackson/>

APRIL 25 Pickleball Tournament

5 p.m., Perez Fitness Center. Two people per teams. Sign ups are required by April 12. Limit 10 teams. For more information, call 751-6258/6272.

APRIL 26 Family Fun Fair

4:30-6:30 p.m., Patriots Park. Child and Youth Services presents the annual Family Fun Fair with special guests

Budweiser Clydesdales. For more information call 751-4824.

APRIL 27 Drug Take Back

10 a.m. to 2 p.m., The Exchange. The Fort Jackson Directorate of Emergency Services, as part of the Drug Enforcement Agency Drug Take Back Initiative is providing the Fort Jackson community a safe opportunity to dispose of expired and unused medication. For more information, call 751-3980.

MAY 7 Meals in Minutes & Your Budget

1:30-2:30 p.m., The USAG Civilian Workforce Development Program, Army Community Service Financial Readiness Program and Army Wellness Center are partnering to offer the Leader/Workforce Development Series Training "Meals in Minutes & Your Budget" class. This session will teach how to save calories while also optimizing your budget. The class provides tips on meal prepping, eating out, recipes, comparison shopping, meal planning, shopping lists, cooking tools, and ways to save money.

Weigh

Continued from Page 9

- Better hydration for your body (vegetables and fruits are loaded with water)
- Boost overall energy (nutrients and enzymes at work)
- Clearer skin (you will have a glow)
- Better digestion (green juice as a liquid is easier to digest)
- Increase in nutrients (easier to absorb with juicing) and more.

Although a great addition, including green juice is not a miracle prescription for beauty or weight loss, but it is a positive healthy step in the right direction in living a healthier lifestyle.

Pam's thought for the week: "Invest in your wellness."

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, call 751-3700.

DID YOU KNOW: Heat season at Fort Jackson begins Monday and ends Sept. 1. During heat season or anytime outside of heat season when temperatures are forecast to reach 75 degrees, all heat illness prevention protocols for training are in effect.

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



Photo by ROBBIE HOWARD

Christian T. plants sunflowers for the Pierce Terrace Elementary School garden.

PreK students plant gardens

By **LORRAINE EMORY**
Pierce Terrace Elementary
School

Part of the curriculum for the Pre-K program at Pierce Terrace Elementary School involves planting a garden in March.

The students had “hands-on opportunities from digging, planting, watering, and weeding,” said Patricia Jolly, Pre-K teacher. The garden starts indoors with seedlings and move to outdoor planters.

Pre-K teachers set expectations and anticipation high in learning with students by highlighting a handmade over-sized bulletin board and an 8-foot, three-dimensional tree with blossoms in the school’s front corridor.

This unstructured lesson includes many sensory exercises that call on knowledge across all developmental and cognitive areas.

Together, they planned, carried out, and solved problems while continuing to

apply rich language, reading, and math abilities. Through this lesson, they could explore their inherent curiosity about the world around them and use their imaginations. Gardens educate us about caring for people and foster a feeling of community.

Robbie Howard, Pre-K assistant, said, “Each child selected seeds to plant and checked their flowerpots daily.”

The success of this project was not just the result of the student’s hard work but also a testament to the strong community spirit at PTES.

Several Marines stationed at Fort Jackson and Department of Defense Education Activity school employee Robert White volunteered their time and skills to build the outdoor planters.

These planters, made from recycled pallets, symbolize our shared commitment to the student’s education and well-being.

“This is always a favorite each year,” Jolly said.



Your Opinion Matters!

TENANT SATISFACTION SURVEY

March 4, 2024 to April 18, 2024

Your feedback can make a **BIG DIFFERENCE** in the quality of life for Army families.

Your Army Wants to Hear from You!

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We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families. Survey feedback will guide the Army’s efforts to provide quality, safe and secure housing.



The completely confidential survey will be emailed from ArmyHousingSurvey@celassociates.com. For additional questions, please contact your local Army Housing Office.

DOD Central Number: 875-3635. OMB EPLR/PRN Date: 09/30/2019



Photo by ROBERT TIMMONS

Fort Jackson, South Carolina



**Victory!
Starts Here!**



Prevention proclamation

Leaders from Fort Jackson units and Partners in Excellence watch as Maj. Gen. Jason E. Kelly signs a Sexual Assault Awareness and Prevention Month proclamation, March 21. The Department of Defense recognizes April as SAAPM.

VICTORY... STARTS HERE



Marchers walk through the last legs of the Fort Jackson Bataan Memorial Death March held on post March 23.

Photo by NATHAN CLNEBELLE